

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



15 Playing it Where He Lies

20 Recipes for Success

Calendar of Events

April 15 - May 30

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Upcoming Association Meetings: April 15 – May 31

Listening Post Canceled	Wednesday, April 15, 9:30 AM, P-Hall (KS)
Finance Committee Meeting Canceled	Wednesday, April 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting Canceled	Thursday, April 23, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session Canceled	Thursday, April 23, 11:30 AM
ARC/Architectural Review Committee Meeting Canceled	Monday, April 27, 9:00 AM
Elections Committee Meeting	Friday, May 1, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, May 5, 9:30 AM
Compliance Committee Meeting	Wednesday, May 6, 9:00 AM
Properties Committee Meeting	Thursday, May 7, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, May 11, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, May 12, 10:00 AM
New Resident Orientation	Thursday, May 14, 2:00 PM
Listening Post	Wednesday, May 20, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, May 21, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Tuesday, May 26, 9:00 AM
Board of Directors Meeting	Thursday, May 28, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, May 28, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.

VOLUNTEER OPPORTUNITIES!

Compass insert stuffing party – Those inserts don’t stuff themselves! On the 14 of every month, a group of volunteers gather at Orchard Creek Lodge to collate and stuff inserts into the *Compass*. Come hang out and join the party at 11:30 AM! 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 17 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)
- Communication & Community Relations Committee (CCRC)
- Elections Committee

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

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On the Cover

Thank you to Lincoln Hills.
Editor note: The light will always shine through the darkness.



Board of Directors' Report The Balancing Act Begins

Alice Crawford, President

As I write this monthly article, our community has been thrown into something none of us ever wanted on our bucket list, a pandemic. I hope that by the time you read this, we have returned to normalcy.

This enthusiastic board, four veterans, and three new recruits met on March 4, to lay out their ideas for accomplishments for the Lincoln Hills community for 2020. We have looked at our list and developed subgroups of two to three to focus on specific areas of concern. We have assigned liaisons to committees, with Jack Harris assigned to Properties, Diana Peters assigned to Communications and Community Relations (CCRC), and Kathy Shaddox continuing as liaison to Clubs and Community Organizations Committee (CCOC). I will continue as liaison to the Performing Arts Committee (PAC). Tom Dunipace, Laura Thiele, and I will participate in the Joint Reserve Task Force as well. Our new treasurer, Laura Thiele, is dedicated to continuing the improvements made to our financial systems implemented by last year's board with a focus on Reserves, and the Capital Budgeting Process. Don Negus will continue to provide construction expertise to staff as needed.

Other issues to be resolved in the near term will be:

- Finalizing an acceptable code of conduct
- Resolution of the handrail concerns, with the help of the ARC
- Providing guidance on fees associated with Accessory/Junior Dwelling units
- Establishing a Golf Course Advisory Group and
- Coordinating with the Strategic Planning Team.

We will be devoting a lot of time to ensuring that ongoing improvement projects are completed within cost and on time.

As President of the Board, I will strive to lead the team with fairness and respect for all member opinions. Each board member will be encouraged to submit agenda items for deliberation by the entire board, even if the item is disagreeable to me.

The most important facet of the balancing act will be to ensure that the concerns of our residents are primary. With over 11,000 residents to be considered, this will be quite a feat. But as demonstrated by our closure of SCLH facilities on March 12, we are making tough decisions and taking leadership of the community. This pandemic has interrupted our plans temporarily. We will get past this, regroup, and do the best we can for Lincoln Hills.





From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the April edition of the *Compass*! I hope the Covid-19 virus has not touched you or your family, and I hope that by the time you read this, we are back in business. April is a time of renewal, and I believe the work that has been done by the tribe during the down period will help to ensure that when we do open our doors again, it will truly be a positive renewal.

For the Association, the Coronavirus became a reality on February 27, when we sat down to write the first draft of our Covid-19 response plan. The Association has been greatly helped by the assistance of several knowledgeable volunteers who have helped give us a better understanding of what we are facing, and what we need to communicate to our residents. I think most of you would agree that the communications via eNews have been helpful and informative. We could not have done it without our great volunteers.

I'm thrilled with the response of our entire tribe, and the energy and creativity they have shown over the past few weeks. The on-line exercises, ideas for activities, and the way each department

leader dove in to find ways to minimize expenses during this shut-down has been gratifying. They understood the magnitude of the issues, and they went about looking for ways to make a positive impact. As our finance team reviewed projections out through the end of April, cost-cutting measures put in place will assure us that we weathered this storm and came out in a strong financial position.

One of our biggest concerns is the well-being of our tribe, and as I write this, the impact is still unknown. We are doing everything we can to ensure that our folks are taken care of and that they are assured a home to come back to when we open. We have great people, and we want them to know that they are valued.

Finally, the City of Lincoln asked for support in the way of donated food items, and in what has become typical around here, this community stepped up to the plate. The donations to the Salt Mine exceeded the 10,000 cans we asked for, and we cannot thank you enough. Uncommon generosity became a common occurrence here at Lincoln Hills. Thank you for continuing to make this such a great community.



SIGN UP FOR ENEWS

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



Finance Committee Continuous Improvement

Robert Copp, Chair

The Finance Committee is committed to the continuous improvement of the Association's financial management. This article will report on several broad improvements and the current Committee meeting format.

Over the last two years, financial management has improved significantly based on the implementation of audit recommendations, accounting policy changes, improvement of internal accounting processes by the Finance Director, and a more detailed reconciliation of accounts by the Board.

At the Finance Committee meeting, the department leaders provide a monthly financial presentation of the current revenues and expenditures versus budget. Any significant year-to-date variances are explained along with a plan to address them. The department leaders also discuss their success stories and planned future improvements in their operations.

While each committee member reviews the entire financial report for each month, each member works as a liaison with a department leader(s). This allows each member to build a relationship that

allows for open conversation and the addressing of some issues in greater depth. Liaisons provide a status of their work with their department leaders each month.

The Executive Director provides a monthly report that addresses any major financial issues across the Association, along with identifying planned Reserves and Community Enhancement Fund (CEF) expenditures. The presentation of planned expenditures supports a conversation about what components may require additional committee review and Board approval.

The Strategic Plan for Capital Projects is expected to be completed this summer, followed by a series of resident workshops. These workshops will help the Association determine how to best meet the goal of the CEF by addressing the needs of current residents, attracting future residents, and keeping our property values high.

With the continuous improvement of the financial management of the Association, the next twenty years of the Association will be as successful as the first twenty.



Update on Reserves

Hans Fokkema, Finance Committee

The review of all reserve components with the department leads has been completed, and the required changes and additions have been made. After additional review by the Finance Director and the Executive Director, this information has been forwarded to the Browning Reserve Group. We are currently waiting to receive the first cut of the 2020 study. Upon review, additional updates may be recommended. Our experience has been that it usually takes three or four times before we get to the final study that is then sent to the Finance Committee and Board.

Throughout this process, it has become apparent that many people do not understand why we have reserves or how they are used. The simple answer to that question is that the Davis-Stirling act requires that we have reserves. One of the main reasons for that requirement is to maintain stability in our homeowner dues. Without reserves, we would have to increase dues for every major replacement, and then we could potentially reduce them temporarily after such a replacement has been completed. For example, to pay for the WellFit renovation in 2018, \$500,000 was paid from the Reserve Fund, and an

additional \$250,000 was paid out of the Community Enhancement Fund. Without reserves, our dues would have needed to go up by more than \$6 per month for one year. Similarly, the fence replacement would have meant an increase in dues of around \$5.50 per month for three years.

We currently have three different financial funds, the Operating Fund, which supports the ongoing activities of our HOA, and on which our annual budget process focuses. The Reserve Fund, which can be used only to pay for major repairs or replacement of the more than 1,200 reserve components we currently have, and the Community Enhancement Fund (CEF), which is funded by contributions from new homeowners and will be used to fund major infrastructure and capital enhancements.

Some people have expressed concern about the Sports Pavilion enhancement project that is currently underway. The total cost of that project is a little over \$500,000, and is primarily funded through the CEF. Up to \$100,000 could potentially be funded out of the Reserve Fund, but the Board can decide to fund all of it out of the CEF. However, for this project, not a single penny is paid through homeowner dues.



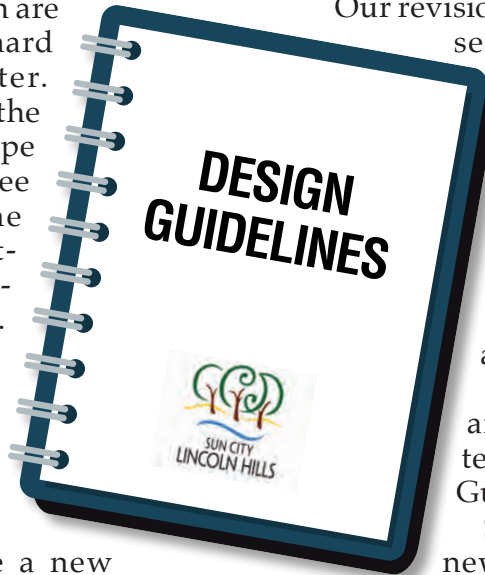
Architectural Review Committee

What's New?

Carole Dummett, Chair

We are pleased to announce our new Board of Directors approved the revisions to our Design Guidelines on February 27. We have added and reformatted many accompanying checklists, which are now available online or at Orchard Creek Lodge Resident Center. Please note the new numbers, the most significant being landscape whereby we consolidated three separate checklists into one providing a more straightforward process for homeowners and committee members. Please remember, checklists are an overview of the Design Guideline requirements and may not contain all pertinent information so it is essential to read all documentation.

Living in an HOA can be a new experience for many of us, and initially, we may not appreciate the important role it brings to our property values, beautiful amenities, and compliance issues. Lincoln Hills is unique with the many volunteers who contribute their time to provide these services while saving the Association time



and money. A courtesy reminder, constructive criticism is always appreciated while insults and name-calling are disrespectful and serve no purpose.

Our revisions to the Design Guidelines are taken seriously and a result of committee streamlining documentation, resident input, and items that require identification or further clarification. The ARC represents the entire Association consisting of approximately 6,800 homes and must make decisions that comply with current laws and continues to conform with and enhance the community.

Thank you for the continued input and suggestions, they are documented and reviewed with every Design Guideline Revision.

Spring is in the air, which means new paint and landscaping projects. Please apply to the ARC for all exterior improvements on your property. Not sure? Contact sam.mckee@sclhca.com or arc@sclhca.com.

We currently have three openings on this committee and need your help. Pick up an application and submit to Chris O'Keefe.

Strategic Planning

It's Your Community – Your Voice Matters

Denise Bowden

As we begin the second quarter of the year, the Strategic Planning team remains focused on the completion of discovery efforts related to the capital planning process. A robust, usable assessment takes significant time and commitment, and we are starting to see input fatigue setting in. Don't Stop Participating! We need and want resident feedback, and we especially want to hear from those of you who have not yet had the chance to contribute.

The recently completed Food & Beverage round table discussions on capital improvements were energetic and enlightening. These dialogues with residents resulted in a wide range of ideas and preferences related to cost savings, efficiency, and creativity.

Going forward, we will be offering more

opportunities for resident feedback and different approaches to expand our reach in the community.

Look for these in upcoming eNews posts.

We appreciate the feedback

from some of our regular participants but also want to see new faces and hear their ideas.

Reports on our completed sections such as Sports Complex, the lodges, Food & Beverage, and our overall Planning Process and Framework are posted on the resident website – look for the big red button.



Lincoln Hills Foundation

Give Where You Live and From the Comfort of Home

Denise Bowden



**Lincoln Hills
FOUNDATION**

Serving the Lincoln Senior Community

The anticipation of a busy May for the Lincoln Hills Foundation this year has been tempered by the current health situation. As this article goes to print, we don't know whether several of our events will be rescheduled or take place at all, but the need in this community does not stop and in fact, continues to grow.

During times like these maintaining the funding for crucial programs becomes even more important. The good news is that there is still a way to contribute while remaining at home. Looking on the bright side, our fifth year participating in the Big Day of Giving will take place unencumbered by the need for a gathering.

Thursday, May 7, is the day that our local counties join together for a day of giving. Beginning

at midnight, May 7, and continuing for the following 24 hours, you can make your contribution to the Lincoln Hills Foundation to support residents right here in Lincoln Hills.

The ability of the Foundation to

continue supporting our residents depends on all of us, plus families, friends, and neighbors. The need for delivered meals, basic necessities, and respice care is expected to increase as our seniors remain in their homes. Take advantage of the opportunity to help the Foundation to continue our work supporting seniors when they need it most.

Donations can be made on May 7 online from the safety of your home. However, you don't have to wait until then to show your support and make your donation. Beginning on April 20, you may go online and schedule your donation by entering bigdayofgiving.org/lincolnhillsfoundation. You may also call Denise at 408-307-1700 to make a cash, check, or credit card donation from now through May 7, and we will come by and pick it up.

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

We would like to express our appreciation to Southern Comfort Heating and Air Conditioning socoheatingair.com/ac-installation-in-lincoln-ca/ for being a 2020 Lincoln Hills Foundation corporate sponsor. As a company that knows SCLH well, their contribution gives back to the community and will be part of the matching fund process on May 7.



Lincoln Pace Race

Same great race, same great cause, same great beer and salsa tasting, mini ponies, vendors and DJ, BUT with a new date!

Walk, Run or Just Have Fun at our
4th Annual Lincoln PACE Race
Saturday, October 10
7:30 am til Noon
Sun City Lincoln Hills



Let us serve you with a view

Meridians

Restaurant & Bar

March Madness

Food & Beverage Team

March Madness brings April Flowers, or is it April Showers brings May Flowers? I know this past month has been a doozy, but we at Meridians want to ensure we still deliver the fun, food, and service. We have had our delivery and curbside pickup going, and we introduced our beer/wine to go, but we still want to provide more. During this time of preparedness, we are adjusting our menu to bring back popular favorites. We have brought back the Fuji Apple Salad, and the specialty club sandwich. As we approach spring, look for inspired flavors of the season. Hours will be adjusting, and larger selection of dining options to fit your taste buds.

Our Sports Bar will be featuring a more relaxed menu. Quick appetizers, burgers, and sandwiches to pair with some of your favorite Sports Bar drinks. Kilaga Café will be showcasing their wines and beers, in a relaxed atmosphere. Small cheese plates and other bites will be available soon, to go with that glass of Rombauer. Meridians is revising their menu, and dedicating service hours for breakfast, lunch, and dinner. Our goal is to still have fun, and provide great food and phenomenal service. These changes will better serve our guests.

Be sure you are signed up for eNews to keep up with our daily specials, and monthly events. Cheers!

Chef's Recipe of the Month:

Super Moist Cornbread

Ingredients

- 2 cup butter
- 1 1/2 cup corn, frozen kernels
- 1 1/3 cup cream, heavy
- 1 cup whole milk
- 9 eggs
- 2.5 cup flour, cake
- 3 cup sugar, granulated
- 1 1/3 cup cornmeal
- 1.5 tbsp salt, kosher
- 2.5 tsp baking powder
- 1.5 tsp baking soda

Instructions

1. Melt Butter in tall pot over medium heat
2. Add corn, cooking while scraping the bottom, so it doesn't scorch
3. Puree corn and butter mixture
4. Add cream and milk
5. Add eggs
6. Blend till well mixed
7. Mix in dry ingredients
7. Butter and dust pans
8. Bake at 375 for 12-14 minutes



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Lifestyle News & Happenings Summer Concert Series

Lavina Samoy, Lifestyle Manager

The COVID19 pandemic has surely upended everyone's lives. We all needed to make adjustments with the way we move and socialize.

We at the Lifestyle Department felt it so much more as we had to postpone shows, cancel/postpone trips, and adjust the end and start date of classes. We appreciate everyone's patience as we deal with our vendors, suppliers, and talents to reschedule events as well as process refunds.

To clarify our Refund Procedure:

- Only canceled events will be refunded automatically
- Postponed events will not be refunded unless patrons are unable to attend the rescheduled date. Tickets and seat reservations will be honored on the future date
- If you cannot make the new date, please surrender your ticket to the Lifestyle Desk ASAP with your name and membership # to receive your refund
- For postponed Trip, patrons will be contacted once a new date is scheduled
- Due to the volume of attendees, for postponed shows, new dates will be announced via eNews/Compass and posters
- Refunds will be processed using the same method of payment
- For those who registered and paid for their friends/guest, you will receive the full refund for all events purchased, and you will be responsible for advising and reimbursing your guest, as necessary

Currently, we have the following events Canceled/Postponed

Canceled Trips:

- April 7 – Broadway Sacramento American bandstand
- April 16 – Amazon Fulfillment Center and Sacramento State Planetarium Tour
- April 26 – Woodland Celtic festival
- May 9 – Beale AFB Open House and Air Show

Postponed Trips:

- April 1 – Michelle Obama at Golden 1 Center – New date TBA

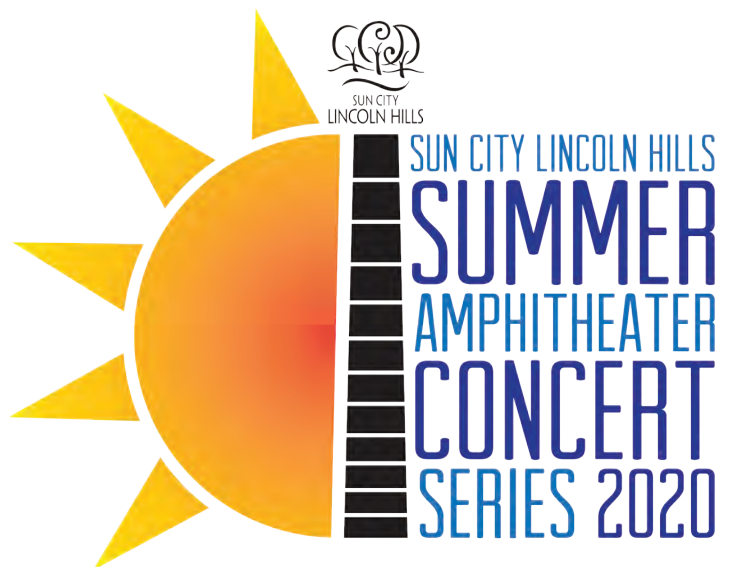
- Oakland A's vs. Boston Red Sox – New date TBA

Canceled Shows:

- April 2, 3, & 4 – Lincoln Hills tap Company "Night on the Town"
- May 3, 4, & 5 – The Lincoln Hills Community Chorus – Folk Jamboree

Postponed & Rescheduled Shows:

- March 19 – The Award-Winning Magic of Spencer Gray – **New Date: May 1**
- March 27 – Gershwin: Remembrance & Discovery performed by Richard Glazier – New date TBA
- April 7 – Keith Calmes: Classical Guitarist – New Date October 23
- April 15 – Marc Lapadula : Alfred Hitchcock's Single Greatest Masterwork – An In-depth Look at Psycho – **New Date – July 15**
- April 16 – You've Got a Friend: The Carole King Songbook Performed by The Rhythm Method 4 – New Date – **August 7**



On the brighter side, we are all excited and gearing up for another smashing Summer Concert Series at the amphitheater. See page 54 for the complete list. We are going back to Ashland for the Oregon Shakespeare Festival in September, details on page 61. All the wonderful classes are resuming, and we hope to see you back in the classrooms! Stay healthy, happy, and safe!



The Spa at Kilaga Springs Reset Your Health and Wellness

Trudy Smith, Spa Manager

I am writing this as the Coronavirus has all operations closed down. We miss everyone and the opportunity to serve in health and wellness.



We may be closed for services, but we are open for retail curbside pickup. Our process is to receive an email or phone call with your requested products. We will need a credit card to process, then call us when you are at the front of the Spa, and we will deliver the products to your car. The Spa Concierge on staff Monday through Friday 9:00 AM to 3:00 PM will guide you to the best products along with any specials. We are offering a 20% discount on all retail until we reopen our doors.

We have products to help in every sense. With the excessive hand washing that is extremely drying to your hands and nails, the stress of self-quarantine and missing those Spa treatments can take its toll. We have Nail care to replenish and strengthen the nails, exceptional hand cream such as bee spa lotion along with hand and foot cream. Kneip products in lotions and oils, CBD in tincture, lotions, oils, or roll on liniments may help with pain, stress, and sleeplessness. Our skincare products from Hydropeptide and Image keep your skin fresh and hydrated.

In our Skin Care Department we have a new line of Hydropeptide products that are perfect for spring. **The Firming Vibrant-C Facial is our featured treatment.** This potent, patented vitamin C

facial treatment is ideal for those looking to bring back the firmness and glow of youth. A vitamin C enzyme peel combined with a unique, pure vitamin C delivery system and double mask encourages firming and brightening. You will leave relaxed, radiant, and on your way to firmer skin.

Featured price \$130.00 regularly \$150 for 70 minutes.

In our Massage Department we are featuring the **Spring Citrus Refresher Body Treatment.**

This treatment begins with a full-body exfoliation with a magnesium-rich cream scrub followed by a full body massage using rich Shea butter blended with Citrus essential oils. This is 90 minutes of Bliss! Citrus is a sweet treat for the senses. The scent helps to invigorate the mind, body, and soul, relieving stress, uplifting mood, and providing mental clarity. Citrus boasts anti-aging and skin-saving benefits as well, such as brightening the skin and increasing radiance.

Featured price \$120 regularly \$145 for 90 minutes.

We would love to see you in the Spa. We are open to the public so bring your friends

Please call the Spa Concierge at 916-408-4290.





WellFit News
Update on WellFit

Deborah McIlvain, Lifestyle, WellFit & Spa Director

I'm not sure where we will be when you read this. As I write, we are in our first week of shut down and I have to say it is really lonely around here without our residents and fitness staff making this place come alive! The management team in WellFit has been very busy during this time; even though we are closed, things do not just stop. For the safety of all, we have been following CDC guidelines, and only essential staff have been working and keeping their distance. During this time, we completed our February financials, continued to meet with the Covid-19 and communications team to get updates out to you in a timely fashion. We also worked with you and our staff to continue to bring you new ideas to do. Danielle has been busy making exercise videos that can be done inside or out. There have also been some fun videos floating around on SCLH Facebook page. Hopefully, you have had a chance to see some of them.

Also, during this time, we have needed to cancel all of our classes in March and have been working feverishly processing prorated refunds, stop billing for Pilate's reformer program in March and allow

those members to use the classes they had when they come back. We have rescheduled our classes to start again up mid-April (fingers crossed). The facilities team has been working hard on deep cleaning, and we were able to clean out our storage rooms! One of the other things we needed to do was postpone the Lincoln PACE race. The race has been rescheduled to October 10. If you have signed up for the race, please go to the <http://www.lincolnpacerace.org/>. If you are currently registered you will be automatically transferred to the new date. If you cannot make the new date you can donate your registration or you can request a refund. We are looking forward to the fourth annual race and bringing good to our community.



New things that are coming; "Lets Flamingle!" pool party is Schedule for June 4. The party kicks off the Happy Hour Thursdays by the pool, be on the lookout for more information. Also, look for the Sunset and Sip Yoga event, scheduled at the Sports Pavilion June 16!

Take the time to read our ad on page 84 about Myzone and how it can help you with your workouts!

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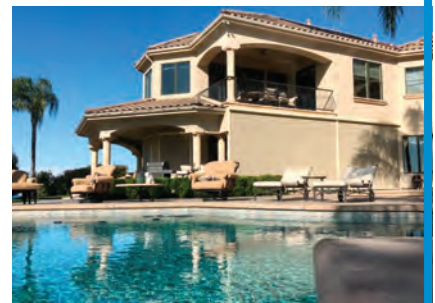
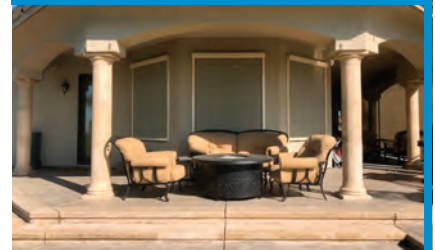
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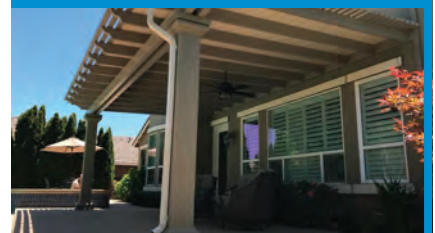
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Pinky rolling to tee time

Playing It Where He Lies

David Wright, Roving Reporter



On the green

Lincoln Hills Golf courses are the seams of the community—stitching together the various villages and defining the active-adult lifestyle. As spring plays through, the greens get greener, and the roughs get rougher. Residents are attracted to the two 18-hole courses like a Titleist to a sand trap. One such resident is Richard Stewart. Richard and his partners play the Orchard and Hills courses twice a week.

In 2002, as they approached the back-nine of their lives, Richard

and his wife, Ginny, were drawn to Lincoln Hills. They decided living here was a fair way to spend their golden years. When picking out their lot, they hooked instead of sliced and, by a stroke of luck, ended up with a house on the golf course.

He plans his week around his golf schedule. His fire-engine-red Tomberlin is always ready to roll. Like a blaze buster waiting to answer the next alarm, Richard's golf cart is backed into his garage—fully charged and equipped with a complete set of clubs, freshly cleaned shoes, and a cooler filled with water or perhaps an active-adult beverage.

Affectionately known as “Pinky” by his golfing buddies, Richard makes the two-block drive to meet his teammates for another exciting round of hitting the little white ball into the

little white cup. The four amigos compete with each other both on the links and in hijinks—trading cheap shots about their chip shots and putdowns about their putt counts. The good-natured ribbing even reaches beyond the game. Not every ball finding its way into Richard's backyard is the result of an errant shot from a wannabe Tiger Woods. Frequently, he finds strategically-placed balls sporting teasing messages scrawled by his cohorts.

No one makes fun of Richard more than Richard himself. Hearing him modestly describe his golf skills, you would think he was a member of the “Fearsome Foresome”—growing hoarse from shouting warnings to everyone in striking distance. The only hole-in-one he has ever had may have been through a window, but Richard is still the envy of any amateur duffer. Periodically hitting bogeys, pars, birdies, and eagles, his scorecard reflects his years of dedicated practice.

Driven by his competitive circle of friends, the lure of the great outdoors, or maybe by the “19th-hole” settle-up at the Meridians Sports Bar, he savors his perpetual seven-day weekends. Life on the links suits Richard Stewart to a tee.



The ball stops here



Cancer: Non-Toxic Treatments

Shirley Schultz, Roving Reporter

When the body's normal control mechanisms stop working, uncontrolled growth of abnormal cells occurs, and these abnormal cells can spread (metastasize) to other parts of the body. This is the definition of cancer. No one wants to hear the word "cancer" in reference to their own health or that of their loved ones, but it is important to know that proper treatment can significantly slow or cure some cancers. Because there are many different types of cancers, it is impossible in this short article to address



specific therapies. Rather, it will call attention to some of the latest promising non-toxic treatments. You will want to hear the details of such from an expert, Joseph Tuscano, MD, from the UC Davis Comprehensive Cancer Center at the **Community Forum on April 22, "Breakthroughs in Non-Toxic Cancer Therapies."** (See page 51).

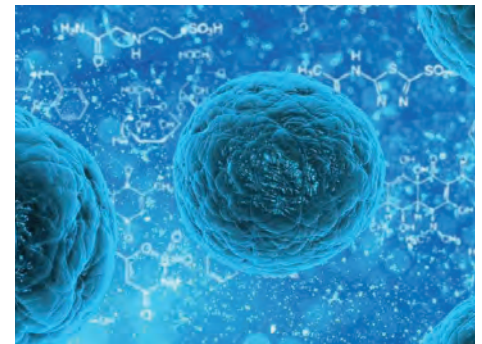
Following is a list of some non-toxic or not-so-toxic therapies undergoing investigation for cancer treatment.

- **Biological Therapy.** The goal here is to induce your own immune system to recognize and kill cancer cells just as it fights germs.

- **Graphene oxide**, according to Pub Med, U.S. National Library of Medicine NIH, is non-toxic and selectively targets cancer stem cells and has significant implications for cancer treatment.

- **Stem Cell Transplants** restore blood-forming stem cells in people who have had theirs destroyed by high doses of radiation or chemotherapy. The stem cells can come from the bone marrow, the bloodstream, or the umbilical cord of yourself (Autologous), from someone else (Allogeneic), or your identical twin (Syngenic).

- **Cannabidiol**, as a potential anticancer drug, is being studied in terms of its effects in interfering with cancer cell growth and metastasis. The use of cannabidiol, the second most prevalent ingredient of cannabis besides THC, has increased in recent years because it does not have the unwanted psychoactive side effects that some other cannabinoid products have.



There are many other non-toxic cancer treatments, but word constraints for this article would best be devoted to prevention and symptom relief. Stop smoking, eat a healthy diet, and get adequate exercise. Consider trying hypnosis, meditation, massage, yoga, acupuncture, aromatherapy, and music therapy. Eat a diet that supports your nutritional needs but starves cancer. Seek out additional information from a registered dietitian or nutritionist who is knowledgeable about an anticancer diet. Avoid excessive sugar in your diet, because most cancer cells thrive on sugar.



National Night Out “Kick Off” —Denim and Lace!

Teresa Tanin, Neighborhood Watch

National Night Out “Kick Off” is planned for May 23, Multi-purpose Room (KS) 6:30 to 8:30 PM. This evening offers a great opportunity to share stories of past National Night Out events, learn how to host your first event, and share a favorite potluck dish with friends and neighbors. The theme for 2020 is denim and lace, so wear your jeans or your lace, or both!

National Night Out occurs annually on the first Tuesday in August. This day is a national event, and activities are shared throughout neighborhoods

everywhere. Whether residents plan a block party closing off their street, they host a BBQ in their backyard, or meet in a nearby restaurant, their events emphasize the collaboration between police and fire personnel. This is a shared effort to help keep our community a safe place to live.

This “Kick Off” will provide helpful information on how to organize a successful August 4, National Night Out event. Learn how to reserve a visit from police, fire, or city officials, register to close off your street, and learn the

process for submitting group photos. Photos meeting specific requirements could appear in the September Compass or the Neighborhood Watch website SCLHWatch.org video slideshow.

Please note: Should the National Night Out “Kick Off” date change, a replacement date will be advised. In addition, the Association’s annual Pet Fair & Parade, planned for April 24, has been postponed until October (exact date will be advised). Check SCLHWatch.org “calendar” for event updates!

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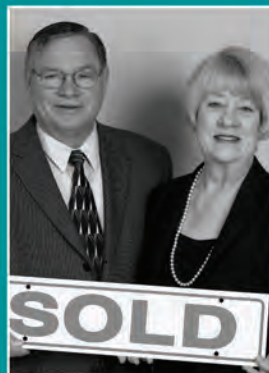
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Whitney Burial Crypt

Whitney, Spring Valley, and Twelve Bridges Important Names in Our Past

Al Roten, Roving Reporter

As we entered our new community upon moving to Lincoln Hills, not only the labels of streets and commercial centers brought new names to us, but names of historical significance were introduced. I am curious about such things and find enjoyment in sharing some background and origin of these now-familiar names.

In 1852 at the age of 17, Joel Parker Whitney arrived in California seeking his Gold Rush related fortune. Three of his brothers had also come to California and settled in San Francisco as merchants. Joel was a bit more of an adventurer, traveling throughout

Northern California and the West. He had seen and admired the rolling hills of South Placer County, and in 1854 advised his father, George, that the area was prime sheep-grazing land. George bought acreage in this area and introduced a hybrid breed of sheep with higher quality wool than had previously been available. The original purchase of 320 acres became the genesis of the Whitney Ranch, which by the 1870s grew to about 20,000 acres. The general boundaries of the Whitney Ranch were roughly Lincoln and Roseville on the north and south, Rocklin and

the trans-Sierra railroad on the east, and the railroad bordering current Highway 65 on the west. By 1873, Joel Parker Whitney had control of the ranch.

One of the prettiest sections of the vast ranch was Spring Valley, which had two springs that furnished water for the flocks of sheep. However, eyeing another potential in the land, Joel took advantage of the waterways created by gold miners and brought irrigation water to Spring Valley. In the 1880's he terraced many hillsides and planted orange trees. Some of these trees still grow wild in the Spring Valley area, now bordered by urbanization not far from Lincoln Hills.

In the northern section of Whitney Ranch, he built a golf course, tennis courts, and other sports facilities nestled in the hills. The road to these wound across many ravines and creeks, across which he built twelve granite bridges. A few of these bridges may still be seen in the Catta Verdera Golf Course and in Rocklin. About 2,000 acres of the 3,000 acres on which Lincoln Hills is built were part of the Twelve Bridges section of Whitney Ranch.

Joel Parker Whitney died in 1913. He and several others are interred in a monument near the Whitney Oaks Golf Course.



One of 12 Bridges



Recipes stand the test of time

Recipes for Success

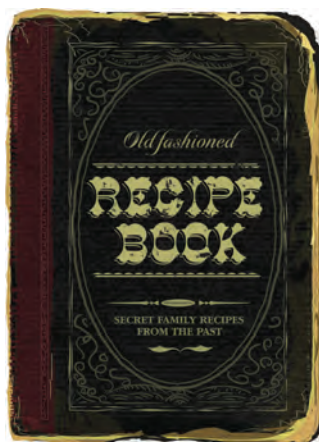
Linda Lucchetti, Roving Reporter

After our mother passed away several years ago, my sister was tasked with emptying her apartment, along with sorting through the junk for the gems. When I found a box of scribbled index cards and ragged magazine pages that my sister marked “trash,” I objected loudly. I instantly recognized the contents as tried and true recipes our mother had collected for more than fifty years.

Many scrawled in mom’s handwriting, a few typewritten with her Smith Corona, each recipe represents a family favorite I cherish. Luckily, these culinary treasures remain safe with me today.

Food and family are connected. Throughout time, food has not only been a necessity of life, providing needed nutrition and comfort, but also a social connection which nourishes our souls. Passing down recipes from generation to generation links us to

our ancestry, ethnicity, and illuminates our memories. It serves as a reminder of our traditions, keeping our recollections alive.



Vintage cookbooks are hidden gems

When you think of it, preparing and eating food consumes all the senses, and can stir up thoughts of earlier days with loved ones, many who may now be absent from our

table. Whether familiar meals help us think of holidays together, or everyday occasions, they can jog our memory in a positive way.

Many of us hold dear those particular foods with a cultural association. While yours may be Italian, Spanish, or Greek dishes, I celebrate my Polish heritage with favorites like sausage (Kielbasa), and stuffed cabbage (Golombki) -- staples from my upbringing. After I moved away, a stuffed cabbage dinner was always first on the menu to welcome me home.

Being a procrastinator, I admit that I haven’t yet organized my mother’s recipes, although now would be a good time. Maybe I will create a scrapbook, including family photos. Perhaps I will purchase and decorate a new recipe box. Or, I might go hi-tech and design a digital cookbook that could be a perfect holiday gift for family members, young and old alike.



Generation to generation

I especially embrace those handwritten recipe cards that apparently were so well used, they survived in spite of food stains, smudges, and all. If only these cards could talk!

If you are busy writing your memoir or researching your family tree, don’t neglect to explore those family recipes. Rather than let them spoil, why not repackaging them for yourself and your successors.

In Memoriam

Richard Nobuo Kozuki

Richard was born in Selma, California, and he grew up in Parlier, California. He attended Fresno State University and was employed by the State of California for 39 years. Family was important to him, and he enjoyed Lincoln Hills, especially both golf courses. Richard is survived by his wife, Joyce, and three daughters. He was blessed with three grandchildren and four great-grandchildren. He also leaves his three brothers and two sisters.



Robert Bradshaw Robbins

Born and raised in Los Angeles, Bob enlisted in the Navy during the Korean War as a Naval Aviator out of Brunswick, Maine. Later he graduated from the University of Southern California with a law degree and had his own office in Fresno, California for 39 years. He retired here with his wife Charlotte of 45 years and volunteered to be the "Easter Bunny" for three years, as well as helping on committees and volunteering to practice pro bono part-time for 15 years for the Legal Services of Northern California. Bob enjoyed boating, flying, traveling, tennis, and visiting with friends. He leaves his wife and many loving family members who miss him greatly.



Dennis Wayne Sudano

A Vietnam Veteran, Dennis served two tours there as a US Navy Seabee. He was a graduate of San Jose State University. A skilled carpenter, he worked as a Building Superintendent for 30 years and acted as a School Building inspector before retirement. Dennis was a firm believer in our God and Lord Jesus Christ and was a faithful member of Lincoln Hills Community Church. Before retirement, he was a member, elder, and teacher of 25 years in the Christ Community Church of Milpitas. Here, Dennis enjoyed the Italian Club, won awards in the Wood Carver's Club, and played a mean game of Bocci. He is survived by his wife, Eleanor, his daughter, and two sons, as well as four grandchildren.



Douglas Wayne Nelson

Doug was born in Altus, Oklahoma. At age 19, he enlisted in the US Navy and then lived most of his life in Bakersfield, California before retiring to Lincoln Hills. He owned and operated a paving company in Bakersfield and later was the shop manager for Douglas Truck Bodies. He recently moved to Pueblo, Colorado, to live with his brother, Jack. He is preceded in death by his wife of 51 years, Barbara and his brother, Jim. He is survived by one brother and one sister, three children, two stepdaughters, eight grandchildren, eleven great-grandchildren, and one great-great-grandchild. He was interred with military honors at the Sacramento Valley National Cemetery in Dixon, California.



James Kippert

A Colonel in the United States Air Force, Jim flew the HC-130, the T-38, and proudly had over 1000 hours in the U-2 during the Gulf War. He was born in Sault St. Marie, Michigan, but has lived in many states during his years in the military. Jim and his wife, Joan, moved here in 2014, where you could find him swimming daily and riding his bike to and from the Lodge. Jim lived a beautiful life, traveled the world, and is sorely missed by his wife, two children, six grandchildren, and many friends.

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



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Library News

Please cover all books when taking them to and from the library. Water wreaks havoc with books and magazines.

Also, remember to return all books, DVDs, books on tapes and leave them on the gray rolling cart. We appreciate your cooperation. When returning books, please also return the dust cover. The dust cover not only protects the books but also gives a short synopsis of the story and information about the author.

If you need help finding a book or have a question, just ask one of the volunteers. They will be happy to assist you.

I recently read two books by B. A. Shapiro. She writes about the art world in a very interesting way. The books I read are "The Art Forger" and "The Collector's Apprentice." I'm sure you will agree that they are cleverly written. They can be found in the hardbound novel section.



Contacts:

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

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Amateur Radio

We were fortunate this past month to have two members of the team that installed our repeater, attend one of our meetings. Pete Walker KD6RB and Lewis Barnard WA6ESA gave a unique video presentation of the actual process undertaken. They filled in the history to newer members of the setup and equipment used. We are appreciative of this important information. If you are looking for a way to engage in the community and have an interest in amateur radio, please



It's the Lifestyle Expo 2020

join ARG members on Monday evenings at 6:30 PM in the South Lincoln Hills Entry Facility. The ARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

Contact: *Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com*
Website: *lharg.us*



Ballroom Dance

The Coronavirus has directly impacted Ballroom Dance activities. As of March 13, Tuesday instruction and

other activities were canceled. Members will be notified when we are able to resume participation. Stay healthy because we look forward to seeing you when we are able to resume our dance program. Annual membership dues are only \$7 a person and is open to all Lincoln Hills residents and sponsored guests. Lessons are offered in the Multipurpose Room (KS) each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during when you can practice the many dance styles.



Contact: *Ruth Algeri 916-214-6348*



Big History

As of this writing, we're unsure when facilities will reopen, and meetings can resume. When that happens, Dave Lewis will speak on Alexander the Great, the ancient Greek king who lived a mere 32 years yet became one of the most brilliant military leaders of all time. Then Marggi Holtz will tell us about the Silk Road, a network

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of trade routes connecting East and West that affected kingdoms and empires stretching from China to Eastern Europe. Meanwhile, we'll be sending out links to online materials so you can continue to get your Big History fix.

We normally meet on the first and third Monday of the month at 10:00 AM in P-Hall (KS).

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

Website: *bighistory.sclh.com*



Billiards

We are offering tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun with the chance of meeting new people! We are offering free lessons at KS to all residents on Tuesdays from 9:00 to 11:30 AM. This is for new and returning players (men and women). You do not need anything to play. Just show what we have to offer. Remember it's free!

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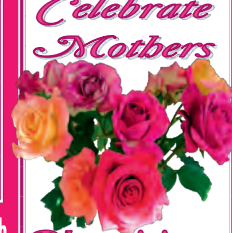
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Bird

As I write this article, we are not sure what activities will be possible because of the Coronavirus. However, Sal Acosta and Paul MacGarvey continue to plan speakers and outings in hopes that we can get back to enjoying these activities.



A beautiful morning birding at Bobelaine Audubon Sanctuary

The following are tentative plans for the month ahead. April 24, we visit Traylor Ranch Nature Reserve and Bird Sanctuary and walk through mixed woodlands. May 8, we make our spring trip to Waldo Junction and Spenceville Wildlife Area, where we often see Osprey, Yellow-breasted Chat, and Lazuli Bunting. May 11, Angela Thompson of Wild Birds Unlimited, Roseville, will speak at our monthly meeting in the P-Hall (KS) at 1:30 PM. Check our emails and website for updates and more details.
 Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com
 Website: www.lhbirders.org



Bocce Ball, Mad Hatters

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

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



Book, OC

Our selection for our April 16 meeting, *The Taoist of Auschwitz*, is not just another recounting of concentration camp horrors. Based on a true story, the book goes beyond horrible and becomes, in a sense, a love story—love for a woman and love for all fellow prisoners. To find out how this happens, join us on April 16 for what promises to

be a thoughtful discussion.

The Book Club fosters discussions of many books. Meetings are on the third Thursday of each month, in the Multipurpose Room (OC) at 1:00 PM. Newcomers are always welcome.

For the next few months, we'll be enjoying: May 21 – *The Death of Mrs Westaway* by Ruth Ware

June 18 – *Year One* by Nora Roberts.

Contact: catsickle@gmail.com

Website: LHocbookgoup.blogspot.com



Bridge, Duplicate

We have started the 2020 Ambassador Program with mentors and mentees. Each mentor has a designated mentee. The mentor/mentee team is encouraged to play one game a month from March through August. Limited discussion is encouraged during the game. Lessons are not expected. Mentors and mentees should feel free to call or email each other. Sharon Duley, Ambassador chair, and Pat Lewis, club president, are available for questions or concerns.

Contact: Patricia Morgan

916 543-0263,

Patmorgan2260@hotmail.com



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.

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Winners: February 27 - First: Edith Kesting/Erika Wolf; second: Byron Hansen/John Butler; third: Sharon Klotz/Sue Cirerol with high round 2190; fourth: Bev & Allan Blaine. March 5 - First: Carla & Mark Green with high round 1740; second: Phil Sanderson/Chet Winton; third: Patty & Frank Kamienski; fourth: Bev & Allan Blaine. March 12 - First: Carla & Mark Green; second: George Hubbard/Phil Sanderson; third: Sue Cirerol/Sharon Klotz; fourth: Nancy Rice/Carol Mayeur. Patty & Frank Kamienski had high round 1700. March 19 - SCLH facilities closed thru March. Bridge canceled.

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

Our FREE bridge class is every Wednesday, 8:30 to 10:00 AM for Beginners, and 10:00 AM to Noon for Intermediates in the Card Room (OC). No reservations needed. Just come! We welcome Social Bridge Players to join us every Friday. Meet 12:15 PM, Sierra Room (KS). Call Pat Mullins at 408-202-1865 for reservations. Winners on February 7: Pat Mullins, Jyoti Sitwala, Marge Phillips, Flo Hunt. February

14: George Hubbard, Dolores Marchand, Alan Haselwood, Bob Free. February 21: Chet Winton, Jyoti Sitwala, Jay Southard, Byron Hansen. February 28: Bette Dow, Ralph Madsen, Gretchen Thomas, Byron Hansen tied Linda Scott. On March 6: Ed Thomas, Bob Calmes, Viren Sitwala, Marge Phillips. Grand Slams: 7NT by Pat Mullins and Ralph Madsen. 7S by Bette Dow and Nancy Murdick. Congratulations!

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



Ceramic Arts

The month of May will be "Art in the Alcove for Ceramic Arts." Artists have the opportunity to display their work for show or sale. Sign-up information will be emailed to members. This is a good opportunity to purchase one-of-a-kind art pieces for your home or as gifts.

Our club's Spring meeting will be held Wednesday, May 27, from 9:00 AM to Noon in the Ballroom (OC). Watch your email for the agenda and plan to join us.

The Fall CAG meeting and dinner is slated for Wednesday, October 28, in the Secret Garden and Ballroom (OC). This is a delicious dinner and a fun evening with super door prizes. Steering Committee elections will be held

at this meeting.

Put these events on your calendar. Your participation is appreciated.

Website: www.cagsclh.net



Chorus

Facility closures suspended our "Folk Jamboree!" rehearsals in March, and it was doubtful that they would reopen to permit our scheduled performances on May 3-5. We decided to cancel.

Because we love to sing and share this love with you, this decision was tough. We worked hard to prepare for this concert while we could, and we're sorry you won't get to enjoy what we had in store for you. One small consolation: ticket sales were put on hold, so no refunds will be necessary.



We appreciate your support for our past performances and look forward to seeing you at our next ones on December 6, 8, and 9, when we'll delight you again with a mostly Christmas repertoire. Until then, stay safe and healthy!

Contact: Suzanne Rosevold 916-587-3035,

suzannechorus@gmail.com

Website: lincolnhillschorus.org

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Computers

Apple Users



When it comes to controlling your Apple device, your voice is quicker than your finger. At the May general meeting, Ken Spencer will show you how to use Siri, dictation features, and voice control features to more quickly and accurately interact with your devices.

Later this month, Bill Smith will show how to set up and use the iPhone, iPad, Mac, and Watch for phone and video calls. He will show how to manage voice mail and eliminate disrupting phone calls.

Plans might change due to COVID-19, so watch lhaug.org for the latest information. Also, read "Some Best Practices for Cleaning Apple Products," on the lhaug.org Information page.

Finally, Ken Silverman was appointed LHAUG Vice-President, replacing Jack Harris, who was elected to the SCLH Board.

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

Computers

PC



Main Meeting: Wednesday, May 13, at P-Hall (KS), 6:30 to 7:30 PM. "The Latest from Google: Android Devices and Chromebooks," by Terry Rooney. A social will follow across the hall.

"Walk in Workshop," Tuesday, May 19, 1:00 to 3:00 PM at the Computer Lab (OC). This is a great chance for members to ask the experts for "free" assistance with desktop, laptop, pad, or cell phone questions.

Most previous presentations are available on the website of the club: www.sclhcc.org and serve the members as a great resource. Suggestions for further presentations are requested.

Due to Coronavirus, please check the website for updates.

Contact: Norman Seidenverg
916-209-3894
Website: sclhcc.org

Country Couples



A few weeks ago, some of our members took a very interesting tour of the SF Bay Coffee Company plant located right here in Lincoln and

led by a couple of very knowledgeable employees. We got to taste some samples, learned a lot about coffee, and how it is roasted/processed at their plant. A noteworthy fact is they are working towards making all their packaging biodegradable. At the end of the tour, we got free samples and visited the gift shop.



Our next fun-filled dance will be April 17 with a theme of "April in Paris." Interested in joining us and learning Country Couples dancing? Beginner lessons are 7:00 PM on Mondays at KS. For more info, go to our website or contact us.

Contact: Kathy Lopez 916-434-5617,
kmlopez46@gmail.com
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

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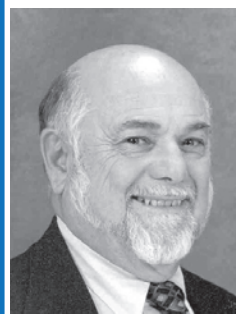


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partner games using a rotation system. Every game you end up with a new partner. Each player keeps track of his or her own score. The weekly winners for February were: week one, Rae Cook; week two, Rae Cook, and week three, Frank Cuchetti.

New players are always welcome!
Contact: Don W. Lloyd 916-884-4554, gryeagle1@hotmail.com



Cyclists

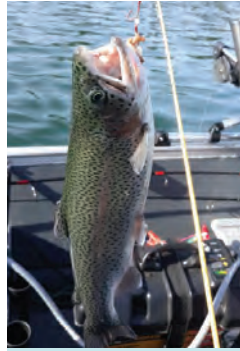
The ride leaders and club Officers had a breakfast meeting last month and discussed several issues. It was suggested that each ride leader use the ride calendar to not only post their rides but also to enable riders to register for posted rides. Our website has had the member roster open for anyone accessing the site to see. It was decided that in the future, the roster will be protected with a member password. We now have 152 people listed on our roster. A potluck members meeting is being arranged for late September. This year we have planned a holiday party for our members at Meridians restaurant. It is scheduled for December 15. A suggestion was made to look into training our ride leaders in CPR.
Contact: Steve Valeriotte 916-408-5506, jillsteval@gmail.com
Website: lincolnhillscyclists.com



Fishing

The question most anglers ask each other, “what worked for you at such and such location?” Then the story begins—and never ends—“what are you using?” Come to a meeting and find out what’s working at “such and such” location. We usually have an “expert” to chat with us at our meetings.

The bait/spin/troll/boat folks meet at OC Grill, Monday, Wednesday, Friday, at 9:00 AM. The fly folks meet at the Pipeline, Del Webb Blvd, Friday 8:00 AM—making plans to fish of course.



Fletcher's rainbow, a beaut!

Our general meetings are the second Monday of each month (except May, October, and December) at 7:00 PM, P-Hall (KS). Please join our club.

Contact: Ralph Tonseth 559-860-9104, ralphtonseth@comcast.net



Food Adventures

We determined it is in the best health interests of our members to cancel all our club meetings and gatherings



Local Produce

until further notice. We notified all members by email on March 10 that this was effective immediately. The club will monitor news from public health sources about the virus outbreak to determine when it is okay for us to resume a more normal level of club activities. Earlier, the club had been diligently working at arranging for many interesting and enjoyable food adventures during the calendar year 2020, that we hope can be re-scheduled again later in the year. These activities included guest speakers on a variety of food-related topics, visits to various local food venues, and food samplings in the Kitchen (KS).

Contact: Pam Abad 916-409-5679, pamabad@att.net



Garden

These were the original activities for April that have been cancelled and may be rescheduled for future dates. April 4, Saturday, Plant Sale at the Sports Pavilion, 9:00 to



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11:00 AM. April 25, Thursday, Home Garden Tour. We've moved it earlier in the day: 9:30 AM to 1:30 PM, hopefully, to avoid the heat if it turns out to be a hot day.



Amateur Rose Show & Competition

April 27 and 28, Saturday and Sunday, Amateur Rose Show and Competition; 10:00 AM Saturday to 4:00 PM Sunday, Lobby (OC). All the information will be sent to members by email for entering your homegrown roses! Also, information and guidelines are on the website.

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



Genealogy

Our next presentation will be held on April 20, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, James Baker, will present "Google: A Genealogist Best Friend." Mr. Baker has been an active genealogist for the past 15 years. Members should come a few minutes early to check in and receive a door prize ticket for a gift



Jim Baker

card. A \$20 Membership puts you on the email list for notices about Computer Lab Walk-in Sessions, Coaching Sessions, and Speaker information and handouts. A series of workshops called Boot Camp for Beginners will be held on the first Monday of each month from February to June. Only members will be eligible to attend, so join now and attend Boot Camp.

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



Golf

Ladies XVIII

The Coronavirus has impacted our weekly golf, as we were isolated through March. On the bright side, there was some spectacular golf during the last several weeks by our octogenarians. Millie Sams has been on the leaderboard weekly, claimed a CTP, and added a birdie on the toughest par three on the Orchard. Reta Blanchard recently bested four others, ten years younger, in a five-way tie-breaker in Flight One, and topped Flight Two on another playday. Then, there are the ninety-somethings. Dell Parker and Pat Morgan hit in the middle, have competitive short games, and both have been winners this year. It is truly inspirational to the younger membership. Why not tee it up in a life-long sport? Join us.

Lincsters

We welcome recent new members Deborah Dunipace, Robyn Kain, Edie Lucas, Judy Meyer, Connie Thomas, Patti Woolsey, Valerie Green, and Teresa Becker. The Coronavirus has delayed many golf activities, but hearty golfer gals are ready to begin their early morning tee times at 8:30 AM, which will continue through the fall months. The General Meeting has been rescheduled for April 22. Discussion topics include the new USGA World Handicap System and clarification of course rules. Members are urged to brush up on rule changes at USGA.org or register for a rules clinic. Upcoming events tentatively set are the Seniors Rule Tournament, April 29, and Bring a Friend Tournament, May 20. For membership information in the Lincsters 9-Hole Golf Club, contact Nancy Hastings, nhast38@yahoo.com.

Contact: Joyce Kirk 626-429-2284, thejkirk@gmail.com
Website: lincsters.com

Golf Men's

The March Tournament of Champions 1st place low gross score winners were: Bob Schoenherr, Larry Hazen, Rick Lamb, Larry Brenden, Gary Anderson. First place low net winners: Chuck Gould, Mike

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Munro, Frank Merlo, Joe Varner, Vince Cardinale. Congratulations to all the participants, it was a fun tournament!

Just for Fun Low Gross winners:



Mike Munro, Bruce Lyau, Rich Henrikson scoring a tournament

Rick Henrikson, Paul Carr, Dean Brumley. Low Net winners: Ed Rocknick, Bob Arts, Al Olivieri. Congratulations to the other pro-shop credit winners: Warren Mercer, Jesse Reuter, Lou Lovotti, Glen Arney, Larry Schulz, Ron Waisner. Karl Williams, John Milbauer, Bob Emge. April 14 is the Two-Man Better Ball Tournament to be played on the Orchard Course. On May 12 will be the fun ABCD scramble based on handicaps.

Contact: Bob Schoenherr
408-838-5340,
schoenherrbob@gmail.com
Website: mgclh.club



Hiking & Walking

Hiking and walking are good for you! Enjoy the fresh air, beautiful flowers, and greenery that our March rains

have brought us. The walking group meets at 8:00 AM every Wednesday at a different meetup spot each week. Upcoming hikes for April are Buttermilk Bend/Point Defiance(Bridgeport), April 2; Euchre Bar (Alta), April 7; Table Mountain (Oroville), April 14; Avery's Pond (Folsom), April 16; Johnny Cash Trail Loop (Folsom), April 21; and Weimer Institute (Colfax), April 28.



Fabulous turnout for the Bobelaine Audubon Sanctuary

Visit our website for more information on hikes, walks, or membership. Schedules may suddenly change, especially due to inclement weather.

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



Investors' Study

Thursday, May 7, at 2:30 PM in P-Hall (KS).

The May Speaker will be John Tousley with Goldman Sachs. Hopefully, we can have him in person, but because of corporate



Mopp and the Voya Financial speakers

limitations and several uncertainties still out in the world, we are not sure what the next month will hold. It looks as of now that corporations are being extremely cautious. As usual, Russ Abbott will review his playbook. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month at the Multimedia Room (OC). If interested, contact Norm Quatrain at 916-645-4675. Further questions regarding Investors' Study, contact Carl. Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com



Lavender Friends

One of our club's strongest attributes is providing a support system for members. Take, for example, the informal monthly lunches of singles. It got started quite casually and was broadened as more singles moved here and joined the club, which is comprised of LGBTQ residents and allies.

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For Joan Lacktis, who also is club president, it's a good way of sharing what is happening in their lives.

Another fan says this: "Being single, we don't have partners to help us out when needed. This group enables us to connect and help each other when needed." Learn more about Lavender Friends at www.lavenderfriends.com.

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

Website: lavenderfriends.com



Line Dance

The Lifestyle Expo was held at (OC) on February 25, and the Line Dance Group set up our booth with information on types of line dance classes that are offered, including the levels and the days/times available. We assured all the interested attendees that absolutely no dance experience needed. One of our main functions is learning to dance for fun but also for exercise and to promote good balance techniques. We hope that we sparked some interest in our Line Dance Group. Consult the Compass for a listing of classes, times, and instructors, and please feel welcome to join one of the many classes offered.

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



Mah Jongg, Chinese

If you're looking for a way to start the week off with some lighthearted 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 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

All are welcome to join us playing the intellectually stimulating tile game. We meet every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. If you are interested in learning to play please contact Fran Rivera, who offers free lessons in her home. Call Fran at 916-253-9978. Mah Jongg is a difficult game to learn, but once you do you'll be hooked.

Hope to see you Tuesday.
Contact: Gerry Bell 916-253-7860



Mixed Media

Club meetings are held on the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. Our meeting was cancelled due to the Coronavirus. Our napkin art challenge will be shared at our next meeting. We always welcome new members. The yearly dues are \$20.



Deidre, our February guest artist, leads us in art activities

The club has three boxes of donated soft pastels. Members are encouraged to check them out for the month, play with them, and discover all the fun things you can do with them. They will be available to check out at our meetings.

*If there are any changes in our activities due to the Coronavirus, members will get an email from our Mixed Media President, Nancy Griffin.



Motorcycle

Due to the Coronavirus there was no club meeting or ride in March. The club looks

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forward to hitting the road again on April 11, when Road Captain John Marin leads riders on a tour of "things around Lincoln." On May 9, Road Captain Dan Harlander will be leading a ride to Middletown.

The club has scheduled rides on the second Saturday of the month, March through November. If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC). The next meeting will be on April 23. "Ride Safe - Ride With Friends" *Contact: Manny Perez 916-253-9121, manwil412@wavecable.com*



Music

We did not meet in March due to health concerns regarding the Coronavirus. We hope to meet in the future to play and jam together. 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

The General Meetings are held the second Tuesday of the month at P-Hall (KS) at 1:00 PM.

The Sewing Room expansion is going forward. Stay tuned and be patient as always. All updates will come from Jean Storms when she is notified. Our Spring Luncheon is May 12, and we hope to see most of the Needle Arts members there. Nancy Norton and her committee are hard at work to make this event "FUN." The theme for our luncheon is, "A Needle Arts Picnic" (that really does sound fun). The 2020 Needle Arts Retreat is June 1-5 at Mercy Center in Auburn.



Pioneer Quilters Guild share their Opportunity Quilt at our meeting

*If there are any changes in our activities due to the Coronavirus, members will get an email from our Needle Arts President.

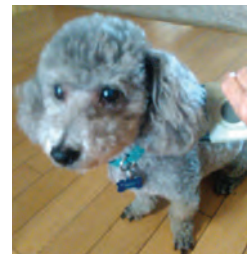
Contact: Jean Storms, jeanstorms272@gmail.com Website: http://sclhna.com/



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Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com Website: www.SCLHWatch.org



Painters

The committee for the Annual Art and Craft Tour had to make the tough decision to reschedule the Tour to the early Fall. More information will come out with details as soon as possible. Painters are all sincerely looking forward



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to the removal of the need for “Sheltering in Place” in time for our Tuesday, April 21 meeting, and our popular presenter, Frank Ordaz. Check out his website for information: www.ordazart.com. We encouraged everyone to be very diligent in following all directives to stay safe during this emergency, but remember, you can also use this special time to paint, and especially to imagine and create a wonderful abstract painting for the May 19 Challenge. We look forward to gathering again to share our creations.

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



Paper Arts

Thank you to Sue Dambrosio, who created and led our March project—a centerpiece perfect for springtime.



March project, a spring centerpiece

Due to growing concerns over the potential spread of the Coronavirus and the closure of

our community’s facilities, we will reschedule our April 2 project that was to be presented by the “Stampin’ Divas.” Please note that we will be continually sharing updates on the status of future meetings and events, so check the club’s newsletters, distributed to members via e-mail.

We meet for our general meetings 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 Noon. 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

The March Show and Tell was an inspiring success. Seven members presented photos from distant field trip or vacation locations. But we also learned you don’t



Photo by Jack Ferrante

have to venture too far out of the community—or sometimes even your house—to find some fascinating photo-worthy subjects. The Board has been exploring ways to keep our shutter-happy members busy and motivated during the community-wide downtime. The Learning SIG team will be challenging members to keep up with their photography skills through a series of online tutorials involving subjects in or near your home. The Enhancement SIG leader will also be issuing member challenges to demonstrate and improve their post-processing skills. For updates, keep watching our website and check out our Facebook page.

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



Pickleball

The information regarding the Coronavirus seems to be changing daily. Be sure

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to check your emails from Lincoln Hills for more information.

The Pickleball Courts are closed until further notice, and all the lessons and Welcome Saturday have been canceled until further notice.

Frustrated? There are a plethora of Pickleball videos explaining the game and showing past matches on YouTube. This is a good way to learn the essence of pickleball before ever stepping on the courts.

For more information regarding pickleball or the LH Pickleball club, visit our website or call Molly.

Contact: Molly Morris 408-386-9054, mollyfmorris@gmail.com Website: lhpclub.com



Players

The Players have just announced that our June play, Murder on the Orient Express, has been canceled. While we're very sad that we can't bring this hilarious Agatha Christie play to Lincoln Hills residents, it's all in the best interests of embracing each other in our current health crisis. Some good news: Readers Theatre shows are still on for August 8 and 9 at P-Hall (KS); more information will be announced next month. More good news: The critically acclaimed Broadway musical Damn Yankees will come to the Orchard Creek Ballroom stage in November! More information

available soon.

The next Players meeting is Monday, May 11, 4:00 PM in P-Hall (KS). We would love to have you join us.

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. Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Our March meeting featured Harp's RV Service in Lincoln, getting us ready to hit the road safely. The big unknown will be the impact of COVID19 on our plans. Our upcoming Rallies to Bodega Bay and Las Vegas have canceled. However, RV'ing is probably the

safest way to travel, and most of us are planning personal RV trips in addition to our Group Rallies. Check out our website for upcoming Rallies, Parties, and Rally ideas for 2021-2022.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month to discuss Rallies, gain RV education, and get to know each other better through shared appetizers. Residents with an interest in RV'ing are welcome to visit, meet new friends, and share RV travel information.

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



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necessary, and day of the week and times are up to you.

Volunteers at the First Street School were asked if they would like to become pen pals with fourth-grade students who want to learn cursive writing. Letters have been exchanged, and posted in the mail and a party was held to honor the adults who participated. Children and adults were thrilled to meet their pen pals.

*Contact: Cyndi Colloton,
ccolloton@yahoo.com*

Website: schoolssuncity.org



Scrabble

We would like to welcome any residents interested in Scrabble to join us for games every Monday at 1:00 PM in the Card Room (OC).

All materials are provided, and no reservations or advance notice necessary.

This group has been ongoing since Lincoln Hills opened and is a lot of fun for all.

Come and try it out.

*Contact: Joan Anderson
916-505-5000*



Singles

As I write this article, we are all involved in social distancing and abiding by the directions, which are given to us daily by the government. Patience and kindness are indeed needed during this

time. We can call a friend to chat, e-mail a joke or a thought for the day to your list of contacts, go for a walk, or organize those photographs that you have been meaning to get to for years!

Rather than list our activities for the month, I will just touch briefly on an upcoming meeting, 6:00 PM on Thursday, April 23 in the Ballroom (OC) we will treat you to a delicious ice cream social. Let's hope we will all be able to get together on this date.

Stay safe, and keep calm, everyone.

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



Softball

Hopefully, the 2020 Softball Season has begun by now. If not, stay tuned. We have ten Recreational League teams playing on Mondays and Wednesdays from now until early September. We have more than 200 players, umpires, scorers, and volunteers comprising the Lincoln Hills Senior Softball



League. Please come out to Del Webb Field at 1050 Del Webb Blvd. near Ingram Blvd. and watch for free. We have a large shaded grandstand and an elevated shady "picnic hill" on the right field side of the ball field. Plenty of parking is available in our adjacent parking lot. The Ladies League is scheduled to begin in early June. Watch our Softball *Compass* articles in future months for more updated Ladies and Recreational League news and events.

*Contact: Bruce Briggs 916-543-3401,
bbriggssrsoftball@sbcglobal.net
Website: lhsl.net*

Coyote Softball

The Coyote 60 team, ranked Group 6, entered the Spring Warm-Up tournament in Yuba City. The Coyotes went 5-0 to win the tournament, beating four higher ranked Group 4 teams. The Coyotes received strong hitting from Pat Sabia with three home runs, Paul Josse, Curt Clawson, Joe Bellah, Chaz Pennes, Mitch Miladinovich, and John Griffin. The Coyotes hit .650 for the tourney.

The Coyote 80's played their first 2020 tournament at Manteca's Big League Dreams Park March 5-6, finishing in second place with a 2-2 record. Led by the hitting of Jerry Lambert, Gary Jones, and Charlie Bryant and slugging by

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Ron Morin and Gym Mikaelson along with great defense, the team played very well.

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



Sports Car

Nowadays, it is important to be positive. We are looking forward to rebooking the tours we needed to cancel. The trip to Lockeford and Teresa's Place was canceled at the last minute, but we are so grateful to Teresa's Place in Jackson because they waived all the reservation fees. We definitely plan to return!

Our social at the Pescatore Winery with a five-course dinner and wine tasting is still scheduled for June. There will be much to celebrate.

Future tours are in the planning and will be scheduled when things get better. One is a tour of the CHP Academy, and the second is for the Amazon Fulfillment Center. Both are new to the club, and we are looking forward to interesting visits.

Contact: Vic Kremesec 916-543-7050,
vjk1245@yahoo.com
Website: lhspportscars.com



Sun City Squares

As soon as restrictions to clubhouse access are lifted, we will be resuming our Square Dancing at KS on Mondays from 1:00 to 3:15 PM for our plus

dancers and from 3:15 to 3:45 PM for Advanced. We also meet on Thursdays from 1:00 to 3:00 PM for Advanced level dancers.

Unfortunately, our previously planned event for new dancers had to be canceled due to the closure of KS.

We will try to have a meet-and-greet for those who would like to learn to square dance in the near future. Until then, please feel free to stop by and visit with us on Mondays and let's get acquainted. No partner, no problem. We are an all-position square dance club. We welcome singles and couples.

Contact: Beverly Cieslinski
916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

Gail Harmon shared her story of how swimming became part of her life. At the age of 11, she was playing kickball at recess, and as she backed up, a student was on the ground behind her. Gail fell backward and hit her head on the asphalt.

She woke up in the hospital after a six-month induced coma. The doctors said she would never



Advisory Committee Member
Gail Harmon

talk or walk again. Her father would not accept the diagnosis, so he had a swimming pool put in the backyard and started working with Gail using water therapy.

As we know, Gail can talk and walk. She has dedicated herself to swimming (and billiards) and has recovered from medical setbacks by always returning to her sports. What an inspiration you are to us!
Contact: Bob LeRoy 916-412-0552,
bobandchey@icloud.com



Table Tennis

Betty King and Chris Negus did a beautiful job at our table for the recent LifeStyle Event. Betty provided a table cloth with ping pong themes, key clips, and little wind-up robots playing ping pong. Chris brought chocolates wrapped in white to look like miniature ping pong balls. Twenty-six informational fliers were passed out. Hopefully, KS will reopen before this Compass is distributed. Playtimes are as follows: Sundays, 9:00 AM to KS closing, except the first Sunday of each month when play commences at 12:30 PM; Tuesdays, 6:00 to 9:00 PM; and Fridays, 8:00 to 11:00 AM. All skill levels are welcome. Free loaner paddles and lessons are available. Just remember to wear tennis or soft-soled shoes.

Contact: Tim Frank,
timcfrank@gmail.com

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Tap Company

In light of the closure of our facilities in order to protect our residents, *Night on the Town*, currently scheduled for April 2, 3, and 4, is canceled. The Tap Company will offer this performance in April 2021. Our dinner show concept has proven to be popular in our community, as we had approached a near sell-out within days of offering tickets. *Night on the Town* will be back! In the meantime, when our facilities reopen, we will continue perfecting our concept and performance to make *Night on the Town* even better in 2021. We are thankful for the information, support, and actions from the Association during this time of uncertainty to keep everyone safe.

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



Tennis

Our spring schedule is on hold for the time being. The St. Patrick's Day tournament was canceled, and all organized tennis events are on hold. Hopefully, we can resume with our charity tournament on May 16.

Our semi-annual membership meeting is scheduled for Thursday, June 4, at the Sports Pavilion.

The plan is to combine an ice cream social with the membership meeting.

For now, our courts are closed, and we can't play tennis here. As we age, we lose our fitness much quicker. To be ready and able to play when life returns to normal, we need to continue to stay active. Walking and bicycle riding are great activities that will keep you in shape and can be done without contacting others. Stay active and wash your hands!

Contact: Helen Berott 530-320-6468,
hberott@msn.com
Website: www.lhtg.com



Vaudeville

Believe it or not, July will be here before we know it. Another great show is in the works for The Vaudeville Troupe's Golden Revue Variety Show. On April 28 and 29 in the P-Hall (KS) from 6:00 to 8:00 PM,



Vic Albertazzi & His Accordion

we will hold auditions. We are always looking for new talent, and it turns out we already have six brand new acts that have requested an audition. The show will be July 23, 24, and 25 in the P-Hall (KS) with four shows in total. The show is two hours, including your break, and this year the cost is \$15 per person. You can't beat the price for a great variety show. Contact our Director, Yvonne, if you are interested in an audition.

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



Veterans

Our meeting planned for April 16 has been canceled in compliance with government and healthcare-provider recommendations. Please remember to fly your American flag and to make a special effort to show the colors on May 8 and 16, VE Day (1945), and Armed Forces Day, respectively.

Contact: Joan Mac Adams
916-751-9292,
joan.macadams13@gmail.com



Vintage Treasures

In honor of Mother's Day, our May 4 meeting will feature vintage treasured gifts from our mothers, mothers-in-law, grandmothers, or from special women whom a

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member would like to celebrate on that day. One of our Program Directors will begin the presentation, and members are asked to bring a treasure to place on the display table beforehand. Members will then be invited individually to share their items with the group, along with a brief story of its significance. Pre-1970 jewelry, vanity sets, heirlooms, and family memorabilia are some suggested items.

We meet in the Heights and Gables Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM. Program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

Lifestyle Expo provided a wonderful opportunity for Club members to share the joy of playing water volleyball with residents of Lincoln Hills. Our banner, blue and red



St. Patrick's Ladies' Night

balls, website, photos, and flyers provided a great window into the fun that can be had playing water volleyball at the Pool (KS). By the end of the event, over twenty residents expressed interest in giving water volleyball a try. A great option for further exploring water volleyball is "Free Saturday." Any interested resident can send a quick email to the Club and then participate in Recreational Play on Saturday morning. Ladies' Night continues to be a Club favorite for Recreational and Competitive players. March's first Wednesday was dedicated to St. Patrick's Day, donning the decorative headbands.

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



Woodcarvers

The Woodcarvers members were happy to display their work at the recent Lifestyle event at Orchard Creek. The array of work shared by our carvers was quite amazing. There were walking sticks, bowls, caricatures, bark carvings, relief carvings, Santas, and statues. Of course, our comfort birds were also on display. These birds nestle in one's hand and offer

comfort by their shape and feel. The birds are often a new carver's first project. Many of our comfort birds are given to Lincoln Hills groups, such as the grief group, the MS group, and others, as an offering to help community members. If you're interested in wood carving, stop by during our meetings—every Wednesday, from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman
916-253-9534,
rainman1414@yahoo.com



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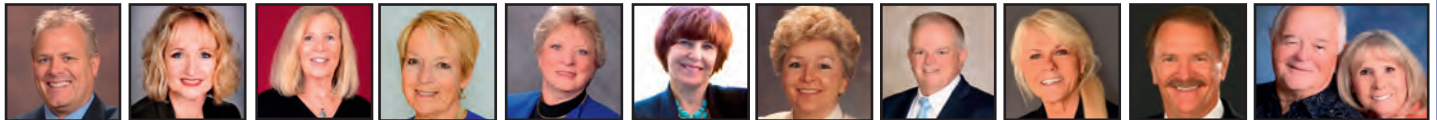


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David Moody #02005018 916-581-0940	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Sue Noyes #01506617 916-295-4324	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	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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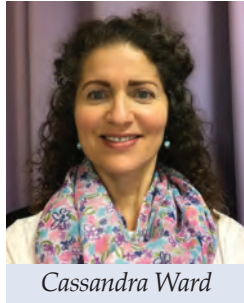
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Alzheimer's-Dementia Caregiver's Support

Our speaker for the April 22 meeting, if we get to have one, is Cassandra Ward from Sutter Health, talking about memory strategies and communication suggestions. Living with a neurologically challenged person is not easy, so having ideas that can ease the tension is welcome. If it doesn't work out for this meeting, we'll work on getting her later on.

You're probably tired of hearing about social distancing, sheltering in place, and washing your hands all the time, but that last one about the hands is really important, especially right after you've been outside the house. The less you leave the house, and more often you wash your hands, the better. Be safe.
Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Cassandra Ward

Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. If we are still under quarantine, we will cancel the following. Monthly support meetings are held on the second Wednesday

at 3:00 PM at Joan Logue's home. The next support meeting is May 13. 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 Old Town Pizza Friday, April 24, at 11:30 AM. Meet at OC Lodge in front or go to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.
Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net

Bosom Buddies

We welcome breast cancer survivors as well as those still undergoing treatment. During the year, we have speakers on the latest treatments and research in cancer and also on other subjects of interest to our members. If you're not a member but would like to learn more about us, please feel free to attend one of our meetings the second Thursday of the month (except July), at 1:00



Some of the ladies in our signature pink shirts

PM in the Multipurpose Room (OC). Because of the recent virus, we're having to wait to set our next meeting. For more information, Call Patty McCuen at 916-408-4185 or Marianne Smith.

*Contact: Marianne Smith
916-408-1818,
mlsmith39@yahoo.com*



Gam-Anon

Is your life affected by someone else's gambling? Gam-Anon can help. We are not having meetings right now due to the COVID-19 restrictions. If you need to speak to someone for support, you can call the Sacramento Hotline for Gambler's Anonymous at 855-222-5542 and they will have someone call you. You can also go to www.gam-anon.org for information from Gam-Anon's International Service Office.
*Contact: Kay F. 916-204-1624, denniskayf@starstream.net
Website: www.gam-anon-loomis.com*



Glaucoma Support Group

We are scheduled to meet on May 13 at 4:00 PM in the Multimedia Room (OC). That is the plan, but as we have all had to be flexible, the plan is subject to adjustment. Glaucoma can be a stressful condition for some, and tied in with our lifestyle stresses; keeping in touch is clearly

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important. So, if we are able, we will have our meeting as planned. I truly hope to see all of you there. If you have any questions, please give me a call at 916-543-2133. In the meantime, be wise and stay healthy.
Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com



Low Vision Support Group

Meeting – Tuesday, May 5, 2:00 to 4:00 PM, Fine Arts Room (OC), “Keep Driving Now – Be Driven in the Future” will be our April topic.

DMV Senior Driver Ombudsman, Jerrod Sieberg, will discuss drivers’ licenses for seniors, testing, and Real I.D.s. We will have ample time for Q&A. Bring your questions with you.

Meeting – Tuesday, June 2, 2:00 to 4:00 PM, Fine Arts Room (OC), Anne Touloukian of Guide Dogs for the Blind will provide a brief history and discuss requirements. She will be accom-

panied by one of their “K9 Buddies” recipients. This program gifts young visually impaired kids with a Buddy dog. This prepares the kids for being paired with a guide dog when they are older.

Contact: Cathy McGriff 916-408-0169, cathy.mcgriff1010@gmail.com



Parkinson's Support Group

We meet on the third Tuesday of each month. This month we are meeting on April 14. 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 Maggie.

Contact: Maggie White 916-367-3908, mag6693@yahoo.com



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, handling finances, leveraging assets, and handling finances in a crisis. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are the first and third Monday every month at 1:00 PM Gables/Heights Room (OC). Future meetings are May 18 and June 1 and 15, July 6 and 20.

Contact: Stefanie Spikel 916-253-7431, stefhope@att.net Website: lhwiseagers.com



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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.

- **Monday, April 27, 2:30 PM**, Free Revocable Living Trust Seminar – Solarium (OC) **Canceled**
- **Monday, April 27, 11:00 AM**, Nautilus Society Seminar – Oaks (OC) **Canceled**
- **Thursday, May 14, 8:30 AM**, Eskaton – Solarium (OC) **Canceled**

A Course in Miracles

This is a book that presents an individual course of study designed to awaken our true spiritual nature and to connect us with our internal guidance system. It is designed as a mindfulness practice given in 365 lessons which can remove baseless guilt and fear through the process of love and forgiveness, producing the awareness of love and peace, which is always present within. Although a self-study, we come together on the first and third Mondays to share our experiences on this path to awakening. Call 916-409-5253 for more information.

Cloggers

It's so important to keep moving these days, and one fun and healthy way to do this is by clogging! Clogging is a rhythmic dance (not a drain problem) with double metal taps on heel and toe of each shoe. It's an energetic dance, keeping those knees and hips in good condition (and burning calories) as we dance to country, fiddle, guitar, bluegrass music, and more. The annual clogging convention, June 26-27, is just next door in Sacramento. Please go to <http://www.ncca-inc.com> for details. For more information on clogging right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Craft Beer Enthusiasts

Are you interested in joining a

club where the meeting agenda consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list that announces upcoming club activities. We meet on the third Thursday of the month at a local taproom, brewery, or good happy hour location. If you are interested, please contact Phil Hermanson at 530-320-7469 or philhermanson1@gmail.com. Wine lovers are welcome but must be accompanied by a beer geek.

Democratic Club

We will meet on Thursday, April 16, at (KS), 6:15 PM social hour, 6:45 PM general meeting. Our speaker will be Cheri Greven, Public Affairs Director for the Sierra/Sacramento/San Joaquin/East Bay region of Planned Parenthood Mar Monte (PPMM). Her responsibilities include legislative lobbying, community engagement, grassroots advocacy, and media affairs. Her focus will be on the legislative impact at the State and Federal level of changes in women's health and reproductive rights. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Events and activities scheduled for April have been postponed due to the concerns regarding the coronavirus. We are

hopeful that the Bocce and BBQ event scheduled for May will take place, but at the time of this publication, we do not know. Therefore, we ask members to regularly check the website for news and updates of events, as well as e-mails sent to keep you informed. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

Kiwanis Club

We meet on the first & third Fridays. Lunch and Meeting 11:30 AM to 1:00 PM at Turkey Creek Country Club, 1525 Hwy 193. Free lunch for first-time guest if you call Beth 916-434-5372 to RSVP. www.LincolnFoothillsKiwanis.org.

Multiple Sclerosis

We need to talk! At our May 12, 1:00 PM, Sierra Room (KS) meeting, we'll share how we fared the incredible experience of physical isolation, what/how did you connect? After our sharing, retired resident Doctors, Dr. Calmes, MS Neurologist, and Dr. Thornton, Chiropractor (CBD specialist) are here to answer your questions - Ask the Doc! Time to Celebrate! Bring your Checkbook as Laura will be collecting money for our Monday, June 8 Luncheon (if everything is back on track in SCLH). We really look forward to seeing all of you!

Open Play Games

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

Racquetball Group

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

Republican Club

Speaker Night, Tuesday, April 21. Doors open 6:00 PM, speaker 6:30 PM, P-Hall (KS). Trevor Loudon, a Global intelligence expert on Marxist and terrorist movements, filmmaker of "The Enemies Within" and author of his explosive new book "White House Reds." The American Republic hangs by a thread. The 2020 election will either see this great nation begin an irreversible spiral into Socialism and loss of liberties or a free Capitalistic nation as our Founders envisioned. A nominal fee will be charged at the door. Seats may be

limited as he is a national speaker. Arrive early.

Rotary Club of Lincoln

Canceled. Due to the COVID-19 pandemic, blood supplies are at an all time low. Please, help us alleviate this acute situation and donate a pint of blood. That could save the lives of three adults and as many as 10 infants. We will be waiting for you: April 24, 1:00 to 5:30 PM, Lincoln Veterans' Memorial Hall, 541 Fifth Street in downtown Lincoln. You can drop in any time between those hours or you can pre-register. Go to: <https://lincolnblooddrive042420.eventbrite.com>. Click on the green "Register" box and select a time that is convenient for you. That way there will be no waiting for you.

Shalom Social Group

We were founded in approximately 2000 by a small group of Lincoln Hills residents who wanted ties to Jewish culture and heritage, but everyone is welcome. We have grown and expanded our range of activities over the years, and now we also have a separate men's and women's affiliate groups. Throughout the year we have social activities, sports, and events celebrating cultural and traditional milestones. Our general meetings are at 7:00 PM on the fourth Monday of every other month at KS. For more information about membership or activities, please contact Joanne Levy at 508-333-8590.

Shooting Group

The shooting group is a friendly group of Lincoln Hills residents enjoying recreational shooting sports. We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting at a privately owned facility just minutes from Lincoln Hills.

We have no dues, but shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, Lincoln, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, April 21 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

While our events are on hold during the COVID-19 shelter-in-place restrictions, there's no reason Stanford people in our community can't connect through the internet. Topics to share might include book titles, television programs or thoughts on handling life during the pandemic. We could also brainstorm SSA events we would like to plan and participate in when this national emergency is safely behind us. If this sounds interesting, contact Carol Hoge at Cchoge2000@yahoo.com or 916-408-5334, and together we'll devise ways to put members of our Lincoln Hills Stanford Community in touch with one another.

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Seeking a new lease on retirement? Spending more of it outdoors could be the answer. That's the thinking behind the latest science of biophilic design. The cottage and villa homes in our new neighborhood have already won awards for their embrace of these principles. So, it's not surprising that demand is also surging with **more than 60% of residences already reserved.** Act now to ensure the joy of living indoor/outdoor and next-door to Napa, all maintenance free with the peace of mind that only a Life Plan Community can provide.

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Golf Cart Registration

Thursday, May 7 & 21, 9:00 to 10:00 AM (OC)

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.lincolnca.gov.



"Walk on the Wild Side"

Canceled

Kingfisher and Fountain Hill Trails

Come explore two of our beautiful trails with the Trails Enhancement Team as we look for Nature's spring bounty of wildflowers, birds, and butterflies. We will be able to see a different mix of wildflowers in areas recently grazed by our visiting sheep and goats compared to the ungrazed "wild side"? Meet at the Kingfisher trailhead on Blue Heron Loop (between Song Sparrow and Warbler Lanes) to enjoy this lovely area right in the middle of our Sun City Community! Paved trails, about 1/2 mile each way, some long slopes. Rain cancels walk. Questions? Call Gay Mackintosh at 916-209-3628.



KS Classic Movie

Funny Girl (1968)

New Date: Saturday, July 18, 1:30 PM Screening, P-Hall (KS)

The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein. Starring Barbra Streisand and Omar Sharif. Rated G, 151 minutes, Drama/Comedy/Biography.



Document Destruction

New Date: Monday, June 22, 10:00 AM to Noon Fitness Center Parking Lot (OC).

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



Parking Lot Sale

Postponed till fall - date TBD

Sales begins at 7:30 AM. No early birds.

Come one, come all! Enjoy a fun day browsing through a variety of household items, clothes, sporting goods, books, unique treasures, and more at a bargain! Bring your family and friends for a fun day of shopping. Donuts and coffee will be on sale.



2 Showings!

Knives Out (2019)

New Date: Saturday, June 6, 6:00 PM Screening

Sunday, June 7, 1:30 PM Screening

P-Hall (KS)

A detective investigates the death of a patriarch of an eccentric, combative family. Starring Daniel Craig, Chris Evans, Jamie Lee Curtis, and Christopher Plummer. Rated PG-13, 131 minutes, Comedy/Crime/Drama.



Coffee with the Mayor

Tuesday, May 5, 10:00 AM
Sierra Room (KS)

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



KS Classic Movie

A Lion Is In the Streets (1953)

New Date: Saturday, June 20, 1:30 PM Screening, P-Hall (KS)

A charismatic peddler from the bayous finds his true calling in politics. Is he a demagogue in the making? Starring James Cagney, Barbara Hale, and Anne Francis. Not rated, 88 minutes, Drama/Romance/Thriller.



Listening Post

Wednesday, May 20, 9:30 AM, P-Hall (KS)

This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



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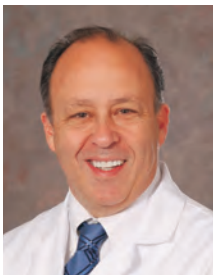




Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, tickets will be given to attendees on a first-come, first-served basis beginning 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.

All Forums are Free



Breakthroughs in Non-toxic Cancer Therapies

Canceled

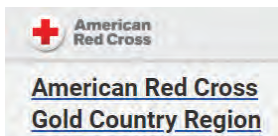
Inspired by the advocacy and bravery of one of his patients, Dr. Joseph Tuscano has become a leading researcher and authority on non-toxic therapies to help patients win their battles with cancer. Stem cells, fermented wheat germ, and the immune systems of Komodo dragons have been part of Dr. Tuscano's decades-long effort to develop novel antibody and other immune-based therapeutics. Dr. Tuscano holds two patents for novel therapies, served two fellowships at the National Institutes of Health, and holds the Deleuze Endowed Professorship in the UC Davis Comprehensive Cancer Center. Come and hear about these new therapies that aid in your immune system's ability to fight cancer.



Who You Callin' Ovovivparous?

Monday, May 11, 10:00 AM, P-Hall (KS)

March in Lincoln Hills means the return of our slithery friends, as the various local snakes come out of their dens and prepare to carry on their lives among us. This annual event brings fear to many, and if you are one of those individuals, or if you just would like to know more about these wonderful creatures, you are in luck. John Parks, DVM, will present their highly acclaimed forum. Join your friends and neighbors as John explains the important role snakes play in our lives; how to identify the various snakes that reside here and where they can be found. If you have questions, he has answers. And just maybe you will leave with a little more knowledge and a little less fear.



Red Cross - Community Resources/Responses: Part 1

Tuesday, May 12, 10:00 AM, P-Hall (KS)

The regional Red Cross will describe various community resources and actions they deliver during regional disasters. A team of experienced Red Cross Disaster volunteers will share their recent experiences that support local communities such as ours.



Stand Up to Domestic Violence, Sexual Assault, Human Trafficking

Monday, May 18, 2:00 PM, P-Hall (KS)

Chivas Mays, Housing & Outreach Manager, and Kyle Ketsdever, Outreach & Prevention Coordinator at *Stand Up Placer*, will alert and educate our community to domestic violence, sexual assault, and human trafficking safety issues in Placer County. Trauma-informed practices, as well as services offered by this agency, will be presented. Learn about healthy relationships and how you can be a part of creating a community without violence.

Ms. Mays has worked with the domestic violence movement for over 20 years. She advocates for

survivors to overcome barriers, fear, and the stigma experienced by victims.

Mr. Ketsdever has been a long-time activist and advocate in this field. He was instrumental in establishing programs for students and LGBT+Community at Sierra College.



Suddenly Struck! Stroke Prevention, Recognition & Treatment

Wednesday, May 27, 7:00 PM, Ballroom (OC)

Tom Hoag R.N., and Irina Rebella R.N., Stroke Coordinators from the Dignity Dept. of Neuroscience will present valuable information on stroke prevention, identification, current treatment, and research. In the US, someone has a stroke every 40 seconds on average. Although many of us know of people who have become disabled due to stroke, in recent years, the rapid identification and treatment of stroke has enabled many to have vastly improved outcomes and some to have no noticeable deficits following a stroke. Attending this forum will provide you with information you may need for yourself or someone you love at a critical time.



Better Angels

Better Angels - Promoting Respectful Political Discourse.

Monday, June 8, 9:00 AM, P-Hall (KS)

Promoting Respectful Political Discourse (www.better-angels.org/)

is a bipartisan, non-profit organization that helps Americans understand each other beyond stereotypes, form community alliances, and reduce political polarization. A video of their productive workshops will be shown.



Understanding Your Gifted Grandchildren

Thursday, June 11, 2:00 PM, P-Hall (KS)

Dr. Barbara Branch has been working with gifted children as a teacher, principal, central office administrator, and consultant for almost 40 years. She will share characteristics of gifted children that set them apart from their age peers, including asynchronous development, perfectionism, sensitivity, and intensity. She will discuss strategies for working with and understanding gifted children. She will provide resources for understanding gifted children and how to deal with the teachers and schools. You may learn something about yourself or your own children, the parents of these gifted grandchildren.

UPCOMING EVENTS

- **Taking Control of Your Sleep**, Wednesday, June 24, 7:00 PM, Ballroom (OC)
- **Rescheduled! Demystifying Medical Cannabis and Hemp**, Monday, June 29, 7:00 PM, Ballroom (OC)
- **Spain Travelogue**, Tuesday, July 14, 9:30 AM, P-Hall (KS)
- **Food Giving: Placer County Human Services**, Monday, July 20, 2:00 PM, P-Hall (KS)
- **Women's Struggle for Political Equality**, Tuesday, July 21, 10:00 AM, P-Hall (KS)
- **Sierra Pacific Industries – Lincoln**, Thursday, August 13, 9:00 AM, P-Hall (KS)
- **Do You Hear What I Hear?**, Wednesday, August 19, 7:00 PM, Ballroom (OC)



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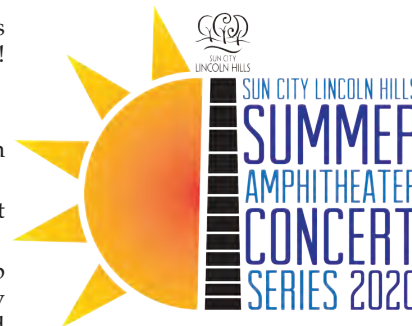
Tickets and Series Packages available at the Lifestyle Desk (OC/KS) and online.

916-625-4020 / 916-625-4013 | SCLHResidents.com

It's time to get out and start our summer party going! We have lined up nine spectacular bands that will have you dancing, singing, and making great memories with your family and friends! A great opportunity to relish our beautiful outdoors and rock on to your favorite music!

Three ways to enjoy this year's series:

- **General Admission tickets** – set up your chair in the amphitheater; food and drinks on your own; open to the public; tickets on sale until show date
- **Summer Series Package** – \$20 discount for purchasing complete nine-show series; must be purchased by May 14; follows same guidelines as general admission patrons
- **VIP Poolside Experience** – enjoy the concert poolside with separate bar and food set up and dance area; use of existing outdoor tables and chairs; comes with complimentary small plate appetizer, drinks on your own; exclusive to residents and their guests; limited tickets available per show; \$15 fee on top of general admission price; gate opens 6:30 PM.



Amphitheater food concessions and bars will be open when gates open at 6:00 PM, concerts start at 7:30 PM.

Please read and follow the Amphitheater Guidelines for your enjoyment.

Due to the uncertain situation brought about by the COVID19 pandemic, we are holding open dates for the Summer Series. We will adjust our program to ensure safety and fun for all! Dates will be announced as soon as possible via our website, Enews and posters. In the meantime, read along and find out about the exciting line up and get ready for a great summer!



Steelin' Dan: The Music of Steely Dan

Date TBA – **LSE253**

Steelin' Dan is northern California's award-winning Steely Dan tribute band. Steelin' Dan has been performing throughout California and Northern Nevada for over 15 years with a large and enthusiastic fan base. The critically acclaimed band was awarded the *Sammie Award* for Best Tribute Band from 2015-2018 by the readers of Sacramento News and Review and a *Best of Sacramento Award* by Sacramento Magazine. The band was inducted into the SAMMIES Hall of Fame in 2018. This 10-piece group of seasoned musicians re-

creates the timeless music of Steely Dan from "Rikki Don't Lose That Number" to "Reelin' In the Years" to "Do It Again", Steelin' Dan's powerful and authentic performance will have everyone on their feet!



The Everly Brothers Experience Featuring the Zmed Brothers

Date TBA – **LSE254**

A fan favorite, The Zmed brothers, Zachary and Dylan, are back! They bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades and continues to influence artists around the world.



San Francisco Airship: The Jefferson Airplane Experience

Date TBA – **LSE255**

Jefferson Airplane was the first band to take off internationally out of San Francisco during the Psychedelic 60s Music Phenomena that swept the country. Their music was the message of the generation and became the inspiration that has continued on and become an important part of everyone's lives today. SAN FRANCISCO AIRSHIP is the only Jefferson Airplane Experience that presents the evolution of the band's history and music as they transformed into Jefferson Starship. Dance to hits like "White Rabbit," "Somebody To

Love," "Miracles," "Jane," "Find Your Way Back," "Sarah," "We Built This City," "Volunteers," and many more hits that everyone still enjoys today.



Adbacadabra: The Ultimate ABBA Concert

Date TBA – **LSE256**

Dust off the leisure suits! Shine up those platform shoes! Be transported back to a simpler time when the music was fun, inspiring, uplifting and disco was King! The music of ABBA is finding its way back into the hearts of those who lived it then and taking over the hearts of those who are experiencing it now. You won't be able to sit still in your seats as songs like "S.O.S.," "Super Trooper" "Dancing Queen," "Fernando" and more, are re-created with such precision you'll swear you were listening to the originals themselves. The show is authentic in music and dress and is performed to live music that will leave you

excited and melancholy at the same time. Don't miss it!



The Big Jangle

Date TBA – **LSE257**

The Big Jangle Band is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. Capture the Tom Petty and the Heartbreakers concert experience listening to Tom Petty originals and also to the songs Petty covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you are guaranteed a great musical experience and a night to remember!



Fleetwood Mask

Date TBA – **LSE258**

Returning to Sun City Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular line up featuring Lindsey, Stevie, and Christine. Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in their live performances. Mick believes that the music of Fleetwood Mac will live on through the authentic performances of Fleetwood Mask.



Stax City Celebrates Old-School R & B

Date TBA – **LSE259**

An old-school R&B band celebrating the music of James Brown, Wilson Pickett, Otis Redding, Al Green, Tower of Power, and more! Their name tells it all - a high-energy band covering the legacy of Stax Records - the Memphis label renowned for its shimmering, sultry blues-and-souls style. This 8 -piece band presents a classy, mixed collection of old-time favorites that features melodic horn parts, powerful vocals and a driving beat on the drums. Dance to songs like “Mustang Sally,” “My Girl,” “I Feel Good,” “Soul Man,” and many more!



Cherry Bomb: A Tribute to John Mellencamp

Date TBA – **LSE260**

Cherry Bomb is a powerful 5-piece band dedicated to the music of “heartland rocker” John Mellencamp. Their authentic and powerful rendition of Mellencamp hits and familiar tunes such as “Jack and Diane”, “Hurts So Good” and “Cherry Bomb” as well as other hit songs from the “Words and Music” album will surely have you rocking and dancing through the evening.



Decades

Date TBA – **LSE261**

Everyone’s favorite dance band is back to close out the series! Since 2010, Decades has been working (and rocking) around the clock to master songs spanning from the 1940’s (Glenn Miller’s Orchestra’s “In The Mood”) to today (Bruno Mars & Mark Ronson’s “Uptown Funk”). The band has played over 700 shows all along the West Coast, and have booked 100+ shows 5 years in a row, earning its place as one of California’s most in-demand bands. Throughout a single show, they’ll swap between several instruments (including saxophone, harmonica, penny whistle, trumpet to name a few) and belt out four-part harmonies, showcasing each members’ musical versatility, while continuing to put on a highly energetic live show, the perfect band to end a perfect series!

2020 Summer Amphitheater Concert Series Guidelines

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

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

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

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct

view of patrons seated on Amphitheater’s bottom tier.

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

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

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

OC Fitness Center/Pool: Closes at 6:00 PM

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

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

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

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

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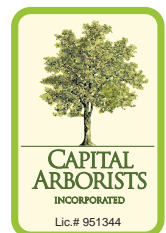
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 Entertainment Coordinator
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Tickets available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com.

—Comedy/Magic—



New Rescheduled Date!
KS Magic Night: The Award-Winning Magic of Spencer Grey
 Monday, July 27
 P-Hall (KS)
 6:00 PM Show — **LSE229**
 8:00 PM Show — **LSE230**
 Reserved Seating \$18

Award-winning magician Spencer Grey combines his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else. He has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas, The California Magic Theatre, and at various corporate events. A night of magic and illusions you won't want to miss! Save \$1 on purchases of \$4 or more at KS Cafe. **Note:** Tickets from the original show date of March 19 will be honored on this new date of the same show time. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desk at either lodge with your name and member # at least two weeks prior to show date to receive a refund.

—Community Event—



Annual Parking Lot Sale
 POSTPONED,
 Date TBA — **LSR30**
 Resident space - \$29
 Home/Local
 Business space - \$50
 7:30 AM to Noon
 WellFit Parking Lot (OC)

With only one date in 2020, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community

ONLINE: SCLHRESIDENTS.COM

and neighboring cities. Limit two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Limited spaces are available for home or local businesses.

—Concerts—



New Rescheduled Date!
You've Got a Friend: The Carole King Songbook
 Performed by The Rhythm Method 4
 Thursday, August 6
 7:00 PM
 Ballroom (OC)
 Reserved Seating \$24

General Admission \$20 — **LSE236**

A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also honor songs from her best-selling, 4-time Grammy Award-winning album Tapestry, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend." The Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Note:** Tickets from the original showdate of April 16 will be honored on this new date. If you are unable to attend this rescheduled date, please drop your ticket/s to the Lifestyle Desk at either lodge with your name and member # at least two weeks prior to show date to receive a refund.

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Movie Music
Favorite Songs from Favorite Movies
Performed by Stars from Beach Blanket Babylon
Ruby Day and Scott Reardon
 Thursday, June 4
 7:00 PM, P-Hall (KS)
 Reserved Seating \$22 — **LSE237**

An evening filled with Classic Movie Songs to celebrate from generation to generation. From Oscar-Winning favorites like *Moon River* and *Raindrops Keep Falling On My Head* to honored standards like *The Way We Were* and *A Whole New World*. These are the songs that support the drama and mystery and fun of so many movie memories. From *Frozen* to *Footloose*, and *Beaches* to *Titanic*, Movies aren't Movies without the songs that brought them to life. Save \$1 on purchases of \$4 or more at KS Café. **Note:** Tickets from original showdate of April 23 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desk at either lodge with your name and member # at least two weeks prior to show date to receive a refund.



Annie Marie and Fiddlaround
 TBA
 7:00 PM
 P-Hall (KS)
 Reserved Seating \$21
 — **LSE245**

Annie Marie & Fiddlaround is an acoustic quartet that weaves an infectious musical gumbo of New Orleans jazz, swamp boogie, blues, Cajun, Zydeco, Americana, and originals. From 'Iko' to 'What a Wonderful World,' Fiddlaround is American music at its toe-tapping best with a sound that is good for your soul. Vocalist, fiddler & songwriter Annie Marie leads the group with Maureen Coyle on accordion and rub-board and

vocals supported by Diane Dutra on stand-up bass, vocals and low hat and David Garfinkel on guitar and vocals! Save \$1 on purchases of \$4 or more at KS Café.



Folsom High School Jazz Band and Chorus
 Thursday, May 21, 7:00 PM, Ballroom (OC)
 Subject to change
 Reserved Seating \$20
 General Admission \$18 — **LSE238**

We are proud to bring back Folsom High School's award-winning Jazz Band I and Jazz Choir. Recently awarded Best Jazz Band at the El Cerrito Jazz Festival, also garnering the honor of best Saxophone, Trumpet, and Rhythm sections. *Downbeat Magazine* has named the Folsom Jazz Choir best in the nation 21 times and the Jazz Band I 15 times. Multi-awarded Music Director Curtis Gaesser was a finalist for the 2018 Grammy for Music Educator of the Year and winner of the California State Jazz Educator of the year. Performances include songs by Jim McNeely, Johnny Hodges, Louis Armstrong, Eric Applegate, and many more!



Newberry & Verch
 Friday, June 19
 7:00 PM, P-Hall (KS)
 Reserved Seating \$23
 — **LSE247**

Joe Newberry and April Verch are masters of their traditions. Tunes, ballads, step dancing, and original songs by way of Canada and the Ozarks ring like silver and shine like gold. With beautiful harmony singing, breathtaking instrumentals, and exquisite dancing, these two hit the stage in perfect rhythm, making audiences remember why this music existed in the first place. Original songs join timeless classics with stories that warm the

heart and give audiences a chance to understand where the music comes from. Lively fiddle and banjo numbers combine with traditional dance steps illustrating happy times when people made their own fun. Save \$1 on purchases of \$4 or more at KS Café.

—Grandkids Event—



Spring Egg Hunt
Canceled
 10:00 AM to Noon
 Outdoor Amphitheater Terrace
 General Admission \$14 per child — **LSE234**

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

—Presentation—



New Rescheduled Date!
Marc Lapadula:
Alfred Hitchcock's Single Greatest Masterwork:
An In-Depth Look at Psycho

Wednesday, July 15, 1:00 PM, P-Hall (KS)
 Reserved Seating \$13 — **LSE239**

Yale Professor Marc Lapadula is back with an in-depth look at Psycho. For many scholars and movie critics, Alfred Hitchcock continues to be regarded as one of the most influential and significant filmmakers in the history of world cinema. Cultivating a career that spanned six decades, he found himself anointed the undisputed "Master of Suspense" with a slew of films that quite literally glued audience members to the edges of their seats. So it may come as a surprise to many that beneath the shocking surface images lurked

a multi-dimensional artist who went out of his way to devise complex and richly-layered subtexts in all his films. Save \$1 on purchases of \$4 or more at KS Café. **Note:** Tickets from the original show date April 15 will be honored on this new date. If you are unable to attend this rescheduled date, please drop your ticket/s to the Lifestyle Desk at either lodge with your name and member # on or before July 1 to receive a refund.

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—Featured Trip—



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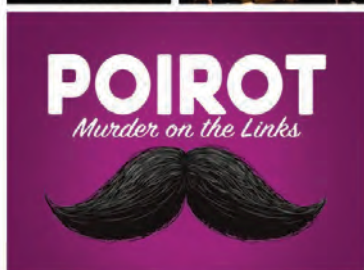
**Ashland Oregon
Theater Excursion**

Monday, September 21
to Thursday,
September 24

— **LST345**

\$853 per person
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- Matinee tickets to *Peter and the Starcatcher* at the Angus Bowman Theater
- Matinee tickets to *A Midsummer Nights Dream* at the Angus Bowman Theater
- Visit the popular Harry & David store for some shopping
- Free time to explore downtown Ashland
- Farewell group dinner at the hotel last night
- Lunch at Sierra Nevada Brewery on the way home
- Gratuities for driver and all included meals
- Comfortable coach transportation

- Group trip escort
- Total Meals Included: 3 breakfasts, 2 lunches; 2 dinners

Please advise at registration if you have any dietary concerns and mobility limitations. Please email trips@sclhca.com for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC 8:00 AM, Monday, September 21, return ~ Thursday, September 24 ~ 3:30 PM.

Day Trips

—Casino/Races—



**Harrahs Northern
California**

Thursday, May 28

\$35 — **LST340**

We're returning to
one of the newer Indian
casinos in the area oper-
ated by Harrah's just
outside the town of Ione.

Enjoy promo offers and
slot credit. 4-Hour stay. Wheels roll from OC
8:30 AM return~ 4:30 PM.



Golden Gate Fields – Off to the Races

Thursday, June 11

\$103 — **LST344**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate sumptuous buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men, while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, windbreakers, baseball caps or visors.

Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM to 3:00 PM and complimentary racing program. Sample buffet menu available at Lifestyle Desks. Wheels roll from OC 10:00 AM return ~ 7:00 PM.



Hard Rock Casino at Fire Mountain

Tuesday, June 23

\$31 — **LST333**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. New players will receive free play based on their upper tier status with another casino. You'll need to bring your other casino players cards and your government identification with you to obtain anywhere from \$25 to \$100 introductory gaming credits. Wheels roll from OC 9:30 AM return ~ 3:30 PM.

—Performances—



2020 Music Circus

Broadway at Music Circus has announced the CANCELLATION of the 2020 Music Circus Series as a precaution and concern for the health and safety of the patrons, performers and employees. The same

shows will be staged next year. All those registered for these trips will be refunded.



Kinky Boots

Canceled

\$95 — **LST320**

Broadway's huge-hearted,

high-heeled, multiple Tony-winning Best Musical! With songs by Grammy and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-Award winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and the friendships we discover

when we embrace each other's differences. Inspired by true events, KINKY BOOTS takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.



Rodgers & Hammerstein's Carousel

Canceled

\$95 — **LST321**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway at Music Circus for the first time in twenty years. Critics called the 2018 Broadway revival of CAROUSEL "a miraculous fusion of sentiment and craftsmanship" (*Wall Street Journal*) with "the theater's most beautiful and enduring songs" (*Variety*), including "If I Loved You," "You'll Never Walk Alone," and "Soliloquy." A powerful musical theatre classic about love, relationships, and redemption.



Kiss Me Kate

Canceled

\$95 — **LST322**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical. A Broadway version of Shakespeare's *The Taming of the Shrew*. The beloved multiple Tony-winning musical comedy KISS ME, KATE is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer's wittiest lyrics and catchiest melodies, including the favorite songs "Another Op'nin', Another Show," "So In Love" and "Too Darn Hot."



Annie

Canceled

\$95 — **LST323**

Winner of seven Tony Awards, this beloved musical is a tribute to the optimism and resiliency of youth, a wondrous story that brings hope to the hearts of children and adults alike. Follow Annie, with her lovable dog Sandy, as she foils Miss Hannigan's evil schemes, befriends President Franklin Delano Roosevelt, and escapes the orphanage to find a new home with billionaire Oliver Warbucks. Featuring such unforgettable songs as "Hard Knock Life" and "Tomorrow."

MONTY PYTHON'S SPAMALOT

A new musical *lovingly* ripped off from the motion picture MONTY PYTHON and the Holy Grail

entertaining musical based on the film classic *Monty Python and the Holy Grail* is a retelling of the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons you'll love this multiple Tony-winning Best Musical that Variety calls "a sharp-flavored mix of satire, sarcasm, and silliness."



Escape to Margaritaville – Broadway Sacramento

Tuesday, September 8

\$104 — **LST346**

Welcome to Margaritaville, where people come to get away from it all—and stay to find something they never expected. With a book by Emmy Award® winner Greg Garcia ("My Name is Earl," "Raising Hope") and Emmy Award® nominee Mike O'Malley ("Survivors Remorse," "Shameless") ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including "Fins," "Volcano," "Cheeseburger in Paradise" and many more. Entertainment Weekly raves, "It will knock your flip-flops off!" So don't let the party start without you. Memorial Auditorium. Seats are located center to the rear orchestra. Wheels roll from OC 6:15 PM return ~ 11:30 PM; show 7:30 PM.

—Sports—



Sacramento River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who

Spamalot Canceled

\$95 — **LST324**

The outrageous, uproarious, and gloriously en-

tertaining musical based on the film classic *Monty Python and the Holy Grail* is a retelling of the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons you'll love this multiple Tony-winning Best Musical that Variety calls "a sharp-flavored mix of satire, sarcasm, and silliness."

Rivercats vs. Las Vegas Aviators (A's Affiliate)

Canceled

\$49 — **LST330**

Wheels roll from OC 5:15 PM ~ return 10:30 PM. Game time 6:35 PM.



Rivercats vs. Oklahoma City Dodgers (LA Dodgers Affiliate)

Wednesday, June 17

\$49 — **LST331**

Wheels roll from OC 5:45 PM ~ return 11:00 PM. Game time 7:05 PM.



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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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San Francisco Giants

Wonderful news to all Giants fans! We will be enjoying the games from field level Section 105 (the first base side in the shade) with convenient bus drop off and pick up! No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark, but you are welcome to leave your cooler under your seat on the bus for snacks after the game. Wear layers for SF weather and a cap for sun protection. See individual games for game time, departure, and pricing.

Giants vs. San Diego Padres

Thursday, June 4

\$114 — **LST325**

Wheels roll from OC 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



Giants vs. Los Angeles Dodgers

Thursday, August 13

\$139 — **LST326**

Wheels roll from OC 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



Giants vs. St. Louis Cardinals

Wednesday, September 9

\$114 — **LST327**

Wheels roll from OC 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



Oakland A's

Enjoy Plaza level seating in Oakland Coliseum in the shade behind dugout overlooking the first base, Section 209 & 210. Bus drop off in Lot B near our seat locations. See individual games for game time, departure, and pricing.

A's vs. Boston Red Sox

**Game Postponed –
Date TBD**

\$81 — **LST328**

Refunds will be provided to anyone unable to attend the future date.

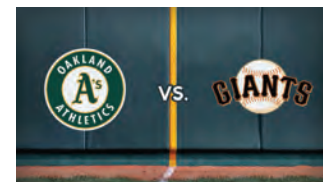


A's vs. SF Giants – Bay Bridge Series!

Sunday, June 7

\$96 — **LST329**

Wheels roll from OC 9:15 AM ~ return 7:45 PM.
Game time 1:05 PM.



—Tours/Leisure—



New Date!

**Filoli Gardens
& Mansion
Woodside,
California**

Tuesday,
September 1

\$83 — **LST339**

Springtime is here! Join us on a trip to Filoli and enjoy three hours of a self-guided tour exploring beautifully designed formal gardens. Enjoy this year's spring display, "An Homage to English Garden." Walk through the 54,000 square foot historic Georgian country house, noted for its elegant interiors. Lunch on your own. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC 7:45 AM return ~ 7:30 PM. *Lots of walking with some uneven pathways.*



Ironstone Winery & Downtown Murphys

Tuesday, May 26

\$110 — **LST341**

A hit last year with residents! Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Enjoy our own guided tour of the property, a private wine tasting and food pairing, and a buffet lunch specially prepared for our group. We'll then head to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for the buffet menu. Wheels roll from OC 9:00 AM return ~ 7:45 PM.



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Catalina Island, Queen Mary & more!

Sunday, October 11 to Thursday, October 15

— **LST342**

\$1,274 Double occupancy/\$1,729 Single

Come join us, explore Catalina Island, and stay at the world-famous Queen Mary in Long Beach! Spend the night at historic Queen Mary floating hotel; relax for two-days on Catalina Island via ferry ride in Commodore Class. This trip incorporates lots of free time for relaxation and exploration on your own. See trip inclusions below Note: *Trip involves a great deal of walking.*

Trip includes:

- Stay at the Queen Mary Hotel in Long Beach with hot breakfast and self-guided tour
- Lunch at Harris Ranch on the way down
- Two-night stay at Pavilion Hotel in Catalina Island with daily hot breakfast/build your own omelet bar plus nightly wine & cheese reception
- Time on your own with an option to tour island/casino play/glass-bottom boat tour/use of bicycle; lunch and dinner on your own
- Ferry to Catalina in Commodore Class (1st class) both ways to/from the island
- Boxed lunch on the ferry on the way back
- Overnight stay at Double Tree Hilton in Bakersfield with an All American breakfast buffet; dinner on your own
- Lunch at Hilmar Cheese Factory on the return trip

- Hotel portorage for Queen Mary and Pavilion Hotel
- Gratuities for the bus driver, and included meals
- Total meals: four breakfasts, three lunches, two wine & cheese receptions

Please advise at registration if you have any dietary concerns and mobility limitations. Please email trips@sclhca.com for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC 7:45 AM, Sunday, October 11, return ~ Thursday, October 15 ~ 4:00 PM.

Sold Out Trips

Trip • Date • Departure Time

- BANDSTAND - Canceled
Tuesday, April 17
- Yosemite National Park
Monday, May 4 • 9:00 AM
- Come From Away
Tuesday, May 19 • 6:45 PM
Wednesday, May 20 • 6:45 PM
- Laguna Beach Pageant of the Masters
Art Festival
Sunday, July 26 • 7:45 AM

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HAPPY HOUR

MONDAY-SATURDAY: 2:30PM - 4:30PM SUNDAY: 1:30PM - 3:30PM

Below are a list of classes that are offered. Please see the page number to learn more about the class.

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Betty Maxie
Lifestyle Class Coordinator
Betty.Maxie@sclhca.com



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

Notice:

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates and number of class sessions will be re ected on your enrollment. Registration date TBD.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.

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.

—Announcement—



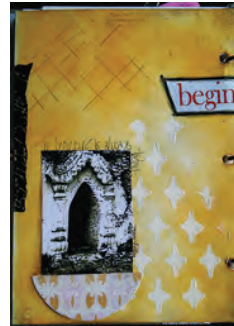
Fine Arts Class Gallery

Fine Arts Room (OC). Drop by the Fine Arts Room and 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.

—Mixed Media—



Mixed Media Art Journaling

Tuesdays, May 12 & 26

9:00 AM to Noon (OC)

\$45 (two sessions) plus \$5

supply payable to instructor

— **LSC2508**

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. Instructor: *Kerry Dahlin*.

—Oils, Pastels & Acrylics—



Oil and Acrylic Painting: Intermediate/Advanced

May 6-27

9:00 to 11:30 AM

\$60 (four sessions)

— **LSC1978**

Or Noon to 2:30 PM

\$60 (four sessions)

— **LSC2011**

AM and PM classes are not interchangeable.

Learn new ways to paint and polish your skills in this new class. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandylindblads.com. Questions about class supplies? Email *Sandy Lindblad*, the instructor at sandski2@yahoo.com prior to class.



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Sip and Paint “Waterfall in Spring”

Postponed, Date TBA

5:00 to 8:00 PM

\$55 — **LSC2528**

Sip and Paint “Highway One”

Friday, May 15

5:00 to 8:00 PM

\$55 — **LSC2529**

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—



Pastel and Watercolor / Intermediate to Advanced

Mondays,
May 4-25

9:00 to 11:30 AM

\$60 (four sessions) —

— **LSC2033**

This class provides you the opportunity to play with either medium that you bring to class. Bring simple images to work from! More focus will be on dry pastel versus watercolor in this class, but both mediums will be welcome. Recommendation for supplies: Pastel: soft pastel set, no hard pastel! Paper: Uart, or Pastel Premier or Canson paper. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in

San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandylindblads.com. Email **Sandy Lindblad** at sandski2@yahoo.com prior to class for any questions.



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 techniques, color theory, and mixing fresh/vibrant colors 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 Step-by-Step

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. Choose from the three schedules that work best for you. *Note: classes are not interchangeable.*

- **Morning Class**

Thursdays, May 7-28

9:30 AM to Noon (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2540**

Or

- **Evening Class**

Thursdays, May 7-28

5:30 to 8:00 PM (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2553**

Watercolor – Afternoon Class

Thursdays, May 7-28

1:00 to 4:00 PM (OC)

\$72 (four sessions)

— **LSC2057**

Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant colors with the use of a well-organized palette. Learn to create your own voice in art!

**New Class!****No-Fear Portrait Watercolor Painting**

Wednesdays, June 3-17

5:00 to 8:00 PM (OC)

\$51 (three sessions)

— **LSC2662**

This workshop will allow you to expand, express, and explore numerous venues to no-fear portrait painting in watercolor. Paint in one to

three colors along with Telagio using a photo reference you provide. For material list contact the instructor. Telagio is an international, national, and regional multiple award-winning watercolor artist that remains active in juried art shows and conducts private and group workshops in Northern California. Instructor: *Telagio Baptista* at telagiowatercolorist@gmail.com.

Ceramics

—Pottery—

**Beginning/Intermediate Ceramics**

Tuesdays, May 5-26

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC2081**

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: \$17 per session. Instructor: *Jim Alvis*.

**Advanced Ceramics**

Tuesdays, May 5-26

9:00 AM to Noon (OC)

\$64 (four sessions)

— **LSC2069**

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: \$17 per session. Instructor: *Jim Alvis*.

**Introduction to Ceramics**

Thursdays, May 7-28

9:00 AM to Noon (OC)

\$54 (four sessions)

— **LSC2093**

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. Instructor: *Taylor Jackson*.

**Intermediate Ceramics**

Thursdays, May 7-28

1:00 to 4:00 PM (OC)

\$54 (four sessions) — **LSC2105**

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. Instructor: *Taylor Jackson*.

Crafts

—Flower Arranging—

Classic Spring Floral Basket

Postponed, New Date TBA

3:00 to 4:45 PM (KS)

\$20 plus \$30 supply fee payable to instructor

— **LSC2641**

Whether you are having a quiet Easter dinner at home or spending time with others, this will be a lovely addition to your holiday. A classic yet beautiful basket arrangement will be spilling out with ivy, greenery, and all the beautiful flowers of the season. Adorned with pastel accents like colored eggs, mini birds, and butterflies, these decors will make your creation something special. Instructor: *Jennifer Steele*.

Memorial Day Freedom Arrangement

Wednesday, May 6

3:00 to 4:45 PM (KS)

\$20 plus \$25 supply fee payable to instructor

— **LSC2646**

How special it is to celebrate this holiday honoring the sacrifices made for our freedom. We will be making a gorgeous vase arrangement filled with the patriotic colors of red, white, and blue. Including a small American Flag to show our pride and appreciation for the dedication to freedom by those who have and are currently serving. Space is limited. Instructor: *Jennifer Steele*.

—Crafting with Craftopolis—



New Class

Mesh Rose Wreath Workshop

Postponed, New Date TBA

1:00 to 3:30 PM (KS)

\$15 plus \$35 supply fee payable to instructor

— **LSC2647**

Create this gorgeous 24" diameter mesh rose wreath. It's easy to do! All supplies will be prepped and supplied by the instructor, ready for assembly during the workshop. The lightweight wreath will look lovely on your front door or added to your home décor. When registering, please select your mesh color choice. *Last day to register April 19*. Instructor: *Judy Ragland/Craftopolis*.



New Class

Silk Scarf

Water Marbling

**Postponed,
New Date TBA**

5:30-6:00 PM (KS)

— **LSC2648**

6:00-6:30 PM (KS)

— **LSC2649**

6:30-7:00 PM (KS) — **LSC2650**

7:00-7:30 PM (KS) — **LSC2651**

7:30-8:00 PM (KS) — **LSC2653**

8:00-8:30 PM (KS) — **LSC2652**

\$15 plus \$40 supply fee payable to instructor.

Experience the amazing ancient technique of water marbling with one on one instruction at the marbling tray. You will select colors, drop the paint on the water, swirl, and use easy tools to create a fantastic piece of art, a 100% 14" x 72" silk scarf or table runner. You are welcome to watch other painters, and if time allows, we may be able to fit in walk-in painters too. One time and you will be hooked! Choose from session time above with assigned code. Two students per session. Limit 12. Instructor: *Judy Ragland/Craftopolis*.

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Games

—Bridge—



Beginning Bridge Class
Mondays and Tuesdays
May 4-26
4:00 to 6:00 PM (KS)
\$40 (eight sessions)
— **LSC2639**

The class is designed for people who have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day. By the end of the class, you will be familiar with all aspects of the game- bidding, playing, and defense. This class is the beginning of your bridge education, but it will get you to the point of being able to play, whether you aspire to play socially, or compete in tournaments. Instructor: *Jack Uppal*.

Dance

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that suit your skills.



Beginning Clogging
Tuesdays, May 5-26
10:00 to 11:00 AM (KS)
\$32 (four sessions)
— **LSC2117**

The class will continue at a relaxed pace, developing skills of the foundations of clogging. We will continue to learn new steps and new dances.

Special attention will be paid to balance skills. Look to Fall 2020 for a brand new beginner's class. No new students accepted without instructor approval. Instructor: *Janice Hanzel*.

Easy-to-Intermediate Clogging

Tuesdays, May 5-26
11:00 AM to Noon (KS)
\$32 (four sessions) — **LSC2128**

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: \$10 per session. Instructor: *Janice Hanzel*.

Intermediate Plus Clogging

Tuesdays, May 5-26
Noon to 1:00 PM (KS)
\$32 (four sessions) — **LSC2139**

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

—Country Western Dancing—



Country Couples Western Dance – Beginner Level 1 & 2
Mondays, May 4-25
7:00 to 8:00 PM (KS)
\$28 (four sessions)
— **LSC2150**

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. Instructors: *Jim & Jeanie Keener*.

Country Couples Western Dance – Beginner/Intermediate Level 3 & 4
Mondays, May 4-25
6:00 to 7:00 PM (KS)
\$28 (four sessions) — **LSC2161**

Prerequisite: Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and you

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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 "Castaway a circle line dance" and "Review of Mexican wind waltz and second chance waltz." Instructors: *Jim & Jeanie Keener*.

—Hula—



Hula

Thursdays, May 7-28
1:00 to 2:00 PM (KS)
\$50.00 (four sessions)

— **LSC2172**

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 Akina*, the instructor before the first session at 916-521-0474. Vacation drop-in: \$17 per session.

—Jazz—

Jazz for Beginner

Thursdays, May 7-28
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC2184**

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: \$14 per session. Instructor: *Melanie Greenwood*.

Jazz Performance

Tuesdays, May 5-26
1:00 to 2:00 PM (KS)
\$36 (four sessions) — **LSC2195**

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: \$14 per session. Instructor: *Melanie Greenwood*.

—Line Dance—



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

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

Level I – Absolute Beginner (Intro)

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

- **Thursdays, May 7-28**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2294**
Instructor: *Yvonne Krause-Schenck*
- **Mondays, May 4-25**
4:00 to 5:00 PM (KS)
\$28 (four sessions) — **LSC2206**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

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Level 2 – Beginner

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

- **Thursdays, May 7-28**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC2316**
Instructor: *Yvonne Krause-Schenck*
- **Fridays, May 1-29**
2:00 to 3:00 PM (KS)
\$35 (five sessions) — **LSC2259**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- **Thursdays, May 7-28**
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC2229**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 3 – High Beginner/Improver

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

- **Mondays, May 4-25**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2305**
Instructor: *Yvonne Krause-Schenck*
- **Wednesdays, May 6-27**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2270**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session

Level 4 – Easy Intermediate

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

- **Wednesdays, May 6-27**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC2283**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- **Mondays, May 4-25**
5:00 to 6:00 PM (KS)
\$28 (four sessions) — **LSC2218**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 5 – Advanced

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

- **Thursdays, May 7-28**
New Time 5:30 to 6:30 PM (KS)
\$28 (four sessions) — **LSC2602**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Line Dancing 4 Fun

Thursdays, May 7-28

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC2611**

Line Dancing 4 Fun is just that! Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be a bit quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

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Country Line Dancing

Fridays, May 1-29

3:00 to 4:00 PM (KS)

\$35 (4 sessions) — **LSC2240**

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. Instructors: *Jim & Jeanie Keener*.

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 with her students. Drop-in offered for all her classes - \$10.



—Tap—



Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a

choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

Beginning Tap 2

Mondays, May 4-25

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC2338**

For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap. Instructor: *Alyson Meador*.

Tap Technique

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

- **Tuesdays, May 5-26**
10:00 to 11:00 AM (KS)
\$36 (four sessions) — **LSC2348**
- **Mondays, May 4-25**
10:00 to 11:00 AM (KS)
\$36 (four sessions) — **LSC2327**
- **Thursdays, May 7-28**
10:00 to 11:00 AM (KS)
\$36 (four sessions) — **LSC2359**



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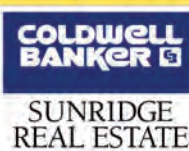
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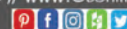


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Glass Art



Fused Glass

Monday, May 11
9:30 to 11:00 AM (KS)
\$28. \$10 supply fee
payable to instructor
— **LSC2573**

Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. The \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase, or another similarly sized project. Larger projects are available for an additional supply fee. Instructors: *Jim Fernandez and Danielle Echeverria.*



Stained Glass

Mondays, May 4-25
1:00 to 4:00 PM (KS)
\$61 (four sessions) \$10 supply fee
payable to instructor — **LSC2421**

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



Four Musicals by Stephen Sondheim

Postponed! New Date TBD
1:00 to 4:00 PM (KS)
\$32 (four sessions) — **LSC2578**

Explore one of the world's greatest Broadway composers, Stephen Sondheim. In this four-week course, we will explore

four of Sondheim's amazing musicals, including *Company*, *Sunday in the Park with George*, *Sweeney Todd*, and *Into the Woods*. In each three-hour class, we will discover the inspirations and people who made possible these legendary Broadway classics. After this introduction, we will watch each show in its entirety, followed by a discussion. So, get ready to enjoy an incredible afternoon filled with some of the greatest music by one of our greatest national treasures, Mr. Stephen Sondheim. Instructor: *Ray Ashton.*

Music

—Guitar—



Beginning Guitar

Mondays, May 4-25
8:00 to 9:30 AM (OC)
\$48 (four sessions) — **LSC2371**

Reading music notation for guitar, made easy. *About the Instructor: Jon Gowin* 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, May 5-26
1:00 to 2:00 PM (KS)
\$40 (four sessions) — **LSC2445**

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 Effinger* the instructor at 916-989-8532.



**Folk Guitar for Fun Folks
102 - Intermediate Level**
Tuesdays, May 5-26
2:00 to 3:00 PM (KS)
\$40 (four sessions)
— **LSC2457**

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 Effinger* the instructor at 916-989-8532.

Intro to Swing Guitar - Intermediate Level
Wednesdays, May 6-27
8:00 to 9:30 AM (KS)
\$48 (four sessions) — **LSC2384**

Come play swinging guitar chord progressions as a backup for our soloists. These cords are easier than you think, and a lot of fun. 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. Instructor: *Jon Gowin*.

—Ukulele—



Beginning Ukulele
Mondays, May 4-25
10:00 to 11:30 AM (OC)
\$48 (four sessions)
— **LSC2409**

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. Instructor: *Jon Gowin*.

Intermediate Ukulele
Wednesdays, May 6-27
9:45 to 11:15 AM (KS)
\$48 (four sessions) — **LSC2396**

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. Instructor: *Jon Gowin*.

Sewing

—Certification—



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Technology

—PC—



Windows 10 Basics
 Tuesday & Wednesday
Postponed, New date TBA
 1:00 to 3:30 PM (OC)
 \$49 (two sessions)
 Handout Fee: \$10
 — **LSC2644**

Start the year right by increasing your Windows 10 skills. Whether you're new to Windows 10 or have used it for a while, this class will give you the confidence to use it more effectively and appreciate its new features. Rita will cover the basics and also how to set up your PC, so it is most optimum for you. If you have a portable PC, bring it to class. Questions? Call instructor *Rita Wronkiewicz* at 916-543-6962.

—Smart Phone and Smart Books—



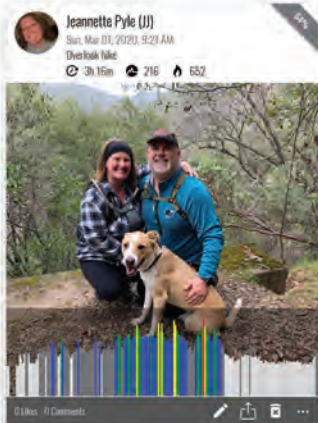
iPhone Basics (iOS 13) Workshop
 Saturday, May 2
 9:00 AM to Noon (OC)
 \$35 + \$5 paid to instructor for class material.
 — **LSC2663**

Prerequisite: You must be on iOS 13 and **must** have an **iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max... no older iPhones please.** Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it? If you have any questions, call the instructor *Andy Petro* at 916-474-1544.

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Fitness Floor (OC)

- **Tuesday, May 12**
3:00 to 4:00 PM
- **Wednesday, May 20**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, May 7**
4:00 to 5:00 PM
- **Tuesday, May 19**
12:00 to 1:00 PM

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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.

Notice:

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates and number of class sessions will be re ected on your enrollment. Registration date TBD.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.



Arthritis

Tuesdays, May 19 & 26

\$18 (two sessions)

Wednesdays, May 20 & 27

\$18 (two sessions)

Thursdays, May 21 & 28

\$18 (two sessions)

Fridays, May 22 & 29

\$18 (two sessions)

Tuesday's Instructor: **Cynthia Bullwinkel**

Wednesday, Thursday, and Friday's 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. *Please sign up before the first day of class.*

Lessons

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



Nordic Pole Walking

Wednesday & Thursday

May 20-21

9:00 to 10:30 AM, meet at the
OC Fitness Center

\$45 (two sessions)

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 (weather permitting). Walking poles are available for each class at no charge with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso.**



Tennis Lessons

Sundays

May 31 - July 5

Beginner

8:00 to 8:50 AM

Intermediate

9:00 to 9:50 AM

Advanced 10:00 to 10:50 AM

Courts #10/11. \$75 (six sessions)

The instructor is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks. Instructor: **Mike Gardetto.**

RedCross Adult First Aid/CPR/AED

Thursday, May 21

9:00 to Noon, Oaks Room (OC)

\$15

Come learn skills that can save someone's life. Please wear comfortable clothing as this is a hands-on learning class, and participants must be able to

perform the required skills. With the successful demonstration of skills, participants will receive an adult CPR/AED/FA certification. Certifications are good for two years. This class is subsidized by the Lincoln Hills Foundation. Instructor: **Jeann e Pyle.**

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 – Get Beyond the Grief

Thursdays, May 21 & 28

10:00 to 11:30 AM Multipurpose Room (OC)

\$40 (two sessions)

Join this class to learn a self-hypnosis technique that can help you feel better sooner rather than later, become happier, and learn to live anew. Instructor: **Kelley Moreno.**

Mindful Movement

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



Tai Chi Qigong L1

Tuesdays, May 19 & 26

1:00 to 2:00 PM, Aerobics Room (KS)

\$22 (two sessions)

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 complimentary health system. Instructor: **Peli Fong.**

Tai Chi Qigong L2

Tuesdays, May 19 & 26

2:00 to 3:00 PM, Aerobics Room (KS)

\$22 (two sessions)

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. Instructor: *Peli Fong*.

New Tai Chi Chaun L1

Thursdays, May 21 & 28

2:00 to 3:00 PM, Aerobics Room (OC)

\$20 (two sessions)

The instructor comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for eight years. *This class is a prerequisite for the Tai Chi Chaun L2 with Anney on Mondays and Wednesdays.* Loose, comfortable clothing is encouraged. Instructor: *Anney Siegel-Wamsat*.

New Tai Chi Chaun L2

Mondays and Wednesdays, May 18-27

1:00 to 2:00 PM, Aerobics Room (OC)

\$40 (four sessions)

The instructor comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for eight years. The Yang 128 long form is “meditation in motion” that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the Yang long-form (128) forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and mindfulness. Loose, comfortable clothing is encouraged. Instructor: *Anney Siegel-Wamsat*.

Money Matters

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

What's a Person to Do With All These Low-Interest Rates?

Canceled

10:30 AM to Noon, P-Hall (KS)

\$5

Interest rates on savings accounts, CD's, Mortgages are near all-time lows and, contrary to many media commercial spots, will most likely drift lower. Why is this happening, what role does the FED play, and

will negative interest rates come to this country? Furthermore, what are the implications for other investments such as the stock market? Come to this timely class for a view into rates and what to expect as well as why this drop has happened and will most likely continue to do so. Instructor: *Russ Abbott*.

Active vs. Passive

Tuesday, May 26

10:30 AM to Noon, P-Hall (KS)

\$5

Bull markets produce many winners, which include both passive and active investors. Passive tends to be associated with buy and hold, whereas active is associated with market timing. Both have pluses and minuses, some of which are nothing to worry about, while others can be detrimental to an investor's success. Come to this informative class to learn which investing style might be most appropriate for you. Instructor: *Russ Abbo*.

Nutrition

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



Re-Start—Your Health in Just Five Weeks

Tuesdays, June 30 - July 28

12:30 to 2:00 PM

Multipurpose Room (OC)

\$129 (five sessions)

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. Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.

NEW!! Next Level Nutrition for Re-Start Alumni!

Tuesdays, June 30 - July 28

2:30 to 3:45 PM, Multipurpose Room (OC)

\$129 (five sessions)

This 5-week program offers insight and guidance in answering common health and nutrition questions that have been asked by RESTART® participants. Continue to control your health by giving your body the proper fuel and implementing the lifestyle that you developed during the 21-day sugar detox. Topics will include implementing your new eating

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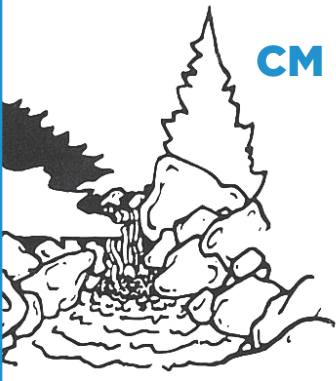


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habits long-term, the power of intermittent fasting, ketogenic diets, groundbreaking science behind nutrition and disease, and quick and easy cooking ideas. **Prerequisite: Completion of the RESTART® program.** Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner.



**Produce with a Purpose:
The Power of Positive Protein!**

Canceled

4:00 to 6:00 PM,
Placer (KS)
\$45

Did your doctor tell you to eat more fruit and veggies? Now what? Come to our monthly Produce with a Purpose class to learn the super-powers of delicious fruit and vegetables (for resisting cancer, diabetes, heart disease, and more), enjoy a cooking demo and tasting, and boost your wellness! This month: The Power of Positive Protein! We will get a better understanding of protein and how to get it from plant sources. *Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce!* Instructor: **Kerin Gould**.

Produce with a Purpose:

The Beauty of Berries!
Thursday, May 28
4:00 to 6:00 PM, Placer (KS)
\$45

Did your doctor tell you to eat more fruit and veggies? Now what? Come to our monthly Produce with a Purpose class to learn the super-powers of delicious fruit and vegetables (for resisting cancer, diabetes, heart disease, and more), enjoy a cooking demo and tasting, and boost your wellness! This month: The beauty of berries! Sure they are great raw, but since they have SO much to offer our immune systems, let's find special but easy ways to prepare and enjoy these tiny nutrition-bombs. (We'll feature a grain-free, dairy-free, fruit-filled dessert that will delight all kinds of diners!) *Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce!* Instructor: **Kerin Gould**.

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.

**Getting Your Stuff Together:
Organizing Your Estate**

Canceled

9:00 AM to Noon, Multimedia (OC)
\$30 + \$25 material fee paid to the instructor on the first day of class.

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 plans are known, and your wishes carried out. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Instructor: **Marcia VanWagner**.



Beginning Sudoku

Tuesday, May 26
9:00 to 10:30 AM
P-Hall (KS)
\$5 each class

Learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategies will be taught, making you feel

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much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day. Instructor: *Russ Abbo* .

New! Living with Neck and Shoulder Pain

Wednesday, May 20
2:30 to 3:30 PM, Aerobics Room (KS)
\$20

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. The instructor *Lisa Kwon* is an occupational Therapist with over 26 years of experience. *Class fills up quickly! Please sign up at least 48 hours ahead.*



Traditional Shotokan Karate

Saturdays
May 23 & 30
11:30 AM to 12:30 PM,
Aerobics Room (KS)
\$10

The instructor is a member of the International San Ten Karate Association and 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. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

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 97 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. Jeannette.pyle@sclhca.com.

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$54.

- **Buddy Training:**

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

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Danielle Merrill
Fitness Coordinator
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Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Danielle 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. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is TBD. Register at either Fitness Desk 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 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,
May 20 & 27
12:30 to 1:30 PM
Aerobics Room (KS)
\$35 (two sessions)

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. Instructor: *Milly Nuñez.*



SGT—Rock Steady Boxing

Thursdays, May 21 & 28
1:30 to 2:30 PM
Aerobics Room (KS)
\$35 (two sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez.*

SGT—Rock Steady Boxing

Fridays, May 22 & 29
1:30 to 2:30 PM, Aerobics Room (KS)
\$35 (two sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez.*

SGT—ParkinsonStrong Combo

Fridays, May 22 & 29

12:30 to 1:30 PM, Aerobics Room (KS)

\$35 (two sessions)

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. Instructor: *Milly Nuñez*.

**Golf Conditioning L2/3**

Mondays May 18 & 25

2:30 to 3:30 PM

Aerobics Room (KS)

\$35 (two sessions)

Looking to improve your performance on the course? Take this class for these key components:

power, core strength, balance, coordination, injury prevention, rotation, and flexibility. Instructor: *Max Alcantar*.

SGT—Therapeutic Water Exercise L1

Fridays, May 22 & 29

12:30 to 1:30 PM, Indoor Pool (OC)

\$35 (two sessions)

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 the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Max Alcantar*.

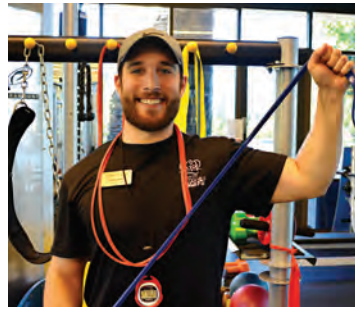
Coming soon!**SGT—Fit 101 at Kilaga Springs L1**

Mondays & Wednesdays

10:30 to 11:30 AM, Fitness floor (KS)

\$135 (eight sessions)

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. Instructor: *Max Alcantar*.

**Coming soon!****SGT—Fit 101 at****Orchard Creek L1**

Tuesdays & Thursdays

Noon to 1:00 PM

Fitness floor (OC)

\$135 (eight sessions)

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. Instructor: *Torin Garza*.

**SGT—"Fun"ctional Fitness L3**

Tuesdays & Thursdays

May 19-28

Noon to 1:00 PM

Aerobics Room (KS)

\$70 (four sessions)

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. Instructor: *Deanne Griffin*.

**SGT—Progressive Bootcamp L2/3**

Mondays &

Wednesdays, May 18-27

4:00 to 5:00 PM

Aerobics Room (KS)

\$70 (four sessions)

Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. This class is available for the SGT

Drop-in Pass. Instructors: *Danielle Merrill and Max Alcantar*. Both trainers every hour!

SGT—Morning Burst Group Training L2

Mondays & Wednesdays, May 18-27
7:15 to 8:15 AM, Aerobics Room (KS)
\$70 (four sessions)

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. Instructor: *Milly Nuñez*.



Coming soon!

SGT—Posture, Core and Balance L1/2

Wednesdays & Fridays
12:00 to 1:00 PM
Aerobics Room (OC)
\$135 (eight sessions)

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. Instructor: *Renae Schmidt*.

SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays, May 18-27
11:30 AM to 12:30 PM, Aerobics Room (KS)
\$70 (four sessions)

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. Instructors: *Danielle Merrill & Max Alcantar*.

SGT—Balance & Fall Prevention L1

Mondays and Wednesdays, May 18-27
2:00 to 3:00 PM, Aerobics Room (OC)
\$70 (four sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars,

and the wall for support. Instructor: *Danielle Merrill*.

SGT—Balance & Fall Prevention L2

Tuesdays and Thursdays, May 19-28
3:00 to 4:00 PM, Aerobics Room (KS)
\$70 (four sessions)

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 a stretch on their own right after class, using warm-up and stretches taught in the L1 class. Instructor: *Danielle Merrill*.

Punch Pass and Fast Class

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 94-97 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, and all passes expire one year after purchase.

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

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OC WellFit Class Schedule May 1-31, 2020

	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 - Jeannette	Arthritis L1/2 - Linda	Yoga Flow L2 - Amy	Arthritis L1/2 - Linda	Yin Yoga L2 - Sara	
11:00	Mat Pilates - Sarah	Arthritis L2 - Cynthia	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		All Sunday classes have been moved to Kilgus
12:00	Strong & Stable L1 - Cynthia	Chair Yoga L1 - Sara	Posture, Core & Balance - Renae	Yoga Stretch L1 - Julie	Posture, Core & Balance - Renae	New time! Chair with Flair L1 - Aundrea	
1:00	Tai Chi L2 - Anney	Yin Yoga L1 - Fran	Tai Chi 2 - Anney	Chair with Flair L1 - Julie	Basic Chair L1 - Maria/Beth		
2:00	Balance & Fall Prevention L1 - Danielle	iRest Meditation L1 - Fran	Balance & Fall Prevention L1 - Danielle	New! Tai Chi Chaun L1 - Anney	Activities		
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie		SCLH Booking	
4:00	TBA	Activities	Try It Out! FREE! Yin Yoga L1-3 - Sara				
5:00	TBA			Activities			
5:30	TBA						
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Classes (Fast Pass) \$7.50 Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule May 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena			
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	
9:00							9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - Lisa	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	
10:30	Roll & Release L2 - Delphine	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Yo-Chi L1/2 - Katie	Yoga Stretch L1 - Aundrea	10:00am Zumba L3 - Carrie
11:30							
12:30	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	WaiDan Gong L1 - Joan	11:30am Shotokan Karate L1/2 - AI	
1:00		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonStrong Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	Yoga Basics L1 - Lesley	SGT - Rock Steady Boxing Milly	SGT - Rock Steady Boxing Milly		
2:30	New! SGT - Golf Conditioning L2-3 Max	3:00pm SGT - Balance & Fall Prevention L2 - Danielle	New! Living with Neck and Shoulder Pain Lisa K.	3:00pm SGT - Balance & Fall Prevention L2 - Danielle			
4:00	SGT - Progressive Bootcamp L2/3 - Danielle & Max	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle & Max	Yoga for Osteo L1 - Julie	SCLH Booking		
5:00		30min Cycle L1 - Danielle		30min Cycle L1 - Jeannette			
5:30		TRX Circuit - Torin		TRX Circuit - Torin			
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 May 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Jiji</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 Fitness L2/3 - <i>Jiji</i>		
9:30	Deep Water Fitness L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Renee</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3 - <i>Lisa</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>Lisa</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	TBA				SGT - Therapeutic Water Exercise L1 <i>Max Alcantar</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>		Total Body Conditioning L3 <i>Jeannette</i>				
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							

Pilates Reformer WellFit Class Schedule May 1-31, 2020

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

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS

Lodges (OC/KS) Mon–Sat: 8:00 AM–9:00 PM Sunday: 8:00 AM–5:00 PM	Meridians Restaurant Sun–Thu: 7:00 AM–8:00 PM Fri–Sat: 7:00 AM–9:00 PM Sports Bar: 11:00 AM–8:00 PM Delivery: 1:00–7:00 PM
Administration/Membership Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	Kilaga Cafe Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	Catering Office Tue–Sat: 9:00 AM–5:00 PM
WellFit (OC/KS) Mon–Fri: 5:30 AM–8:30 PM Sat–Sun (oc): 7:00 AM–8:00 PM Sat–Sun (KS): 5:30 AM–6:00 PM	The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
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Trudy Smith..... 916-408-4071..... Trudy.Smith@sclhca.com

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Jeannette Pyle..... 916-408-4825.....Jeannette.Pyle@sclhca.com
Fitness Coordinator
Danielle Merrill 916-625-4032..... Danielle.Merrill@sclhca.com

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Meridians Restaurant..... MeridiansRestaurant.com
Reservations & Info: 916-625-4040.....Delivery: 916-625-4044
Kilaga Cafe
To-Go Orders & Info: 916-408-1682

CATERING

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Don Giles 916-625-4043..... Don.Giles@sclhca.com

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LH Golf Club916-543-9200lincolnhillsgolfclub.com
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Neighborhood WatchSCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

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The last few weeks have been a very challenging time for us all. We want you to know that we will be here when this unpleasant time is over and behind us. If you have a future trip planned and you're not sure whether you should go, we encourage you to postpone your travel to a later date rather than cancel. You booked the trip with the intention and excitement of going so don't deprive yourself of the anticipation of the thrilling trip. Put it off a few months or until next year. We are here to help you navigate through this unprecedented time and will be here when it's over.

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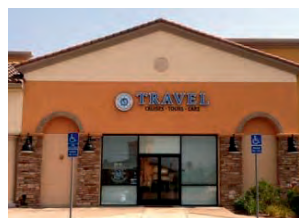
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