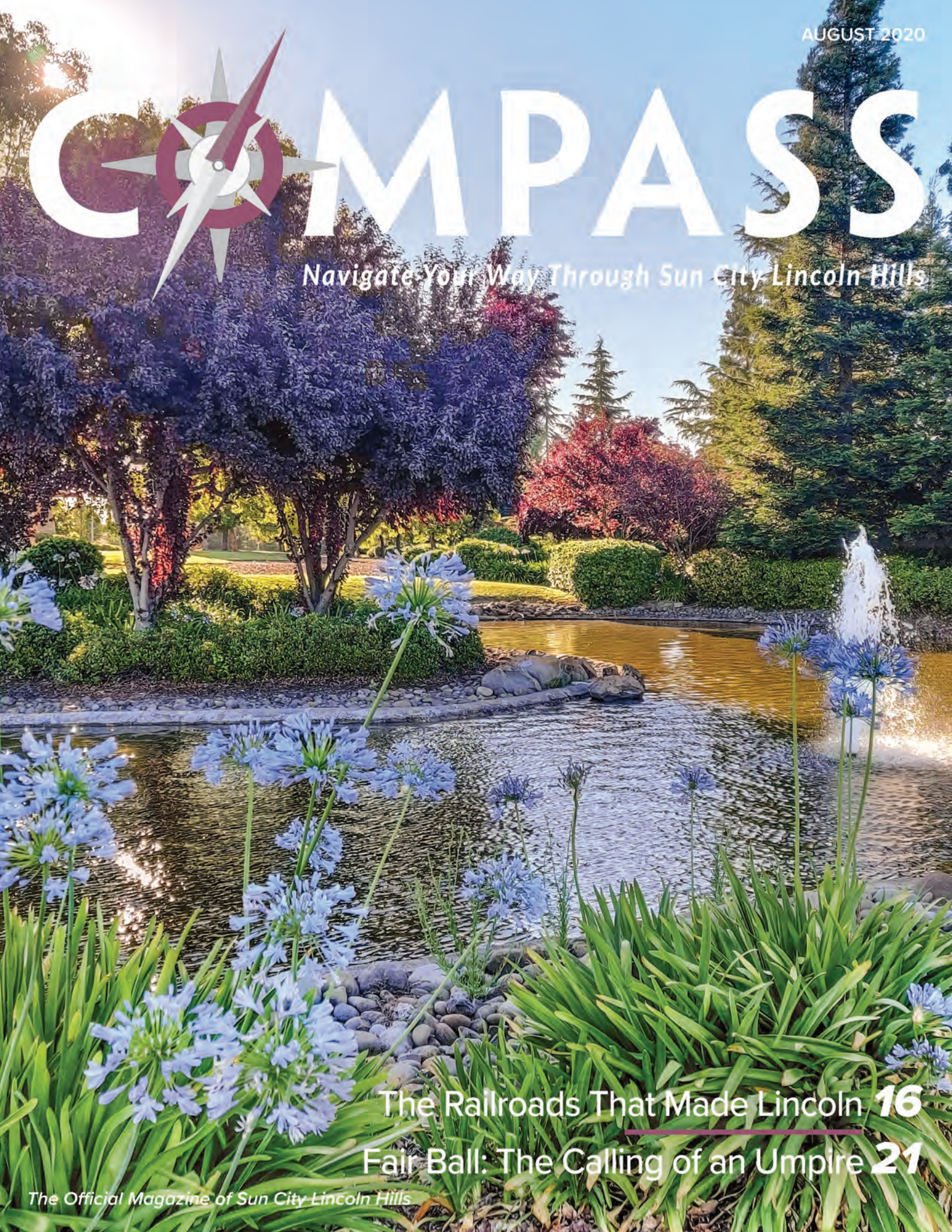


# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



The Railroads That Made Lincoln **16**

Fair Ball: The Calling of an Umpire **21**

# Calendar of Events

August 19 - October 19

**Subject to change.  
Please see eNews  
for updated times  
and dates.**

Date	Event	Page #
8/19	Listening Post.....	49
8/20	Gershwin.....	53
8/25	Krafting with Karla and Lavina.....	62
8/27	Blood Drive.....	49
8/28	Moondance.....	53
8/31	Tour of Italy.....	54
9/15	Krafting with Karla and Lavina.....	62
10/19	Document Destruction.....	49

Upcoming Association Meetings: August 15 – September 30	
Listening Post	Wednesday, August 19, 9:30 AM
Finance Committee Meeting	Thursday, August 20, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 24, 9:00 AM
Board of Directors Meeting	Thursday, August 27, 9:00 AM
Board of Directors Executive Session	Thursday, August 27, 11:30 AM
Finance Committee - Budget Presentation Workshop - Phase I	Tuesday, September 1, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, September 1, 9:30 AM
Compliance Committee Meeting	Wednesday, September 2, 9:00 AM
Elections Committee Candidate Information Session	Wednesday, September 2, 1:00 PM
Properties Committee Meeting	Thursday, September 3, 9:00 AM
Finance Committee - Budget Presentation Workshop - Phase II	Friday, September 4, 9:00 AM
Elections Committee Meeting	Friday, September 4, 10:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, September 8, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, September 14, 9:00 AM
Listening Post	Wednesday, September 16, 9:30 AM
Finance Committee Meeting	Thursday, September 17, 9:00 AM
Board of Directors Meeting	Thursday, September 24, 9:00 AM
Board of Directors Executive Session	Thursday, September 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, September 28, 9:00 AM
<i>Meetings subject to change. Visit <a href="http://sclhresidents.com">sclhresidents.com</a> for the most up to date information.</i>	

**VOLUNTEER OPPORTUNITIES!**

**Committee Openings**

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)
- Compliance Committee

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

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## COMMUNITY PROFILE

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★ It's Neighbor Time!
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**On the Cover**  
Photo by Diane Buckley



## Board of Directors' Report

*Alice Crawford, President*

The past few months have been incredibly challenging for all of us. Every time things started to look up and return to some level of normalcy, we ended up having setbacks and had to revert to lockdowns and become even more fearful of this phantom monster, COVID-19. Our inability to visit with family and friends, attend church services, or even play a hand of bridge is frustrating at best. As I struggle with sadness, I always remember that it is my attitude that can make or break the situation for me. On my daily walk with my dogs, Gigi and Buddy I have had the good fortune to run into many of my colleagues I am always delighted to bump into them, however I am limited to giving virtual hugs, when I want so much to give "BEAR" hugs. Each of us is dealing with the COVID-19 annoyances in different ways, and developing coping skills has become paramount.

While you may laugh, it has been good for me to have the busyness of being on the Board. There are different challenges facing the Board because of the pandemic, and the wish list of objectives for the year developed at the Retreat in early March may not seem so important now. But, the wish list

still is. We are making headway in accomplishing the objectives, albeit not as quickly as we would otherwise have liked because of the distraction of COVID-19.

The Board is reminded regularly that we have a fiduciary responsibility to the membership, we cannot throw up our hands and ignore our respon-

sibilities because of the unprecedented nature of the pandemic. We are required to meet regularly to do the business of the corporation with a duty of care, duty of reasonable inquiry, and duty of good faith. We are challenged more than any board before us because there is no script on how to operate during a pandemic. We must continue to enforce the covenants, bylaws, and rules and regulations; and to use sound business judgement when we make decisions

about Association finances. The good news is that SCLH governing documents provide a strong framework to ensure we conduct ourselves appropriately and continue to be successful as Association leaders.

You all are doing a great job protecting yourselves from that monster, as evidenced by the stability in infection rates for our age group here in Lincoln. Keep up the good work and stay safe!





## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the August edition of the *Compass* magazine! With all of the news so negative these days, I will try to focus on some positives and finish up with a comment or two. First off, I am so proud of how our team has responded during the COVID outbreak. Since the beginning of March, they have stood up to every challenge, and now that this crisis is going on its sixth month, when it would be easy to lose energy and let things slip, this team continues to find ways to support our residents and bring some joy into people's lives.

The WellFit & Lifestyle teams have looked at new ways to engage our residents, even with most of the facilities closed down. They have created outdoor exercise areas, developed online classes, and kept the Farmers Market going. During June, and much of July, when the fitness centers were open only on a limited basis, we were still able to accommodate 12,000 visits. Lavina's online classes are starting to resonate, and we hope you take a look at what Lifestyle is bringing to our residents.

The closure of the Meridians Restaurant dining

room was a blow, but the terrace has become a great place to enjoy a meal or a glass of wine. There isn't a better view, and the atmosphere is terrific. Chef MJ, Josh, David, Jose, Marcos, and the twins continue to look for ways to make this a special place for our residents, and we have had a lot of great comments. Kudos to the team for hanging in there and continuing to improve our operation on a daily basis.

Everyone on the team has stepped up to take care of our residents. We had a number of requests for trail guides early on, and Christy stepped up and handed out 125 guides, regardless of how busy she was with other duties, and always with a smile. IT has helped hundreds of people access our eNews and website, often providing tech support to get the job done. One of our restaurant servers assisted a resident who had taken a tumble and then took time to reach out and make sure he was in good shape. This is a people business – our job is to take care of our people first and foremost.

This epidemic has not been easy on anyone, but we will do everything we can to support our residents and our community.



# Labor Day

## HOLIDAY HOURS

Monday, September 7

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*Please visit the resident website and watch for eNews for Hours of Operation.*

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**LISTENING POST UPDATE - Chris O'Keefe, Executive Director**

We had around 35 folks tune in to the July Listening Post, and were fortunate to have Faye August drop by to give residents an update on the work of the Strategic Planning Team. The update centered on the completion of the “discovery” phase task, and that the team would start work on the “formulate” phase of the planning. Several projects were identified in the discovery phase, and the strategic team will be reaching out to residents to provide feedback. We are so privileged to have great volunteers doing this important work.

I provided an update on the COVID-19 situation, with the focus on the fact that this is more than likely going to last through to the end of the year. As staff, we are dedicated to doing anything that provides some semblance of normalcy, as long as we adhere to the state and county orders. It's impressive to note that during June and part of July, we had nearly 12,000 individual visits to the fitness centers when they were open. In June, we had over 5,000 “covers” at Meridians. The Kilaga Spa was able to immediately reach 70% of their normal activity levels when the spa opened.

Clearly, our amenities serve an important function for our residents during these uncertain times.

The maintenance of the firebreak was reviewed, and as usual, the Facilities team and their vendors did a great job for us. I then touched on the new policy regarding the use of the open space trails. This policy was created by Wildlife Heritage Foundation in response to questions regarding the use of bicycles on the open space trails. The policy upheld the practice that had been in place since 1999, but it did state that vehicles were not allowed on the open space trails. The policy has been placed on the Association website for residents to view.

As always, it was a privilege to interact with our residents, even if it was on the Zoom platform. I encourage you to log in to the next Listening Post. Lots of useful information is shared. I also encourage you to take part in as many activities as possible. We need that human contact in our lives, so please get out there. Enjoy a glass of wine in the evening on the Meridians terrace. It's a great view and a peaceful setting. See you next month.

**Finance Committee****How Will the 2021 Budget Be Developed When the Future is Uncertain?**

*Robert Copp, Chair*

As I reported last month, every day seems to bring some change to our operations. We have started discussing how to develop the 2021 budget without any ability to know when we can reopen again. As I am writing this, indoor dining, spa services, and indoor fitness have been closed again. We have to expect that we will open and close as the virus continues to surge into next year.

While we can set a budget based on a percentage of normal operations, we are not sure what that percentage will be. To be effective in developing a budget, we need to run a range of scenarios from the basic operations we have today to fully opened options based on the guidelines provided by the State.

No matter how effective we are in developing the 2021 budget, we could be significantly off the mark. In most budget years, basic operations are adjusted to slow expenditures in one area when costs rise in another. If funds are leftover at the end of the year, they roll into the following years' budget. If the budget overruns slightly, the funds come from the

Association's cash balance. This process has worked during normal times.

Another possibility could be to update the budget during the year. The Bylaws say: “Subject to approval by the Board, revisions in any budget may be made at any time, and such revised budget shall become the authorized budget.” Could we revisit the budget mid-year? If we do, what would this mean? I am not aware that the budget has ever been revised during the year. An open dialog of this and other options will be important in managing our finances effectively in 2021.

Your input is critical in evaluating the proposed 2021 budget. We have scheduled two open workshops on Tuesday, September 1, and Friday, September 4, to discuss the budget. The Finance Committee is scheduled to recommend a budget on September 17 and then request Board approval on September 24.

We will continue to do our best to keep you informed. As always, contact [finance.committee@schlca.com](mailto:finance.committee@schlca.com) whenever you have a financial question, and we will do our best to answer them.



## Architectural Review Committee

### Slipping n' Sliding

*Carole Dummett, Chair*

Slipping n' Sliding through this year while managing to accommodate all our requests by fellow residents.

In compliance with the BOD Resolution dated May 28, 2020, allowing lava rock in all rear yards, we developed and submitted a Design Guideline July 25, 2020, for Board approval to post and publish. This document was approved pending resident input within 28 days of the post and publishing date. This Design Guideline revision was to become effective July 23, 2020, providing the Board voted for final approval. Information will be available through the Website and eNews.

Please continue to contact [arc@sclhca.com](mailto:arc@sclhca.com) to answer your questions or provide input on various subjects. Our staff is currently working part-time, depending on the workload, so they are not always available to answer questions or may cause a change in our timelines due to document processing. Perhaps we will be on the road to recovery when you are reading this article.

Finally, I would like to touch on two continual issues:

Tree removal does not require ARC approval, but all new tree installations must be approved through

ARC. All front yards require a fifteen gallon tree that complies with Appendix A of the Design Guidelines. If you have a small yard that will not accommodate a tree, please apply to ARC for a Variance, which will be issued if the lot size, utility equipment, or neighboring property interference justifies this request.

Exterior paint do's and don'ts. Total home repaint requires approval with our current paint palettes. Many of these color selections have been in effect throughout the years and should closely match your current colors. Please do not attempt to match faded paint trim as this can result in a non-compliance issue and could be a color no longer permitted in SCLH. Always check with Community Standards, as they can help you locate previous acceptable colors and review our current colors, which provide a refreshing look and are compliant.

The ARC has several openings, and we need help. Many of you are knowledgeable and active in the community, so please consider this important committee. We meet twice a month, perform site visits, and provide training. If you enjoy meeting and assisting fellow residents, please fill out an application and submit to Chris O'Keefe, Executive Director.

## Strategic Planning

*Denise Bowden*

The discovery phase of the Capital Projects Strategic Plan framework is complete, and reports are available under the Big Red Button on the resident website. Input and interest from residents and staff were of tremendous value and instrumental in developing detailed reports so that the team was able to apply criteria and cost to the items suggested. We encourage all residents to look at the areas related to their particular areas of interest or perhaps even all of them. <https://sclhresidents.com/group/pages/strategic-plan>.

The team is using this summer for the

“Formulate” phase of the plan framework, which includes developing a draft of Capital Projects Strategic Plan for resident review and comment then on to the Board of Directors for their review and adoption.

It is important that the community understand the Strategic Planning Team's (SPT) role is as facilitators and advisors to collect communitywide feedback, develop a decision-making process and integrate it all into a recommended plan based on that feedback.

The process is complex and time-consuming and the COVID situation adds its own level of complexity, but the SPT is targeting late fall to deliver the plan to the Board of Directors.





## Compliance Committee / Community Standards

### What Color is That?

*David Mateer, Chair*

Over the past 20 years, there have been several generations of color palettes used in our community. The builder had a few, and several have followed since then. So, when it is time to repaint, what color should I use? is a natural question.

If you have not already done a complete repaint of your house, the easiest answer is to pick from the current palettes available. The original paint jobs are between 15 and 20 years old, so it is time. This will provide you an opportunity to move to the current colors that are up-to-date and what is popular today. This would update the look, and likely also the value of your home. Of course, anytime you paint 50% or more of your house or change any colors, ARC approval is needed. This helps to avoid the potential dilemma of what color can be used where.

Should your home only need some "touch-up" painting, there are several options. These "touch-ups" typically are for the stucco pop-outs, roofline trim, or various wood trim items on the house. If you have the color name or code from your latest ARC approval for paint, this color can be used. If you don't know the color, you should

not guess nor try to color match the existing faded color. Matching a faded color will leave you with an incorrect color, and you will likely need to fix it sooner rather than later. The other alternative is to check the current palettes for one, which has a base color that matches the main body of your home. You can then use the trim colors for that color palette with the assurance that they are allowed colors. Of course, this is a color change from the prior color, so ARC approval is also necessary.

Another question we get is, what color to use for the wood fences in our community? Fortunately, that one is easy to answer. The color is Sherwin-Williams "Sanderling" No. SW7513.

At this point, you may wonder where to get information on the current palettes. The color palettes are available on the ARC page of the Resident Website. They are also on the Sherwin-Williams website under Color / HOA Color Archive. When painting your home, any brand of paint may be used and can be color-matched to the approved colors.

Note: Our committee will soon have some openings, so apply to get involved and support the community.





**Election News**  
**Elections Are On!**



The kickoff for the Board of Directors Election will be the **Candidate Information Session** on September 2 from 1:00-3:00 PM, location TBD. This will be recorded for the SCLH website.

**The following will be covered:**

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

The **Candidate Information Packet** is available for prospective candidates and posted on the Elections Committee tab of the SCLH website. The packet includes:

- Candidate rules for the pre-election period.
- A list of help provided by the Elections Committee.
- Candidate ballot statement form.
- Campaign ideas.
- Job description for a Director.
- Primer on the fiduciary duties of Directors.
- SCLH Governing Documents chart.
- Candidate application for the Board.

**Here are important dates if you plan to run for the Board of Directors:**

Date	Day	Event
<b>2020</b>		
September 2	Wednesday	Candidate Information Session
September 14	Monday	Candidate Filing Opens
October 14	Wednesday	Candidate Filing Closes
October 16	Friday	Candidate Briefing Session
November 6	Friday	Candidate Ballot Statements Due
November 6	Friday	Member Issue Statements Due
December 8	Tuesday	Articles from Candidates Due
TBD	TBD	Candidate Yard Signs May Go Up
<b>2021</b>		
January 9 & 12	Saturday & Tuesday	Candidate Forums
January 11-15	Monday-Friday	Election Ballots Mailed
February 17	Wednesday	All Ballots Due
February 18	Thursday	New Board Seated

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

*Let us serve you with a view*

**Meridians**  
Restaurant & Bar

## Thank You

*Food & Beverage Team*

Thank you all for those who have come out in droves for our al Fresca dining. Outdoors, under the awning, and the gorgeous views helped highlight an opportunity for our residents to still dine at Meridians. While we have no clue when this pandemic will end, we at Meridians will continue to find new and innovative ways to serve our community.

'Tis the season for farm-fresh vegetables. There is an abundance of great produce throughout the Placer, Sacramento, and Yolo counties. Being so close gives us the chance to use these beautiful farms and their bountiful fruits and vegetables. Be on the look out for our partnership with Produce Express (our exclusive produce procurement vendor) and their Vans delivering daily fresh veggies. In collaboration with local farms such as Del Rio and Yeung Farms, our residents get the best of tomatoes, squash, stone fruit, and more.

But the fun doesn't stop there. Meridians is now adding to the Lifestyle fun with pairings during online concerts. We will be offering cocktail kits, and bite, for you to enjoy during these livestream concerts. Order yours while supplies last.

Finally, this year has been a roller coaster of ups and downs for the Food & Beverage Team. I want to acknowledge all of the staff in the Food & Beverage Department who may be still furloughed or working only 8 hours weekly, and to those who are making a difference day by day in Meridians. While we cannot serve our residents in catering nor at Kilaga Café, our staff looks forward to focusing their attention curbside, delivering, pouring beverages in the Sports Bar, or serving you and guests on the Terrace. Thank you to all of our Servers, Bussers, Runners, Delivery Ambassadors, Cooks, and Dishwashers; you make Meridians truly shine for the community to see.

## Chef's Recipe of the Month:

### Summer Garden Gazpacho

#### Ingredients

- 3 lbs Assorted Heirloom Tomatoes, peeled and seeded
- Tomato juice or V8 juice (as needed)
- 2 English Cucumber, peeled, seeded and small diced
- 1 Yellow Bell Pepper, small diced
- 1 Red Bell Pepper, small diced
- 1 Red Onion, small diced
- 1 large Jalapeño, seeded and minced fine
- 2 Garlic Cloves, minced fine
- 1/4 cup extra-virgin olive oil
- 2 Limes, juice only
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Worcestershire Sauce
- 1 tsp Cumin, ground and toasted
- 2 tsp Kosher Salt
- 1/2 tsp Black Pepper, cracked fresh
- 3 Tbsp Basil, fresh leaves (chiffonade)
- Crème Fraiche (as needed)

#### Directions

Fill a 6-quart pot halfway full of water, set over high heat, and bring to a boil.

Make an X with a paring knife on the bottom of the tomatoes and core out the stem. Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle approximately 1 minute.

Remove and pat dry. Peel and seed the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine-mesh strainer set over a bowl in order to catch the juice. Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 2 cups.

Place the tomatoes and juice into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt, and pepper and stir to combine. Transfer half of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine.

Cover and chill for 2 hours and up to overnight. Serve with shreds of basil, and crème fraiche as needed.





**The Communications Corner**  
**Are You Missing Out on Important eNews?**

*Jeff Caponera, Communications and IT Manager*

I cannot believe it is August already. We should be deep into our nine-show, Summer Concert Series, and WellFit's outdoor pool parties. You can be in the fitness center, chiseling away at those abs, or Aerobics class, putting Richard Simmons to shame, sweating out last night's yummy dessert choice from Meridians. Instead, we are talking about a Pandemic, face coverings, curb-side pick-ups, and physical distancing. Strange times, for sure, but things could be worse, right?

Lately, I have been receiving a lot of emails and phone calls, asking, "Why am I not receiving eNews anymore? I used to get it all the time." What we've found that when someone clicks on the **unsubscribe** button at the bottom of the eNews, the default selection is unsubscribe. They accidentally unsubscribe from all eNews rather than adjusting their subscriptions (see the image).

Also, some people are forwarding their eNews email on to others, who may not be receiving eNews or just sharing information, and those other people can unsubscribe you as well.

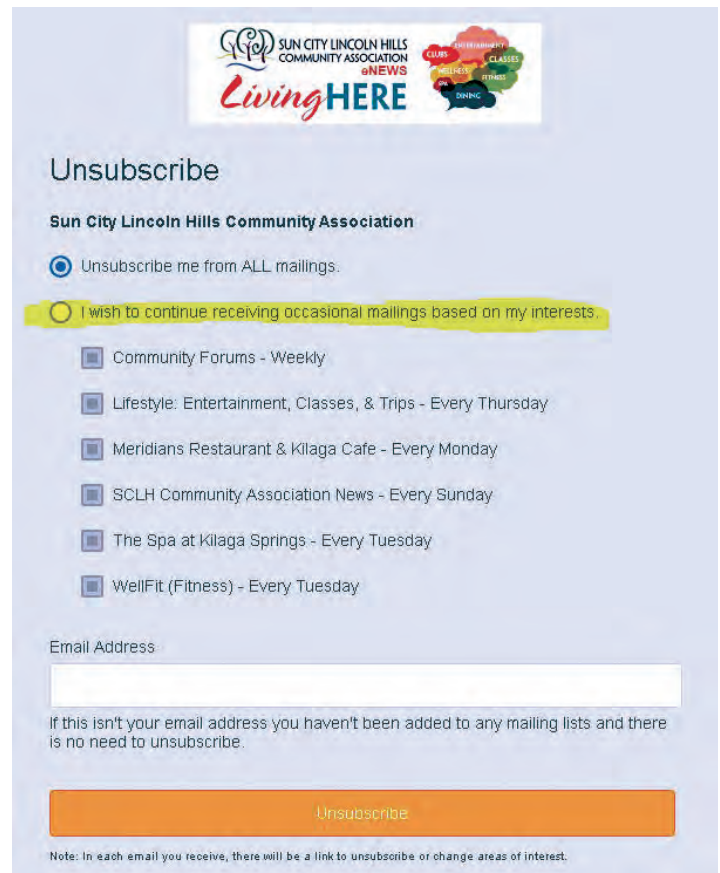
**To update your profile:** After clicking on unsubscribe at the bottom of an eNews, click on "I wish to continue receiving...", uncheck which eNews you do not want to receive and then click on "Update My Profile." You will continue to receive just the ones you want to read.

During "normal times," eNews comes out five or more days a week; the *Compass* comes out once a month; the best way for you to stay up to date with everything going on in your community is to receive eNews. We have daily newsletters

from each department:

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

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



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## Lifestyle News & Happenings

### A Beautiful Day in the Neighborhood

Lavina Samoy, Lifestyle Manager

Today at the Farmers Market, I happened to speak with a gentleman behind a facemask, and we chatted about the current situation we are in and how he misses the activities and gathering with the residents.

We are committed to finding ways to provide activities that will allow you to connect with other residents virtually. We know it is not the same as in-person meetings, but at this time, it allows for a live, shared experience with your neighbors.

Why don't you try the following events and invite your neighbor?

- The long-awaited **Gershwin piano concert** from pianist extraordinaire **Richard Glazier** is finally here. Join him from his home, **August 20 at 7:00 PM** (page 53).

- If you enjoy classic tunes, join us on **August 28** when the **Albertson Duo** sing popular classic hits. From Dolly Parton to Cindy Lauper, Frankie Vallie to John Legend, and many more, they will have you singing classic tunes through the years (page 53).

- Education and entertainment collide with our upcoming presentations. Ray Ashton starts his 5-week series of **Disney - The Art of the Animated Movie Musical on August 26**, covering Disney history from 1901 to the '60s (page 62).

- Discover Italy and all its grandeur with

**A Grand Tour of Italy: Art, Film, Music & Literature** video presentation lead by Bard College Professor, published author and named Cittadino Onorario/Honorary Citizen in Acri, Calabria, Joseph Luzzi. Q & A follows the presentation. We are fortunate to have him grace us via **Zoom on August 31** (page 54).

- Learn to make **Teacup Flower Arrangements with Karla and me** on **September 15** (page 62). Not only will you have a beautiful flower arrangement and learn techniques at the end of the class, but we also guarantee fun!

- Curious about Zoom? Test it free and join us for **Zoom Gameday on Friday, September 18!** There will be lots of fun, laughter and even a prize for the winner! Watch for details in future Enews.

Going back to my Farmers Market story, our masked resident expressed something that put a smile on my face ... "despite the lessened activities, closed lodges and face mask, at this time, there is no better place to live than in Lincoln Hills, and I am glad we decided to move to the community!"

*Let's make the most of this beautiful day  
Since we're together, might as well say  
Would you be my, could you be my  
Won't you be my neighbor?*

– Lyrics from Mr. Rogers Neighborhood





## The Spa at Kilaga Springs Self-Care

*Trudy Smith, Spa Manager*

The Spa at Kilaga Springs has been on a roller coaster. Opened then closed, opened again with many sanitation guidelines in place then closed again. I hope when you are reading this that we are once again open and thriving.

In the Spa world, August is Wellness Month. Wellness Month was created to shift the mentality in this country and show that “self-care” is not selfish. It is a nationally recognized month dedicated to self-care, establishing healthy routines and stress management. This is the mission of the Spa to give you self-care. Our services and products we provide are to enhance your health, wellness, and provide an uplifting experience.

*I will take care of myself when I...*

How many times have you said those words only to be put on the back burner due to work deadlines, traffic, family obligations, and other stressors? The truth is most people tend to put everything before their own self-care. It is no wonder why health conditions like high blood pressure, heart attacks, compromised immunity, depression, and anxiety are on the rise. Research has shown self-care helps manage stress and promotes happiness.

Now, more than ever, it is imperative to share the importance of wellness to build a strong, healthy immune system, to relieve stress and for overall happiness.

In the Skin Care department, we are extending the two HydraFacial specials. The Deluxe HydraFacial normally \$239 special price \$209 and the Signature HydraFacial normally \$179 special price \$149. These treatments provide amazing results for any skin type with no downtime. The HydraFacial is the only hydrodermabrasion procedure that

uses patented technology to cleanse, extract, and hydrate. The Deluxe treatment is the Signature with the addition of a Booster. These boosters can tailor your treatment to address specific skin concerns. The Brightalive boost minimizes the appearance of discoloration and brightens skin tone. The Growth Factor boost reduces the appearance of fine lines and wrinkles to restore skin to health and vitality. There are many boosters that your esthetician can choose for you to get the best results.

In our Massage Department we are continuing to add complementary enhancements to your 60- or 90-minute treatment. These enhancements can take your massage results to the next level. Add hot stones for deep penetrating heat to relax the muscle. Your therapist can personalize your service for the best benefits.

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We would love to see you in the Spa. We are open to the public, so bring your friends. Please call the Spa Concierge to book your appointments at 916-408-4290.





## WellFit News

### Happy August Everyone

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

It has been busy for us, even though we have been through two shutdowns. During the first closure, we brought on a new reservation system, quickly learned all about Zooming and how to zoom classes, established fun fitness games on our trails, provided free videos, new signs, new rules, and updates to the Website to name just a few. We planned ahead, ordered extra gym wipes, cleaning supplies, and sneeze guards so we would be ready to open when we got the green light. When we did open, we started slow, adding back classes and more live streaming. Everything was going well then bam we were closed again. The team quickly went into gear for a second time, strategized how we could modify the upper outdoor deck to offer open workout times punch pass, SGT classes, and provide live streaming that is more user friendly. All while keeping our outdoor pools open and needing to furlough our staff again. Our goal is to provide a little bit for everyone. Don't forget to check out our ad on page 76.

I would be lying if I did not say we have not had

our struggles. The reservation system on the first day was a bit crazy, with servers going down, and not only has it been a learning curve for us, but it has also been one for you too! The majority of residents have been wonderful, asking for help by email, phone and one on one. We could not have kept up with the influx of calls if it was not for our Communications Department support and Donna Tewart, who volunteered her time to help. Another struggle is the pools, they are so popular and limited on space. Please do not jump into the lap pool if you do not have a reservation or share a lane. We have a 15 minute transition time between reservations. Residents are assuming that they can jump in until someone gets there. This is not the case, the transition time is to allow others to leave, and the next group to start without congestion. Please do your part – wear a face covering, wipe down equipment before and after, don't move pool furniture, maintain 15 person rule in the fun pool, and social distance. Thank you to everyone for your support and help to make this work for our community we continue to stay strong!



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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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## The Railroads that Made Lincoln

*Al Roten, Roving Reporter*



William Lincoln Wilson

In 1849, William Lincoln Wilson and his wife, Sara Jane arrived in San Francisco. By 1850 they were sailing their steam schooner between San Francisco and Sacramento, where they witnessed the seemingly endless stream of freight wagons heading out to two main cities, Negro Bar on the American River near Folsom, and

Mountain City, which later became Marysville.

By 1852, Wilson had decided that a profitable railroad could be built to these cities. He formed the Sacramento Valley Railroad to accomplish this task. Wilson raised money in New York. In Sacramento, he hired an engineering company to design and excavate the roadbed. As it turned out, there was enough gold in the excavated soil to pay for the work; the contract price was paid for the finished work. In 1856, the 22.9 mile stretch of track to Folsom was finished. Unfortunately, significant cost overruns used all available money, and the Sacramento Valley Railroad was sold.

In 1857, Theodore Judah formed the California Central Railroad with Wilson as President. The plan was to extend the railroad line to Marysville. On the line toward Marysville, Judah acquired land

from the U.S. Government to be at the site where tracks would cross Auburn Ravine. In 1859, he laid out a town with streets designated by the alphabet, A to I one way and 1 to 7 the other. He sold his plot to Wilson for \$600. At the urging of his wife, Wilson named the city Lincoln, his middle name. In October of 1861 the tracks came to that point, and Lincoln was born, even though not incorporated until 1890. The fare was \$3 to Sacramento. At this point, the California Central Railroad had run out of money.

Lincoln became the hub of freight activity, and our town prospered. Other towns in the area were: Coon Creek, Gold Hill, Oro City (later Virginia), Newtown, Mount Pleasant, Fox's Flat, Daneville, and Whiskey Diggins (later Kilaga Springs). None of these towns made it to the 1870s with ore running out and the railroad bringing commerce to Lincoln.

In 1862 the Yuba Railroad was formed to extend the road farther northwest to Marysville. The finished railroad made it to Wheatland in 1867, then on to Marysville in 1869.

No longer a trailhead, Lincoln languished but subsisted on mining and the clay works for many years. We are most fortunate to be here in this new age of growth and reasonable prosperity.



Theodore Judah





## Wandering in Wonderland: Surviving in Confusing Times

*Shirley Schultz, Roving Reporter*



What does the 1865 story of *Alice in Wonderland* by Lewis Carroll have to do with us today? Like Alice, many of us have experienced a feeling of falling down a rabbit hole where we came into a bizarre or disorienting

environment difficult to remove ourselves from. Like Alice, our sense of order in the world may be shaken as we try to adjust to a reality of viruses and riots that do not make sense, are not stable, may be unjust, and may be life-threatening. Like Alice, we must learn to navigate the world in a new way.

The Rabbit Hole is a metaphor for something that transports us into something that is especially



strange, problematic, complex, difficult, or chaotic. The reference here is not to LSD and other hallucinogenic drugs. We are bombarded with information about the COVID-19 virus, along with ongoing social unrest and destruction. Social media can snowball into a flurry of messages. While curiosity leads to the discovery of new ideas and solutions, going too far down the Rabbit Hole can derail us. Mental illness runs rampant down the Rabbit Hole: anxiety, depression, mania, PTSD, and paranoia.

If you find yourself falling down the Rabbit Hole several times each day and sucking your precious time and productivity from you, the following are a few of many suggestions for getting out of the hole:

- Set tasks with realistic time limits for yourself. Use a timer. Multi-tasking can lead to Rabbit Hole Syndrome.

- Plan ahead for activities, and hold yourself accountable by working from a list.

- Take care of yourself by balancing your time and priorities to get proper rest, eat healthy, exercise, and search out your sources of joy.

- Consume the news in moderation. Too much information increases stress levels.

- Intentionally find ways to connect with others. Make a phone call. Write a letter. Zoom is becoming an increasingly popular way to connect with friends and neighbors.

- View your time alone as solitude rather than loneliness. Solitude can be a time for enrichment.

The book and movie, *“The Color of Rain,”* provide a powerful reminder that it may pour rain on our lives, but when the light shines through, the colors are brilliant because every raindrop contains all the colors of the rainbow. Bring on the light.



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## National Night Out 2020 October 6 ★ It's Neighbor Time!

*Teresa Tanin, Neighborhood Watch*

National Night Out has been moved to the first Tuesday in October. We take this time to honor our local police and fire personnel, who help keep us safe and informed.

Participating neighbors can get together in small groups for morning teas, afternoon brunches, or backyard BBQ's. The weather in October should be great for outdoor get-togethers and street closures for block parties—perfect for social distancing.

Please contact Barbara Branch, National Night Out



Coordinator, at [nnocoordinator@sclhwatch.org](mailto:nnocoordinator@sclhwatch.org) or call her at 916-543-8219, for National Night Out information. Forms and guidelines are also available on the Neighborhood Watch website [sclhwatch.org](http://sclhwatch.org).

Photos of your get-togethers

are encouraged. Take photos of your group, showing your Village and Mailbox Station on a sign. If taking your photo from your phone, be sure to send it as "actual size." Photos will be published in either the November *Compass* or on the Neighborhood Watch website.

We can safely celebrate our first responders by flying our American Flags and signing up for National Night Out—an all-day celebration of safety and security awareness. Let's get together. We can do this. It's neighbor time!

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## Fair Ball: The Calling of an Umpire

*David Wright, Roving Reporter*

Charlie Schuman has a lot on his plate. As an umpire for the Lincoln Hills Senior Softball League, Charlie not only makes close calls on the field, but he has to get them right. Even if he has to reverse the call after careful consultation with his fellow umpire, accuracy wins out over ego. His reputation depends on it, and he has a responsibility



Umpire Charlie Schuman,  
"Play ball!"

to the high-quality players here. Despite this being an amateur league, everyone comes in with a professional attitude. They claim ownership, and they play competitively. No one champions that philosophy more than Charlie.

"It's the reason I do it. I owe it to them to get it right. If I can't do the best job possible, I shouldn't be doing it," Charlie explained. "If I make the right call, the players won't even know I'm there...and after the game, I won't find my car tipped over."

On the field, there are three teams—the two competing and the umpire team. There is mutual respect between the players and the umpires. In any game, there will be disputes, and sometimes the discussions get heated. It is imperative that the umpire remains calm and impartial—even when it means ruling

against a good friend. But when the game is over, the friendships pick up where they left off before the first pitch. In this league, disputes stay on the field.

A lifetime baseball fan, Charlie grew up in Chicago and spent many summer days in the outfield bleachers of Wrigley Field. It was there he learned the fundamentals of the game. The bleachers were known as the "brain-trust" section because that's where seasoned Cubs' fanatics sat and discussed every play and strategy. Charlie would eagerly absorb the conversations he overheard.

After moving to Lincoln Hills six years ago, Charlie was watching a game at Del Webb Field when one team was short a player. Someone tossed him a glove, and he has been part of the league ever since. Two years ago, Charlie was recruited by the umpire crew. Umpiring is a constant learning process requiring a dedicated regime—studying the book, watching every play, and critiquing every call. Charlie was a natural.

This season presents the added challenge of COVID-19 rule variations, but Charlie has the bases covered. As an umpire who embraces the excellence of the Senior Softball League, Charlie Schuman is the right call.



The Blue Crew: Richard Norman  
and Charlie Schuman



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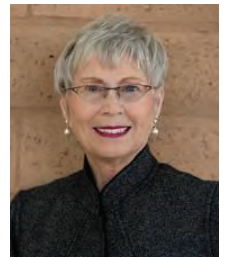
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## In Memoriam



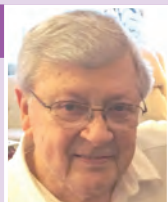
### Jack Fabian

Born and raised in Trucksville, Pennsylvania, Jack was always fascinated with airplanes. He was schooled in the science of aeronautics and got his first basic pilot's license at age 16. After WW II, he joined the Army and was stationed in Japan. He married Marilyn (Mickey) and had three children. For a time, he was a disc jockey in Florida and Vermont. Jack began his career with Bendix in Kansas City, then electronics at Aerojet, and retired from Formica in Roseville, California. In 1999 Jack and Regina were married in Lahaina, Maui, and moved here as the sixth buyer the first day it was opened. Reg and Jack were Ambassadors here, and he led a Bocce ball group, enjoyed poets club, and wrote humorous articles for the Lincoln Messenger and Sun Senior News. He is sadly missed by his wife, extended family and a multitude of friends.



### Emil Scarpitti

Emil grew up in Oakland, California. He graduated from Oakland High School, where he lettered in baseball. He married Maureen in 1958, and they raised one daughter and three sons in Moraga, California. Emil worked in sales in the grocery industry all his life and was well liked and respected. He retired from Mother's Cookie Co. after 30 years and moved here where he enjoyed golf and was a longtime softball player and team manager. A kind hearted gentleman, he was a lifetime fan of the Giants and 49ers. He is dearly missed by his wife Maureen (Mo), four children, four grandchildren, and extended family and friends.



### Harold "Hal" Stout

Hal valiantly battled bone cancer for four years and passed with his wife, Vi at his side. He grew up in Puyallup, Washington, joined the Navy and served in the Korean War. While on leave, he met Vi on a blind date and were married for 67 years. He graduated from San Jose State and was a highly respected Electrical Engineer in Silicon Valley. In 1972 he formed Stout Industries, Inc., an exceptional Manufacturer's Representative company that operated for 20 years. He loved all things electronics and engineering. He also enjoyed inventing and tinkering in his wood and metal shops. He was an avid supporter of the Giants, 49ers, Warriors, and Stanford Women's basketball. Another love was flying his Piper Cherokee. They moved here from Los Altos in 2000. Hal is survived by his dear wife, two sons, four grandchildren, and five great-grandchildren.

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.

## Library News

All the volunteers wish to thank all the residents in Lincoln Hills for the nice comments on social media about our library. We all miss you folks, as much as you miss us (or our books).

There have been questions about why the library cannot be opened much the same as the Sports Pavilion has been. The problems in doing this are endless. Scores of folks entering the lodge would require people staffing the desk. There would be lots of additional housekeeping in the lobby to keep everything sanitary. Volunteers would have to come in to replace books (which can't be sanitized and would have to be "quarantined." Social distancing would be difficult. Our volunteers would be highly exposed.

The sad reality is, the library will not be reopened before the lodges are up and running. We appreciate your understanding, and hope to be seeing you all soon!

Please remember not to leave returned books at the doors of the lodges. There is no one to handle or shelve these books.

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

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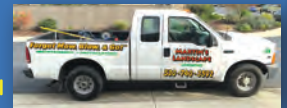
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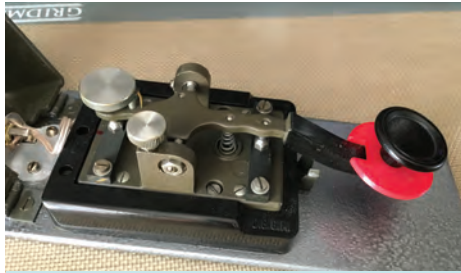






**Amateur Radio**

This year's Field Day was quite different than all past Field Days. We chose to participate from our homes due to COVID-19 health concerns. Despite the lack of camaraderie and pizza, it was fun and productive. Five of our members made contacts from their home base using CW and phone modes.



Richard's WR6D Morse Code Keyer

Commercial and Battery power were utilized. We recorded 143 contacts and 15 different States. The Club would like to welcome new member Dan Blake, K6KU. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG 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*



**Astronomy**

The recent increase in COVID-19 infections has caused another postponement of general membership meetings and club activities through August. However, the LHAG Steering Committee continues to hold its monthly meetings online. Updates on club activities will continue to be provided to members via email notices.

During August and September, generally looking Southeast, enjoy Jupiter and Saturn late into the night. You can see Jupiter's four largest moons with a basic pair of binoculars, and at least one of Saturn's moons with a basic telescope. In addition, significant and recent astronomical related activities can be found through the following links: <https://www.nasa.gov/>; <https://www.jpl.nasa.gov/>. See NASA's Mars 2020 mission planned to launch this summer.



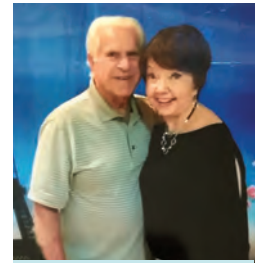
For additional information, visit the LHARG website. *Contact: Bill Weaver 916-408-1252, hamweaver@wavecable.com Website: www.lhag.org*



**Ballroom Dance**

This month we would like to introduce Jim and Pat

Gabriel. Jim and Pat have been active participants in the Ballroom Dance Club for the past five years. Originally Pat from Dublin, California, has lived in Lincoln Hills since 2000. Jim lived in Sun City Roseville until their marriage in 2015. It was during their courtship and marriage that the Ballroom Dance Club became an activity they could participate in as a couple. They found that dancing was good exercise and fun.



Jim and Pat Gabriel

Pat remembers her high school days included dancing in the gym during lunch breaks. Jim's youth centered around sports especially wrestling. He aspired to be a wrestling coach and taught wrestling while in the Navy. Jim and Pat have enjoyed ballroom dance and are grateful for their instructors. *Contact: Ruth Algeri 916-408-4752*



**Big History**

So what is going on with the Big History club in these uncertain and difficult times? It seems clear that we will continue to meet via Zoom for quite some time. Also, we are exploring significant changes, such as a

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partnership with the Sacramento State Renaissance Society to expand our offerings—perhaps even a new name. How does The Big Picture sound to you? As the saying goes, “the times they are a changing, but nothing is written in stone yet.” If you are excited about these possible changes, have expertise in almost any topic including Zoom hosting, and would like to get involved whether you are a member or not, please contact us at [stuff619@gmail.com](mailto:stuff619@gmail.com).



**Billiards**

If you are running out of things to watch on Netflix, I suggest watching videos on YouTube. There are videos on past and present professional players, instructional videos, such as how to use english, bank shots, rail



*Kilaga tables*

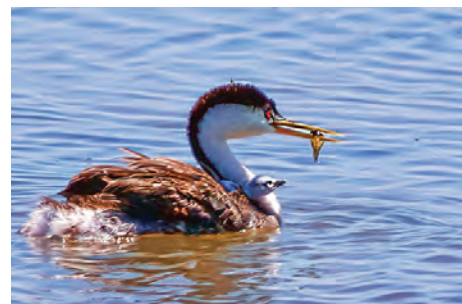
shots, how to get position on your next ball, and much more. Just go into YouTube and search what you want to watch. In the meantime, have faith. We will be playing in our pool rooms again. Stay safe, stay healthy!!

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



**Bird**

Our members have enjoyed birding closer to home this summer. At Sacramento NWR we’ve been seeing Clark’s and Pied-billed Grebes nesting and raising their chicks. Woodland WWTP has had a large colony of White-faced Ibis nesting in the trees and bushes, quite a sight! Here in Lincoln Hills, the Ferrari Pond trail continues to have surprises. A morning last week 22 species of birds were seen. At the Salt Pond Yellowlegs, Sandpipers, Black-necked Stilts, and California Quail were feeding, and a White-faced Ibis flew in one morning.



*A Clark’s Grebe feeding her chick. Photographed by Dennis Berry*

Our first meeting back will focus on photos our members have taken during this period. Check your emails from Sal for club news and the website for photos and information on current bird activity.

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



**Bocce Ball, Mad Hatters**

As of this writing, we have not resumed group activity on the Bocce Courts. It appears that we will not be rid of COVID-19 any time soon, and the statistics do not seem to be going in the right direction. Many people are playing casual Bocce on their own with their own balls, and the courts are actually



*Proposed Shade Structure*

seeing more than the usual business. We encourage you to do that with appropriate distancing and masks. If you would like to borrow a Bocce set, please call. The Association has placed an example of the proposed shade structure they want to use on the



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island at the courts. It is not terribly attractive but will surely look better with a paint job. Go take a look at it.

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



**Book, OC**

*Small Great Things* by Jodi Picoult is our August book. Focusing on a murder trial, the book raises difficult questions involving racism and prejudice. Join our August 20 Zoom meeting for a lively discussion. If you aren't receiving our notifications and would like to attend, email us. If back to normal, we will meet on August 20 at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome, even virtually!

Time flies - start thinking about 2021 books! Email suggestions for inclusion on our November ballot. Voting in November (probably virtually) and winner announcement in December.

Future books: September 17 - *The Widows of Malabar Hill* by Sujata Massey, October 22 - *The Testaments* by Margaret Atwood.  
Contact: [catsickle@gmail.com](mailto:catsickle@gmail.com)  
Website: <https://lhocbookgroup.blogspot.com>



**Bridge, Partners**

Things have not improved over the last month in California. Indeed, the incidence of infection has substantially increased in Southern California, which many consider a separate state anyway. But we are all affected by the state's total number! Bridge is still suspended since lodge meeting rooms cannot be used for group activities without the six-foot spacing requirement. The Association adheres to state and county directives; hence bridge remains suspended until further notice. Several small groups are conducting limited home games with one or two tables with emphasis on knowing the level of potential outside Lincoln Hills contact of each group member. Remember, please don't bring the virus into Lincoln Hills.



**Bridge, Social**

We are different from Duplicate Bridge and different from Partners' Bridge. You don't need a partner. We have a unique way of rotating, which you'll learn quickly. But, since the room at KS is not available, we are not playing at this time. In 2015,

we started a free bridge class for beginners/intermediates (to improve skills), which we'll continue. Each year, we have a Social Bridge dinner in October. You are welcomed and encouraged to join us. We are waiting until the State, County, and our Board recommends the opening of our community centers. At this point, we are not certain when the lodge will open, but we surely will have guidelines put in place for attendance. Hope to see you soon.

Contact: Pat Mullins 408-202-1865,  
[pam7nt@gmail.com](mailto:pam7nt@gmail.com)

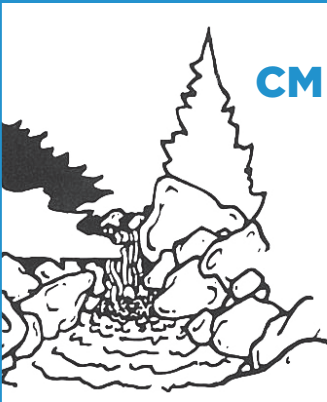


**Ceramic Arts**

We will resume, along with all other groups, when we're able to safely work together. We will welcome new members along with our returning "clay-playmates." In the meantime, check out information about working with clay on YouTube and Pinterest.

You'll be amazed at how easy some projects can be. Get ideas, make sketches, and you'll be ready to jump right in. Take care of yourselves and each other. We'll see you down the road.

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



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**Chorus**

After COVID-19 forced the cancellation of our spring concert, we hoped we could reassemble in P-Hall (KS) in September to begin rehearsing for our winter concert. But there's now little chance we can meet and vocalize there. Without sufficient rehearsals, we couldn't do justice to our repertoire in December even if singing on a crowded stage to large Ballroom audiences were permitted then. So, we must cancel again.

The best we can hope for now is to begin rehearsing in January for our spring concert next May. Of course, that will depend on how viral the virus is then. As much as we want to entertain you, the health of our singers and audiences remains paramount. We'll update you in December. Until then, stay safe!

Contact: Suzanne Rosevold  
916-587-3035,  
suzannechorus@gmail.com  
Website: lincolnhillschorus.org



**Computers**

**Apple Users**



We hope to see you at the LHAUG virtual banquet on September 8. Although we can't meet in person, we can still have fun with entertainment and prizes via Zoom.

Join us later this month as Helen Rains discusses best practices for organizing your Mac files, and Ken Spencer covers iPhone basics. If you missed Ken Silverman's Apple CarPlay seminar or Bill Smith's Apple Health seminar earlier this month, view the videos on the website.

Our seminars continue to be presented on Zoom, so watch the weekly email for meeting sign-in information. See our website for the latest information about the banquet and upcoming seminars. Two Zoom tutorials have also been added to the videos page. The LHAUG HelpLine continues to be available.

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

**Computers**

**PC**



Still closed without any reopening dates: P-Hall (KS) and all rooms (OC). Terry Rooney gave a great presentation on Zoom, July 8, about the WIN 10 newest update 20/04. The slides are available on our website. The club information and previously downloaded presentations are also on our website. Zoom was used for the live show. Further presentations will be announced to the membership via email and on the website. For assistance with your phone, tablet, laptop, and/or desktop, email your questions, and we will try to answer them. Due to most folks staying home, computer usage is way up and a good chance to try new apps. COVID-19 is going up in Lincoln, so try to follow the recommended safety precautions. Stay well.

Contact: Norman Seidenverg  
916-408-8983, schlcc@gmail.com  
Website: www.sclhcc.org

**Country Couples**



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COVID-19 time, our club has been emailing our membership a few times a week with words of encouragement along with funny cartoons, beautiful poems, interesting and humorous videos. There are several members who have contributed and helped tremendously with this process – a big THANK YOU to Lia Dresner, Georgi Dawson, Irene Hesson, Lauri English, Jane Roman, and Terri Krcha for submitting most of the attachments to the weekly communications.

Interested in joining us and learning Country Couples dancing? Once everything is back to usual, Beginner lessons are 7:00 PM Mondays at KS. For more info, go to our website or contact us.  
**Contact: Kathy Lopez 916-434-5617**  
**Website: www.sclhcc.com**



**Cyclists**

At this writing, in late July, we have had a setback with the recent coronavirus spike. Most of the coffee shops, which we have been frequenting, have changed their rules about seating, and now require masks. Hopefully, this situation will be over before too long. This will be my last *Compass* article since we have decided to move South and live closer to our children. We have made many close friends over the years riding with the

Cyclists group but it is time again to move on. As Bob Hope said, “thanks for the memories.”

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



**Euchre**

When the lodges open again, please think about joining us. If you like to play trick-taking card games, you will love Euchre. It’s simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the setup of the tables.

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



**Fishing**

Six anglers from Lincoln Hills went to Fall River Mills, CA for a few days to fish the Fall River for prized rainbows. The fishing was good, the days were really hot, and the water was cold but murky, with plenty of stuff floating down, getting caught up in your line or favorite fly. Afterward and after

a scrumptious dinner, we sat out on the lawn in our comfy chairs and shared stories or ideas about fishing. It was nice getting away from the homestead for a while.



*If you sh, you will catch something eventually.*

The fishing club is made up of a lot of nice folks, women, and men. If you want to join, contact Ralph Tonseth, or call me (Henry) at 415-716-0666.

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



**Garden**

As we move into another month of social distancing, it is unknown when KS will be open again for our monthly meetings. In the meantime, we will continue to post garden-related videos on our website.

Another good website is Kellogg’s Company who has been a generous donor for our Civic Garden Projects. Website: <https://www.kelloggsgarden.com/blog/gardening/july-garden-checklist/>

NEW! The Garden Group Apparel Store hosted by Premier Graphx in Roseville was set up for you to purchase apparel with the

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Garden Harvest

Club's logo. Information and pictures are on the website.

There are many links to garden information on the website, such as US Master Gardeners of Placer County Newsletter, Farmer Fred – Monthly Chores, Amazing Hummingbird Facts, etc.

Contact: Lorraine Immel 916-434-2918, [lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com)

Website: [lhgardengroup.org](http://lhgardengroup.org)



### Genealogy

Our club scheduled Jim Baker, the July 20 speaker, on Zoom. We are connecting with future speakers to see if we can Zoom their talks. Watch for emails to announce future Zoom presentations. We tried an "Ask the Team" session for members in June but only got three attendees. Let us know if you want us to try again. Maureen Sausen has kept the membership supplied with links to genealogical resources. Some members are creating videos and articles to share with members. Mary Ann Barker

recently shared an article about her search for step-siblings. If you have a research story, send it to us, and we'll share it with the members. In the meantime, it's a good time to keep up your genealogy research.

Contact: Barbara L Branch

916-543-8219, [drbabsie@gmail.com](mailto:drbabsie@gmail.com)

Website: <https://www.suncitylhgc.com/>



### Golf

#### Ladies XVIII

We are back to golf after a long layoff since mid-March. The Hills was host to 43 ladies in a mid-July Blind Nine format. The tournament chair selected nine holes to score for the game, but there were no sweeps. Koropp won the low gross over-the-field, and she shared the low net of 33 with N. McDonald and Sams. Tilton carded two birdies and a chip-in par to finish one stroke behind Koropp. Tamanti had a net 34 to win her flight, and several other players closed with nets under 37, including Sanderson, Watson (Jody and Joyce), Senn, Thom, McGraw, Hanson, Grant, De Wildt, and Cameron. More fun games are in the bag for summer. Come join us.

#### Lincsters

Captain Ruth Pennington has the challenging task of providing leadership during the COVID-19

restrictions. But, even with the four-month cancellation of club play, Pennington focuses on the positives. "I was happy to see 49 members golfing that first day back on July 8." As a retired first-grade teacher of 34 years, patience is a strong suit for Pennington.



Ruth Pennington, Lincsters Captain


Although many of the club events have been cancelled, her immediate goal is to help players stay safe while playing the game together. To give everyone a chance to experience earlier or later tee times and partners, pairings and flight levels will be mixed. Pennington is already beginning to plan for 2021—encouraging members to step up for board and committee positions. For updates on play day calendar and news check our website.

Contact: Joyce Kirk 626-429-2284, [thejfkirk@gmail.com](mailto:thejfkirk@gmail.com)

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

#### Golf Men's

It's great to be playing tournament golf again! The Men's Club has had two carefully run tournaments with very full fields of players. The many recent winners



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of the July 'Red, White and Blue' plus the 'June Jitters' tournaments are posted to the website and in the Sun Senior Newspaper. The Compass has a limit of 125 words per article. Thanks to Tournament Director Mike Munro's preplanning for safety and leadership, we start tournaments on holes one and ten on both courses, 10 minutes apart. The August 4 tournament will be a Two-Man alternate shot format. When signing up for tournaments, we ask players to check the new waiver that includes the Coronavirus. Follow us on our website.

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



### Hiking & Walking

Are you bored with walking or hiking the same trails? Check out the Hike Archives on the website. There are years of information available to you. We will get back to this! Enjoy and stay healthy.

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



Nimbus Fish Hatchery to Willow Creek February 11,2020



### Investors' Study

Thursday, September 3, at 2:30 PM, via phone call due to corporate travel restrictions. Russ Abbott or Matt Bopp from Morgan Stanley will be the speaker. 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. Contact Carl for questions on the Investors' Study.

Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com



### Lavender Friends

Club members, if you're not on our Facebook page, here's what you're missing: A touching video of a golf cart parade to celebrate the end of chemo treatments for one of our own; where to buy great fresh peaches; notices of online concerts; and updates on backyard



Denise Webfield, left, and Carolyn Otis prepare for the parade

ducklings.

"I was very touched by it," said parade recipient Paula Kregel. "It was just a fantastic surprise."

You'll need a Facebook account — but you can set one up with the briefest of information. Then, contact club president Joan Lacktis to get access to the members-only site. Joan also moderates the page, ensuring posts are "social in nature and reflect positive things happening in the community."

Lavender Friends is a club of LGBT residents and allies.

Contact: Sandi Dolbee 619-861-0734, sandidolbee@yahoo.com  
Website: www.lavenderfriends.com



### Line Dance

Our group focuses on a long-time participant, Ginger Fullerton. Ginger has lived in our community for 11 years, and started line dancing after being a resident for only three months. She gives tirelessly by supporting our classes and teachers by being a practice teacher and giving encouragement to anyone who needs it. Ginger offered this quote: "I miss line dancing to the core of my being. I hope to be line dancing 'til I die." Unfortunately, we cannot line dance due to COVID-19, so our second social of the year, which had been slated for

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August 16, had to be cancelled. We miss line dancing but hold out hope that we will be resuming in the not-too-distant future.

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! (Subject to reopening of the lodge.)

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



**Mixed Media**

On July 15, we met on Zoom at 11:00 AM. It was fun to hear what everyone was doing and also see the art they were working on. Those who did

a teabag challenge showed some amazing art. The next challenge is "window." Do whatever you want with that work in a mixed media piece. It was a great time just to talk and encourage each other during this difficult time. Some members even worked on a project that Chris Fetter gave us while we visited with each other.

The next time we Zoom, we hope to see more members. It is a special time since we cannot meet in person, and we all need human contact. See you next month!

Contact: Nancy Griffin



**Motorcycle**

There was no club meeting or ride in July due to ongoing coronavirus restrictions. It is not known at this time if there will be a club ride or meeting in August. When restrictions have eased, the club will continue to have scheduled rides on the second Saturday of the



Riders stopping to visit the Lincoln R.C. airport.

month, March-November along with the monthly club meeting on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC). "Ride Safe - Ride With Friends."

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



**Music**

We did not meet in July due to health concerns regarding the Coronavirus. The July songs posted to our website are "All of Me" and "Country Roads." I'm sure our members practiced these numbers at home, perhaps even shared a video screen with fellow musicians. 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 925-788-5869 for information.

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

Website: [lincolnhillsmusicgroup.org](http://lincolnhillsmusicgroup.org)



**Needle Arts**

Hopefully, the General Meeting scheduled for Needle Arts on September 8 will happen.

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During normal times we meet the second Tuesday of the month at P-Hall (KS) at 1:00 PM.

The second Needle Arts online Show and Tell Show can be viewed on our website. What a wonderful way to see what everyone has been up to since we can't share in person. Check out our first Online Show and Tell also on our Needle Arts website at <http://sclhna.com/2020-show-and-tell.html>

The Tuesday Morning Quilt subgroup has been meeting on Zoom. It is fun to catch up with friends and even meet new friends. Since we can't meet in person this has become a wonderful option.

Community Service ladies are keeping busy sewing quilts for others.

Contact: Jean Storms,  
[jeanstorms272@gmail.com](mailto:jeanstorms272@gmail.com)  
Website: [www.sclhna.com](http://www.sclhna.com)



### Neighborhood Watch

The annual National Night Out has been postponed until October, but it's not too early to start making plans. A big advantage to waiting a couple of months is that the weather should be cooler, and that opens up the



*This year's National Night Out will be held in October.*

possibilities of different gatherings. Without the heat dictating our venues and guest lists, we can include neighboring streets, hold potlucks in front and backyards, set up barbecues on driveways, maybe even organize progressive dinners or wine tasting—all it takes is a little imagination. You don't have to be a village coordinator or mailbox captain to host an event. Perhaps two or more people can do the planning. What's important is bringing residents together, meeting new neighbors, having fun, and building strong community bonds.

Contact: Linda Minor 707-235-0778,  
[lindaminorNW@gmail.com](mailto:lindaminorNW@gmail.com)  
Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)



### Paper Arts

Please check the club's newsletters with calendars distributed monthly to members via email, for updates on meetings and events. (Note: The calendar is adjusted based on the closure of facilities and public safety recommendations.)

Our members may be at home, but they continue to stay busy making cards for various occasions. Thank you to those who have sent in photos of some of their latest creations to post in the monthly newsletters. Let's hope we can soon be together again,



*Maureen Morton's cheerful Fourth of July card*

sharing our love of paper crafting! Funny quote: "I like to party, and by 'party', I mean make cards!"

Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Nancy Sealy 315-702-7986,  
[nancyb1944@yahoo.com](mailto:nancyb1944@yahoo.com)



### Photography

Our July presenter was Hugh Brownstone. He and his wife, Claudia, are well known New York City street photographers. Their works are powerful, emotional, and revealing.

The July Learning SIG expanded on the June SIG by delving a little deeper into flower photography. The Learning SIG is going to an every-other-month schedule. The Enhancement SIG will be filling the available time slot with a new Enhancement Learning SIG.

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Photo by Larry White

The current Enhancement SIG attracts the more advanced photographers, so the new SIG will be structured for the enthusiastic-but-still-in-the-learning-stage photographers.

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



### Pickleball

Some of the nearby pickleball facilities have had to close again, but we are still open due to our awesome monitors and everyone willing to follow the rules. We are maintaining an amazing attitude toward the restrictions because we know just how blessed we are to live in such safe, beautiful surroundings that allow us to be active despite the virus.

There has been great interest in the "Intro to Pickleball" class! Reservations are still required. Send an email to Lynn Fraser at

paddleuppartner@gmail.com to make a reservation. Paddles and balls will be provided. Please wear court shoes and bring your own water and sanitizer.

For information regarding our club, playing, or classes, contact Molly.

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



### Players

We were all hoping things would get better when the lockdown eased, but that has not happened. My hope is that in Lincoln Hills, people will be careful, wear masks when with others, and stay healthy.

Here's a shout out to a small group of actors within Players that formed the "Bored Actors Society." They posted several "10-Minute Plays" at <https://vimeo.com/showcase/7343356>. Enjoy them, and give your support!

We are planning to present *Murder on the Orient Express* and *Damn Yankees* next year. We are always looking for new faces as actors, dancers, support, and technical crews. This is a very fun group when we can get together. When the Lodges open again, our meetings will be held on the second Monday of the

month at 4:00 PM, P-Hall (KS).  
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. Upon reopening of the lodge.

Any questions, contact: Lynne.  
Contact: Lynne Barsky 916-253-3730



### RV

Just as we thought we were reopening, the late June COVID-19 surge kept the doors shut for our July Meeting. Meanwhile, many of our Members are hitting the road in their RVs while practicing social distancing. Twenty-six rigs are headed for Graeagle August 31. Plus we're still on for the Plymouth Wine Crush in September, Marina Dunes in October, and Octoberfest on

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October 8. We're scheduling our 2021 Rallies for 2021, including Palm Springs in February.



Ed & Ricki Montoya

Sound like fun? We meet on the second Thursday each month at 4:30 PM in the Placer Room (KS) to discuss up-coming Rallies, gain RV education, and get to know each other better. Residents interested in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel. (Subject to the reopening of the lodges.)

Contact: Steve Beede 916-752-6972, [stevebeede5@gmail.com](mailto:stevebeede5@gmail.com)  
Website: [lhrog.com](http://lhrog.com)



**SCHOOLS**

Western Placer Unified School District schools (WPUSD) will open on August 20. According to Superintendent Scott Leaman, there will be a distance education program offered. The timeline for schools is in progress, and plans are yet to be enacted as of the writing of this article. At



SCHOOLS

the end of July, meetings were still being held, and decisions were being made concerning in-classroom learning, hybrid instruction, and full distance learning. Parents will have chosen programs based on those options. The Summer Student Food Distribution will continue every Tuesday throughout the summer, starting at 10:00 AM at Creekside Oaks and Sheridan Elementary schools, Lincoln High School, and McBean Park. At this time, there are no plans for volunteers to be in classrooms.

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



**Singles**

Our fingers are crossed that OC and KS will reopen soon! You will be the first to know, as soon as we are able to meet again! Your Board has special things planned for our first meeting. Remember our first Sunday of the month—when we celebrated our members who were born in that month? Never fear it is not going away! We will celebrate all of the missed birthdays starting with April and continue on until everyone gets their complimentary drink!

Until we meet again, let's all do

our part and wear those masks, be kind, and be grateful for all that we do have during these trying times.

"Someone is sitting in the shade today because someone planted a tree a long time ago."  
—Warren Buffett

Contact: Susan Platt 916-397-0850, [foster.p.susan@outlook.com](mailto:foster.p.susan@outlook.com)



**Softball**

Our 2020 Softball Season began with a "Bang!" after the Fourth of July Holiday weekend. Beginning at 8:00 AM, we're playing games on Monday, Wednesday, and Friday mornings while practicing social distancing guidelines. We hope you'll be able to come to Del Webb Field at 1050 Del Webb Blvd. to watch games for free. Our grandstands are now part of the dugouts and therefore closed for spectators. But, the shaded "Picnic Hill" area down the right-field foul line is available for seating. Bring your own chair and be certain to practice the six-foot physical distancing for everyone's safety. Again we're sorry, but we won't be having Hot Dog Days or a Fall Season. Yes, it's disappointing, but hopefully, they can return in 2021.

Contact: Bruce Briggs 916-543-3401, [bbriggssrsoftball@sbcglobal.net](mailto:bbriggssrsoftball@sbcglobal.net)  
Website: [lhssl.net](http://lhssl.net)

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**Sports Car**

Thanks to Carla LaFave and Ron Goleno for pictures and information of this month's events.



*Celebrating the Fourth - Marggi Hol & Carla LaFave*

Our group was invited by Chuck Barnhart, President of Rods and Relics, to join them on an 18-mile parade through the village neighborhoods. We happily agreed, and Tom Breckon gathered participant's names. Members of both groups turned out with cars all cleaned up and decorated with balloons, patriotic streamers, bows, and American Flags. During the parade there were enthusiastic waves, shouts of "Happy Fourth," and horn honking. Not only did we enjoy ourselves, but the neighborhoods were full of people watching and waving. One had patriotic music playing, and another used a bull horn to yell, "Happy Fourth of July!" It was a happy celebration of our

country's founding.  
*Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com*  
*Website: lhsportscars.com*



**Sun City Squares**

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

It appears that our time off from dancing will need to continue for a while longer, we look forward to the reopening of our community activities and facilities soon. Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out.

Stay safe. Hopefully, things will start to normalize soon, and we can resume dancing. Keep your fingers crossed.

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



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



**Table Tennis**

Some of us are enjoying our game during the closure. We are playing in our homes, sometimes hosting others. Play is for singles only. One

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couple set up an old coffee table with books lined up in the middle to simulate a net. They play in their back yard.

Another couple plays at their second home. Two others play on an island kitchen. Others are awaiting a return. One said, "Not playing, wishing I could, though. Can't wait to get back." Another reports, "Looking forward to the day we can resume safely." Another account states, "I'm so desperate to play that I'm thinking of playing a game or two in the street in front of my house, but I'm afraid of being run over!"  
**Contact: Tim Frank,**  
*timcfrank@gmail.com*



**Tap Company**

Is it over yet? Who would have believed that we are still waiting for our lives to return to "normal?" With the lodges closed and no classes opening up, the Board is keeping in touch with Alyson and pondering future club events.

Earlier last month, Mary Adamson, President, spoke with Alyson. She is doing well and hopes all of you are staying active. As we are still in uncharted waters, no one knows when classes will start up. But rest assured Alyson is anxious to resume our classes when that

time comes.

As to future club activities, the Board is hopeful we can hold our winter luncheon in December. Stay tuned.

Stay safe, healthy, happy and motivated. Check out this video on YouTube: Happy Tap Dance #TAPPY – Pharrell Williams  
**Contact: Alison Wolfe 925-487-6902,**  
*awolfe@ssctv.net*



**Tennis**

Good News! Prep work has begun for building two new tennis courts! Our tennis players have been very conscientious about maintaining social distance and not shaking hands or hugging. Please also be careful about handling balls rolling from an adjacent court. Try to pick up balls with your racquet and do not handle balls from another court.

League play with USTA and SATA was cancelled for the Spring and Summer, and we don't yet know what will happen in the Fall. We continue to not allow guests and spectators at our tennis facility.  
**Contact: Helen Berott 530-320-6468,**  
*hberott@msn.com*  
**Website: lhtg.com**



**Veterans**

Captain Alan F. Hearl, a U.S. Navy chaplain for

over 27 years, will be the featured speaker at the August 20 meeting at 1:00 PM. Members will be emailed instructions for logging onto this Zoom meeting.

Alan completed Navy Chaplain's School in 1971. His subsequent career covered a challenging gamut of duty stations, both aboard ship and ashore. Assignments included Navy postings to England and Iceland, Marine Corps support in Japan, and service aboard the Coast Guard tall ship Eagle.

He moved to Lincoln Hills in 2004. With the opening of the Sacramento Valley National Cemetery in Dixon, he has conducted numerous memorial services for veterans. Alan is the secretary of the LHVG board of directors.

**Contact: Joan Mac Adams**  
 916-751-9272,  
*joan.macadams13@gmail.com*



**Vintage Treasures**

We will continue to keep the membership informed of schedule changes and online presentations. Thanks to all who have made contributions to the e-presentations.

Our club focus is on vintage and antique items, pre-1970. When we are able to come together again, it will be in the Heights and Gables

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Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM. The presentation is followed by an optional lunch at Meridians. *Contact: Sandi Janisch 916-253-9085*



**Water Volleyball**

Time in the water for exercising, socializing, and having a general good time has been sorely missed by our club. Activities to date by the Steering Committee include Zoom meeting held on June 16, creation of COVID-19 Task Force to research the potential of safe water volleyball play in the Pool (KS), and outreach to the Association staff for feedback on the outcome of the COVID-19 Task Force's efforts. The Water Volleyball Club members remain hopeful we will once again be able to enjoy each other's company in the near future.

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



**Woodcarvers**

Well, this woodcarver misses our meetings and the camaraderie that accompanies our gatherings! Our group is so friendly, helpful, and supportive. Likewise, woodcarving is such a satisfying hobby. The act of woodcarving is so forgiving—if

you make a mistake (unless you've cut off an important body part of your caricature!), you can easily carve to correct the error and still produce a nice piece of work. And it's always satisfying to give someone a woodcarving gift—which our club does often with our Comfort Birds. When we reconvene, you are welcome to join us—we'll even get you started with a set of knives, safety gear, and wood! We meet on Wednesdays, 1:00 to 4:00 PM in the Sierra Room (KS). Upon reopening of the Lodge.

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



**Writers**

August is a special month for writers who follow August's National holidays! August 3 is National Watermelon Day. Can you still taste the fresh-picked-straight-from-the-garden flavor of that huge watermelon, loaded with black, wonderfully "spittable" seeds, but with a pure heart? National Root Beer Float Day falls on Aug 3. What do you remember about ordering a frosty glass filled with delectable Root Beer and Vanilla Ice Cream and getting a memorable brain freeze? My memories



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include wild Oklahoma fruits with their dangers: juicy peaches with itch-causing peach fuzz, Blackberry-loving Copperhead snakes, and Fig-hoarding yellow-jackets. Whatever your memories, write them down. Your descendants will love the stories. We'll let you know when the Writers' Group reconvenes! *Contact: Anne Constantin Birge 909-965-3556*



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

September 26 is the Sacramento Walk to End Alzheimer's, and you can participate physically, virtually, spiritually, and financially. The Lincoln Hills team is up and running (so to speak), encouraging your support. If you don't wish to make the trip or the walk, you'll be able to see the action online this year (but without the joy collecting bags, pens, cups, and other chachkies). Go online to join the team or contact us.



Support Your SCLH Team

Our Caregiver meetings are going to virtually continue via Zoom until the Association allows meetings in the OC to resume. Caregivers are especially and rightfully leery of bringing an infection into their homes, but having even a limited contact experience with our peers is a good thing. Be safe. Be well. Be happy.

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



### Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Because of the Pandemic, we will not be meeting. However, please feel free to call and talk. I can connect you with others who will be happy to talk with you also. If you would like to put a Memoriam in the Compass, please contact me. My deadline to turn in Memoriams is the 19th of each month for the following month's *Compass*. Stay safe.

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



### Bosom Buddies

The annual "Relay for Life" held each August has been postponed until October, and this year's event will be a virtual one. Teams that have entered will submit short segments of their members participating in this fundraiser for cancer research. It won't be the same, but that doesn't mean Bosom Buddies isn't planning to make its video submission a fun and memorable one. We'll begin working on it next month, so stay tuned for more details. There's still time to donate to this worthy cause—no amount is too small! Make checks payable to the American Cancer Society and mail them to Peggy Ryan,

1139 Perdita Lane, Lincoln, CA, 95648. Your donation may earn you a beautifully decorated wine bottle crafted by Kathy Woodward.



Peggy Ryan heads up our entry in "Relay for Life."

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



### Gam-Anon

Is your life affected by someone else's gambling problem? Gam-Anon can help. We are not having meetings right now because of the COVID-19 restrictions at the Church where we meet. For more information, please go to the International Service Office website at [www.gam-anon.org](http://www.gam-anon.org) or call the Northern California Hotline at 510-407-3898. You can also call the Sacramento Hotline for Gambler's Anonymous at 855-222-5542, and they will have someone call you. If you call Kay at the club contact phone number, please leave a message if she doesn't answer.

Contact: Kay F. 916-204-1624,  
denniskayf@starstream.net  
Website: [www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)

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## **Low Vision Support Group**

**If you have 20-20 vision, good for you!**

**If you are losing vision, join us to learn about:**

**★Technology Aids ★Current Research ★Practical Living Skills**

**Meetings: First Tuesday of the Month**

**Fine Arts Room, Orchard Creek Lodge, 2:00 PM - 4:00 PM**

**Contacts: Cathy McGriff 916-408-0169 or June Meredith 916-253-7574**



### Glaucoma Support Group

Please join us on September 8 at 4:00 PM for a very special presentation by two Doctors who are doing research in Glaucoma. Drs. Nick March-Armstrong and Anna La Torre will be with us via a virtual webinar. They will present their current findings, followed by a response to submitted questions. Research into ways to better diagnose and treat Glaucoma is making great strides toward inspired hope for people living with Glaucoma. You won't want to miss this presentation of hope for the future.

Reservations are required by email to Bonnie Dale no later than September 4. For more information, to register and submit your questions, please contact Bonnie Dale at [Bjdale@aol.com](mailto:Bjdale@aol.com) or 916-543-2133.



### Low Vision Support Group

If the Orchard Creek Lodge is opened for meetings by mid-August, we will have the following presentation on Tuesday, September 1, at 2:00 PM: "Keep Driving Now – Be Driven in the Future." DMV Senior Driver Ombudsman, Jerrod Sieberg, will discuss drivers' licenses for seniors, testing, and Real IDs. We will have ample time for Q&A. Bring your questions with you.

If the Lodge is not open by then, please take care and follow the guidelines to safeguard your health until we can safely meet again.

Please also remember to do your civic duty and take part in the 2020 Census at <https://2020census.gov/en.html> to ensure our fair share of government funding.

Contact: *Cathy McGriff*  
916-408-0169,  
[cathymcgriff1010@gmail.com](mailto:cathymcgriff1010@gmail.com)



### Multiple Sclerosis

As we Zoom through Summer, we look forward to seeing you at the Tuesday, September 8, 1:00 PM, Lincoln Multiple Sclerosis Zoom gathering. A week prior, Members will be sent an email with the login code to click to enter the meeting. Members - be sure you have the Zoom App on your iPad or Cell Phone!

Our prior Zoom meetings have been delightful, actually seeing Members and catching up. An additional benefit has been visiting with those who find it difficult to attend lodge meetings physically. A special surprise and pleasure have been our Zooms from Boston with Hans and Kerstin Assarsson's, daughter, Ann, who has MS.

Thank God for Technology during this Pandemic!

Carry On!

Contact: *Jeri Di Fiore* 916-408-7565

Leave Message Please,  
[2020jeridifiore@gmail.com](mailto:2020jeridifiore@gmail.com)



### Parkinson's Support Group

It is generally considered that people with underlying health issues may be more susceptible to contracting coronavirus. With this in mind, we have been carefully watching the current trends of this disease.

Given the current environment, we will be suspending our meetings until a vaccine has been developed or until there is some official declaration that we are out of the danger zone.

We encourage you to feel free to call on any issue on which we may be of personal support and assistance. We hold a special place in our hearts for each and every one of you and hope that we will be gathering soon.

Stay healthy, and we look

forward to seeing you soon.

Contact: *Maggie White* 916-367-3908  
[mag6693@yahoo.com](mailto:mag6693@yahoo.com)

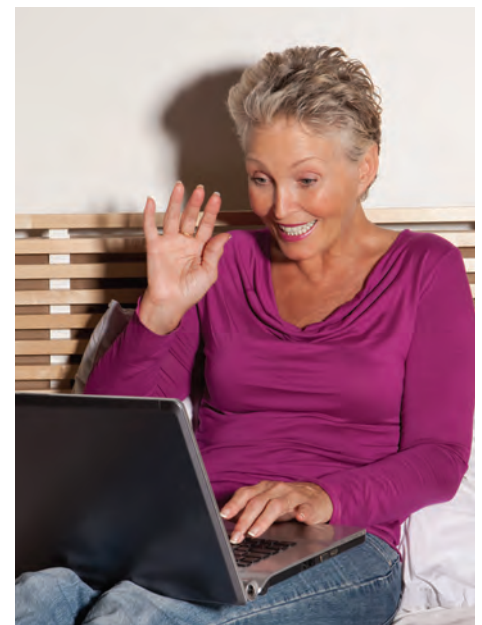


### Wise Aging Resource and Support Group

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, 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 Monday every month at 1:00 PM via Zoom. To be added to our mailing list, contact Marsha Van Wagner at [mmvanwagner@gmail.com](mailto:mmvanwagner@gmail.com).

For more information, contact Stefanie Spikel at [stefhope@att.net](mailto:stefhope@att.net) or 916-253-7431.

Contact: *Carol Eisenhower* 916-995-9350,  
[ceisenhower@comcast.net](mailto:ceisenhower@comcast.net)



### Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride - get a ride. Membership is \$15.00 per year. Information can be found on our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) or contact Barb Iniguez at 916-408-7812. Stay healthy and safe travels.

### A Course in Miracles

A COURSE IN MIRACLES has the answers to the questions that many people are asking today such as, "what is happening to our world, to our nation, to our people, and why?" "How will I survive, and will I survive?" "How can I deal with all of this and keep my sanity." The Course has an introductory statement which answers everything, but it requires understanding and, most of all, acceptance to apply it; "nothing Real can be threatened, nothing unreal exists. Herein lies the peace of God." If you would like assistance in dealing with these issues, we have a study group that meets on the first and third Mondays. For more information, call 916-409-5253.

### Bowling League

Join us at a safe distance for some exercise. It is all about fun! The League is open to anyone 55 and over. You do not need to be a resident of Lincoln Hills. We bowl at AMF Rocklin every Tuesday at 10:00 AM. Pending status of the bowling alley, we plan on starting September 1. There will be a general meeting, Tuesday, August 25, at 10:00 AM to discuss specifics at AMF. This is a USBC Sanctioned handicapped league. If interested, please attend the scheduled meeting or contact Sharon Stout (Acting

Secretary) at 707-567-6791 or email: [SharonMStout@yahoo.com](mailto:SharonMStout@yahoo.com).

### Cloggers

Well, July was not back to normal, either. We're hoping August is looking better for masked get-togethers. Whether you are a clogging dancer yet or not, it is hard not to have classes. But remember, you can find clogging class instruction on-line (google "Worldwide Clogging Fun Dance"). It's not the same, but it is still a great way to burn calories and keep the energy flowing right in our own rooms. We can dance those fast steps, watching the instructor, listening to bluegrass, country, guitar, fiddle. For more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

### Democratic Club

We will host a local candidate forum by Zoom on Thursday, August 27, at 6:45 PM. (Note: This is a week later than our usual meeting date). Attendees will be Brynne Kennedy (U.S. House of Representatives, District 4); Pamela Swartz (State Senate, District 1); Jackie Smith (State Assembly, District 6); William Lauritsen (Lincoln City Council, District 4, Sun City); and Harold Ashe (Western Placer County Unified School District). If you are not on our mailing list and want a Zoom invitation, please send an email to [lincolndems@gmail.com](mailto:lincolndems@gmail.com). For more information, or to participate, please see our website: [www.democraticclublincolnca.org](http://www.democraticclublincolnca.org).

### Italian Club

Please check the events calendar on our website, as well as emails to members, for updates of

cancellations or rescheduled dates of activities. The series, "Reaching Out and Keeping in Touch," now features more than 35 stories about Italian locations, food, and folklore. Stay in touch with all things Italian during this time. Shop at the online Apparel Store hosted by Premier Graphx in Roseville, and purchase items with the club's logo. Information is on the website. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). Contact: Sandi Graham, membership, at 916-826-5711.

### 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](mailto:amoon38@sbcglobal.net).

### Republican Club

Up-Coming: LHRC will hold the 3rd Zoom meeting on August 25 at 6:30 PM. Save the dates: Annual LHRC Barbeque September 17; Lincoln/Reagan Dinner at Timbers, October 2. 25 decorated cars, trucks formed a Patriot Parade thru Lincoln and Roseville on July 4 celebrating USA, Law Enforcement, President Trump. Four Board Members delivered donuts to Lincoln Police, in appreciation of their service - July 14. John McGinness, former Sacramento Sheriff now KFBK - Folsom talk show spoke at a Zoom meeting

July 28. Check your membership, do not miss important LHRC emails. New members welcome! Let's finish 2020 strong and positive! Membership: [comms@RepublicanClubSCLH.org](mailto:comms@RepublicanClubSCLH.org). [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org).

### Shalom Social Group

We are planning a Zoom presentation for our members on Monday, August 24. Professor Terry McAteer will discuss "The Wonderful Wizard of Oz as an Economic and Political Allegory." We also continue our weekly Bocce Ball play. Though we cannot meet in person these days, we keep in touch with members who can't get out readily to make sure they are doing well. Our group's focus is on Jewish history, culture, and food, but membership is open to all. For more information, please contact Joanne Levy at 508-333-8590.

### Shooting Group

We are 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](mailto:johnnpat@sbcglobal.net). For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, contact Jim Trifilo at 916-434-6341 or [trifilom@gmail.com](mailto:trifilom@gmail.com).

### Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is cancelling its activities (except bocce) until further notice. We are a fun social

group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.

### Stanford Alumni, Family and Friends

Are you a Lincoln Hills resident with ties to Stanford who would like to meet others? While the pandemic is playing out, there are ways to meet at Lincoln Hills while ensuring our own safety and the safety of others. We can walk our beautiful trails, get together for six-feet-apart back yard happy hours, use Zoom for a book club, and more. If any of this sounds interesting to you, or if you have ideas of your own to suggest, contact Carol Hoge at 916-408-5334 or [Cchoge2000@yahoo.com](mailto:Cchoge2000@yahoo.com).

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### Lincoln Hills Farmers Market

Wednesdays, June-November  
8:00 AM to Noon, OC Fitness Parking Lot

In response to resident request, our Wednesday Farmers Market opened June 3 to deliver local fresh produce to our community. With guidance from the Placer Department of Health, our vendors will conduct business following the required safety standards and procedures on physical distancing, touchless purchase, and facial covering. Customers are encouraged to follow protocols and guidelines at the market. **Customers and vendors are required to wear a face-covering while at the Market.** Come shop around! In addition to fresh vegetables, fruits and flowers, we have fish, bread, pastry, jam, olive oil, and more! If you are interested in becoming a vendor, please email Shelvie Smith (shelvie.smith@sclhca.com).



### Listening Post

Wednesday, August 19, 9:30 AM, Zoom

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



### Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln's volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.



### Blood Drive

Thursday, August 27, 10:00 to 3:30 PM, McBean Pavilion

Lincoln Community whole Blood Drive. Donating blood is perfectly safe. Social distancing will be observed, and you must wear face-covering/mask. Vitalant staff will be wearing face masks. You must pre-register prior to your arrival. Please pre-register at <https://bit.ly/Aug272020BloodDrive>. Pick a time that is available and which suits your schedule. Observe the instructions on the Vitalant website.



### Holiday Shopping Expo

Sunday, October 11, 10:00 AM to 4:00 PM, Parking Lot (OC)

Get a head start on your Holiday Shopping at our third annual Holiday Shopping Expo right here in your community! We will turn the Orchard Creek Lodge Fitness Center parking lot to a winter wonderland for avid shoppers! Check everyone off your gift list conveniently with over 50 vendors offering unique crafts, commercial and handmade jewelry, beauty items, clothing, books, art, decors, treats, and more! Enjoy a number of chances to win prizes too! Don't miss out on the fun! Interested vendors: Spaces are going fast! Complete and submit your application to Shelvie at shelvie.smith@sclhca.com. Forms are available at the SCLH resident website: [sclhresidents.com](http://sclhresidents.com) under Library/Forms or pick up from the Lifestyle Booth at the Farmers Market on Wednesdays. Registration deadline: September 30.



### Document Destruction

Monday, October 19, 8:00 to 10:00 AM, 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. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!



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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2020. A few days prior to each forum, a link will be published in eNews. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a "chat button" which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email "handles" are not acceptable.

To receive eNews bulletins, please go to: <https://www.sclhresidents.com/group/pages/sign-up-for-eneews1>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/2020>.

If you have a suggestion for a forum topic, please send an email to [communityforums@sclhca.com](mailto:communityforums@sclhca.com).

All Forums are Free

Dates are subject to change



### **The 1918 Flu Epidemic**

Monday, September 21, 2:00 PM, Zoom Presentation

The 1918 Spanish Flu killed more than 675,000 Americans and has numerous similarities to the current pandemic. We usually can learn from the past to avoid current mistakes, but, obviously, we haven't. In 1918, medical expertise was shunned, social distancing not in practice, and everyone thought it would just quickly disappear, all of which only added to the increased death toll. This talk will solely focus on the history of the 1918 flu.

Dr. Terry McAteer is the retired Nevada County Superintendent of Schools who continues to teach for the Sierra College OLLI Program. He holds degrees from U.C. Berkeley, SF State, and a doctorate from the University of San Francisco (USF).



### **League of Women Voters of Placer County, Ballot Propositions**

Monday, October 19, 9:00 AM, Zoom Presentation

Pro and Con Arguments on the ballot propositions appearing in the November 2020 election will be discussed. The League is a non-profit, non-partisan organization of women and men that encourages active, informed participation in government and communities. The Voter Service programs provide information in a balanced manner to enable voters to cast their vote with confidence.

The League does not support or oppose political parties or candidates.

## **UPCOMING EVENTS**

To Be Determined

# Disney - The Art of the Animated Movie Musical

Have you ever wondered how Walt did it? How did he create all that "magic"? Discover Walt Disney, the man, the music, and the people who helped him to inspire generations and discover your "child within." This 5-session livestream series starts with the "Heartland of America" to Walt's ultimate live action/animated masterpiece *Mary Poppins*. Please see the Lifestyle section for more information.



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

Questions? Email: [Lavina.Samoy@sclhca.com](mailto:Lavina.Samoy@sclhca.com) or call 916-625-4073



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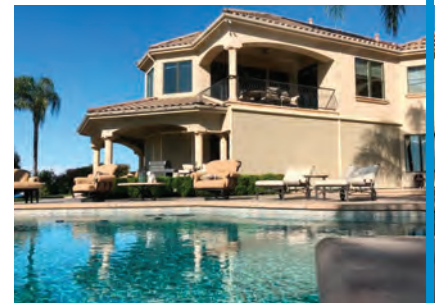
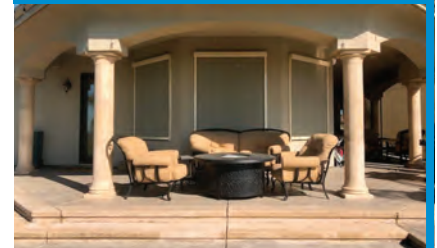
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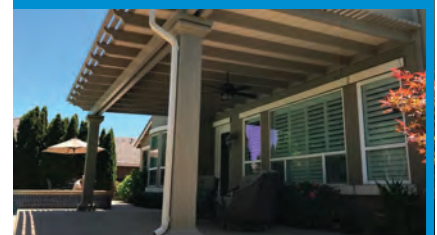


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 and online at SCLHResidents.com.

**Notice:**

*Except for livestream events, enrollment for any of the listed shows will not be available until lodge reopens.*

*All dates listed for performances held in the lodge may be subject to change based on State and County Re-opening Guidelines. Correct price and date will be re-ected on your enrollment.*

**—Livestream Concert—**

**New Rescheduled Date!**

**Gershwin:  
 Remembrance  
 & Discovery  
 Performed by  
 Richard Glazier**

Thursday,  
 August 20  
 7:00 PM, Zoom  
 \$10 per Zoom  
 device — **LSE265**



Pianist extraordinary Richard Glazier delivers his show *Gershwin: Remembrance & Discovery* right to your living room or any room in your home! The show is presented live via Zoom from Richard's home studio. Glazier's master storytelling skills provide insightful narration about the lives of music royalty George and Ira Gershwin accompanying great Gershwin masterpieces. Expect delightful stories and rare arrangements, including *Rhapsody in Blue*. In partnership with Meridians Restaurant, order their curbside Gershwin Dessert & Drinks Special for the night and receive a discount. One discount per registration. The Zoom link will be sent automatically to your email upon registration. Only those whose names appear on the event roster will be admitted.



**Moondance: An Evening of Classics through the Years with The Albertson Duo**

Friday, August 28

7:00 PM, Zoom

\$10 per Zoom device — **LSE266**

Let the Albertson Duo entertain you with their unique covers and interpretation of classic hits through the years. By combining Megan Albertson's lush vocals and David Albertson's multi-instrumental prowess, this couple will sing songs from Artists including Van Morrison, Dolly Parton, John Legend, Frankie Valli, Cyndi Lauper, Garth Brooks, The Beatles and more! They will have a little something for everyone to dance and sing along. In partnership with Meridians restaurant, order their curbside Moondance Dinner Special for the night and receive a discount. One discount per registration. The Zoom link will be sent automatically to your email upon registration. Only those whose names appear on the event roster will be admitted.

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## —Livestream Presentation—

**Our Nation's Narrative in Film: The American Dream and Beyond**  
**A Presentation in Two Parts by Marc Lapadula**  
 Mondays,  
 August 10 & 17  
 1:00 PM, Zoom  
 \$18 — **LSE263**

Yale Film Studies Professor is back with an ambitious movie presentation reflecting the multi-faceted narrative of a diverse nation in all its thrilling, triumphant, and flawed complexity. The two-part presentation will cover eight major themes: The American Dream, Social Justice, Coming of Age, Workplace, War, On the Road, The Outlaw, and The Underdog. Music soundtracks will also be discussed as composers often play a pivotal role in making a powerful cinematic experience memorable. Some of the films included in the presentation: *The Godfather*, *West Side Story*, *Norma Rae*, and more. A complete list of movies will be available on the website. The Zoom link will be sent automatically to your email upon registration. Only those whose names appear on the event roster will be admitted.



**A Grand Tour of Italy: Art, Film, Music, and Literature**  
 Monday,  
 August 31  
 1:00 PM, Zoom  
 \$14 per Zoom device — **LSE267**

“You may have the universe if I may have Italy.”  
 – Giuseppe Verdi.  
 Anyone who is familiar with Italy – its glorious architecture, epic history, exquisite fine arts, and majestic landscape understands Verdi’s passionate words above. Award-winning author, teacher, and Italian scholar Joseph Luzzi leads participants on a whirlwind tour of Italy’s



“greatest cultural hits,” as we explore the fascinating world of Italian art, music, film, and literature and discover the fine art of living Italian style. Complimenting this event is an Italian lunch special from Meridians. Each event registrant can receive a discount on curbside pick-up orders of the special. The Zoom link will be sent automatically to your email upon registration. Only those whose names appear on the event roster will be admitted.

## —Comedy/Magic—

**New Rescheduled Date!****KS Magic Night:****The Award-Winning Magic of Spencer Grey**

Friday, November 20

P-Hall (KS)

Reserved Seating \$18

6:00 PM Show — **LSE229**

8:00 PM Show — **LSE230**

Let the award-winning magician Spencer Grey start off the magic of the holidays! Combining his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won’t see anywhere else, this show will surely get you in the holiday mood. Spencer has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas. 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 showtime. If you are unable to attend this rescheduled date, please drop off or mail your ticket/s to the Lifestyle Department with your name and member # on back of ticket to receive a refund and address it to 965 Orchard Creek Lane.*

## —In-House Performances—

**New Rescheduled Date!****Keith Calmes: Classical Guitarists**

Friday, October 23

7:00 PM, P-Hall (KS)

Reserved Seating \$16 — **LSE235**

Classical Guitarist Keith Calmes returns after an amazing sold-out concert here in 2018. Dr. Calmes' background in music includes a recital at Carnegie Hall as Winner of the Artists International Competition, degrees from The Juilliard School, and USC and studies in Spain. He has published several books on the guitar with Mel Bay Publications and has also released several recordings, which are widely available online. Keith runs a high school guitar program in New Jersey and is a very active performer. You can learn more about Keith at keithcalmes.com. **Note:** Tickets from the original show date of April 7 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 Desks with your name and member # on back of ticket to receive a refund.

**New Rescheduled Date!****You've Got a Friend: The Carole King Songbook Performed by The Rhythm Method 4**

Thursday, October 29

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 Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Note:** Tickets from the original show date of April 16 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off/mail your ticket/s to the Lifestyle Department with your name, and member # on back of ticket receive a refund addressed to 965 Orchard Creek Lane to receive a refund.

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or online at SCLHResidents.com.

#### Notice:

*Due to the uncertainty of the situation brought about by the COVID-19 pandemic, schedule, planned activities, and price for Trips may be subject to change.*

*We continue to monitor and follow prescribed guidance from the State, County and Health officials regarding safe conduct for group leisure travel.*

*Enrollment for any of the scheduled trips will not be available until lodge reopens.*

*Correct price and dates will be reflected on your enrollment.*

### Day Trips

#### —Casino/Races—



**Harrah's Northern California**

**Postponed,**  
**Date TBA**  
\$35 — **LST340**

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

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



**Hard Rock Casino at Fire Mountain**

Date TBA

\$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—



**Escape to Margaritaville – Broadway Sacramento**

Date TBA

\$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. 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.



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## —Tours/Leisure—

**Ironstone Winery  
& Downtown  
Murphys  
Postponed,  
Date TBA  
\$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.



**Filoli Gardens & Mansion  
Woodside, California  
Tuesday, September 1  
\$83 — LST339**

(Enrollment on hold until lodge reopens)

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.*



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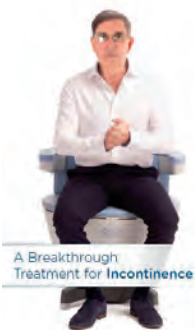
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**Catalina Island, Queen Mary & more!**  
 Sunday, October 11 to Thursday, October 15

— **LST342**

\$1,274 Double occupancy/\$1,729 Single  
 (Trip status is tentative. No enrollment accepted at this point.)

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@scilhca.com](mailto:trips@scilhca.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. Enrollment for this trip will be available at the Lifestyle Desk once group leisure travel is allowed.



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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.

**Livestream Classes**

We are bringing the following classes right into your home! Students are required to have a laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs.

Online registration preferred.

Questions? Call 916-625-4073 or 916-408-4609.

—Crafts—



**Krafting with Karla and Lavina  
 Fun with Vinyl –  
 Front Porch HOME Sign**

Tuesday, August 25  
 10:00 to 11:00 AM - Zoom  
 \$23 includes supplies — **LSC2671**

Create a front porch HOME sign that you can be proud to show off to your friends and family. The letter O will be replaced with your choice: white dog paw print, a red heart, or a yellow flower. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, August 24, at 2:00PM. Zoom instructions will be provided at enrollment. See project samples on display at the Lifestyle

booth at the Farmers Market. Question? Email Karla. Hearron@sclhca.com.



**Krafting with Karla  
 and Lavina  
 Flowers & Plants – Tea Cup  
 Flower Arrangement**

Tuesday, September 15  
 10:00 AM - Zoom  
 \$16 includes supplies  
 — **LSC2673**

Liven up your dining room or entryway with a Teacup Flower arrangement. Using

summer blooms, we will create a fun and simple flower arrangement that will surely bring a smile to anyone. Learn the technique so you can easily replicate it for a future garden party! Supplies included in the fee: teacup & saucer, flowers, and flower foam brick. You must have your own scissors or sharp knife. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, September 14, between 2:00-2:30 PM. Receive the Zoom information and instructions in your email immediately upon Online registration.

—Movies—



**Disney - The Art of the Animated  
 Movie Musical Part 1**

Wednesdays, August 26-  
 September 23  
 1:00 PM - Zoom  
 \$50 (five sessions) — **LSC2672**

Have you ever wondered how Walt did it? How did he create all that “magic”? Zoom with us for an incredible journey back to the creation of the first animated movie musicals. We will discover the man, the music, and the people who helped Disney to inspire generations. In Part 1, we will travel from 1901 in the “Heartland of America” all the way to the 1960s and Walt’s ultimate live-action/animated masterpiece *Mary Poppins*. Along the way, we will revisit and understand that these classics are not just “kid’s movies” but are beautifully crafted to help all of us rediscover “the child within.” Receive the Zoom link and instructions in your email immediately upon Online registration. Part 2 will start on September 16. Please register early!

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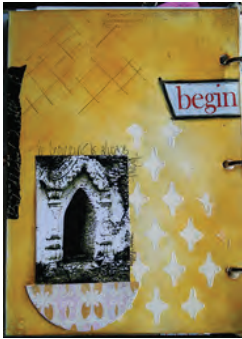
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## Notice:

Listed below are regular and Special Lifestyle Classes with their descriptions. Because of the uncertainty of Lodge reopening, class dates, number of sessions, and pricing are not listed. Some classes may be offered outdoors. Please check eNews for information.

### —Mixed Media—



#### Mixed Media Art Journaling Tuesdays, **Dates TBA** — **LSC2511**

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 Wednesdays, **Dates TBA** 9:00 to 11:30 AM — **LSC1981** Or Noon to 2:30 PM — **LSC2014** *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](http://www.sandylindblads.com). Questions about class supplies? Email *Sandy Lindblad*, the instructor at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.

### —Pastels & Watercolor—



#### Pastel and Watercolor /Intermediate to Advanced Mondays, **Dates TBA** 9:00 to 11:30 AM — **LSC2036**

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. 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](http://www.sandylindblads.com). Email *Sandy Lindblad* at [sandski2@yahoo.com](mailto: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, **Dates TBA**

9:30 AM to Noon (OC) — **LSC2544**

Or

- **Evening Class**

Thursdays, **Dates TBA**

5:30 to 8:00 PM (OC) — **LSC2556**

### Watercolor – Afternoon Class

Thursdays, **Dates TBA**

1:00 to 4:00 PM (OC) — **LSC2060**

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!

## Ceramics

—Pottery—



### Beginning/Intermediate Ceramics

Tuesdays, **Dates TBA**

1:00 to 4:00 PM (OC)

— **LSC2084**

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,

**Dates TBA**

9:00 AM to Noon (OC)

— **LSC2072**

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, **Dates TBA**

9:00 AM to Noon (OC)

— **LSC2096**

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,

**Dates TBA**

1:00 to 4:00 PM (OC)

— **LSC2108**

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

### —Card Making—



**Card Making  
Level 2 –  
Intermediate/  
Advanced**  
Monday  
**Dates TBA**  
9:00 AM to  
Noon (KS)  
— **LSC2490**

#### Prerequisite:

Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. This class is not for beginners. This special one-session class requires students to provide their own Card Making Kits. The instructor will provide everything else. All of the equipment/tools will be disinfected and cleaned prior to and after each class. Social distancing will be practiced during class. Instructor: *Dottie Macken*.



**Card Making  
Level 3  
Intermediate-  
Advanced**  
Friday  
**Dates TBA**  
9:00 AM to Noon  
(KS) — **LSC2522**

#### Prerequisite:

This class will build on your skills from Level 2 and offers more complex and challenging projects and papercraft techniques. This class is not The instructor will provide everything else. All of the equipment/tools will be disinfected and cleaned prior to and after each class. Social distancing will be practiced during class. Instructor: *Do ie Macken*.

## Dance

*Outdoor In-Person Line Dance Classes.*  
We are currentl ering the following in-person dance classes held outdoors in the Amphitheater, OC from 8:30-9:30 AM. Students are required to sign a COVID-19 Waiver, wear a face covering when 6' physical distancing is not possible, stay home if sick and follow all other safety protocols. Online registration only. Codes will be announced in eNews.

### —Outdoor In-Person Class—

- **Mondays, Line Dance I (Intro)**  
Instructor: *Yvonne Krause/Ginger*
- **Wednesdays, Line Dance 3 (High Beginner/Improver)**  
Instructor: *Sandy Gardetto*
- **Thursdays, Line Dance 2 (Beginner)**  
Instructor: *Yvonne Krause/Ginger*
- **Fridays, Country Line Dancing**  
Instructors: **Jim & Jeannie Keener**

### —Clogging—

*Dance your way to be r balance, unclogged arteries, be r 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 tha t your skills.*



#### Beginning Clogging

Tuesdays, **Dates TBA**  
10:00 to 11:00 AM (KS)  
— **LSC2120**

Tell your friends, neighbors, and fellow dancers! Join this brand new beginner's class, a low impact, revamped foundation, and fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. Instructor: *Janice Hanzel*.

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**Easy-to-Intermediate Clogging**Tuesdays, **Dates TBA**11:00 AM to Noon (KS) — **LSC2131**

**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, **Dates TBA**Noon to 1:00 PM (KS) — **LSC2142**

**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, **Dates TBA**

7:00 to 8:00 PM (KS)

— **LSC2153**

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, **Dates TBA**6:00 to 7:00 PM (KS) — **LSC2164**

**Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and you are ready for more challenging dances, join us

for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Horseshoe" and "River City Cha Cha" both circle dances. Instructors: *Jim & Jeanie Keener*.

**—Hula—****Hula**Thursdays, **Dates TBA**

1:00 to 2:00 PM (KS)

— **LSC2176**

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, **Dates TBA**11:00 AM to Noon (KS) — **LSC2187**

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, **Dates TBA**1:00 to 2:00 PM (KS) — **LSC2198**

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*.



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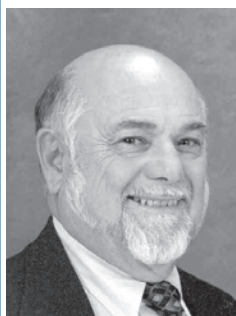
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## —Line Dance—



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, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2297**  
Instructor: *Yvonne Krause-Schenck*
- **Mondays, Dates TBA**  
4:00 to 5:00 PM (KS) — **LSC2210**  
Instructor: *Cathy Paris*

**Level 2 – Beginner**

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

- **Thursdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2319**  
Instructor: *Yvonne Krause-Schenck*
- **Fridays, Dates TBA**  
2:00 to 3:00 PM (KS) — **LSC2262**  
Instructor: *Sandy Gard* o  
Vacation Drop-in: \$10 per session
- **Thursdays, Dates TBA**  
3:30 to 4:30 PM (KS) — **LSC2232**  
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, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2308**  
Instructor: *Yvonne Krause-Schenck*
- **Wednesdays, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2274**  
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, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2285**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **Mondays, Dates TBA**  
5:00 to 6:00 PM (KS) — **LSC2220**  
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, Dates TBA**  
5:30 to 6:30 PM (KS) — **LSC2643**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

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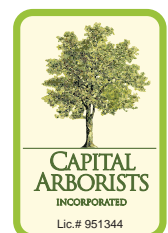


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## Line Dancing 4 Fun

Thursdays, **Dates TBA**

4:30 to 5:30 PM (KS) — **LSC2614**

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*.

## Country Line Dancing

Fridays, **Dates TBA**

3:00 to 4:00 PM (KS) — **LSC2243**

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.



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—Tap—



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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, **Dates TBA**

11:00 AM to Noon (KS) — **LSC2341**

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, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2351**
- **Mondays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2330**
- **Thursdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2361**

**Glass Art**

—Stained Galss—



**Stained Glass**

Mondays, **Dates TBA**  
1:00 to 4:00 PM (KS)

**Requirements:** No open toe shoes. Must have at least taken and completed four sessions of Stained Glass class with Instructor in the past. 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 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.

**Music**

—Guitar—



**Beginning Guitar**

Mondays, **Dates TBA**  
8:00 to 9:30 AM (OC)

— **LSC2374**

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, **Dates TBA**  
1:00 to 2:00 PM (KS)

— **LSC2449**

No prior music knowledge or good singing voice necessary! Emphasis is on

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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,  
**Dates TBA**  
2:00 to 3:00 PM  
(KS) — **LSC2460**

**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, **Dates TBA**  
8:00 to 9:30 AM (KS)  
— **LSC2387**

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,  
**Dates TBA**  
10:00 to 11:30 AM (OC)  
— **LSC2412**

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, **Dates TBA**  
9:45 to 11:15 AM (KS) — **LSC2399**

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*.

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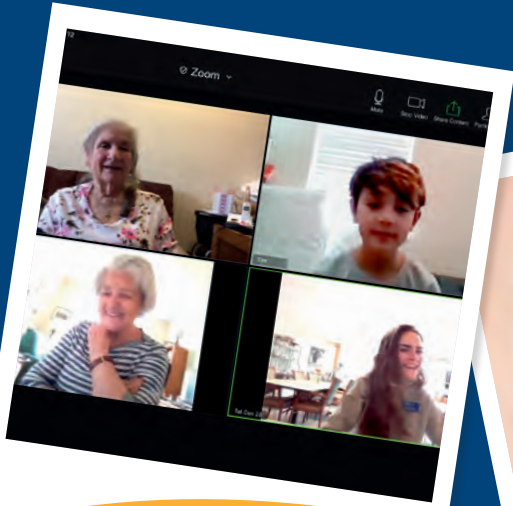
Fall is just around the corner!  
Please check our website for information concerning when, where and if we can gather together to worship.  
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## Sewing

### —Certification—



### Sewing Certification

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(OC). We offer Certification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact instructor *Sylvia Feldman* at [sdfeldmans@gmail.com](mailto:sdfeldmans@gmail.com) or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$21 per lesson for 2020. Must register prior to class.

## Technology

### —Smart Phone and Smart Books—



### iPhone Basics (iOS 13) Workshop

**Date TBA**

**Prerequisite:** 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.



### Android Smart Phone Basics

**Date TBA**

Are you getting your money's worth from your Cellphone Service? Bring your SmartPhone from any carrier, brand, or version. In this class, we focus on the "Phone" part of your

SmartPhone. On our large screen display, you

will learn how to connect to open WiFi networks, arrange and navigate your screens, make and take phone calls, organize your contacts, so your list works for you, use text messaging, access the internet, take and share photos, and more. While this class is presented for the novice user, more seasoned owners will also benefit from taking this class. Instructor: *Len Carniato*.



### How to Install Android Apps from Google Play Store

**Date TBA**

Your phone is what you make of it, and one of the simplest ways to customize is by downloading apps. There are thousands of apps available, and installing new ones is a fairly simple process. In this class, I'll walk you through this step-by-step to ensure you know exactly how to find and download the latest apps to your device. We'll also discuss many of my favorite apps and also how to remove the apps you no longer want. Instructor: *Len Carniato*.

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## Outdoor Punch Pass Classes

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- **Cycle & Strength L2:** Mondays and Wednesdays at 8:30 am
- **Yoga Basics & Flow L2/3:** every Friday at 8:30 am

....And checkout outdoor and indoor livestreaming Zumba classes with Summer and Joanie!





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**Jeannette Pyle**  
 WellFit Manager  
 Jeannette.Pyle@sclhca.com



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

bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

**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. Due to COVID all classes, times and locations are to be determined by our reopening date.*



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**WellFit Orientations**

**Free Orientation: WellFit Staff**

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. WellFit Orientations are not available at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email danielle.merrill@sclhca.com.

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



**Bowenwork Services**

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms.

It can help with chronic conditions from asthma to



**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.*

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### Arthritis

Location & Time: TBD  
 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 ll up quickly, please sign up at least 7 days prior to class start. No refunds.*



### Nordic Pole Walking

Wednesday &  
 Thursday

**Will return in the Fall**  
 8:00 to 9:30 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.**

### 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 ll up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID all classes, times and locations are to be determined by our reopening date.*



### Tai Chi Qigong L1

Tuesdays, TBD  
 Location & Time: TBD

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, TBD  
 Location & Time: TBD

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.**

## 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. Due to COVID all classes, times and locations are to be determined by our reopening date.*



**Traditional Shotokan Karate**  
Sundays,  
September 6-27  
9:00 to  
10:00 AM  
Location: TBD  
\$20

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](http://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 85 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](mailto: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  
Danielle.Merrill@sclhca.com



## Personal and Clinical Training

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

### Training Services

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

## Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. 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—"Fun"ctional Fitness L3

Tuesdays &  
Thursdays,  
September 8-  
October 1

Location & Time:  
TBD

\$135 (eight 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,  
September 2-30  
Location & Time:  
TBD

\$150 (nine 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. Instructor: *Torin Garza*.



**SGT—Posture, Core and Balance L1/2**

Mondays & Wednesdays, September 7-30

Location & Time: TBD  
\$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—Balance & Fall Prevention L1**

Mondays and Wednesdays, September 7-30

Location & Time: TBD

\$135 (eight 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: *Renae Schmidt*.

**New! Virtual Punch Passes**

**New Livestream Punch Pass Classes**

Mondays, Wednesdays, and Fridays

9:00 AM (55 minutes)

\$4.50

Instructors and classes offered will vary depending upon attendance and feedback. You will need to use the Mindbody app on your phone or access from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take and then book your class. Once you purchase your class you will be given instructions on how to join our Livestream Punch Pass. For more information, email [jeannette.pyle@sclhca.com](mailto:jeannette.pyle@sclhca.com). Instructor: *varies*.

**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 83-85 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](http://www.sclhresidents.com) under WellFit tab.



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OC WellFit Class Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
Outdoor Classes at OC						
Begins the week of July 20th						
8:30am						
Cycle & Strength L2 - <i>Gretchen</i>	Core & Strength L2 - <i>Kim</i>	Cycle & Strength L2 - <i>Jeannette</i>	Core & Strength L2 - <i>Kim</i>	Yoga Basics & Flow L2/3 - <i>Jeannette</i>		
Livestream Classes - Join through Mind & Body						
9:00am						
Zumba L3 - <i>Summer</i>	Zumba Gold L2 - <i>Joanie</i>	Zumba L3 - <i>Summer</i>	Zumba Gold L2 - <i>Joanie</i>			
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based)		
30 min Group Exercise Classes (Fast Pass) \$2.50				Small Group Training (session based)		
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.						

OC Aqua WellFit Class Schedule September 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aqua Fitness L2/3- <i>Helena</i>	OC	Water Works L2- <i>Jiji</i>	OC	Aqua Fitness L2/3- <i>Jiji</i>	OC	OC
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>		
10:45		Aqua Intervals L2/3 - <i>Deanne</i>		Aqua Intervals L2/3 - <i>Deanne</i>			
11:30	(11:30am-12:15pm) AF Aqua L1- TBA		(11:30am-12:15pm) Aqua L1- TBA				
12:30					SGT - Therapeutic Water Exercise L1 <i>Coming soon!</i>		
2:00							
4:00							
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
Group Exercise Classes (punch pass) \$4.50							

TBA

Pilates Reformer WellFit Class Schedule September 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC			OC	OC	OC
8:30							
9:30							
10:30							
11:30							
12:00							
5:30							

TBA

All classes are subject to change without notice.  
 All classes are one hour unless otherwise noted.  
 All classes are subject to cancellation for insufficient registration 24 hours prior to class.

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Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
Main Phone: 916-408-4013  
Resident Website .....SCLHResidents.com  
Public Website .....SunCity-LincolnHills.org  
Help Desk .....Help.Desk@sclhca.com

**HOURS**

<b>Lodges (oc/ks)</b> Mon–Sat: 8:00 AM–9:00 PM Sunday: 8:00 AM–5:00 PM	<b>Meridians Restaurant</b> 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
<b>Administration/Membership</b> Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	<b>Kilaga Cafe</b> Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
<b>Lifestyle Desks (oc/ks)</b> Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	<b>Catering Office</b> Tue–Sat: 9:00 AM–5:00 PM
<b>WellFit (oc/ks)</b> 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	<b>The Spa at Kilaga Springs</b> Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

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**LIFESTYLE**

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**FOOD & BEVERAGE**

**Meridians Restaurant**..... MeridiansRestaurant.com  
Reservations & Info: 916-625-4040.....Delivery: 916-625-4044  
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**CATERING**

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Linda Minor: 707-235-0778  
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**COMPASS** — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Linda Lucchetti, Richard Pearl, Al Roten,Shirley Schultz, Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

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