

# COMPASS

Navigate Your Way Through Sun City Lincoln Hills



**16** Good Produce Produces Good Health

**19** Personal Fitness Passions

# Calendar of Events

July 15 - August 13

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

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Upcoming Association Meetings: July 15 – August 31	
Listening Post	Wednesday, July 15, 9:30 AM
Finance Committee Meeting	Thursday, July 16, 9:00 AM
Board of Directors Meeting	Thursday, July 23, 9:00 AM
Board of Directors Executive Session	Thursday, July 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, July 27, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, August 4, 9:30 AM
Compliance Committee Meeting	Wednesday, August 5, 9:00 AM
Properties Committee Meeting	Thursday, August 6, 9:00 AM
Elections Committee Meeting	Friday, August 7, 10:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, August 11, 10:00 AM
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

*Meetings subject to change. Visit [sclhresidents.com](http://sclhresidents.com) for the most up to date information.*

## VOLUNTEER OPPORTUNITIES!

**Compass insert stuffing party** – Those inserts don’t stuff themselves! On the 14 of every month, a group of volunteers gather at Orchard Creek Lodge to collate and stuff inserts into the *Compass*. Come hang out and join the party at 11:30 AM! No need to register just stop by and join in on the fun!

**Compass distribution** – You have seen your neighbors handing out the *Compass* each month from the 15 to the 17 in both lodges, why not join in? Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com).

### Committee Openings

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

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

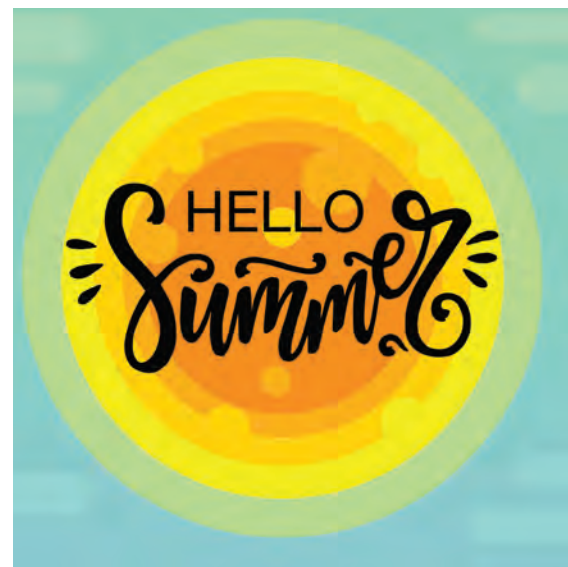
Committee applications are available at the Lifestyle desks (OC/KS) and online ([sclhresidents.com](http://sclhresidents.com)>Library>Forms>Resident Forms).

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**On the Cover**  
*Farmers Market - We're Back!*



## Board of Directors' Report

*Laura Thiele, Treasurer*

These are unprecedented times. We are living through the largest health crisis in a century and an economic crises, the depths of which we still cannot predict. This is the first time in our Association's history that we had to shut our facilities and now must go through the painstaking process to open up under a new normal. I have received questions about our Association's finances, given this pandemic. As you know, our Association's finances are divided into three funds: Operations, Community Enhancement (CEF), and Reserves. We will look at each fund separately.

The smallest fund is the CEF fund. At the end of May, we have over \$1 million, with over \$600,000 not allocated to projects. This fund receives \$3,000 each time a home is sold. While home sales are slower than expected, we do not make spending decisions until the money is in the bank. We have no major projects being considered at this time.

Next is the Reserve fund. This money is used to maintain our facilities in good times and bad. We have \$10 million in this fund. The funding comes mainly from dues (\$23.97 of the \$133 we pay each

month). I believe the funding and cash flow are solid. This fund is not significantly impacted by the pandemic.

The majority of our financial activity occurs in our Operations Fund. As of the end of May, we have received \$1.4 million less revenue than expected and have had to cut expenses accordingly. This loss of revenue is related to our revenue-producing businesses. Our headcount dropped over 71% by the end of May, with the bulk of our remaining employees working part-time. As such, we have remained within budget. Opening our facilities requires adherence to strict regulations resulting in less revenue and higher costs. Our Staff, Finance Committee, and Board are working together to ensure we provide as many services and opportunities for residents as possible while carefully managing our money. A Paycheck Protection Program payment (PPP) of \$1.4 million will hopefully help our efforts.

While it is sad that we are not able to use our facilities as before, we are remaining financially stable. I am thankful for the quick actions taken by our staff and all the overtime that our Finance Committee is working. Stay safe!





## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the July issue of the *Compass* Magazine! It's been five months under COVID-19 restrictions, but we are finally getting back to some semblance of normality. By the time you read this, the Fitness Centers, Meridians, Sports Plaza, and the Kilaga Day Spa will have opened their doors, albeit under COVID-19 restrictions. We have also seen the Farmers Market return to Lincoln Hills, and it's good to see our residents. We said we'd get through this, and we will.

Reopening facilities during a situation like we have seen presents multiple challenges. We have to do a financial analysis to determine what the economic impact will be. We are also making sure we have a sanitizing and social distancing plan ready to go, along with communications. As an example, when we were getting ready to open the fitness centers, one of the significant issues was getting a reservation system in place. Staff worked with our software provider to put this together, and the day before opening, Murphy's Law interjected, and the software went down. Kudos to Deborah McIlvain, Director of Lifestyle, WellFit & Spa, and her team. They worked the problem, put together

a Plan B and C, and fortunately, the software issue was resolved, and we were able to open as planned. You have to have good people.

Every facility that opens requires our Facilities Team to support that effort by making sure the facilities are cleaned and sanitized. With reduced staffing, this can be a challenge, but Erik Rosales, Facilities & Maintenance Manager and his team have come through and made sure our facilities are clean and ready for our residents to use.

This has been a real team effort. With over 70% of the team furloughed, we have been able to take care of the 11,000 residents we have in our community, and make sure that when we do fully open, we do so as seamlessly as possible. I am incredibly proud of our staff.

I would also like to thank the support we receive from our committees. Our resident volunteers have been a godsend, and words cannot adequately convey our appreciation. Thanks for all that you do. Finally, a shout out to our Communications Team. Jeff Caponera, Theresa Renken, and Tim Rusher have been amazing in making sure our residents have the latest news and ensuring that the *Compass* is delivered on time. See you in August!



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

The June Listening Post took place as a Zoom meeting, and I appreciate and thank all who attended. We discussed several topics, including Meridians, Open Space issues, COVID-19 updates, and the Sports Plaza.

I was happy to report that Meridians had opened and that during the shutdown, our residents really appreciated the delivery and curbside services along with the meat and fish sales. The reviews were overwhelmingly positive, and Chef MJ and his team came together during this period. I hope you stop by Meridians if you have not already, and enjoy a meal in a beautiful setting.

I was asked what my thoughts were in regards to outsourcing. So everyone is clear on my feelings, I do not believe that outsourcing is a good option for our community, either from a food and service standpoint, financial standpoint, or common area access standpoint. The Board certainly has the right to look into this, but the staff's goal is to demonstrate that ownership

of our restaurant is in the best interest of our community. They view this as a challenge, and they intend to show our residents the care and pride they bring to the table.

I also reviewed how we approach fuel/fire management in our Preserve Areas. I showed on Google Maps how well protected our community is when you take into account the numerous defenses in place to control a fire. By grazing and providing a 30' firebreak behind the homes that are adjacent to open spaces, we dramatically reduce fuel levels. The wetlands offer another barrier. The construction of the homes (stucco walls and tile roofs) provides another level of protection. Throw in the golf courses, streets, and open space trails, and we are very well protected.

The Listening Post is something I look forward to each month. It's a privilege to interact with our residents and provide information that is important to them. Hopefully, the August Listening Post will be held at Kilaga. Thanks for taking the time to attend!

**Finance Committee****Managing the Association's Financial Health in a Pandemic**

*Robert Copp, Chair*

Financial issues come and go quickly, with changes happening almost daily. Staff has spent an inordinate amount of time on canceling, rescheduling, reopening, and cleaning. Just when I think I have all the facts on a subject, everything changes. How will we continue to manage the financial health of our Association in this pandemic?

One way we are working to keep you informed during this time is in the use of Zoom meetings. However, we know that Finance Committee meetings cover a lot of ground and are often hard to follow. We have asked our department leaders to slow down their presentations, discuss the major financials numbers clearly, and take the time to simplify sometimes complicated subjects. To further assist your efforts to be informed, we are now posting the monthly summary financial information and the PowerPoint presentation as an attachment to the meeting agenda on our website. We will continue to provide this early information even after we return to in-person meetings. We are also planning to continue Zoom meetings after we can meet in person so that those who cannot attend can still participate during the meeting.

A major issue in the pandemic is the loss of much of our non-dues revenue that makes up 43% of our 2020 budget. Whether we are putting on a concert, leading a trip, catering a wedding, providing Pilates reformer sessions, holding classes, giving a massage, or running a restaurant, we keep our dues low by collecting all this other revenue. With everything shut down for a while, and with only a slow reopening underway, we are still going to have costs we have to pay to stay open. It is important to meet the needs of as many residents as we can whether you are a pickleball or tennis player, a regular visitor to Meridians, looking for entertainment or a spa treatment or someone that enjoys walking or driving around our community and seeing the wonderful place that we live. As we are reopening, we continue to discuss how to serve our residents in a safe and financially viable way.

We will continue to do our best to keep you informed and to work with staff on further reopening our facilities as the health department allows. 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.



## Update on Reserves

*Hans Fokkema*

The first cut for the 2020 Reserve Study has been forwarded to the Browning Reserve Group, and it looks like there are only a few additional changes that need to be made. The Percent Funded will be just over 60%, which is within our desired range of 60 to 90%. However, several people have asked why we are happy with 60% and are not shooting for 100%? That is the question we will address this month.

One of the factors in calculating the Percent Funded is the Fully Funded Balance (FFB). That is the amount that should theoretically have been reserved for all reserve component and is based on estimates of the Replacement Cost, Useful Life, and Remaining Life. The key is that these are all estimates. Any reserving process, whether our personal reserving for items we need to replace or the legally required reserving for a homeowners association, is always based on estimates.

When the remaining life of a reserve item becomes zero, it could, in theory, be ready for replacement that year, but many items last a lot longer than originally estimated (a few also do last shorter). We

generally wind up spending only between 60 and 70% of what we could have needed to spend each year if our original estimates had been entirely accurate. Therefore, with hindsight, a 60% funding level becomes more like 75%. That is one of the reasons why the Browning Reserve Group always tells us that Percent Funded is a rather meaningless ratio.

There is another reason why we do not need to be at a 100% funding level: our size. Reserving always must be done at an aggregate level because individual items never need to be replaced at the exact time estimated. For a small homeowner association that has lower balances in their reserve fund, it is necessary to have a higher funding level in case a major item unexpectedly needs to be replaced early. Large associations, on the other hand, have of course larger reserve fund balances and can more easily absorb unexpected cost overruns. The current balance of our reserve fund is sufficient to cover the next several years' projected reserve expenditures.

For these reasons, we are comfortable with our Reserve Study showing a Percent Funded between 60 and 90%. If you have additional questions, please do not hesitate to ask.



## Architectural Review Committee

### Crazy Year

*Carole Dummett, Chair*

What a crazy year! I'm writing this article on June 15 and the Association is making strides on reopening our facilities, but our meetings are still closed to residents and contractors. The question was asked, "Why don't we have Zoom meetings?" which would seem logical. We seldom have residents attend our Open Forum or committee business discussions, so the meetings consist of members reviewing applications with very little interaction; a Zoom meeting would not be very useful or interesting.

Residents needing assistance have been contacting the ARC and Community Standards via email, and we are able to reply in a timely manner. All paint palettes are on the resident website; go to Resources-Community Standards-ARC. You can contact Community Standards for paint chips. If you view a property with a paint color that you may like on your home, send sam.mckee@scnhca.com the address, and he will provide the palette number and colors. If you are unable to locate a plot plan, submit your application to Community Standards without it, and

they will print and attach it to your documents.

As of this date, we have the ARC Drop Box and Applications/Checklists available at the front of Orchard Creek Lodge. All of our bark samples are available at RockPro next to Thunder Valley. You may purchase a similar bark from any landscape yard or retail location.

Our committee, along with Community Standards, has and will continue to respond and meet the needs of our residents, assisting with filling out paperwork and helping make property improvement decisions.

Effective May 28, 2020, our Board adopted a Resolution on Handrails. You may now have a decorative handrail on one side of exterior steps or driveway without a medical prescription and signed recorded document eliminating the \$250 processing fee. These will now be approved directly through ARC.

We currently have four committee member openings. Please consider joining this valuable committee. Volunteering is challenging but also very rewarding. You can make a difference!



## Compliance Committee / Community Standards Everyone's Efforts Help

*David Mateer, Chair*

Making and maintaining Lincoln Hills as a great place to live is thanks to everyone's efforts. We are very fortunate to have a community where our members value each other and our community. Maintaining our community does not happen by accident. No, it is due to the continued efforts and contributions of those who live in our community. We all know keeping our home and landscape maintained is an on-going and constant effort. Thank you for doing your part.

There are also a variety of companies that provide services to the homeowners and Association that keep things nice here. It may be landscaping, painting, or other repairs. This is vital to all the improvements and maintenance needing to be performed. Some of the jobs are either too large for us to handle ourselves or just things we would rather not do. This is where these companies really come through for us.

The Compliance Committee and Community Standards Department are also making a substantial contribution to our community. Much of this is working with our members to ensure that routine maintenance is being performed and improvements keep with the character of our community. We are fortunate



to have dedicated members on the committee that work on a volunteer basis. There are some members on the committee that will be completing their term at the end of August. This presents an opportunity for you to become involved and make a difference. We do have a monthly meeting, as all committees do. We also have weekly verifications to evaluate new complaints, and completion notifications received. Helping the verifications is done if committee members have time. The schedule and effort can be adjusted to fit your schedule. Fortunately, there have always been enough members that pitch in to get things done. You do not need to be an expert on the Design Guidelines as we work as a team and provide training as necessary. Applications are available on the resident website.

I would also like to recognize the efforts and services provided by our Association staff. The Community Standards Department works hard to serve the community. They support the Compliance Committee and the Architectural Review Committee. They also provide essential consultation and services to the members of our community. In addition to working hard, they also continue to refine and improve their practices to provide the best service possible for Lincoln Hills.

## Strategic Planning

*Denise Bowden*

The current health crisis has not stopped the Strategic Planning Team from continuing to move forward as committed. The final two reports, WellFit and Infrastructure have been completed and are posted under the Big Red Button on the website. From this in-depth discovery phase, there have been a significant number of projects identified by residents and staff as either required, beneficial, or just nice to have.

It has been a long road getting here but there now exists a list of projects resulting from focus groups, staff interviews, walkthroughs, club and committee input. All residents who expressed interest in participating were included.

We will gather one final group of previous focus group participants for help in recommending which

projects should be the focus of the Association's strategic plan over the next 3-5 years.

Once these participants have provided input, and a final list is created, the work on the plan begins. The draft plan will be shared with the Board and then posted for the required 30 days, so all residents have an opportunity to read and comment. A final plan will be created based on those inputs and then submitted to the Board for their acceptance.

We want to express our heartfelt appreciation for everyone who shared their time and comments with us. The results will truly represent what our residents want and provide direction for the future.





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



Four Board of Directors positions will be open in a few months! Now is the time to seriously consider filling one of these positions by becoming a candidate. All Members in Good Standing are eligible.

The Elections Committee will provide the following services for candidates:

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

Date	Day	Event
<b>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 Issues Statements Due
December 7	Monday	Articles from Candidates Due
December 20 (TBD)	Sunday	Candidate Yard Signs Go Up
<b>2021</b>		
January 11-15	Monday-Friday	Election Ballots Mailing Window
January 9, 12	Saturday, Tuesday	Candidate Forums
February 17	Wednesday	All Ballots Due by 3:00 PM
February 18	Thursday	Ballots Counted, New Board Seated

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

**GET READY!**

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## Summer Produce

Food & Beverage Team

As the summer heat approaches, so does a great season of produce from the local Sacramento Valley. Known for tomato production throughout the world, Sacramento farmers (such as Del Rio Farms and Watanabe Farms) are known for their intricate varieties of heirloom tomatoes. Red Cherokee, Mister Stripey, and Golden Green are, to name just a few. Meridians continues to source local farms for the best produce available, and with the help of these and other local farms, we bring the taste to you.

Summer also is an excellent time to BBQ, we started in June with our Secret Garden BBQ and plan to continue through July. Saturday's will feature a small BBQ-centric menu where Chef MJ and his Team will be grilling up on a mix of Mesquite and Oakwoods.

Be on the lookout for Whiskey Wednesdays as well. An opportunity for ten reserved guests can taste three whiskeys with three bites. A chance to scale the spectrum of Scottish Single Malted Varietals (from Speyside to Highlands), American Favorites from Kentucky, as well as Around the World. Not only will we taste, but learn, review, and interact. Reservations are limited.

Lastly, but certainly never least, I want to extend a specific thank you to the entire Lincoln Hills Community for standing by Meridians during the closure. To have the love and support of residents, families, and even guests amaze me every day. We were able to be servants in a time of need; from Curbside & Delivery to even our Meat & Seafood Sales, we wanted to ensure we were able to fulfill a need at such a crucial time.

I personally wanted to acknowledge Del Monte Meat Company for supplying the Certified Angus Beef, Pastured Chicken, and Sustainably Sourced Seafood that was packaged for convenience. They have been great partners of mine for over 24 years, and continue to extend the quality that Lincoln Hills deserves.

On behalf of the entire Food and Beverage Team. Thank You, and we hope to see you soon.

## Chef's Recipe of the Month:

### Chef's Summer Salad

#### Ingredients

This is a summer seasonal mixture of items that you can adapt to your liking. If one item is more favored than the other, switch out the quantities. I am a big fan of the following recipe:

Cut all of the following into equal-sized cubes:

- 1 cup, Watermelon, large diced
- 1 cup, Heirloom tomatoes, large diced
- 2 each, English Cucumber large diced

Toss in a mixture of :

- 3 Tbsp. White Balsamic Vinegar
- ¼ cup Local Olive Oil
- As needed, Fresh Cracked Black Pepper

Once tossed together, arrange on a plate with multi-colors pressed together. As the plate fills, and you are happy with the randomness of each item, top with a rough chop of:

- 1-2 fronds of Fresh Chives
- 4-5 leaves of Fresh Mint
- 2-3 leaves of Fresh Basil

Finish with a light sprinkle of Maldon Sea Salt (or any other very coarse sea salt).





## Lifestyle News & Happenings A Different Kind of Summer

Lavina Samoy, Lifestyle Manager

We had the Summer Series line up completed when the pandemic hit freezing our plans, trips, shows, and classes. We are now in the midst of summer, and there is still no indication when we can all safely go out to dance, play, and party.

We have decided to remove the Summer Amphitheater Concert Series announcement. I know it's disappointing, but it will be impossible to hold a series as we move further along in the year. If and when we can produce an outdoor concert this year, we promise to make it exciting with all precautionary measures included. As of this writing, State and County guidelines prohibit live performances and concerts until Phase 4.

Trips continue to be questionable as group leisure travel is still not allowed. The biggest challenge is keeping 6 feet distance on the bus while making it affordable. I have received a lot of enrollment inquiries for the Catalina Island trip in October. We are unable to open registration for **any** trips until we are confident that group travel is safe.

We are hopeful that small group classes can open soon. I know how much you all have been waiting to start your creative process, but please

be patient. In the meantime, we continue to work on finding activities that could successfully be offered via Zoom for your enjoyment.

Yale Professor Marc Lapadula is back with an ambitious two-part Zoom presentation: **Our Nation's Narrative in Film: The American Dream and Beyond, August 10 & 17**. The presentation will cover eight subject matters using 25 handpicked movie greats to tell the narrative (page 55).

Another **Krafting with Karla and Lavina is scheduled on August 25**. Create a semi-custom

**Home Sign** perfect for your front porch using vinyl art. All skills welcome (page 65).

We are also working on a collaboration for a **Cooking Class with our very own Chef MJ** slated in the early part of August. Details are still in the making so watch out for it in eNews. Please subscribe to eNews by going to our resident website: [www.sclhresidents.com](http://www.sclhresidents.com) and click Sign Up for eNews.

You wouldn't want to miss out on any new Zoom or in-person events we may be cooking up!

Don't forget to drop by at our weekly **Wednesday Farmers Market with your face covering on** (yes, masks are required). It's a great way to see people, buy fresh produce, and enjoy the sunshine this summer (page 51).





## The Spa at Kilaga Springs Returning

*Trudy Smith, Spa Manager*

The team here at the Spa has been wondering about Spa demand after COVID. I have been reaching out to other Spa professionals and industry experts, here are a few results:

“Expect a spa boom once lockdown eases, people have not been able to treat themselves for a long time and now more than ever we’re reminded that we must look after our own wellbeing.”

– **Daphne Metland, Behavioral Specialist**

### Returning to spas

This survey reported that just over 80% of respondents said they would go back to a spa straight away (48%) or in a couple of months once spas reopen (36%). 65% cited ‘just relaxing in a spa environment’ as the main reason for returning, while 6% of all respondents said they planned to visit more regularly than before.

The core market, aged 46-60, is reportedly the most confident to return, and men are reported to be most likely to return to spas straight away, with 51% of all male respondents agreeing.

Furthermore, 80% of those surveyed expected to spend the same amount or more than they did before the pandemic.

**Marrio International’s Ken Ryan, VP of Global Operations:** spa, fitness, and online retail, recently spoke out about the importance of strict hygiene procedures during the reopening phase.

“It’s likely from what we’re hearing around the world that the first customers coming through your door are going to be a minority, and they’re going to be a little more relaxed.

“We need to be very careful that we’re steadfast for the long haul in the procedures and policies we put in place because it’s the customers that come after those carefree guests that are going to be checking your hygiene and cleaning protocols and procedures,” he explained.

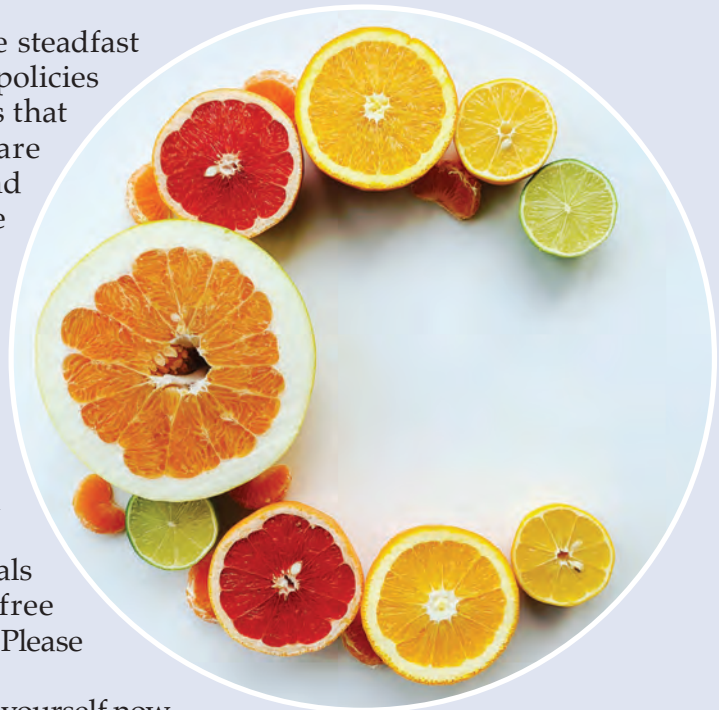
He went on to say “Stay steadfast with whatever procedures you put in place and continue them for the long haul. You have to make sure that every customer feels comfortable and safe.”

You can be sure that The Spa at Kilaga Springs will be rigorous in our sanitation and protocols everyone’s safety.

We are continuing our HydraFacial Specials in our Skin Care department and our free Enhancements in our Massage department. Please see ad on page 44.

It is particularly important to take care of yourself now more than ever, and we at the Spa can help with that journey.

We are thrilled to announce that our spa is featured in this month’s Pulse magazine: [pulse.experienceispa.com](http://pulse.experienceispa.com). See page 33. We hope to see you in the Spa.





## WellFit News

### Living Here in Lincoln Hills

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Welcome to summer! I hope you have had a chance to visit the Orchard Creek fun pool even though it is not like last year. I'm very thankful that we have been able to open some of our amenities. We have had to develop a new way to run our fitness centers.

Through some tweaks and learning curve, I think we are at a pretty good place and hope the future will allow us to offer more classes for everyone. We are currently offering small group trainings, limited punch pass schedule, and personal training. If you have questions about any of these or want more information, please refer to the WellFit pages located in the back of the Compass next to the class grids. Don't hesitate to reach out to Jeannette Pyle, our WellFit Manager, or myself, we are here to help you.

One of the things that I have come away with during these times is we must stay positive and

strong in our community; reach out to others who need assistance; give back to our City and respect others in their beliefs. We are in this together and need to do our part to get through these times. If you are feeling down or just need find something to do during these slower times, make a reservation for the Fun pool and hang out and read a book. Wander on down to the Sports Plaza and learn a new sport, Softball, pickle ball, tennis, and Bocce are all run by Lincoln Hills clubs. Did you know that if you reach out to these clubs, most of them will provide free training/lessons there is no better time than now to do just that. Hit the gyms, trails, The Spa at Kilaga, (get yourself pampered), and don't forget about Meridians, grab lunch and sit outside on the patio while enjoying Chef MJ wonderful creations (Have you tried the Brussels sprouts? A must.). There really is something for everyone, and there was a reason why you choose to live here, so get out and enjoy it!



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## The Founding Mothers

Linda Lucchetti, Roving Reporter



Founding Mother, Abigail Adams

“Behind every great man there’s a great woman,” the saying goes.

Each year on the Fourth of July we remember great patriots like the Founding Fathers. Behind the Founding Fathers were the Founding Mothers. Often forgotten, their lives and influence on their husbands’ work have not been well recorded in history.

Fifty-six men signed the Declaration of Independence on a hot Philadelphia day in July 1776, each representing one of the 13 colonies. While Benjamin Franklin, John Adams, and Thomas Jefferson are celebrated authors of the Declaration, their wives, Deborah Read Franklin, Abigail Adams, and Martha Jefferson, are not well-known. However, they too made many sacrifices, kept the home fires burning and the kids in line, sometimes running a farm or family business, while their husbands were busy hammering out a new government.

**Deborah Read Franklin** and Benjamin Franklin had entered into a common-law marriage. A fear of sea voyage kept Deborah at home while Benjamin was in Europe. She took on the management of the family business, operating

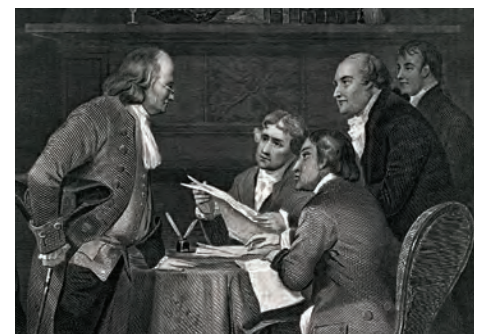
their print shop and general store. Deborah became an entrepreneur with a drive that led to the expansion of the post office, created educational opportunities for the poor, and continued installation of streetlights and paved roads for safety.

**Abigail Adams** served as her husband’s unofficial adviser throughout his career, often sharing her thoughts and advice in letters written during their times apart. Not shy about expressing her political views, in one of her many letters to her husband, she requested that he “remember the ladies,” and be more generous and favorable to them than his ancestors.

An early advocate of women’s rights, Abigail was also the first woman to become a president’s wife and the mother of a president. (Barbara Bush was the second.)

**Martha Jefferson** (Martha Wayles Skelton) was a widow when Thomas Jefferson came courting. Their love of music is what cemented their romance, some say. Jefferson played the violin, and he ordered his new bride a piano for their home at Monticello. The couple often harmonized together, he playing the violin and she singing and playing the piano. Martha was the first lady of Virginia when Thomas was governor, but sadly, she died 19 years before her husband would become the third president.

These are only glimpses of three Founding Mothers. To quote Abigail Adams, let’s “remember the ladies.”



Franklin, Jefferson, and Adams drafting the Declaration



## Good Produce Produces Good Health

*Shirley Schultz, Roving Reporter*



Say out loud, “I am what I eat.” This article will focus on vitamins, which are organic substances required to regulate the functioning of all body cells. Vitamins, thirteen in all, are essential for life as they aid in the conversion of food to cellular energy. You must consume them because the body cannot manufacture them. In some cases, the body synthesizes the vitamin from proper food intake. Plan now to take advantage of the Farmers Market on Wednesday mornings at the Orchard Creek Lodge parking lot to buy fresh life-giving foods.

The four fat-soluble vitamins, A, D, E, and K, are stored in the liver and fatty tissue for extended periods up to many months. The nine water-soluble vitamins, eight B’s and C, are stored for only a short time, and excesses are mainly disposed of in the urine. The following is a less-than-comprehensive summary of why the body needs regular replenishment of these essential vitamins. Some may have medical conditions that require them to alter daily intake of specific vitamins.



**Vitamin A.** Beta carotene contained in food is converted to Vitamin A in the intestinal wall. Vitamin A plays a role

in promoting good vision, and it is utilized in the formation and maintenance of teeth, skin, mucous membranes, and bones.

**Vitamin D** is produced in the body in response to sun exposure, and can also be obtained in the diet. It is required for calcium absorption by the bones and teeth.

**Vitamin E (alpha-tocopherol)** helps in the formation of red blood cells and the utilization of Vitamin K. It is an antioxidant that may reduce the risk of some cancers.

**Vitamin K** is essential for normal blood clotting.

**Vitamin C (Ascorbic Acid)** helps in wound healing and maintenance of normal connective tissue, and promotes healthy gums and teeth.

**Vitamin B1 (Thiamin)** is required for a healthy brain, nerve cells, and heart function.

**Vitamin B2 (Riboflavin)** is essential for red blood cell production and healthy skin and eyes.

**Vitamin B3 (Niacin or Nicotinic Acid)** aids maintenance of healthy nerves, skin, and digestive system.

**Vitamin B5 (Pantothenic Acid)** is essential for the metabolism of food and the production of essential amino acids.

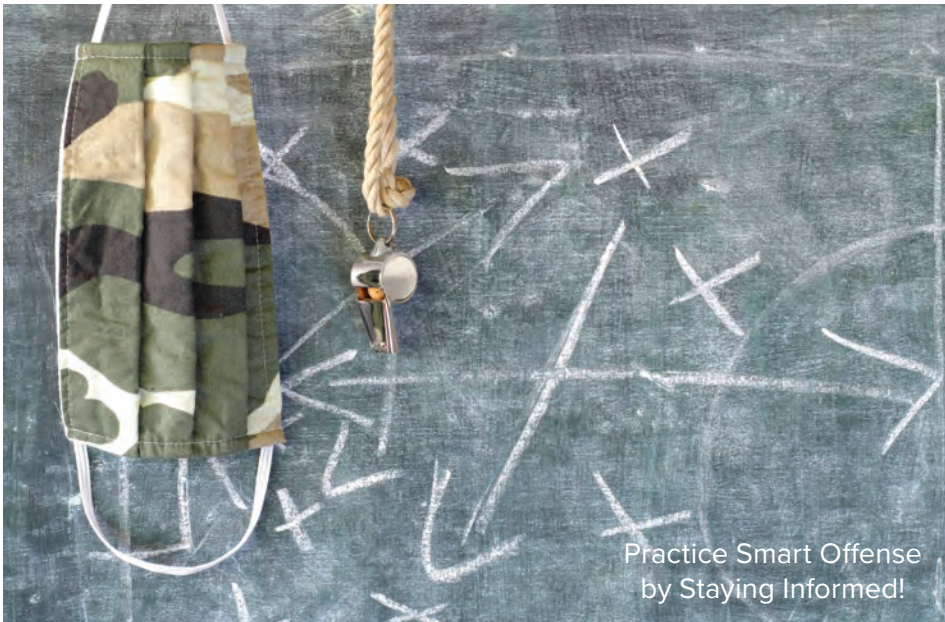
**Vitamin B6 (Pyroxidine)** is essential in the chemical reactions of proteins and amino acids, and it assists in maintenance of brain function and red blood cell formation.

**Vitamin B12 (Cobalamin)** is found only in animal products. It is used in nearly every body cell and is essential for red blood cell development, DNA formation, and production of amino acids.

**Vitamin B9 (Folate/Folic Acid)** is necessary for the synthesis of DNA, healthy growth, and protein metabolism.

**Vitamin B7 (Biotin)** is required protein, carbohydrate, and fat metabolism.





## The Best Defense Is A Smart Offense!

*Teresa Tanin, Neighborhood Watch*

As we anxiously return to enjoying sports, on or off the fields, we understand the importance of a smart offense. This understanding is acknowledged in the Neighborhood Watch mission statement, namely, to strengthen neighborhood ties; increase personal safety and security awareness; be the eyes and ears of the Lincoln Police and Fire Departments; and, encourage emergency preparedness.

This smart offense starts with keeping in touch with our neighbors, being aware of our surroundings, reporting unusual activities, and being prepared for emergencies.

The Neighborhood Watch website [www.sclhwatch.org](http://www.sclhwatch.org) offers easy links for residents including, "sign me up for Alerts," "report an incident," and "Placer Alerts sign up" under Public Safety, bottom left.

Signing up for Placer Alerts directs users to [www.placer-alert.org](http://www.placer-alert.org) click, "sign up." As part of the Sacramento-Yolo-Placer Emergency Notification Center, Alerts can be personalized for each individual signing up, including extreme weather warnings as well.

Also, visit the Lincoln Police Department Facebook page [LincolnPD.org](http://LincolnPD.org) where current activities are posted. Sign up to receive notifications of police activity in our area. The City of Lincoln offers ebulletin at [www.lincolncity.gov/residents/city-ebulletin](http://www.lincolncity.gov/residents/city-ebulletin). Sign up and stay informed. The best defense is always a smart offense!

General Meeting Notice: July 24, 1:00-3:00 PM, Fine Arts Room (OC), all residents are welcome. If we remain unable to attend in person, a "Go to Meeting" link to join the virtual meeting will be available. Contact NW Executive Assistant at 559-940-5576 if you have questions. Thank you!



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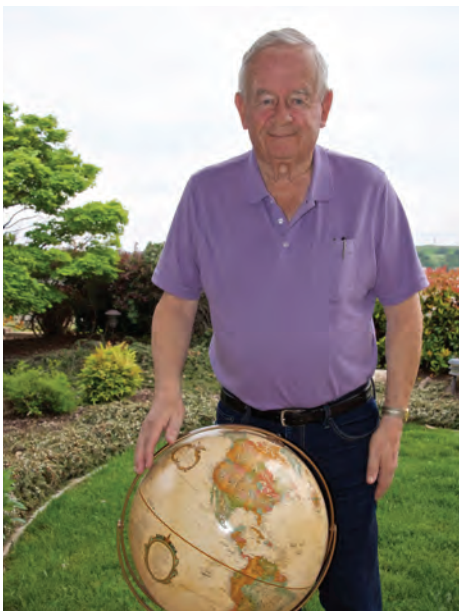


Riding High

## Personal Fitness Passions

*Richard Pearl, Roving Reporter*

The average age of our Lincoln Hills residents is now 75. With increasing age, most of us are experiencing some slowing down...but some of us are still powering up! Meet some of those physical overachievers:



Walking to the Top of the World

**Fred Fenton** (age 80) is into walking and I mean REALLY into walking! He has walked

every day – rain or shine – for the past nine years. Sometimes, just a mile or two; other times, the 6.8 miles from his house to the Orchard Creek Lodge and back. Cumulatively, he has logged 7,950 miles which is equal to (1) Lincoln to the North Pole and back, plus heading back northward to Vancouver Island, British Columbia, or (2) Lincoln to Washington DC via highway 80 and back, then a return to DC with a return to Indiana. And of course, he's still walking every day.

**Monique and Dave Wood** (ages 90 & 84, respectively) are into bicycling, and they've been riding for forty years on both U.S. coasts and overseas (Europe, New Zealand, and Canada). She and Dave ride three times a week and turn in 3,000+ miles each per year. At an age where many folks are starting to take it easier, Monique – especially – is a role model for all of us and is a constant inspiration to the bicycling community. Their only

acknowledgment to age has been the recent move to electric bikes, which have variable power-assist capabilities on demand. Monique says her bike weighs about 50% of her body weight, clearly evident from the photo.

**Ron Greeno** (age 77) is multi-dimensional when it comes to sports, participating in track and field events, bicycling, golf, pickleball, basketball, and softball. Ron set the world record for the high jump in the Huntsman Seniors contest in 2009 (men, 65 to 69 age group), clearing the bar at 5'00.50". He has played in national basketball 3 X 3 competitions. Ron normally bikes three times per week – about 3,000 miles per year - and has completed the Sierra Death Ride bike ride twice plus about ten Century Mile rides. On off days he plays softball on three teams, plus is a demon on the pickleball court.



Raising the Bar

We're fortunate here in Lincoln Hills to have not only great physical fitness facilities but also beautiful walking trails and peaceful streets. It's never too late to begin a fitness program, structured or not, so if you're not into that routine yet, there's no time like the present.

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Curator Security

## Patrolling a la Cart

*David Wright, Roving Reporter*

Lincoln Hills is interspersed with tempting nature preserves. The rolling hills, abundant wildlife, refreshing waterways, and well-maintained landscape helped to attract our residents here in the first place. But as attracted as we are to our open space, so are others with perhaps more-nefarious intentions. You never know what is on the minds of outsiders helping themselves to free use of our amenities. They could be friendly families from neighboring communities just out for a bit of exercise while enjoying nature, or they could be clever burglars looking for easy backyard access into our homes.

Until recently, our Security Officers had difficulty responding to complaints along the trails. They could drive their cars to the trailhead, but then would have to complete their journey on foot—encountering physical limitations and delayed responses.

A couple of weeks ago, Curator Security added a new tool to their

toolbox—a black gas-powered EZ-GO golf cart marked with silver “Security Patrol” and company logos for easy identification. The cart can comfortably maneuver the roadways, trails, pond areas, and sports facilities. It can squeeze through “shortcuts” that conventional vehicles cannot. Security can now drive right up to any incident occurring on our walkways, including those surrounding the Orchard Creek Lodge amphitheater. Unlike an enclosed patrol car, the officer in an open golf cart is better aware of the surroundings and is more accessible to our residents.

The gas-powered golf cart may be noisier than the electric model, but it has its advantages. It can operate for longer periods since there is no need to bring it in for charging. As long as the gas tank is full, it can effortlessly patrol our entire community. Just the sound alone can be a deterrent. Hearing the cart approaching might motivate a bad guy to leave

the property. Security’s role is less about catching criminals in the act and more about preventing them from ever attempting the act in the first place.

With the increased access, Security is able to curtail trespass-associated nuisances—trash, noise, vandalism, and vagrancy. Addressing these problems early may prevent more serious threats to our community and environment. One ash from a carelessly discarded cigarette or a poorly managed campfire in the dry summer brush is a recipe for disaster. Two years ago a Canadian goose had to be rescued after it became entangled in fishing line thoughtlessly abandoned by someone illegally fishing our ponds.

Now that Curator has been given “cart blanche” to respond to these issues, it is regularly patrolling areas that were previously unreachable. If you happen to encounter the new vehicle while enjoying the natural wonders of our community, wave and let the officers know you are happy to have them looking out for our “social security.”





**Ross D. Pelton | 8/12/1935 – 6/11/2020**

Ross passed away peacefully at home at the age of 84 on Thursday, June 11, 2020.

Ross was a native San Franciscan and a graduate of Washington High School.

Ross had a career at California State Automobile Association spanning 40 years in Information Services. He was on the original computer team that installed the first computer at CSAA. He was an expert on the actuarial and insurance business rules processes. He had an intuitive feel for all things computer related both in his professional and personal life.

He embraced the lifestyle at Sun City Lincoln Hills, moving to the community in 2001, after residing in San Rafael for over 30 years. He was selected to the Sun City Lincoln Hills Wall of Fame in 2019.

He was an avid softball player; continuing his playing career in the SCLH softball league for many years and as an umpire for 12 years. He served on the SCLH Softball League Board of Directors as Commissioner (2004), Vice President (2005). He managed teams for 2 years and contributed to opening day activities for 6 years. He was inducted into the SCLH Softball Hall of Fame in 2017.

He was an active member of the Lincoln Hills Players Group. He served as technical wizard for more than 35 productions for the Players Club, Tap Company and Community Chorus. He was a gifted performer and singer, appearing in many productions.

He hosted Karaoke Night events at Orchard Creek Lodge and at Buonarrotti's Restaurant for several years.

He was a member of the Citizens on Patrol unit of the Lincoln Police Department for 7 years.

His kindness, sense of humor and good cheer made everyone he came into contact with feel special. His "calling card" was a Tootsie Pop – paying forward for small kindnesses, and as a thank you for services provided.

He is survived by his wife of 42 years, Pat, and 4 children, Laureen (Stoll), Lynn (Franzen), Jeanette (Richard Russell) and Ross III; 9 grandchildren and 8 great grandchildren.

Ross was a one of a kind gentleman. Many people walk through our lives – but very few, like Ross, leave footprints on our hearts.

A Celebration of Life will be held once restrictions allow.



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## In Memoriam



### Ronald Dale Anderson

Growing up in San Francisco, Ron graduated from Polytechnic High School and then did a tour of duty in the U. S. Navy. He worked for Rycroft Foods until he retired. After that, he traveled the world, was an avid runner, hiker, loved tennis and pickle ball. He also loved chocolate doughnuts and would even share them! Ron was a kind, caring man who always had a great smile. He was preceded in death by his wife, Mary, and his son, Dale. He is survived by his partner, Barbara Schilling, his daughter and family, and his brother. He is also missed by many other relatives and friends. Ron was a kind, caring man who always had a great smile.



### John (Jack) Henderson

A native Californian, Jack was born in Oakland and raised in Alameda. After attending San Jose State, he worked for Vaughn's Clothiers. He then co-founded "The Peddler," a clothing store in San Francisco. He worked in the men's clothing industry for 50 years and was passionate about helping people look their best. He retired to Lincoln Hills where he enjoyed golf, pool, and playing poker with his buddies. He also enjoyed exercising at the fitness center, dancing, and gardening. His positive attitude and great smile will be greatly missed by his wife of 61 years, Nancy, two sons, and five grandchildren.



### Thomas McKay

Thomas grew up in Seattle, Washington. He started at the University of Washington before serving in the U.S. Army's medical detachment after World War II in Korea and Japan. He was honorably discharged and continued his pre-med studies and graduated from Medical School in 1953. He met his wife while doing his internship in Utah. They later moved to Chicago, where he studied pathology. Eventually, he became a family doctor in Bellaire, Ohio. He moved to San Francisco, where he studied Radiology. After several more moves, he joined the faculty at the University of Washington. Then he ran the Radiology department at Livermore Memorial Hospital. Soon he fell in love with flying and became a licensed private pilot. He bought a private practice in Utah, where they enjoyed hiking and skiing in the mountains. He enjoyed flying all over to visit friends. After retirement, he took up sailing and enjoyed the Seattle area. After moving here, he enjoyed playing bridge, gardening, writing memoirs, skiing, and playing golf and tennis. He was active in the Apple Group, Social Bridge, Investors' and the fitness center. He loved everything, especially meeting people. He is truly missed by his wife, Mary Ann, four children, four grandchildren, and two great-grandsons.



### Edwin "Skip" Stuart Morton

Graduating from Palo Alto High School and Cal Poly San Luis Obispo as an engineer, Skip was a pioneer in the fledgling Silicon Valley and ended his career at Hewlett Packard in Roseville. He built a Burt Ratan Long EZ airplane in his garage, which is now displayed on the roof of the Hiller Aviation Museum in San Carlos, California. Skip was an avid reader, loved to sing, and donated over 10 gallons of blood to the Red Cross in his lifetime. Before college, Skip served in the U. S. Air Force for four years in Fort Fairfield, Maine. That is where he met his wife, Carolyn. They moved to California, where they had two children. His wit and charm brought a smile to everyone who knew him. He also leaves five grandchildren and many friends.



### Audrey Thrall

Born in North Branch, Minnesota, Audrey grew up in Winneconne, Wisconsin, where she met and married her husband, Douglas. They had three children and lived in Wisconsin, Illinois, and Florida before moving to San Jose in 1962. They retired from Santa Clara County Social Services to live in the Santa Cruz area until Doug's death in 1988. Audrey played golf and sang with the "Sweet Adelines." After moving here, she was a founding member and co-chair of the Players and Readers Theatre groups enjoying roles in "Harvey" and "Arsenic and Old Lace." She was also a member of the Billiards Group. Remembered for her outgoing personality and good humor, Audrey is missed by her children, grandchildren, great-grandchildren, and many friends.

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

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**Amateur Radio**

We have resumed our weekly meetings outdoors at the Sports Pavilion. Adhering to CDC guidelines, we practiced social distancing, sitting comfortably in individual lawn chairs or standing. Needless to say, we were happy to see each other.



*Making Contacts*

Throughout June leading up to the Annual Field Day event, detailed discussions were held outlining Field Day Antenna locations and Bands to be covered. In the next issue, we will report on how the Annual Field Day went. 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**

Gatherings for meetings and activities are postponed through July. However, our Steering Committee has been holding web-based planning meetings to discuss the resumption of future club activities. We plan to reschedule Anthony Oreglia's presentation on the "U.S. mission to explore the planets," an up-to-date overview of the space missions that have gone to the planets in our solar system and the results of those missions.

The Cosmology Interest Group (CIG), a sub-group of LHAG, plans to resume lectures and discussions in August on an "Introduction to Astrophysics." It is unknown at this time when the Telescope Interest Group will be able to host a star party as social distancing is not feasible when viewing through telescopes. For additional information, visit the LHAG website.

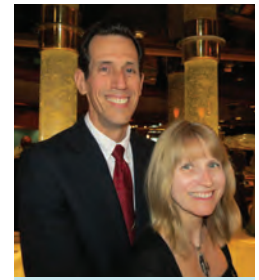
Contact: *Bill Weaver 916-408-1252, hamweaver@wavecable.com*  
Website: *www.lhag.org*



**Ballroom Dance**

We are pleased to feature Mark and Karen Worley. Mark and Karen, both retired accountant CPAs, moved

to Lincoln Hills in April 2016 after living in Elk Grove, CA, for 26 years. They have two children. Mark had two years of tap-dancing lessons starting when he was nine years old and a ballroom dance class in college at age 19. Karen grew up in the Midwest, where she learned beginning Waltz at family wedding receptions. At age 19, she completed a ballroom dancing class for a semester in college, the same dance class, and at the same college that Mark attended. Mark feels that the rigor of dance helps to reduce dementia. They both enjoy dancing because it's good exercise, and it allows them to socialize.



*Mark and Karen Worley*

Contact: *Ruth Algeri 916-408-4752*



**Big History**

Until we can safely meet in P-Hall (KS), we will continue via Zoom at our regular times, the first and third Monday of each month at 10:00 AM. But because of the Independence Day weekend, we will not meet on July 6. On July 20, Jerry Steinman will discuss the many positive aspects

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We will email updates regarding our future schedule. For more information:  
 Contact: David Lewis 916-626-2795, [stuff619@gmail.com](mailto:stuff619@gmail.com)



**Billiards**

This month's photo is the finished install of the OC tables. They are Brunswick Gold Crown VI'S. If you are running out of things to watch on Netflix, I suggest watching YouTube videos of past and present professional



Orchard tables

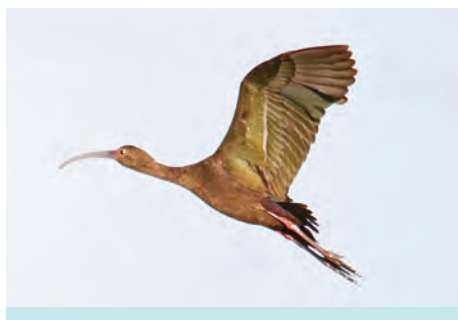
pool players. There are also many instructional videos. There are videos of nine-ball, eight-ball, snooker, one pocket, and billiards you can hone in your game. Have faith, we will be playing pool on our new tables. Until then, stay safe, stay healthy.

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



**Bird**

Since the virus is still active, there will be no activities in July and August. However, members continue to enjoy our wonderful wildlife trails. Canyon Oaks and Orchard Creek trails have had Cooper's Hawk nests with four chicks each. You may also see Nuttall's Woodpeckers or White-breasted Nuthatch along these two trails. The Ferrari Pond Trail still has Great Egrets, Great Blue Herons, and Green Herons. You may also spot Marsh Wrens or Song Sparrow along the pond. Some of our birders enjoy



The White-faced Ibis  
 photographed by John Garfein

early morning drives out around Lincoln. These open areas have a nice variety of birds: Harrier and Swainson's Hawks, Kestrels, Magpies, Kingbirds, White-faced Ibis, and even Peacocks. As you head out, do stay safe with social distancing and wearing your mask.  
 Contact: Sal Acosta 843-991-5188, [quailrun@wavecable.com](mailto:quailrun@wavecable.com)  
 Website: [www.lhbirders.org](http://www.lhbirders.org)



**Bocce Ball, Mad Hatters**

We are not sure what the status of our amenities will be by the time you read this. As we write, they are opening the fitness centers on a reservation basis. The Bocce Courts have seen moderate activity since they opened the Sports Plaza. We have chosen, for safety reasons, not to have any Mad Hatters Bocce sessions on Thursday mornings, but if you would like to borrow a set of Bocce, please call, and we'll loan you a set. We have seen small groups, usually four people, playing Bocce but not really following the Association suggested guidelines. Dennis Beldon seems to have his Singles Group Bocce players following the guidelines with gloves and masks, for the most part. Please feel free to call if you have any questions.

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

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**Book, OC**

July's selection is *And Then There Were None*, an Agatha Christie classic book with numerous film adaptations. Remember "whodunnit?" Reread the book, check out a movie, and join us at our meeting.

Our July 16 meeting will be virtual via Zoom—details later this month. If you are not a member and would like to attend, email us to be included. If we are back to normal, we will meet at 1:00 PM in the Multipurpose Room (OC). Time to think about 2021 book titles. Email suggestions for inclusion on our November ballot. Future books: August 20 – *Small Great Things* by Jodi Picoult. September 17 – *The Widows of Malabar Hill* by Sujata Massey. **Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com**  
**Website: lhocbookgroup.blogspot.com**



**Bridge, Duplicate**

We held the board meeting on Zoom recently with near-perfect attendance. Officer changes are Joyce Clark, Vice-President, and Susan Brenden, Treasurer. Two possible charities to support are the Salt Mine and Ride-to-Walk. Because of social distancing, many members are playing duplicate bridge online. ACBL has

joined with Bridge Base Online to offer masterpoints online. Pat Lewis, Club President, is investigating various clubs who have set up bridge games online for masterpoints and want another club to join them. A good website for "How to..." videos on how to manage Bridge Base Online is: <http://www.sagamorebridgeclub.com/help-everything-bbo>  
**Contact: Patricia Morgan 916 543-0263, Patmorgan2260@hotmail.com**



**Bridge, Partners**

Bridge is still suspended since lodge meeting rooms cannot be used for group activities without the six-foot spacing requirement. The Association continues to adhere to state and county directives, hence bridge remains suspended until further notice.



**Bridge, Social**

Different from Partners' Bridge, we rotate Single Players. This year, with \$5 yearly dues, we have had up to 18 tables available. We play six rounds. In 2015, we started a free bridge class for beginners/intermediates (to improve skills), which is ongoing. Each year, we have a Social Bridge dinner, usually in October. We have known some members since 2002



*Social Bridge*

and have developed endearing long-term friendships. 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 back soon. **Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com**



**Ceramic Arts**

Hello one and all. As of this writing, mid-June, we have no definite information as to when our studio will be reopening for workshops or classes. The Association is being cautious, as they should, to try to make certain everyone is safe and stays healthy. A number of plans are under discussion and will be shared when decisions are finalized. Our Chair, Marcelle Schaefer, is keeping the



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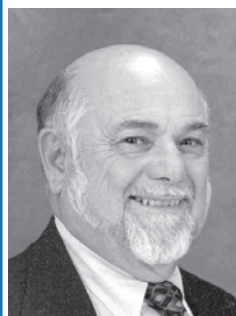


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lines of communication open and working to facilitate our program.

Our CAG meeting scheduled for June had to be postponed. We are hoping to meet the end of July, but that is undecided at this writing. Members will be notified by email and on our website as information becomes available.

Take care. Hope to see you soon.

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

**Computers**

**Apple Users**



Earlier this month, Ken Spencer showed you some techniques for taking the best photos. Later this month, Andy Petro will show you some things you can do with your photos once you've taken them. He'll walk you through some photo projects on the iPhone and iPad using the Motif app and the Mixbook website. You'll learn how to create hardcover books, softcover books, calendars, wall hanging photographs, and occasion cards. In August, don't miss Ken Silverman's seminar on Apple CarPlay.

Our seminars continue to be presented on Zoom, so watch the weekly email for meeting sign-in information. Check our

website for the latest information on these and other upcoming seminars. If you're having problems with your Apple device, the LHAUG HelpLine continues to be available.

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

**Computers**

**PC**



June 10 on Zoom, Rita Wronkiewicz, presented a talk, "Security for your Computer." The PowerPoint slides and discussions were excellent, and we should heed her warnings. Thanks Rita. This will be on the club website soon. Three Malwarebytes Premium were won by a raffle for those who attended. On July 8, Terry Rooney will present "Windows 10 Update" on Zoom or a similar program. Emails will be sent to all members prior to the talk. No date yet is known when P-Hall (KS) or Computer Room (OC) will reopen. Thanks to Terry for setting up the Zoom. Previous presentations are available on the club website, and all are very informative. We welcome new members, \$15 for the year through December. Stay healthy,

and someday this will all be over.

Contact: *Norman Seidenverg*  
916-209-3894, [sclhcc@gmail.com](mailto:sclhcc@gmail.com)  
Website: [www.sclhcc.org](http://www.sclhcc.org)



**Country Couples**

As a dance club, a lot of us are wondering just how we will be able to get back to dancing and socializing while staying safe and social distancing. We know the Association is working on guidelines for all clubs and residents. They, in turn, have to abide by directives set by officials and health experts from the County and State. Not an easy task by any means. We know the Association is looking out for all residents and, hopefully, by the time this is published, we will have more information.

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](http://www.sclhcc.com)



**Cyclists**

Here we are in mid-June (at this writing), and the crisis is not over. Actually, we now have two crises—viral and racial. The cycling groups are still getting out on our regular

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**Patrick J Osborne**  
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916-747-2080  
email [patrickjosborne1@gmail.com](mailto:patrickjosborne1@gmail.com)

Monday, Wednesday, and Friday morning rides. Each riding group is now limiting the number of riders in the group for social distancing requirements. Some groups are still stopping at coffee shops while others are refraining due to possible contact with virus-infected people. The trails throughout our riding areas, which we ride on frequently, are now crowded with people walking or cycling. There has been a bicycle boom, and we are now seeing many more cyclists on the roads. Now that businesses are reopening, we are also seeing more auto traffic out there. Ride carefully.

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

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



### Euchre

We are not able to play due to COVID-19, but when play is open, consider joining our group.

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 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](mailto:audreyjmcfadden@gmail.com)



### Fishing

Things are still on hold here in Lincoln Hills—well, at the time of this article.

Hint: The rig addition is a simple piece of 5X fluorocarbon to a soft hackle wet fly. The tippet is about 12 inches long and comes back out of the eye of the dry. I prefer it this way, so the hook bend stays clear. The additional tippet is short because the current is mixed. And with attentive, deliberate casting, I can land both the dry fly and the soft hackle in the same seam. Troutbitten by D. Swentosky. Fishing folks meeting up; Spin is meeting OC parking lot and Fly meeting Turkey Creek patio. Join our club.

Contact: Ralph Tonseth 559-860-9104, [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net)



The tug is on!



### Food Adventures

Our club remains on hold for its normal



Farmers' Market Scene

food-related activities in conformance with directives from the Association and local and state authorities. We will remain in this status until there is a general consensus that it's OK to move toward normalcy. Even then, the club will proceed very cautiously in scheduling gatherings of any kind. As members see local public food venues beginning to open their doors once again, the club recommends members be cautious and to observe the various restrictions placed on public places of all kinds. We have tentatively scheduled a one-hour Zoom session for club members on Monday, July 27, at 2:00 PM, which is our normal monthly meeting time. Our Wednesday morning Farmers' Market is open.

Contact: Pam Abad 916-409-5679,

[SCLHFoodAdventuresClub@gmail.com](mailto:SCLHFoodAdventuresClub@gmail.com)



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**Garden**

At the time of the publication deadline, our Lincoln Hills facilities remain closed due to the Coronavirus. If we are able to resume our in-person General Meeting, it will be Thursday, July 23, at 2:00 PM—place to be determined. Guest Speaker Debbie Flower, a retired professor of horticulture, will be the presenter on “Container Gardens: Water Wisdom.” Successful gardening in containers is very different from gardening in the ground. What container to use? What medium? Grow what plants? Put the container where? Water when? How much water? Debbie will answer these questions, and more! She learned the rules of horticulture while obtaining her BS from Rutgers University (the State University of NJ, which is The Garden State) and MS from UC Davis.

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



Steering Committee Meets Using Social Distancing!



**Genealogy**

Our July 20 speaker session has been canceled. We are sending a message to members to join us on July 27 for an “Ask the Team” session from 6:30 to 7:30 PM. We will send a link to members to join us on GoToMeeting. We will be available to answer questions and give suggestions to members regarding genealogical research. Stay tuned for the time when we can resume coaching, speakers, workshops, and Boot Camp. Maureen Sausen has kept the membership supplied with links to genealogical resources. Some members are creating videos that will be shared with members when they are finished. 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://sclhwatc.org/>



**Golf**

**Ladies XVIII**

We are swinging for the fences and putting lights out, or are we dreaming. No, our regular Thursday playdays resumed this month. They have been defined in part by the Coronavirus, but have been injected with Fun formats, designed by our Tournament Chair, Mikie Briggs, to maximize participation. It is once again nice

to see a lot of happy faces. Our club welcomes new players year-round. Interested residents may contact our New Member Liaison, Nancy Gadsby, with questions. Our website gives more information about our club. Our membership remains steady at 100.

Contact: Nancy Gadsby, [n.gadsby@att.net](mailto:n.gadsby@att.net)  
Website: [lhlgxvii.com](http://lhlgxvii.com)

**Lincsters**



COVID-19 Safety Tips For Golfers

We are independently forming foursomes as an alternative to the traditional shotgun start. Why not welcome a new member to join in? Recent additions to the roster are Teresa Becker, Valerie Green, Linda Mateer, Olga Vinyard, and Michelle Williams. See Lincsters.com for bios and photos. Share these COVID-19 golf safety tips: • Bring a mask. • Pay with a credit card. • Wait at a safe distance and arrive to tee no earlier than 20 minutes prior to start time. • All carts, including personal carts,

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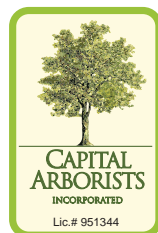


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- Do not touch flag stick.
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- To avoid borrowing a ball or a tee, bring extras.
- Have Fun.

Contact: Joyce Kirk 626-429-2284, thejfkirk@gmail.com

### Golf Men's

We are resuming the monthly tournament schedule. June's Stableford had a full complement of players. In July will be the Patriotic theme of Red, White, and Blue Four Man Scramble. The Men's Club players are teeing off on holes one and 10 with 10-minute intervals. With no rakes, the bunkers are under local rules, therefore players have the option of playing the ball off the grass, no closer to the hole. The courses are playing well and are busy. Players with their own carts and divot bottles are encouraged to get sand in the barrels at the range and help by filling any large divots on the fairways. For a list of our Sponsors and tournament updates, visit our website.

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



### Hiking & Walking

Although we are not walking or hiking as a group, we are very fortunate to be able to observe beautiful nature around us. Check the website for updates regarding hiking and walking in the next few months.

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



Sheep and goats helping to control vegetation



### Investors' Study

Thursday, August 6, at 2:30 PM, via phone call due to corporate travel restrictions, Russ Abbott 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 Sulzer for questions on the Investors' Study.

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



### Lavender Friends

Bingo anyone? In this new virtual normal, the club's activities committee is exploring holding an online bingo game, complete with prizes, as a way of bringing us together while keeping us safely apart. If you are interested, watch for the details in our weekly emails to our members and on our website.

Meanwhile, Lavender Friends' 15th anniversary celebration has been rescheduled for September 23. Our Saturday morning coffee socials continue to be held online at 10:00 AM on Zoom (watch for the links in our weekly emails).

Congratulations to Marilyn Kupcho, the new coordinator of the club's activities committee. Lavender Friends is a club for LGBT residents and their supporters in Lincoln Hills.

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



### Line Dance

We are still unable to Line Dance as a group, but this month we are featuring background on one of our long-time participants. After growing up and raising a family in the Bay



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area, Dennis and Georgi Dawson moved to Lincoln Hills in 2004 and immediately became interested in different groups, with Line Dancing being a favorite. The couple has been involved with Country Couples since the latter part of 2009 and have helped as substitute instructors for Country Couples and volunteered to lead practices. Dennis has also been a substitute for Sandy Gardetto's line dance classes (2-4) as well as Jeannie Keener's classes.



Dennis and Georgi Dawson

We look forward to resuming line dancing and thank Dennis and Georgi for being a vibrant part of our line dance community. *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 Lodge.

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



**Mah Jongg, National**

Greetings. It has now been four months since we sat at our game tables, building the walls, doing the Charleston, and drawing and discarding tiles in hopes our hand develops so we can call "Mah Jongg."

When we do get back on schedule, we play every Tuesday from 12:15 to 4:00 PM in the Card Room (OC). In the meantime, take advantage of the many online game sites so you will be familiar with the 2020 card combinations. We really hope to see you next Tuesday. Stay well. *Contact: Gerry Bell 916-253-7860*



**Mixed Media**

Wednesday, May 20, our club Board met on



What can you do with COVID-19 time?  
Paint a shed!

Zoom to discuss the activities for the new normal. The Board consists of Nancy Griffin, Jan Stephens, Frima Steward, and Jill Short. Two topics on our agenda were how to proceed with a new limit of people that can be in the ceramics room and secondly when to start our meetings. We started with a Mixed Media Club meeting on Zoom June 17 at 11:00 AM. It was great to see our members who participated and to hear what they have been doing. Watch emails for club updates. Until we see each other again, keep creating those projects. It will be fun to see all the mixed media projects.

*Contact: Nancy Griffin*



**Motorcycle**

The club had a fun, short ride while participating in the birthday parade for Steve Pizzo, who was celebrating his 100th. Road Captain John

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Lining up for the parade!

Marin led a club ride on June 13 to explore some nice sites near Lincoln. These included Camp Far West reservoir, a ranch raising longhorn cattle, and a 100-year-old gold dredge. The riders had a great lunch at the Sutter Buttes brewery in Yuba City.

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



**Music**

At the time of this writing, it is unknown if the OC will be open for our July meeting. The July songs posted to our website are still "All of Me" and "Country Roads." I'm sure our

members have been practicing 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**



**Needle Arts**

Our club goes dark in July and August, which means no General Meetings. The plan for Needle Arts is to get back to our General Meetings on September 15. Our meetings are held in P-Hall (KS) at 1:00 PM. "Save the Date" for our Holiday Luncheon, December 17. Remember that all up-to-date information will come through an email from our President, Jean Storms.

Needle Arts had an online Show and Tell in June. Those who participated turned in one or two photos of projects they did during the quarantined time. Six Tuesday morning Quilt Group members



Mary Swanson shares her quilt for show and tell online

involved in a round-robin met at the Sports Plaza last month to exchange quilts to continue with the round-robin.

**Contact: Jean Storms, jeanstorms272@gmail.com**  
**Website: www.sclhma.com**



**Neighborhood Watch**

We will hold our general meeting Friday, July 24, from 1:00 to 3:00 PM. Because of COVID limitations, only the directors will meet in person. Residents, however, are invited to "attend" by logging onto the meeting and participating "virtually." To do so, go to our website for directions. Directors will give updates on their villages, the budget report, community alerts, and the latest scams and information on lost/

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Log into Neighborhood Watch's general meeting for latest information.

found pets. There also will be time for residents to ask questions relating to Neighborhood Watch. Part of the directors' reports will include which villages need coordinators as well as which mailbox captain positions are still unfilled. Volunteers interested in helping our community are encouraged to look into serving as a coordinator and/or mailbox captain.  
**Contact:** Linda Minor 707-235-0778, lindaminorNW@gmail.com  
**Website:** www.SCLHWatch.org

**Painters**

Club members were happy to be able to join together in June for the annual Spring Luncheon! Although a small group, the participants enjoyed perfect weather on the patio at Turkey Creek Golf Course. Many brought Show and Tell to share what they have been working on while staying home. They also discussed how



Some participants at June Painters Luncheon at Turkey Creek

to expand their art experiences while restricted to home.

We were able to relocate our July 21 general meeting to P-Hall (KS) to better accommodate Placer County COVID guidelines for seating. We are looking forward to having a normal demonstration again after missing some meetings, and also hearing Patris again! Our speaker will be Patty Miller, a well-known local artist and teacher, and also the owner of Sacramento's Patris Studio Gallery.  
**Contact:** Joan Musillani 916-712-4393, joanmusillani@gmail.com

**Paper Arts**



Please continue to check the club's newsletters distributed to members via email for updates about canceled or rescheduled events. Hopefully, it won't be too long until we're together again at our monthly meetings, sharing ideas and friendship, and enjoying our craft.

Thank you to June Paquette, who

creates and sends our newsletters. These contain important monthly updates, as well as colorful photos of cards designed by members. It's because of these regular communications that we've been able to stay in touch during this time of separation. Thank you again, June!



A 'sharp' card created by Rosy Thiekle

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

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

**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. When the lodge reopens for card games Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon.

For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

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

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**Photography**

The Enhancement SIG has been online for the last two months doing super creative things! The July Online Enhancement SIG Challenge will give our members a chance to develop their compositing skills by creating "Landscapes of Outer Space" from multiple images of planets, nebulae, and landscapes from Mono Lake, Alabama Hills, Bristlecone Pine Forest or the Mars Lander.

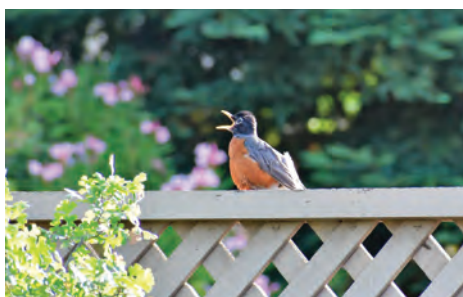


Photo by Dennis Hughes

The Learning SIG's most recent challenge was Focus on Flowers. It was so interesting to see the various approaches our photographers took; we chose to pursue the flower topic for the June Learning SIG. Check out websites for the results of both of our creative SIGs. Better yet, join a Photography Club — new members are always welcome!  
**Contact: Diane Margetts**  
 916-955-1809,  
 dmargett@yahoo.com  
**Website: lhphotoclub.com**



**Pickleball**

Have you been bored during COVID and want to learn to play pickleball? Our "Intro to Pickleball" class resumed June 24 at 11:00 AM. This class is to introduce brand new players to pickleball (Cal Meissen is teaching). Reservations are necessary, and only four spots are available at this time. 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.

Construction is continuing on our new seven courts, and we plan to be playing in July. This will help our club physically distance and play more than we can now. Very Exciting! For information regarding our club, playing, or classes, contact Molly.  
**Contact: Molly Morris 408-386-9054,**  
 mollyfmorris@gmail.com  
**Website: lhpbclub.com**



**Players**

Are you missing something in your life? Well so are we! Our membership of approximately 134 actors, singers, dancers, directors, producers, lighting techs, audio techs, set designers, set painters, set builders, and stage hands are very

disappointed in the decision to cancel our major production of Damn Yankees in November. Because of the COVID-19 pandemic – social distancing, and other special restrictions regarding rehearsal rooms and auditoriums – Players will be unable to bring our wonderful audiences another stupendous production this fall. But stay tuned for 2021 productions. We will be presenting Agatha Christie's, Murder on the Orient Express, and the musical Damn Yankees. If you are new to Lincoln Hills and interested in being part of the Players, contact info below. Stay safe and well!

**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

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tables are full. Upon reopening of Lodge.

Contact: Lynne Barsky 916-253-3730



**RV**

The Coronavirus lockdowns are being lifted, campgrounds are re-opening, and our members are hitting the road in their RVs. Group Rallies are booked for Graeagle in August; Plymouth Wine Crush in September; and Marina Dunes in October. Our Spring Fling will now be an Oktoberfest Party on October 8. Meanwhile, we're rescheduling all of the canceled Rallies for 2021.



Touring Carmel

Our Monthly Meetings are on the second Thursday of each month at 4:30 PM in the Placer Room (KS). We discuss upcoming Rallies, gain RV education from members, and get to know each other better with social time and (possibly) shared appetizers. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss

the joys of RV travel. If you have any questions, please contact me.

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

Website: lhrvg.com



**SCHOOLS**

Lincoln Schools are set to reopen on August 20 unless state guidelines change. There has not yet been a decision about volunteers being allowed in classrooms. Many of our volunteers will self-regulate, and decide they cannot risk exposure to the virus if and when they are allowed. Volunteers will be notified when guidelines are established.



Scott Leaman, Superintendent of Schools

Scott Leaman, Western Place District Superintendent, has said that because the climate may be unclear when schools open, they are exploring a full distance option, a hybrid option with attached supervision so K-8 students can stay on campus, or a full week option. The district will be offering full distance learning if parents would prefer having their

children at home.

Contact: Cyndi Colloton, ccolloton@yahoo.com

Website: schoolssuncity.org



**Singles**


Lincoln Hills is gradually reopening! This is great news! We do have a date to meet in the Ballroom (OC) at 6:00 PM for our monthly social on Thursday, July 23. We will be following all of the social distancing policies, which will be required at that time. Hopefully, we will be able to hold this meeting and get together on July 23! More information on this social will be in our upcoming e-blasts. Stay tuned. From Abraham Lincoln: "With the fearful strain that is on me night and day, if I did not laugh, I should die." From Milton Berle: "Laughter is an instant vacation." From Lord Byron: "Always laugh when you can. It is cheap medicine." See you soon and laugh when you can!

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



**Softball**

We believe the 2020 Softball Season began for the Recreational Coed League earlier this month. This Summer, we are scheduled to play games mornings on Mondays, Wednesdays, and Fridays, all



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while practicing social distancing guidelines. Please come to Del Webb Field at 1050 Del Webb Blvd. to watch the games for free. We hope spectators will continue to be allowed under future Placer County coronavirus guidelines. The grandstands will be closed, but our "Picnic Hill" area above the Right Field will be marked to ensure social distancing separation for spectators. Unfortunately, we won't be having any Hot Dog Days this year. We also won't be having a Fall Ball Season, as the Summer Season runs through October 7. See you at the field.  
**Contact: Bruce Briggs 916-543-3401, bbriggssrsoftball@sbcglobal.net**  
**Website: lhssl.net**



**Sports Car**

After last month's Thank You drive around Kaiser Roseville, we were requested to return for an Encore Performance. On the day of our first trip, there had been a 67% increase in patients! No wonder we saw so few people. For the Encore Performance, many caregivers were at each of the major entrances with



*Karen Kremesec with Thank You sign.*

everyone waving and giving a thumbs up when we showed our Thank You signs. It was great that we could express our appreciation to more people. Both Dr. Isaacs, CEO and Executive Director of the Medical Group and Tom Hanenburg, Interim Regional President for Northern California, were given rides. Even though it was not a long ride, it was a very worthwhile one.

**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.

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



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What's the perfect exercise for Lincoln Hills residents? It's one easy on the joints, can be done at a leisurely or challenging pace, and is available year-round.

After years of intense bicycling, including racing and several double/single centuries, my knee osteoarthritis worsened, so I was forced to find another exercise. Swimming became the answer. Initially, a few laps freestyle didn't seem hard, but, despite my good fitness level, I found it improved my lungs and strengthened the upper body. Then I challenged myself with better technique (especially to reduce injury) and flip-turns (check out YouTube videos!).



*Jim Klein's Swim Story, Advisory Committee Member*

Not only is it a life-long exercise, but it is also meditative, and a great balance to my cardio and weights workout on alternative days. Give it a try!

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**Table Tennis**

We know Table Tennis will eventually return. However, we have not been informed of details on how it will return. Changes are most likely in the venue, times, social distancing, and scheduling. Some of us continue to play in our homes and garages. Robin Bistline, our club President, keeps in close contact with the Association administration for guidelines detailing how play will resume. Robin is assuring players that she will get the word out on opening guidelines as soon as they are available. She will inform us via email. Look for more details in future *Compass* editions.

Contact: Tim Frank, [timcfrank@gmail.com](mailto:timcfrank@gmail.com)



**Tap Company**

Online votes were received for new leadership. Newest board members: President – Mary Adamson, Vice-President – Alison Wolfe. Mary Adamson’s background is Jazz. Since starting tap, Mary loves camaraderie among dancers, hopes to build membership and strengthen sisterhood. Alison Wolfe has tapped since 2018. “Tap is fun, builds self-esteem, good exercise mentally and physically, socially rewarding.”

Alison hopes to see growth. She says, “a sense of accomplishment doesn’t come easy, but it’s fun trying.” Freddie Demester serves the second year as Secretary. “Tapping is fun exercise!” Freddie hopes current students continue, and new students will “give it a try!” Wendy-Jean Iannico serves the second year as Treasurer. Wendy is a lady of many talents, a member of the Players’ Group, and creates sets for shows in our community. This enthusiastic board has great plans!

Contact: Louise Seidenverg  
916-209-3894, [lasrnet@gmail.com](mailto:lasrnet@gmail.com)



**Tennis**

Our tennis courts have been open for play and filled to capacity most mornings. Players are maintaining their social distance and working within the established guidelines. In this hot weather, don’t forget that the water fountains have been turned off. Be sure to bring plenty of water with you to the courts.

USTA league play is scheduled to resume in September. We also have our men’s and women’s doubles tournaments in September, followed by the very popular Oktoberfest on October 24. We are optimistic that we’ll be

able to have these events.

Many businesses are struggling, so don’t forget to patronize our tennis sponsors: Carolan Properties, Simply Nutrition, Siino’s Pizza Pasta Grill, and Schaack Physical Therapy. Our web site has a link to each of these businesses.

Contact: Helen Berott 530-320-6468, [hberott@msn.com](mailto:hberott@msn.com)  
Website: [lhtg.com](http://lhtg.com)



**Vaudeville**

I’m hoping by the time you read this that most of our facility is open, and we are getting back to some kind of normal. I’m so disappointed that we won’t have our annual July Vaudeville Show this year. We had a lot of new acts that were scheduled to audition, but I also understand that our health is very important, and we certainly don’t want to take a chance on getting sick. I hope all of you have stayed safe, and I will look forward to seeing you around the community and for our show to continue next July.

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



**Veterans**

Senior Master Sergeant Robert G. Teames, the security forces action officer of the 349th Security Forces

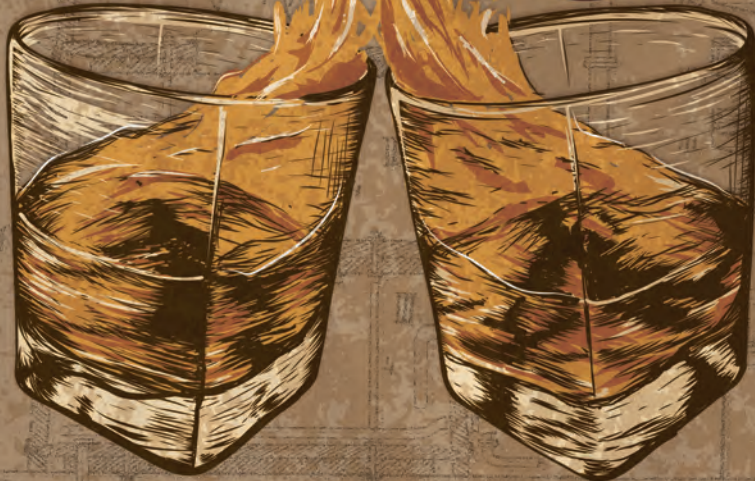
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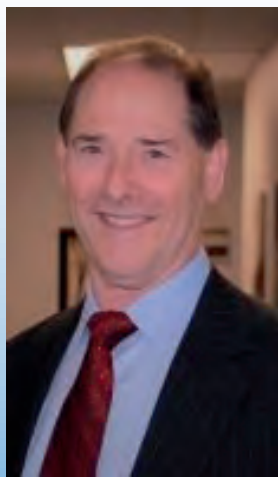
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Squadron at Travis AFB, will be the guest speaker at the July 16 meeting at 1:00 PM in the P-Hall (KS). He will discuss developing and training the new millennial warrior, using his background and experience to demonstrate how the USAF is producing not only citizen airmen but warriors and leaders after two decades of the War on Terrorism.

His wing flies the C-5M Super Galaxy, KC-10A Extender, and the C-17A Globemaster III in command and control and aeromedical evacuation operations worldwide.

Social distancing requirements may be in effect, and reservations may be required to avoid overcrowding. Members will be notified by email of late changes in attendance requirements.

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. Thank you to all who have been contributing to our email programs.

Vintage and antique decorative arts, paintings, jewelry, toys, clothing, silver, etc., may

be viewed online via a multitude of auction house sites. Most large houses have a good number of categories to choose from, with dates of online auctions, and item lots are available to view. It's a great opportunity to experience rare and extraordinary items without a trip to shops or museums. Here are a few sites to try: bonhams.com; sothebys.com; christies.com; or witherells.com.

Contact: Sandi Janisch 916-253-9085



### Water Volleyball

Residents in Lincoln Hills are anxiously awaiting the opening of the courts, softball fields and facilities. Water Volleyball is unique—it requires access to the gym, pool area, and locker rooms. On June 16, our Steering Committee met remotely to brainstorm guidelines for resuming gameplay at KS. Areas of concern to be discussed centered on the number of players, spectator allowance, locker room utility, social distancing recommendations, and club/gym user interaction. It is the hope of the Steering Committee, an approach can be identified that will promote safety to all Water Volleyball Club members

and community residents. Information is available on the Club website.

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



### Woodcarvers

While we are still not meeting, that doesn't mean we haven't been connected and sharing some interesting posts! Many of us have continued to carve, and those wonderful creations have been shared online. We've also watched YouTube videos on how to carve faces from golf balls. We've watched videos on amazing fruit carving, as well as pencil lead carvings! Finally, with the sharpest kitchen knife, this writer has ever seen, we've watched chefs carve food; carrots, squash, and other vegetables cut and fanned out in unusual geometric designs. Still, we're looking forward to the time when we can be together! You can join us every Wednesday, in the Sierra Room (KS) from 1:00 to 4:00 PM.

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

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

We're just going to stick with Zoom for our Peer group and Ladies group meetings until the safety issues are well enough satisfied. At this writing, the group has not had a virtual meeting, but we'll have a couple under our belt when you read this. The Peer group had its meeting on June 24, and the Ladies group will have Zoomed together on July 1. For now, it's the "new norm," so comb your hair and do a spinach check on your teeth before going on camera. Drink water. If your mouth feels dry, you're already dehydrating. Be safe.

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



### Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. However, according to the Placer County Health Department, groups are still discouraged from meeting indoors, and it is very hot outdoors. So I will not be hosting the group in my home until cooler weather. Please call if you need support. I am happy to speak with you or have

another member call you.

Also, call if you want to know the status of the group during August/September or if you want to put a Memoriam in the *Compass*.  
Contact: Joan Logue 916-434-0749,  
joanlogue@sbcglobal.net



### Bosom Buddies

Several Bosom Buddies' members met up under the willow tree at KS to enjoy the open air and to learn more about each other. We had such a good time that President Patty McCuen opened her backyard on June 23 for another small get together.



*A quick picture before social distancing in a circle.*

Being here for each other and keeping in touch is important to Bosom Buddies, so these small gatherings (at a social distance, of course) is another opportunity to maintain contact along with emails and phone calls. No meeting is scheduled for July, and we'll have to wait to see what August brings our way. Bosom Buddies welcomes breast cancer survivors as well as those still

undergoing treatment. For more information, call Marianne Smith at 916-408-1818 or Patty McCuen at 916-408-4185.

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



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We have not resumed meetings yet because our venue is not available. However, if you need assistance, you have several options for support. The Gam-Anon Northern California Hotline phone number is 510-407-3898. You can also go to the Gam-Anon ISO website at [www.gam-anon.org](http://www.gam-anon.org) or call their office phone number and leave a message at 718-352-1671. Or you can call the Gambler's Anonymous Sacramento Hotline at 855-222-5542. They will have someone from the local Gam-Anon group call you back.

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



### Glaucoma Support Group

Our group will meet on August 12, at 4:00 PM. We will either meet in the Multimedia Room (OC) or on Zoom. Our

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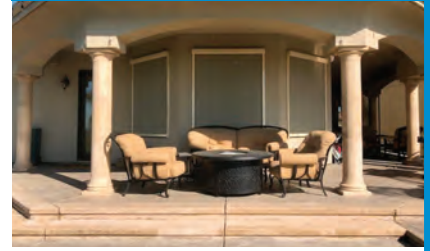
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virtual meetings have been a wonderful way to stay connected. The uncertainty of the virus situation means that we must be flexible and do whatever we need to do to have time together. We have been fortunate to have a variety of informative seminars available during the past few months. If you would like information regarding Glaucoma and the medications used to treat this chronic disease, please see below for contact information. If you are not currently a member of our group and would like additional information, do not hesitate to contact Bonnie. In the meantime, stay safe and be well.  
**Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com**



### Low Vision Support Group

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

Rescheduling of meetings

anceled due to COVID-19: Presentations by Jerrod Sieberg of the California Department of Motor Vehicles, Anne Touloukian of Guide Dogs for the Blind, and Kathleen Shevlin from the Society for the Blind, will be rescheduled in the Fall. Details will be announced soon.

**Contact: Cathy McGriff 916-408-0169, cathy McGriff1010@gmail.com**



### Multiple Sclerosis

Our Zoom gatherings have been heartwarming and successful! The next Zoom meeting is Tuesday, August 11, at 1:00 PM, with an invite sent a week prior to all members on the MS Roster. The success of our Zooms include help from Garth Goselin, our computer guru, and from members signing in! Among those catching up are Pat Barnhill, who is making hundreds of protective masks going to local hospitals, and Sue Armstrong, who is having hour-long phone conversations with her five-year-old bored grandson.

See you at our August 11 Zoom meeting. In the meantime, the Multiple Sclerosis Achievement Center invites you to participate in a four week "Virtual Emotional Wellness" series: August 3, 10, 17, 24, from 1:00 to 2:00 PM. The cost is \$25,

register by calling Lacy Sayre at 916-453-7966 by July 29.

**Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.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 and third Monday every month at 1:00 pm, Gables/Heights Room (OC). Meetings will resume when the lodge opens for meetings. For information, contact Stefanie Spikel at stefhope@att.net or 916-253-7431.

**Contact: Carol Eisenhower 916-995-9350, ceisenhower@comcast.net Website: Ihwiseagers.com**

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### A Course in Miracles

A COURSE IN MIRACLES is a book that presents a course of study designed to help you change your thoughts from those based on fear and limitation to those which are based on Love and forgiveness, resulting in an experience of more peace and harmony in your life. It is a self-study program, but we meet twice a month on the first and third Monday, to share in our experience of the practice and to learn from other spiritual sources. Call 916-409-5253 for information.

### Bowling League

Join our happy bowling group. Neither your skill nor experience matter. 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, starting on 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 contact Sharon Stout (Acting Secretary) at 707-567-6791

or email: [SharonMStout@yahoo.com](mailto:SharonMStout@yahoo.com) by August 1.

### Cloggers

We hope you are continuing to exercise with on-line classes until everything is opened up again. Watching your instructor on a small screen isn't the same as being in class with others, but it's far better than no class at all. You can find clogging instruction by googling "Worldwide Clogging Fun Dance." Then push those chairs out of the way and get back into our fast-moving, calorie-burning clog dancing! Fingers crossed that we can all return to our classrooms soon. Meanwhile, for more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

### Democratic Club

We will meet virtually on Thursday, July 16. Jeffrey S. Brown, M.P.H., M.S.W., Director of the Placer County Health and Human Services Department, will give an overview of the Department's services and highlight several areas of focus. The HHS Department is the umbrella for a wide variety of public services – aging/adult services, children and family services, public health, MediCal, housing/homelessness, and veteran services, to name a few. Between meetings, our members keep busy with assorted community service projects. For more information on our meetings and activities, please see our website, <https://democraticclublincolnca.org/>.

### Italian Club

Due to concerns regarding the Coronavirus, the Italian Club has canceled or rescheduled its events. Check the website and member emails for updates. An online Apparel Store has been launched to purchase shirts, hats, and sweatshirts with the club's logo. Go to the main menu bar on the website for further information. The "Reaching Out and Keeping in Touch" series is located on the homepage. If you missed any, or want to see them again, check it out. If you are a Lincoln Hills resident of Italian heritage, visit 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, cutthroat 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

We held a Zoom meeting on June 23, led by Assemblyman Kevin Kiley. Members, also, celebrated 4th of July participating in a car caravan through Lincoln, honoring our Constitution. The next scheduled speaker meeting is Tuesday, July 28, location TBA.



Save the date: Bar-B-Que is September 17 at 3:30 PM. Annual dues \$15 per person due July 1 (see website). Make sure your membership is current, so you do not miss important LHRC emails. Website: [comms@RepublicanClubwsSCLH.org](mailto:comms@RepublicanClubwsSCLH.org). We welcome new members.

**Shalom Social Group**

We are looking forward to and making plans for the future. We will hold elections in the fall, and our new Board will take over in January. Meanwhile, we are optimistic and starting to plan for the remainder of this year and the start of next year. Outreach to members and possible new members, and community

programs, are among the options we are considering. Our group focuses on Jewish history, culture, and cuisine, but membership is open to all. For more information about membership and our activities, please contact Joanne Levy at 508-333-8590.

**Sons In Retirement Branch 13**

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its activities (except perhaps bocce) until further notice. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending 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

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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](mailto:shelvie.smith@sclhca.com)).



### Listening Post

Wednesday, July 15, 9:30 AM, Via 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*.



### Document Destruction

**JUST ADDED! NEW TIME!**

Monday, July 27, 8:00 to 10:00 AM, Fitness Center Parking Lot (OC)

We are bringing shredding back! It was such a BIG hit with residents that we filled up the truck by noon and had to turn away several residents. 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 per regular sized box payable to SCLHCA. Please place your payment in an envelope with your name, payment, and number of boxes.



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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



### **Food Giving: Could it Be Affecting Your Friends and Family? Placer County Human Services**

Monday, July 20, 2:00 PM, Zoom Presentation

In 2018 1 in 9 Americans were food insecure, equating to roughly over 37 million Americans, including more than 11 million children. The USDA (U.S Department of Agriculture) defines food insecurity as a lack of consistent access to enough food for an active, healthy life (Feeding America). The presentation describes the complex issues surrounding Food Insecurity and what Placer County is doing to

help ensure that every resident has access to enough food to live an active, healthy lifestyle. We will end with some great resources and tips on how you can make a difference in your community.



### **Paving the Way: Women’s Struggle for Political Equality**

Tuesday, July 21, 10:00 AM, Zoom Presentation

Steve and Susie Swatt – coauthors of *Paving the Way: Women’s Struggle for Political Equality in California* – will weave into a 170-year historical narrative the remarkable stories of mostly unsung and long-forgotten women who overcame discrimination and cultural stereotypes to help shape the state’s public landscape.

The authors will bring to life the grit, determination, and resilience of these trailblazing women. Steve Swatt is a former political reporter for KCRA-TV in Sacramento, and Susie Swatt spent more than three decades as a top staffer in the California Legislature.



**Roaming the Sierra Nevada Foothills, Number 6**

Tuesday, August 11, 10:00 AM, *Zoom Presentation*

Mike Stark will begin his latest trek in Folsom and discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involve Folsom. We'll take a quick journey into the Sierra, pointing out interesting spots to investigate: almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location, and gold dredging operations continued into the 1960s. I have a special spot so you can restart the Pet Rock craze.



**Sierra Pacific Industries (SPI)**

Thursday, August 13, 9:00 AM, *Zoom Presentation*

Mark Luster, Sierra Pacific Industries (SPI) Community Relations Manager, has over 30 years' experience in the forest products industry and represents SPI in an eight-county region. Mark has worked in Lincoln since 1984 and seen first-hand much of the changes and growth in our community.

Sierra Pacific Industries donates resources and time in the communities where they have operations. As part of this, Mark has served three two-year terms as the President of the Lincoln Area Chamber of Commerce and currently serves on their board.

**UPCOMING EVENTS**

- **Dementia and Caregiving**, Monday, September 21, 2:00 PM, *Zoom Presentation*
- **League of Women Voters**, Monday, October 19, 9:00 AM, *Zoom Presentation*
- **Handy Helpers - Neighbors In Deed**, Thursday, October 29, 11:00 AM, *Zoom Presentation*



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Tickets available at the Lifestyle Desk (OC/KS)  
 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—



**A Night at The Tonys**  
**Starring Kelly Branderburg & Jeremiah Ginn**  
 Tuesday, July 28, 7:00 PM  
 Cost: \$10 per Zoom user — **LSE264**

Following our successful first livestream concert At the Grammys, we now bring you to the Tonys! Join Kelly Branderburg (Beach Blanket Babylon) and Jeremiah Ginn (Anastasia National Tour) as they celebrate Broadway by treating you to a night at the Tonys! They'll a collection of Tony winning and nominated musicals including "Some Enchanted Evening" and "Cockeyed Optimist" from South Pacific; "On the Street Where You Live" from My Fair Lady; "So In Love" from Kiss Me Kate; "All

I Ask Of You" from Phantom of the Opera just to name a few! Register Online. Zoom link will be sent automatically upon registration. Only those whose names appear on the event roster will be admitted, so please use your first and last name as it appears in your registration for your Zoom Log In.

—Livestream Presentation—

**New Date,  
 Location and  
 Format!**

**Marc Lapadula:  
 Alfred Hitchcock's  
 Single Greatest  
 Masterwork:  
 An In-Depth Look  
 at Psycho  
 A Livestream  
 Presentation**



Monday, July 20  
 1:00 PM, in Your Home  
 Reserved Seating \$13 — **LSE239**

Yale Professor Marc Lapadula is back with an interactive and entertaining presentation via Zoom. Alfred Hitchcock continues to be regarded as one of the most influential and significant filmmakers in the history of world cinema. Cultivating a career that spanned six decades, he found himself anointed the undisputed "Master of Suspense" with a slew of films that quite literally glued audience members to the edges of their seats. **Note:** Patrons from the original presentation date April 15, will be honored for the livestream event. Please email Lavina.Samoy@sclhca.com if you wish to attend the livestream event so we can provide you the Zoom link. **Registration deadline: July 19.**

**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, in Your Home  
 — **LSE263**

Yale Film Studies Professor is back with an ambitious movie presentation reflecting the multi-



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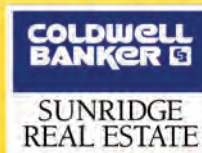
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faceted narrative of a diverse nation in all its thrilling, triumphant, and flawed complexity. The two-part presentation will cover eight major themes: The American Dream, Social Justice, Coming of Age, Workplace, War, On the Road, The Outlaw, and 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.

### —Comedy/Magic—

#### New Rescheduled Date!

**KS Magic Night:  
The Award-Winning  
Magic of Spencer Grey**  
Monday, July 27,  
P-Hall (KS)  
6:00 PM Show



— **LSE229**

8:00 PM Show — **LSE230**

Reserved Seating \$18

Award-winning magician Spencer Grey combines his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else. He has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas. 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 your ticket/s to the Lifestyle Desks with your name and member # on back of ticket to receive a refund.

### —In-House Performances—

#### New Rescheduled Date!

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



General Admission \$20 — **LSE236**

A celebration of one of the most prolific

songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The 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 your ticket/s to the Lifestyle Desks with your name, and member # on back of ticket receive a refund.



#### 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.



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**Katrina Ferland**  
Lifestyle Trips Coordinator  
Katrina.Ferland@sclhca.com



Register at the Lifestyle Desk (OC/KS)  
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.

#### —Sports—

The **Major League Baseball** has postponed all scheduled 2020 baseball games due to the COVID-19 pandemic. Residents who registered for the trips below, will be contacted once rescheduled dates for the games have been announced.

**San Francisco Giants**

**Canceled**

**Giants vs.**

**Los Angeles Dodgers**

Thursday, August 13

**\$139 — LST326**



**Canceled**  
 Giants vs. St. Louis Cardinals  
 Wednesday, September 9  
 \$114 — **LST327**



—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.

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### 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.*



### Catalina Island, Queen Mary & more!

Sunday, October 11 to Thursday, October 15

— **LST342**

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

(Enrollment on hold until lodge reopens)

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

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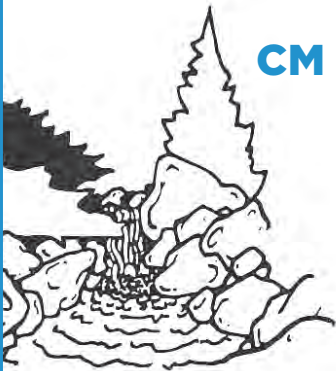
Total meals: four breakfasts, three lunches, two wine & cheese receptions

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

### Canceled Trips

Trip • Date • Departure Time

- Laguna Beach Pageant of the Masters Art Festival  
July 26 to July 29
- Ashland Oregon Theater Excursion  
September 21 to 24



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Balance & Fall Prevention.....	83	Oil & Acrylic Painting.....	65
Bootcamp .....	83	Pastel and Watercolor .....	67
Bowenwork Services.....	77	Pilates .....	81
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Ceramics.....	68	Private Reformer Training.....	81
Clogging.....	71	Sewing.....	75
Country Couples Western Dance .....	71	Sip & Paint .....	67
Fun ctional Fitness L3 .....	83	Stained Glass .....	69
Guitar.....	74	Tai Chi .....	78
Hula .....	71	Tap.....	74
iPhone Basics .....	75	Training Services .....	81
Jazz.....	72	Ukulele .....	75
Karate .....	79	Water Exercise .....	83
Knee Pain .....	79	WellFit Class Schedule .....	86
Krafting.....	65	Wreath .....	69
Line Dance .....	72		

# OUR NATION'S NARRATIVE IN FILM: THE AMERICAN DREAM AND BEYOND

Part 1 & Part 2 - A Livestream Presentation by Marc Lapadula

Yale University Senior Lecturer in Film Studies, Marc Lapadula is back with an ambitious movie presentation reflecting the multi-faceted narrative of a diverse nation in all its thrilling, triumphant and flawed complexity. Using movies from different eras from master filmmakers, Marc will sketch American Life - our past, present and future as a people and a country. The diverse selection of films include *The Godfather*, *West Side Story*, *The Graduate*, *Norma Rae*, *Saving Private Ryan*, *Easy Rider*, *Badlands*, *Hoosiers*, among others.

See page XX for details.

Register Online: [WWW.SCLHRESIDENTS.COM](http://WWW.SCLHRESIDENTS.COM)

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



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1:00 PM - ZOOMED INTO YOUR HOME  
\$18 PER HOUSEHOLD (TWO PRESENTATIONS)  
EVENT CODE: LSE263



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



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

### Notice:

Listed below are regular scheduled Lifestyle Classes with their descriptions. Because of the uncertainty of Lodge reopening, class dates, number of sessions, and pricing are not listed. Class dates, prices, and sessions will be announced in eNews and reflected on your registration. Registration for In-person Classes will start when lodges re-open. Currently, enrollment is only available for livestream classes.

### 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.

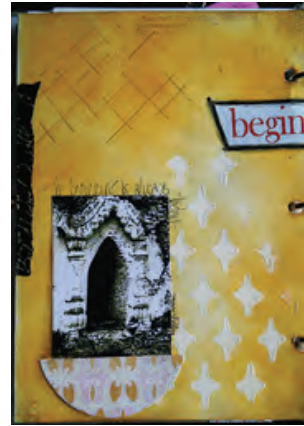


**Krafting with  
Karla and Lavina  
Fun with Vinyl –  
Front Porch HOME Sign**  
Tuesday, August 25  
10:00 to 10:45 AM  
in Your Home (Zoom)  
\$23 includes supplies  
— **LSC2671**

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, between 2:00 to 3:00 PM. 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](mailto:Karla.Hearron@sclhca.com).

### —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.sandylinblad.com](http://www.sandylinblad.com). Questions about class supplies? Email **Sandy Lindblad**, the instructor at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.

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## THIRD THURSDAY WORKSHOPS

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

*Come get your questions answered in a casual, no-pressure environment right here in the community.*

Call **916.409.7424** to reserve a seat.

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\*With this pricing option, borrower receives a lender credit covering nearly all closing costs. There is a non-refundable independent counseling fee of approximately \$125 on average, which the borrower pays directly to the counseling agency. Terms and conditions apply. Not available in all states.

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

Equity Edge Reverse Mortgage ("Equity Edge") is Reverse Mortgage Funding LLC's proprietary loan program, and it is not affiliated with the Home Equity Conversion Mortgage (HECM) loan program, which is insured by FHA. Equity Edge is available to qualified borrowers who may also be eligible for HUD, FHA's HECM program or are seeking loan proceeds that are higher than HUD, FHA's HECM program limit. Equity Edge currently is available only for eligible properties in select states. Please contact your loan originator to see if it is currently available in your state. Upon a maturity event, any non-borrowing individuals with an ownership interest in the property, including non-borrowing spouses, will have 90 days to purchase the property from the estate or, if the non-borrower inherits the property, pay the loan in full using any sources of funds available to them. Any non-borrowing

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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### Sip and Paint "Highway One"

**Date TBA**

5:00 to 8:00 PM — **LSC2532**

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

### —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

**ONLINE:** [SCLHRESIDENTS.COM](http://SCLHRESIDENTS.COM)

is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandylindblada.com](http://www.sandylindblada.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 tech-

niques 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, 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 for beginners. This special one-session class requires students to provide their own Card Making Kits, 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*.

### —Crafting with Craftopolis—



#### Garden Hose Wreath

**Date TBA**  
9:00 to 11:00 AM — **LSC2667**

Create a unique and fun garden hose wreath using silk flowers, flowerpots, seed packets, garden tools, and more. Perfect as your Spring and Summer front door décor. All supplies provided. Minimum participants: 5, Max 12. *Registration deadline 1 week before class.* Instructor: *Judy Ragland/Craftopolis*.

## Glass Art

#### Stained Glass

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



**Requirements:** No open toe shoes. You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle

holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day

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of class and recommend a project. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

## Dance

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



### Beginning Clogging

Tuesdays, **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*.

### 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*.

—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 Gardetto*  
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

### 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.



## —Tap—

**Tap Classes with Alyson**

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

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

**Beginning Tap 2**

Mondays, **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**

## 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 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



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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*.

**Sewing**

—Certification—



**Sewing Certification**  
Let's get sewing!  
Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer Cer-

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

**Technology**

—Smart Phone—



**iPhone Basics (iOS 13) Workshop**  
**Date TBA**

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



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

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

### 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.*



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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



## 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 reflected 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

\$36 (four sessions)  
Tuesdays, August 4-25  
\$36 (four sessions)  
Wednesdays,  
August 5-26  
\$36 (four sessions)  
Thursdays, August 6-27  
\$36 (four sessions)  
Fridays, August 7-28  
**New Time**

All Classes 11:30 to 12:30 PM, Aerobics Room OC

Tuesday's Instructor: **Cynthia Bullwinkel**  
Wednesday, Thursday, and Friday's Instructor:  
**Linda Hunter**

Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option. *Please sign up before the first day of class.*

### Lessons

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



**Nordic Pole Walking**  
Wednesday & Thursday  
**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 fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

### Tai Chi Qigong L1

Tuesdays, August 4-25  
1:15 to 2:15 PM, Aerobics Room  
(KS)  
\$44 (four sessions)



Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as

"Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: **Peli Fong.**

### Tai Chi Qigong L2

Tuesdays, August 4-25  
1:15 to 2:15 PM,  
Aerobics Room (KS)  
\$44 (four sessions)



This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the

24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: **Peli Fong.**

## Personal Improvement

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



### New! Living with Knee Pain

Wednesday, August 12

2:45 to 3:45 PM, Aerobics Room (KS)

\$20

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



### Traditional Shotokan Karate

Sundays

August 2-30

9:00 to 10:00 AM

Sports Pavilion

Grassy Area

\$25

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*.

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## Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 89 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.

**Danielle Merrill**

**Fitness Coordinator**

[Danielle.Merrill@sclhca.com](mailto: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.*

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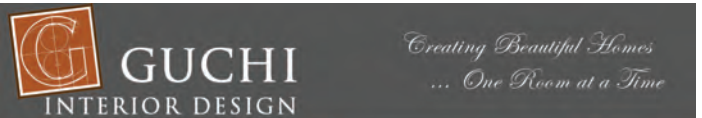


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Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT 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—Therapeutic Water Exercise L1

Coming Soon!

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

\$70 (four sessions)

Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!



### SGT— “Fun”ctional Fitness L3

Tuesdays &  
Thursdays,  
August 4 -  
September 3

Noon to 1:00 PM

Aerobics Room (KS)

\$135 (eight sessions; no class August 13 & 18)

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,  
August 3-31

4:00 to 5:00 PM

Aerobics Room (KS)  
\$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, August 3-26

11:30 AM to 12:30 PM

Aerobics Room (KS)

\$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,  
August 3-26

2:00 to 3:00 PM

Aerobics Room (OC)

\$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 Virtual 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 Zoom Virtual Punch Pass. For more information email 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 86-89 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 August 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00							
8:00							
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2-Kim	Yoga Flow L2/3 - Jeannette		
10:15	Slow Flow Yoga L2 - Katie		Slow Flow Yoga L2 - Ashley				
11:30		Arthritis - Cynthia	Arthritis - Linda	Arthritis - Linda	Arthritis - Linda		
1:00		Chair with Flair L1/2 - Julie		Chair with Flair L1/2 - Julie			
2:00	Balance and Fall Prevention L1 - Renae		Balance and Fall Prevention L1 - Renae				
3:00		Healthy Living Exercise - L1/2 - Julie		Healthy Living Exercise - L1/2 - Julie			
4:00							
5:00							
5:30							
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		Wellness Classes (session based)		Small Group Training (session based)	
Due to the COVID-19 pandemic classes are subject to change at any time. check your Fitness Centers for the most up to date class schedule.							
Please							

KS WellFit Class Schedule August 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
8:30	45 min Cycle & Strength L2- <i>Gretchen</i>	Zumba Gold L2 - <i>Jeanie</i>	45 min Cycle & Strength L2- <i>Jeanette</i>	Zumba Gold L2 <i>Jeanie</i>	Strictly Strength L2 - <i>Helena</i>		
9:45	Cardio Strength L3- <i>Gretchen</i>	Strictly Strength L2 - Beth	Cardio Strength L3- <i>Katie</i>	Strictly Strength L2 - Sharon	Cardio Strength L3- <i>Katie</i>	10:00am Shotokan Karate L1/2 - Al	
11:00							
11:30	SGT - Posture, Core & Balance L1/2- TBD		SGT - Posture, Core & Balance L1/2- TBD				
		12:00pm SGT - Functional Fit L3- <i>Deanne</i>		12:00pm SGT - Functional Fit L3- <i>Deanne</i>			
1:30	Yoga Basics L1 - <i>Amy</i>	1:15pm Tai Chi L1 - <i>Pell</i>	Yoga Basics L1 - <i>Amy</i>				
		1:15pm Tai Chi L2 - <i>Pell</i>					
			2:45pm Living with Knee Pain - <i>Lisa K.</i>				
4:00	SGT - Progressive Bootcamp L2/3- <i>Torin</i>		SGT - Progressive Bootcamp L2/3- <i>Torin</i>				
	Group Exercise Classes (punch pass) \$4.50			Wellness Classes (session based)			
	30 min Group Exercise Class (punch 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 August 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	OC Aqua Fitness L2/3- Helena	OC	OC Water Works L2- Jiji	OC	OC Aqua Fitness L2/3 -Jiji	OC	OC
9:30	Deep Water Fitness L3 - Helena	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3-Renae	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3 - Lisa		
10:45		Aqua Intervals L2/3 - Deanne		Aqua Intervals L2/3 - Deanne			
11:30	(11:30am-12:15pm) AF Aqua L1- TBA		(11:30am-12:15pm) AF Aqua L1- TBA				
12:30					SGT - Therapeutic Water Exercise L1 TBD		
2:00							
4:00							
5:00	Total Body Conditioning L3 Jeannette		Total Body Conditioning L3 Jeannette				
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 August 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	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.

Orchard Creek Lodge .....965 Orchard Creek Lane  
Main Phone: 916-625-4000  
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

**ADMINISTRATION**

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**THE SPA AT KILAGA SPRINGS**

**Spa Concierge**..... KilagaSpringsSpa.com  
Appointments & Info: 916-408-4290  
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**LIFESTYLE**

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

**FOOD & BEVERAGE**

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

**CATERING**

**Catering Sales Manager**..... OrchardCreekLodge.com  
Don Giles ..... 916-625-4043..... Don.Giles@sclhca.com

**GENERAL NUMBERS**

Curator Security ..... 916-771-7185  
LH Golf Club .....916-543-9200 .....lincolnhillsgolfclub.com  
Lincoln Police & Fire..... 916-645-4040  
Neighborhood Watch .....SCLHWatch.org  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org  
Lodge Library Contact.....Adrian Felice: 916-408-4332

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