

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



**19** August Extremes: Brain Freeze to Heat Stroke

**20** Extreme Eats



**IN STOCK FLOORING - IN STOCK CABINETS**

**KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES**

**COUNTERTOPS - BACKSPLASH - FLOORING**

**TILE - HARDWOOD - VINYL - LAMINATE**



**NATOMAS**

4021 N. FREEWAY BLVD #100  
SACRAMENTO, CA 95834

**ROCKLIN**

6848 FIVE STAR BLVD #6  
ROCKLIN, CA 95677

**VACAVILLE**

1671 E. MONTE VISTA AVE #N111  
VACAVILLE, CA 95688

**ELK GROVE**

(COMING SOON!)

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Photo by David Wright

Hand models – Teresa Tanin and Linda Lucchetti

# Calendar of Events

August 16 - September 16

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

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## Upcoming Association Meetings: August 18 – September 22

Finance Committee	Thursday, August 18, 9:00 AM
ARC/Architectural Review Committee	Monday, August 22, 9:00 AM
Finance Budget Presentation, Phase I	Wednesday, August 24, 10:00 AM
Board of Directors	Thursday, August 25, 9:00 AM
Board of Directors Executive Session	Thursday, August 25, 11:30 AM
Finance Budget Presentation, Phase II	Friday, August 26, 10:00 AM
Properties Committee	Thursday, September 1, 9:00 AM
Elections Committee	Friday, September 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, September 6, 9:30 AM
Compliance Committee	Wednesday, September 7, 9:00 AM
Accessibility Committee	Wednesday, September 7, 9:00 AM
Board of Directors Workshop	Thursday, September 8, 10:00 AM
Board of Directors Executive Session	Thursday, September 8, 1:00 PM
ARC/Architectural Review Committee	Monday, September 12, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, September 13, 10:00 AM
Finance Committee	Thursday, September 15, 9:00 AM
ARC/Architectural Review Committee	Monday, September 19, 9:00 AM
Board of Directors	Thursday, September 22, 9:00 AM
Board of Directors Executive Session	Thursday, September 22, 11:30 AM

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

## VOLUNTEER OPPORTUNITIES

Do you enjoy getting to know your community better? Are you interested in telling a story? We have a perfect opportunity! The *Compass* is actively looking for an individual with a team player attitude and a writing background to join our team of Roving Reporters.

Requirements:

- Have read the Roving Reporters articles in the Community Profile Section of the *Compass*.
- A resident for a minimum of one year
- Able to meet deadlines
- Willing to write about many different topics, along with health topics
- Willing to research the topic, residents, staff and/or event to obtain information for an upbeat article
- Provide photos for your article
- Willing to work with a group of writers with differing opinions.

Please contact Theresa Renken, *Compass* Editor, at [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com) to learn more about this exciting volunteer opportunity.



## Board of Directors' Report New Kid on the Board

*Don Bowden, Director*

As I start to write this article, it has been 46 days since I joined the Board, it has been a very immersive experience, lots of information to absorb, and kind of like drinking from a fire hose.

Getting elected to the Board does not mean you or your colleagues start with a blank slate. You immediately jump into issues or opportunities that were faced by prior Boards as well as the things you want to accomplish as a new Board member.

You also think you know a lot about the community, but you have a lot to learn as you get immersed in the business of the HOA.

Every Board faces challenges previous boards have not. Right now, we are dealing with the aftermath of the pandemic, rising inflation, staffing challenges, and figuring out how to get back to normal.

In my short time on the Board, I have learned that we are made up of a group of people who work well together, do not always share the same opinions, but are dedicated to doing what is best for this community no matter how hard it may seem.

Each of us is assigned liaison responsibility to one committee and backup to at least one other. This allows us to dig in on the challenges and understand the committee operation in depth. I have been assigned to the Compliance Committee and as a backup for the ARC Committee.

During the retreat in the first few weeks of the new Board, the group determined that one of the most important things our Board can do is create more effective ways of inbound and outbound

communication with our residents. This is an easy thing to say and a much harder thing to actually do well and to the satisfaction of our community.

As you read this article, there will have been three Board of Directors workshops focused on direct communication with the residents providing information about what is happening in the community, and what the board is working on, both short and long term, as well as getting real time feedback. I encourage residents to attend upcoming workshops, whether in person or via Zoom.

We recognize our role in getting information out, but we need input and ideas from a broad base of the resident population so that we know we are

representing as many of you as possible.

But, for all this to work, communication must come from as many members as possible, not just a small part of the community.

The Board is working closely with the Communications & Community Relations Com-

mittee (CCRC) to implement a strategy to get information out to the residents as well as capturing feedback from the residents in a timely fashion. You have already seen a first step in the survey from the Accessibility Committee concerning the needs of our residents. (See Accessibility Committees article.) Using the survey process is one way to capture member feedback, but we will be introducing more as we move forward.

Community involvement is an absolute necessity. If this is going to work, we need your participation. Attend workshops and committee meetings, and even better, volunteer.



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## A Note from the Executive Director

Kyle Bodyfelt, Executive Director

*“The test of all beliefs is their practical effect in life. If it be true that optimism compels the world forward, and pessimism retards it, then it is dangerous to propagate*

*a pessimistic philosophy.” – Helen Keller*

Would you rather be hot or cold? Perhaps it depends upon the situation or season. Certainly, since this is the August *Compass* edition, we are still experiencing our 100-degree days and warm summer nights. While the summer days are hot in Lincoln, we have the unique ability to escape it with about a two-hour drive either east or west. Where else can you travel about 70-100 miles in August and find temperatures that are 30 degrees cooler? I have been to Dallas a couple of times in the summer, and I cannot imagine driving two hours in any direction to cool down.

A couple of winters ago, I started the practice of ‘cold plunging’ in the morning as a way to start my day. This involves submerging yourself up to your neck in water that is 58 degrees or colder for about four to six minutes. Some proposed benefits include increased blood flow, boosting your metabolism and energy, improving sleep, lowering inflammation, elevating mood and increased resilience. While building up the gumption to start this practice was a challenge, I found that as I made it a regular practice, I enjoyed the rush of the cold and the impact it had on the start to my day.

The cold plunging also seemed to enhance my

optimism. As Helen Keller states, an optimistic philosophy compels us to move forward, while pessimism blocks growth. Lincoln Hills is a dynamic, multi-faceted community, including many interests and functions. In this vein, something may be going smoothly in one component of the community, while another area may be going through challenges. So, one resident may be completely satisfied with the experience they are having, while another may be disappointed. Our aim is to make every experience a positive, enjoyable one, but we know that this is not always possible. That being said, when we are challenged to fix an issue, I am optimistic that we will become stronger from it.

The inflation rate is one current issue that can make the most optimistic person pessimistic. As of the writing of this article, we are at a 40-year high, and we do not have an indication that it will be easing soon. Inflation leads to challenges for residents, staff, and budgets. But even in these challenging times, we can find a reason to be optimistic. It is in difficult times that innovation and creative ideas are spurred to overcome roadblocks. We are looking for ways to save costs, whether it be through technology or changing how we operate. We also know that inflationary times will not last forever, so we cannot stop planning for Association needs.

In the end, we all are subject to periods of optimism and pessimism, but optimism must prevail for us to continue to progress forward.





**Finance Committee**

**June Results**

*Fred Raach, Chair*

At the end of June, Association expenses net of revenues were \$4,000 more than expected in the budget plan. However, all operating departments, except Lifestyle, the Spa, and Facilities & Landscaping, remained ahead of their financial plans at the end of June.

For the first half of 2022, planned gross revenue was \$8.6 million, including both dues and operations income. Actual revenue was just \$13,000 below plan. Expenses, i.e., operational costs and the reserve contribution, were projected at \$8.9 million. Actual expenses were \$9,000 less than planned at the end of June.

The chart in this article illustrates year-to-date performance by department and the following are highlights of the June results.

This month again, the Administration Department's expenses were less than budgeted, with savings in personnel costs offsetting higher expenses in other areas. Savings in computer and related equipment expenditures and more revenue from website advertising produced a better than budgeted result for the Communications & IT Department. The Lifestyle Department was better than budget as a result of improved net revenue from activities and lower than planned personnel costs. The Spa continued to

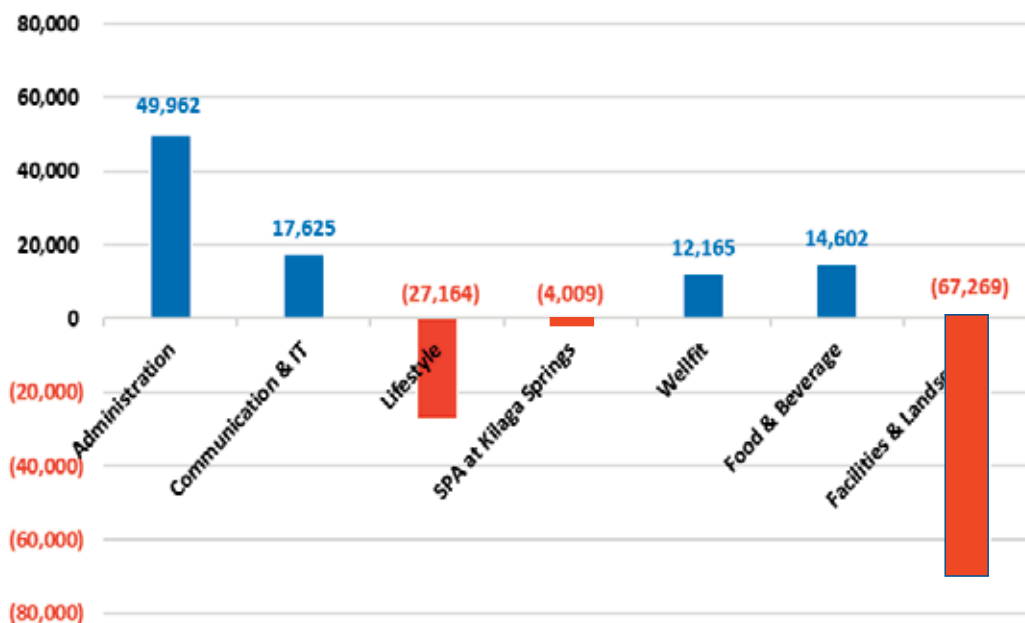
suffer from staffing shortages that reduced appointment times and higher product costs that reduced the profit from retail sales. WellFit expenses exceeded budget as a result of an unplanned sound study of the pickleball/tennis courts. Food and Beverage had a loss from increased personnel costs and increased costs of food and other products. Facilities & Landscape's results were below plan, primarily due to payment for preserve area maintenance, the increased cost of the landscape contract with Bianco, and continued reliance on outside janitorial services.

Reserve expenditures in June were \$144,000, bringing the total for the year to only \$474,000. Significant items were \$95,000 for resurfacing the bocce ball courts and \$18,000 for the purchase of a backup computer server. The reserve balance increased to \$11,551,000 at month's end.

Completing the Needle Arts Room expansion, ADA improvements, and installing chair lifts in the Orchard Creek and Kilaga pools accounted for the bulk of the \$76,000 spent from the Community Enhancement Fund. At the end of June, the fund had \$748,000 available for future projects.

More detailed information on the financials is available on the Resident Website in the Library section under Financials and from the videos of the Finance Committee meetings.

**2022 JUNE YTD DEPARTMENT ACTUALS vs BUDGET VARIANCE**



**2022 June YTD Department Variance Total = (\$4,087)**



## Architectural Review Committee

### Dry Year

*Carole Dummett, Chair*

Another dry year is now reflected in our front yard landscaping. Our plant and tree list in Appendix A of our Design Guidelines reflect Drought Tolerant plants with the symbol DT under the water usage column. We also now have flyers from Green Acres defining local drought plants, including perennials. These are available at Orchard Creek Resident Information Center along with our applications, forms, and additional ARC information. We hope you will find this useful in plant selection.

We are receiving many applications for Artificial Turf, which is a wonderful alternative to Xeriscape or natural turf landscaping, requiring no water or mowing. The initial cost is a little high but provides so many benefits throughout the years, recovering some of the expense with very little maintenance.

There are concerns referencing overhead garage doors and heat accumulation. Our requirements are outlined in Design Guideline 27.3. These doors are allowed to be solid or have glass inserts, whichever the homeowner prefers. Non-reflective window tinting may be used with the material being kept in good condition. We encourage homeowners to select a light color from their selected paint palette for the garage doors due to excessive heat. Other suggestions and modifications are additional venting, fans, or insulated doors.

A screen door on the garage side door with sunscreen inserts is also very helpful with heat, including protecting your door and frame from deterioration.

Window sunscreen material in a color compatible with the home's primary body color may be installed if the frame of the screen is compatible with the exterior

paint of the window frame. These do not require ARC approval, however, please refer to Design Guideline 2.19 for detailed information and exceptions.

Our committee has finally finished all Design Revisions with many appropriate changes to benefit the homeowner and community. We are pleased to announce a rewrite on selected areas of Section 6, "Landscape Requirements." With these revisions, we are proposing reverting to the fifty percent coverage rule, eliminating the need for seven plants per

one hundred square feet of plantable area. This will simplify the plan design and the need for the dreaded calculation sheet that currently must accompany every landscape plan submittal.

We are still going through the homeowner and Board approval process, so this is not effective as of this date but should be soon. We must continue to use our current Design Guideline criteria until we receive the final Board of Directors' approval. Please watch for updates on postings, eNews, and our website.

We have contacted Sherwin-Williams Paint requesting two additional trim colors for each current palette and per-

haps the introduction of a few additional palettes based on resident input. Our request has been assigned to one of their color specialists, who will determine the appropriate compatible colors and submit their suggestions to the ARC for review and presentation to the membership. It appears they may have to change the format to accommodate these additional colors. We will provide continual updates on the progress.

We currently have a complete committee but encourage homeowners to apply in the event an opening shall occur.







## Communications and Community Relations Committee Community Involvement

*Denise Bowden, Chair*

The Communications and Community Relations Committee (CCRC) continues to work on the assignment to find ways to drive greater community involvement in communications. At the most recent CCRC meeting, we shared ideas from our Advisory Council. Overall, the suggestions from the group centered around encouraging the development of a culture that fosters openness in two-way communications. They see the need to be clear on topics that cannot be made public while practicing openness on topics that can be public, but there needs to be the development of a culture of trust where residents know they can count on getting the right information. A big concern for the Council was addressing the misinformation that circulates and how to drive accuracy and correct it as needed.

The Council had a wide range of ideas, some easy to implement, others that would take more time and effort. Suggestions ranged from:

- Village coffees with Board members a couple of times per year
- Extending invitations to residents to smaller town hall meetings
- Random selection of names to include fresh voices and new individuals
- Having residents submit questions and concerns ahead of Board meetings to get topics on the agenda
- Create a member editorial page where members can share their thoughts and creation of a "Questions to the BOD/HOA" section.

The Resident Website has been a major focus of the team, and there is a strong feeling that it should be the "go-to" place for information. As such, there have been a number of recommendations made to fine-tune and increase usability. The Communications & IT team have been great partners in this work, and as a result, progress has been made in providing general information to help residents feel connected to what is happening.

Over the past couple of months, we have seen updates on projects in process (Sports Plaza parking and Needle Arts Room expansion to name a couple), Board Meeting Summary reports from the April and June meetings, a project tracking report has been created, and improved website navigation on the front page making daily events, eNews archives, maps, and key forms easier to find.

A couple of major projects have been identified and are under development, both requiring a significant amount of work. The first to launch is an education-based series that will be available to all residents but will be a follow-on to the information provided at the current New Resident Orientation. Topics will include HOA Governance, CC&Rs, R&Rs, Roles of the Board, Executive Director, Committees, and Staff, Safety and Security, and Navigating the Community - How to get things done. This series will also align with the Community Forums which is planned to launch this fall.

A key part of the CCRC is a team that has had a very busy few months working with the Accessibility Committee to field their survey. Perhaps the most important insight is gathered by the comments submitted as respondents answered the questions. The report will be available on the Resident Website, and residents are encouraged to take some time to view the responses.

As we move forward in our communications efforts, there will be a number of opportunities for residents to get involved. We are looking for either new members to the committee or individuals who would like to participate in sub-teams for a smaller time commitment. If you are interested please email [CCRC@sclhca.com](mailto:CCRC@sclhca.com).



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## Compliance Committee Shade Trees Keep Us Cool

*David Mateer, Chair*

Some of these summer days sure can be hot. When outside, it is nice to find some shade. There are lots of very nice shade trees throughout the community. The Design Guidelines of our community have a requirement to have a tree in the front yard. In addition to adding to the beauty of your property, it often helps to keep your home and plants cooler during the summer. The Architectural Review Committee has done substantial work on what trees do well here and how much space they need when they grow to maturity. Some of the original landscaping for our community included trees that looked great when they were newly planted but really did not have enough set-back from our homes or neighbors.

It is now 15 to 20 years later for many of these trees, and they are very large. For most of these, they look great. Some trees require periodic trimming to keep them healthy and well-shaped. If the tree grows over the property line, it is the responsibility of the tree owner to keep it trimmed so as not to be a problem for the neighbors. Some varieties of trees have created issues with our walkways and lawn due to surface roots. This can be a difficult problem to solve. Unfortunately, sometimes the only real solution is to remove the tree. Appendix A of the Design Guidelines provides lots of information on trees. This will be very helpful so you can find a tree of your desired size and plant it in a location that both you and the tree will like. You do not need any approvals to remove a tree and its stump. Approval

of the Architectural Review Committee is required before planting the new tree.

What are the requirements for the tree? For a new tree to fulfill the requirement for the front yard tree, it must be a single trunk tree that will grow and be maintained to a height of 12 feet height or more. Several years ago, there was a revision that now allows the new tree to be a 15-gallon or larger size when planted. This saves some cost and effort. These trees are generally 6 feet tall when planted. You are allowed to have multiple trees if you desire, and your yard can accommodate them. Trees that will not grow to 12 feet or will be maintained below that



height are considered ornamental trees and do not fulfill the front yard tree requirement. There are also requirements for backyard trees and side trees for corner lots. Similarly, they also require approval for any new or replacement tree.

I would also like to mention there is a new manager for the Community Standards Department. Wendy Moulder joined the Association several months ago and brings substantial experience to serve our community. Community Standards Department is always ready to assist and serve our members.

Should you notice that a property needs some additional maintenance attention, please submit a complaint to Community Standards. The forms are available on the Resident Website and in the Orchard Creek Resident Information Center, along with the dropoff box. Submissions via email are also accepted.



## Properties Committee

### “Take me out to the Ball Game”

*Lynne White, Committee Member*

There is no doubt that baseball is one of America’s favorite pastimes. On July Fourth at our softball park, Charlie Schuman was inducted into our Lincoln Hills Softball Hall of Fame. Charlie credits his success to many of his mentors along the way. He has also volunteered as a groundskeeper and is currently an umpire and scorekeeper. Charlie is a winner, and we congratulate him. Babe Ruth said, “Baseball is, was, and always will be the best game in the world to me.” Our new Hall of Famers and all of the previous players who won this award most likely would agree with Babe Ruth.

The Properties Committee loves winners. We strive to keep all of our facilities in excellent condition so that Lincoln Hills residents have the opportunities to excel at whatever they choose to do. We think we are part of Charlie’s success. Properties works quietly and diligently behind the scenes to ensure the softball diamond is

pristine. A recent purchase was a Gator utility vehicle to maintain the ball field. We also monitor the condition of the scoreboard, chain link fencing, four flag poles, stadium seats and dugout benches, grandstand shade structures, drinking fountain, restrooms, and even trash containers. Why would we take a little credit for Charlie’s success? Because we inspect the Sports Plaza annually. We look to the reserve list for items that need repairing or replacing. Also, we address anything that needs immediate repair. When the teams arrive to play, they should be assured we have done our part so they can practice and compete.

This is not unique to one sport. This is our standard

operating procedure for all of the facilities in Lincoln Hills. You can walk our trails, enjoy an indoor club, eat at Meridians, exercise, attend concerts or swim in the fun or lap pool. Several projects are completed, approved, and in progress or proposed for future consideration. Thanks to the weather and staffing, the bollard lighting has been replaced at Orchard Creek except for the Amphitheater step units, the Bocce courts are complete, Kilaga solar cleaning is complete, pool lifts are scheduled for July, post and cable fencing is in its final phase, directional sign replacement is in progress, and the china, glassware, and dishes are slowly being replaced in Meridians.

Currently out for bids are the Orchard Creek entrance improvements and removal of a wall in the Pilates room. Vendors and PG&E will be converting the lighting to LED in both lodges and the Sports Plaza.

At the last Board of Directors meeting, Laura Thiele said, “Committees are really important. Most

of the issues the Board addresses comes through committees, and the reason it is important is we get a lot more people looking at the actual topic and alternatives and opportunities.” Many committees still need volunteers. Properties is diligently looking for two more volunteers.

All of the committees are important and valued. We all have different responsibilities and tasks. Find out about all of the committees on the Resident Website. As volunteers on the Properties Committee, just like Charlie, we consider ourselves winners! We are proud to do our part in keeping Lincoln Hills a premier 55+ community.



*Charlie Schuman, 2022 Hall of Fame*



## Accessibility Committee Survey Results Reveal Valuable Information

*Judie Panneton, Chair*

Thanks to the 2,088 residents who completed surveys regarding accessibility questions that were offered in printed form and sent to the 8236 eNews subscribers by the Communications and Community Relations Survey Tasks Force. The results were sent to residents via eNews on June 26, shortly after the tabulations were completed. They are on the Resident Website in the eNews archives Please contact AC@sclhca.com if you would like a printed copy.

One of the main survey goals was to learn more about residents as they age in place, and that goal was accomplished. Amongst the data collected about respondents' limitations include:

Hearing – 43.12%  
Mobility – 38.24%  
Vision – 36.55%  
Cognitive – 9.34%

As committee member Marcia VanWagner reported, the results of this recent survey are consistent with “at least seven different efforts to evaluate the ease or difficulty our residents may encounter as they live through the transition to older age.”

Demographic information through 2021 shows that the average age of Lincoln Hills residents is 76. Yet, many people surveyed said they do not know what they would do if they could no longer live on their own here. As Marcia noted in her presentation, 34 percent said they did not know what they would do; 29 percent said they would move out, 28 percent answered they would bring in a caregiver, and 9 percent gave other options, including 8 respondents who said they would commit suicide.

In addition, Fred Barnhart, who presented the survey results on behalf of the task force, explained that those 80 years and older were most likely to have plans in place should they no longer be able to live in this community and added, “People who have someone nearby are less likely to move out of Lincoln Hills and more likely to bring in a caregiver. People who do not have someone nearby are less likely to bring in a caregiver and more likely to move out of Lincoln Hills.”

Comments from the survey were wide-ranging including several requests for transportation to the Lodges and area shopping; suggestions for a

resource connector to help residents make decisions for their future living situations; the need for more education about caregivers, and planning ahead when living here becomes difficult or impossible; being unaware that people are allowed to have a caregiver in homes; a request for a list of caregivers (which Neighbors InDeed has); support for and against spending money to accommodate people's impairments and ideas for physical improvements like railings in several locations.

Accessibility Committee members will now be able to use the data and information to determine if they want to make recommendations to the Board of Directors. The committee is tasked with advising the Board on matters related to improving the inclusiveness within our community through the adoption of technology and implementation of reasonable accommodations related to policies, programs, and events as residents manage physical/functional challenges.”

The Accessibility Committee is scheduled to meet on September 7, at 9:00 AM in P-Hall (KS) and on Zoom. Recordings of meetings are located on the Resident Website.





## Lifestyle News & Happenings

### Somewhat Calm, Cool, and Collected in the Extreme Heat

Allison Sertic, Lifestyle Manager

As I write this during an extremely hot summer week, it is hard to believe that I am already planning out winter events and working on financial forecasts for a January start budget year, but such is the life of a Lifestyle Manager. Days, weeks, and months often blur together as I am in a constant mode of switching from present to future and then back to the past, as all are relevant and crucial to analyzing, strategizing, planning, and often, guessing. I so often do wish I had that crystal ball. Again, such is the life in Lifestyle.

Looking back at the Summer Amphitheater Concerts, I have been overwhelmed with gratitude that I get to take part in these wonderful events at Lincoln Hills. Our entire team works hard to deliver their best, and it fills my heart to see so many residents truly enjoying their nights and community. The many compliments and thank-yous I receive at the concerts and then in the days following are so appreciated and always passed on to the volunteers and staff. If you have not

yet attended a concert to experience this fantastic 2022 series, you still have your chance. Buy your tickets now for our last two concerts: Surf's Up – Tribute to The Beach Boys on September 2 and Keep On Truckin' – The Woodstock Experience on September 16.

Get your calendars ready for your 2022 trips. We just announced three new trips: A two-night Pacific International Quilt Festival on October 13 and 14; The California Academy of Sciences, Superstar, Hairspray, and Pretty Woman.

We also have a variety of topnotch performers coming to our indoor stages; Duo Gadjo: The Great American Songbook, with a French Twist!,

September 29; The Billie Holiday Project featuring Stella Heath, October 4; Decades: Hits from the 60s 'til Today, October 14; Mads Tolling & The Mads Men, November 21 and an encore performance, by popular demand, Comedy Night with Dan St. Paul, November 1. Tickets are still available for the IndiviDúo Latin Pop Concert on August 23, with an added Dance Workshop featuring songs by InvidiDúo on August 16. Also, Mig O'Hara and Colin Ross will give an engaging afternoon presentation on The American Songbook, followed by an Evening Concert both on August 30.

Learn something new in 2022 in the exciting new class – Beginning Quilting. Do not miss out on this opportunity. We are also offering Beginning

Bridge Class, and Rope Baskets and Bowls classes.

Plan your calendars now – Entertainment, Trips, and Lifestyle Classes sections of the *Compass* give detailed information and dates.

In September's *Compass*, we will have detailed infor-

mation on the annual Holiday Shopping Expo happening on Sunday, October 30, in the Ballroom. Interested in participating as a vendor? If so, applications are available now on the Resident Website. (sclhresidents.com under Library/Forms/Lifestyle Activities Forms/Holiday Expo). Simply complete and submit your application to Cody at Cody.Meikle@sclhca.com.

The Lifestyle Team will be starting the Annual Drive for the Gathering Inn. Join our team in collecting donations to benefit homeless men, women, and families. Watch for more information on how to participate beginning in September.





## The Spa at Kilaga Springs Extremes of Life

*KarriLynn Keith, Spa Manager*

Indian Summer will slowly transition into a beautiful and crisp fall season, which is truly my favorite time of the year! Cool, crisp weather will soon be erasing the memory of our scorching summer heatwave. I am so excited that I can barely contain myself, and it certainly cannot come soon enough for this fair-weathered gal.

This is my first summer back home in several years. The early summer heatwave clearly reminded me of the incredible “Extremes of Life” we have experienced. The last few years we have faced a terrible and unrelenting drought and unprecedented wildfires defying attempts to stop them from raging through our beautiful mountains. We have all had to learn how to become more resilient and adapt in these quickly evolving times with patience and grace.

We are all discovering how to survive in this new post-pandemic reality where every day reveals a new struggle, whether it is sky-rocketing prices, product and ingredient shortages, or shipping challenges. I am so thankful for the resilient nature of our Spa team here at Kilaga Springs. Each one of them has persevered and come through the past year brilliantly. I am so proud of their determination and grace. This amazing team has continually given their whole hearts to offer you the best spa experiences possible through all the ups and downs we have faced.

The Spa will continue to grow and evolve with new services to expand and elevate your guest experience. We want to entice you with amazing new products and luxurious, innovative treatments to keep coming back with excited anticipation for more. Stay tuned as we continue to introduce new and fabulous surprises giving you the opportunity to experience our awesome spa services in a totally new way.

This month we are featuring our fabulous Spa at

Kilaga Springs Upgrades and Treatment Add-Ons. These are versatile and customizable Upgrades that give you the ability to transform any treatment or Membership service into something unique. For those of you who have not experienced them before, you are in for a real treat.

Soothing and healing treatments have been used for centuries and have many proven benefits. Each of our Upgrades features therapeutic benefits, including increased energy, alertness, improved immune function, better circulation, pain management, and enhanced mood; Hot Stone (thermotherapy), Salt Stone therapy, Cold Stone (cryotherapy), CBD enhancements, and Aromatherapy treatments.

- Heat promotes blood flow, relaxes muscle tension, relieves pain, and aids in the healing of damaged tissue.

- Cold constricts blood flow to reduce inflammation, alleviate swelling or edema, and acts as an analgesic. Internally, it encourages thermogenesis (natural fat burning), and externally it helps tighten the skin.

- Contrast Therapy, alternating hot and cold in small increments, has therapeutic whole-body benefits, including increased energy, alertness, improved immune function, better circulation, and enhanced mood.

- CBD therapy offers calming, soothing pain relief.

- Aromatherapy offers stress and anxiety reduction, and addresses mental, emotional, and sleep concerns.

Whichever you prefer, be sure to ask our expertly trained therapists to introduce you to which will best suit your individual needs. Our team will customize a unique and unforgettable Bespoke Spa Treatment just for you.

Please stop by The Spa at Kilaga Springs or call us today to schedule all of your wellness needs.





## WellFit News

### Exercising in Hot and Cold Environments

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

#### What happens when you exercise in a hot or cold environment?

Normal Body temperature is roughly 98.6 and is influenced by environmental changes and physical exertion. During exercise, heat is produced from muscles, which causes a rise in body temperature. When your body heat increases, your heart rate increases to help deliver blood to the surface of the skin for heat release. You will also start to sweat to help with cooling. During exercise in the cold, the heat produced from contracting muscles may not be enough to prevent a drop in body temperature. The risk for injury increases in some people when body temperature falls below 96.5.

#### Heat and cold stress prevention.

**The following will help reduce heat-related injury:**

- Improve your level of aerobic fitness. Those who are more aerobically fit can adapt better during exercise in the heat.

- When suddenly exposed to a hot environment (taking a vacation to a warmer climate) reduce exercise intensity and length of the exercise session. It can take 10-14 days of repeated exercise in a hot environment to adapt to the weather.

- Pay attention to hydration and be sure to drink plenty of fluids. Signs of dehydration may be a 1% change in body weight, low urine in 24 hours, or dark-colored urine.

- Perform exercise during cooler times of the day.
- Wear loose fitting, lightweight, and moisture-wicking clothing.

#### To reduce cold injury:

- Cover your head, face, legs, feet, and hands. These areas are at greater risk for injury.

- The risk for cold injury is higher when conditions are wet and rainy.

- Wear appropriate footwear to prevent slipping.
- \*Adjust clothing and layers to help maintain warmth but prevent too much sweating.

- Be aware of the wind speed, as it can reduce what the temperature actually feels like.

Maintaining physical activity throughout seasonal changes is very important. Those who are physically active tend to live longer, healthier lives. Research shows that moderate physical activity such as 30 minutes a day of brisk walking, significantly contributes to a longer life. Even a person with health risk factors like high blood pressure, depression, diabetes, or smoking can gain real benefits from incorporating regular physical activity in their daily life.

Start a well-rounded exercise program that includes aerobic, strength training exercises and functional stretching that can maintain and or improve overall health and function. It is important to choose exercises you enjoy and can fit into your schedule. Not all exercise programs are suitable for



everyone. Activities should be carried out at an effort level that is comfortable for you. You should stop participating in any exercise activity that causes pain. This is where a personal trainer is important to have. They will train you in a safe environment and not only get you to where you need to be but will also help with injury prevention, not pushing too hard or too quick.

Trainers can also help when it comes to rehabilitation. Did you just get released from your doctor to start exercise again and do not know where to start or maybe a little scared? Hiring a Personal trainer can coach you through the process. For more information on our Personal training services please see our ad on page 84.

# REVERSE MORTGAGES - LEARN THE FACTS

Join Tom Pinocci for a free informative lunch event:

**Date:** Wednesday, September 28<sup>th</sup>  
**Time:** 11:30 am  
**Address:** Sun City Lincoln Hills  
965 Orchard Creek Lane, Lincoln  
**Location:** Ballroom

**Limited Seating! Please RSVP:**  
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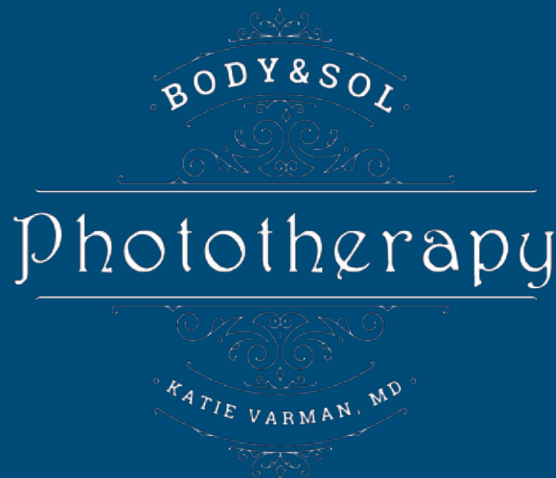
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## Double Dipping with The Swimmers and Water Walkers Club

*David Wright, Roving Reporter*



Kathy Carpenter makes training videos for the club Dropbox

During these dog days of summer, nothing beats the extreme heat like a cold dip. Whether it is a dip of frozen treat at an ice cream social or a dip of healthy exercise in one of Lincoln Hills' four pools, the

Swimmers and Water Walkers have pooled their resources to make workouts fun.

To give a unified voice to solo pool goers seeking more input in using our aquatic amenities, the Swimmers and Water Walkers Club was formed in 2017. The group then floated the idea of starting a mentorship program—where more experienced members provide swim advice for those who are still wet behind the ears.

Sixty percent of the club membership never swam before they retired. One reason that retirees resist taking to the cement pond is that they are uncomfortable with the way their aging bodies look in swimsuits. But once they see everyone else, they know they will fit in just fine. By using mentors to build confidence, instead of waiting to get old, seniors are wading to stay young.

Jim Klein, Club President, took

to the water shortly after he and his wife, Connie, moved here in 2007. The retired State computer programmer explained, "Swimming can be a tremendous opportunity for everyone to exercise. I used to bicycle, but I blew out my knees. So, I took up swimming and found it doesn't hurt my knees. Now I swim 45 minutes every other day."

Swimming and water walking are low-impact exercises that burn calories, improve balance, strengthen muscles, lower blood pressure, and boost fitness with less pain. By using a snorkel, swimmers can keep their head below water without twisting the spine as they come up for air. For seniors with mobility issues, water walking provides a safer cardio experience without the risks of falls. Some pool pedestrians with poor circulation prefer the warmer water of Orchard Creek, while the colder pool at Kilaga Springs is better suited for faster-paced workouts.

With no dues and a wave of free-thinking freestylers, the 200-member Swimming and Water Walkers Club continues to dive into lively ventures. Next week, it will host Hot August Splash, featuring the brethren sporting their new club t-shirts. In addition to feast and friendship, the Orchard Creek pizza "pool-ooza" will offer demonstrations of swimming techniques designed to painlessly plunge away the pounds...and hopefully, make room for ice cream.



Friends sharing the carpool lane

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## August Extremes: Brain Freeze to Heat Stroke

*Shirley Schultz, Roving Reporter*



Teresa Tanin with brain freeze

Yeeeow! Have you ever experienced that sudden extreme pain in your head as you are eating ice cream or something else cold? Brain freeze, ice cream headache, or cold stimulus headache are words used to describe this phenomenon for which the scientific name is sphenopalatine ganglioneuralgia. When the cold hits the palate in the roof of your mouth, it causes the blood

vessels in the surrounding areas to constrict, and then they rapidly rebound by expanding to warm up again. This rapid expansion of the blood vessels is what causes the pain.

Although your brain does not actually become frozen, the brain freeze referred to here is easily thawed:

- Stop eating the ice cream or whatever the cold stimulus is until the pain passes.
- Get your mouth's temperature back to normal by drinking warm (not hot) liquid.
- Press your tongue or thumb against your palate to transfer warmth.
- Eat or drink cold things slowly to prevent another attack.
- If none of these solutions help, heat your cold treat before devouring a warm, soupy portion of Rocky Road.

Heat can be extreme in the summer months. Heat exhaustion

is a genuine health hazard as compared to brain freeze. When overheated, the body can lose its ability to regulate its internal temperature, and death will ensue without immediate intervention. Spending too much time in the heat, especially without adequate fluid intake, can lead to dehydration, causing cool, pale, clammy skin, light-headedness, dizziness, excessive sweating, nausea, muscle cramps, and weak pulse. These are the symptoms of heat exhaustion caused by loss of water and sodium, usually by sweating. If this process is allowed to progress, the body organs will shut down, and death from heat stroke will occur.

- Red, hot, dry skin with no sweating
- Throbbing headache
- High body temperature over 104 degrees because the body is unable to control its internal temperature
- Rapid, strong pulse
- Loss of consciousness

The most significant factor differentiating heat exhaustion and heat stroke is the lack of sweating in heat stroke. Prevention is the key.

- Call 911 if symptoms of heat stroke exist
- Drink plenty of water or sports drinks with electrolytes

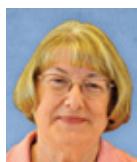


Heat stroke

- Stay in the shade
  - Wear loose-fitting light clothing
  - Avoid alcoholic beverages
- Safely enjoy the extremes of August.



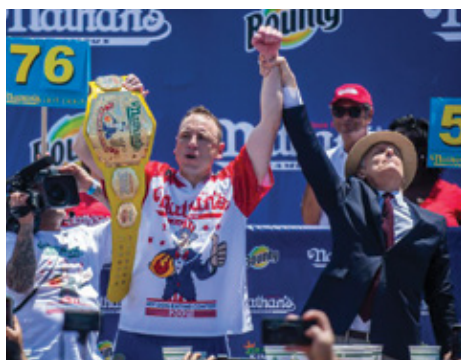
Craving a big chill? It's a lick away.



## Extreme Eats

Linda Lucchetti, *Roving Reporter*

Summertime – and the eating is easy. Whether you barbecue, take an interest in competitive eating or nibble at the banquet table of festivals across our land, there's bound to be something for everyone's taste. Nothing says summer like food.



Hot dog eating contests produce "chomp"ions.

Barbecue, according to research, has its roots in colonial Virginia, where Native Americans smoked

and dried meats over an open flame. British settlers basted meats using butter or vinegar while grilling over an open flame. When slaves were brought from the Caribbean some years later, they brought with them spices. Mix it all together, and you have the birth of the barbecue.

Extreme eating contests have become a unique summer spectator sport. The granddaddy of all competitions is an annual hot dog eating contest held since 1916 on the Fourth of July at Coney Island, New York. Here winners wolf down an average of 65 dogs within minutes. (Don't try this at home!)

People from cities and towns across America proudly haul out the fruits (and vegetables) of their labor, especially during the summer months. In Northern California alone, you'll find the

San Joaquin Asparagus Festival in Stockton, the Patterson Apricot Festival, the San Leandro Cherry Festival, and the Artichoke Festival in Castroville, to name a few.

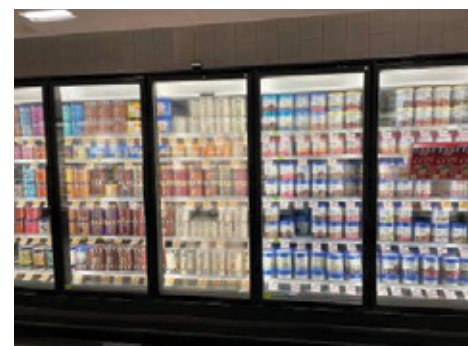
But if you're craving another type of treat, one that is extremely cold, 'lick' no further than ice cream. This is a summer delight that screams refreshing, tasty, and decadent.

The rocky road to ice cream's history may be sprinkled with folklore, but here's the scoop: Ice cream was invented in China, introduced to the Western world by Italy, and made accessible to the general public by France. Once the problems of continuous refrigeration and freezing were solved by manufacturers during the 1920s, ice cream's popularity and availability in the U.S. crystallized.

### Cold hard facts:

- United States is the largest producer and consumer of ice cream in the world.
- According to the U.S. Census Bureau, Americans consume an average of 23 gallons of ice cream each year.
- Classic vanilla is the most popular flavor in America.
- The first ice cream cone was created during the 1904 World's Fair in St. Louis.
- One ice cream cone can be finished with 50 licks. (Go ahead, try this at home!)

When the temperature heats up, cool down with a cone or a cup and savor the amount of time this frosty delicacy has been on the menu.



A flavor for every taste.



Left to Right: Division Chief Tolan Dworak; Engineer Richard MacCracken; NW Executive Director, Linda Minor; NW Director, Suzanne Rosevold; Engineer Billy Hartley; Fire Captain Scott Lombardi.  
Top Left to Right: NW Director, Stephanie Guillory and NW Director, Patricia Hammer.



## Lincoln Fire Department Donation Helps Everyone—False Alarms Do Not!

*Teresa Tanin, Neighborhood Watch*

Neighborhood Watch recently donated to the Lincoln Fire Department, 126 Joiner Parkway, a special “soft stretcher.” This equipment takes the place of a large stretcher for which the department is unable to transport on their engines. This soft stretcher folds and is able to support and move a person through doorways easily. No waiting for an ambulance.

Division Chief, Tolan Dworak, and his crew were very appreciative

of the soft stretcher donation. This donation was only possible through the continued support of the Lincoln Hills Foundation. The Chief indicated that this soft stretcher will greatly assist first responders and residents as well! It is very important, however, to help avoid “false” responses.

Avoid “False Alarms”! Be sure to add the name and phone number of your alarm company (wearable “alert” and/or home security) to

your landline and/or your cell phone contacts. Avoid missing the alarm company calling you to confirm your status. If you do not answer, they will dispatch emergency response. A response should be to actual emergencies, not accidental or false alarms. Such are costly and deter responders from real emergencies.

Please visit Neighborhood Watch website [sclhwatc.org](http://sclhwatc.org) for more information.

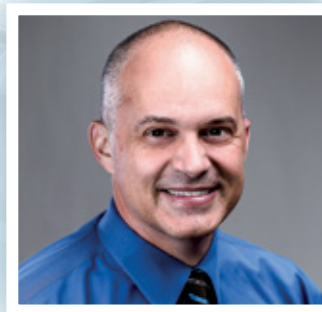


# REVERSE MORTGAGE FUNDING

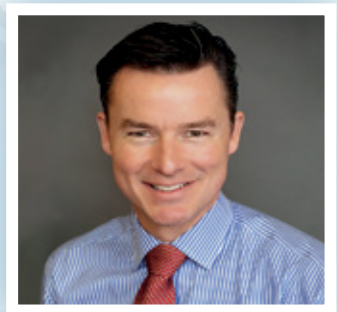
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## In Memoriam



**Roy Anderson**

Roy was Art Director at Hewlett Packard in Palo Alto before moving here with his wife, Karen. They immediately joined the community. Roy brought a rich bass voice to the Chorus, and he worked on sound and lighting with the Players Group. He served on the Landscape Committee and became Chair of ARC. He attended Lincoln Community Church, serving on the Elder Board and Building Committee as the new facility was erected. He is missed by his wife and close-knit family of children and grandchildren.



**Sue Carden**

Born Carolyn Sue Carden in Terre Haute, Indiana, Sue moved to San Jose, California, with her family. She was married twice. Dave and Sue enjoyed living here. Sue got involved in Bosom Buddies and sewing arts and especially enjoyed the friends she made. Sue had Alzheimer's for about four years and is survived by her husband, Dave, a daughter, stepson, and four grandchildren.



**Joyce Anne Lundstrom**

Joyce was born in Duluth, Minnesota, and attended the University of Minnesota. She married Donald, and after his military service, they moved to California. She was a travel agent, medical assistant, and executive assistant in international marketing at several Bay Area tech companies. Joy loved spending time in her second home in Palm Desert. She also loved travel, painting, card playing, and both ballroom and country dancing. Besides her husband, she leaves two daughters, a son, four grandchildren, and five great-grandchildren.

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



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The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, August 25. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for a blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. No alcoholic beverages are allowed during the games, and bring your own water. The doors open at 12:30 PM, and games begin at 1:00 PM. To reserve a table for 8, send an e-mail to: [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



## Volunteer Opportunities

### Committee Openings

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

- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Elections
- Finance Committee
- Properties 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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**Amateur Radio**

Field Day 2022 was hot and fun! We contacted 208 Ham operators from all over the USA, Canada, and Mexico. These were comprised of 64 CW, 99 digital, and 45 phone contacts. Top States were California, Oregon, and Colorado. Canada contacts came in strong. Dan's Grandson, Caleb, age eight, contacted five operators, several in Canada. Equally important, 14 visitors came by to learn more about Ham radio. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

Contact: Dan Lehrer 916-587-3419, [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)  
Website: [www.lharg.us](http://www.lharg.us)



Field Day 2022,  
L to R, Caleb, Claire and Dan



**Ballroom Dance**

Our lessons will help you learn and enjoy a variety of ballroom dances. The beginning class will introduce basic step patterns. Repetition, repetition, repetition is a key ingredient under the watchful eyes of instructors Sal and Ruth Algeri. Not until the Group has demonstrated sufficient skill is another step pattern introduced. Generally, three-step patterns are introduced in each lesson. Once the participants have acquired skills with multiple patterns, the opportunity to combine

steps into a dance that flows from a combination of steps. Each new weekly lesson begins with a review of previous lessons. If you're reading this article, you might be interested. Give Ballroom Dance a try. You'll be glad you did. The month of August has been featuring the Fox Trot and hosted Hot August Nights Dance.

Contact: Ruth Algeri 916-408-4752

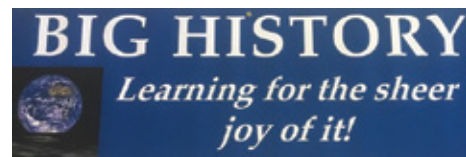


Fred and Thelma  
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**Big History**

Join us for a special presentation at 10:00 AM on Zoom on August 22—a Survey



of the History of Ukraine. The region constituting Ukraine has a long and difficult history. Early writings indicate it was invaded by the Persian Empire. Once a supplier of grain to ancient Athens, it was ruled by the Roman Empire. In the early Middle Ages, it was a Jewish kingdom which was conquered by the Vikings, who in turn were subjugated by the Mongols. In modern times, it has sometimes been independent but fought over by Polish, Turkish, Austrian, and Russian Empires. In the 1930s, it was victim of the Holodomor, the second greatest genocide after the Nazi Holocaust of Jews. Now it again defends itself from imperial aggression.

Contact: Ranny Eckstrom  
916-708-0165, [bhscslh@gmail.com](mailto:bhscslh@gmail.com)



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Rookies Tournament winners

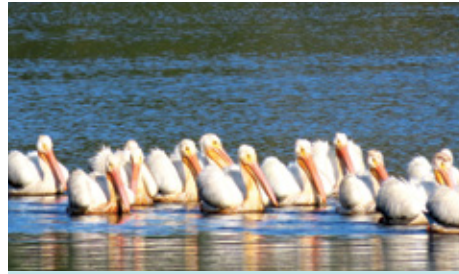
free lessons at KS on Tuesdays. The first session is at 9:00 AM and the second session is at 10:15 AM. Lessons are for all residents—beginners, intermediate, and advanced players. Pictured are the winners of the Rookies Tournament: Larry Lang, Pete Van Savoye, Howard Beaumont, Sharon Baring, Bob Coperridor, and John Gilmore.

Contact: Tony Felice 916-955-0501, [atfelice3@gmail.com](mailto:atfelice3@gmail.com)  
Website: [www.lhbilliards.com](http://www.lhbilliards.com)



**Bird**

Deb Kirkpatrick will be our guest speaker at our September 12 group meeting. Her topic is “hummingbirds.” She will talk about the different species found in California and provide some cool and fun facts about hummingbirds. She will tell our Group how to keep your backyards safe for hummers and what sort of plants and native flowers that attract hummingbirds. She is also a rehabilitator



Pelicans on Ferrari Pond  
by Suzanne Hutchinson

of hummingbirds, working with Gold Country Wildlife Rescue. Our trips are on hold during the heat of summer, but that doesn't mean there's no birding to be done. Ferrari Pond had a nice collection of pelicans, and Suzanne got this nice picture on July 13.

Contact: Sal Acosta 843-991-5188, [suncitybirders@sclhbirders.org](mailto:suncitybirders@sclhbirders.org)  
Website: [www.sclhbirders.org](http://www.sclhbirders.org)



**Bocce Ball, Mad Hatters**

All residents are eligible to play in the Mad Hatters Group by just showing up on Thursdays. New, inexperienced, and handicapped players are welcome. Lessons are available at no cost. There is now a Shuffleboard Group. They are currently playing at the KS Fitness Center. They have made a request to install three courts in between the four back bocce courts. No decision has been made yet. The Mad Hatters have been notified, but it is not clear to us if other bocce groups have been made

aware. There are potential usage issues. It is important to keep track of the Properties and Finance Committees' agendas. If you are interested in playing bocce in the evening, contact Jack Linder at [mmxnbond@gmail.com](mailto:mmxnbond@gmail.com) or 707-880-9279.

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



**Book, OC**

The act of reading need not be an isolated affair. Being part of a book club enhances the reading experience. Please join us. We offer a relaxed atmosphere to meet others and engage in a lively discussion. A special thank you to the new members who have presented an author introduction or facilitated a book discussion. Great job! If you'd like to facilitate, yet feel a bit hesitant, we offer coaching. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. August's meeting will be a special treat with a guest speaker. September's book is *The Orphan Master's Son*, by Adam Johnson. To get on the monthly email distribution list, email your request to [ocbookgroup@gmail.com](mailto:ocbookgroup@gmail.com).

Contact: Maureen Deal, [modeal2010@gmail.com](mailto:modeal2010@gmail.com)

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**Bridge, Duplicate**

Mark your calendars! September 12 will be the Roseville Exchange. Details will be coming from the President's Newsletter. Friday, December 16, will be our annual Christmas celebration. We have sanctioned a game for that Friday and will have the final details for Christmas get-together in September. Our Christmas celebration will be on a Friday due to the fierce competition for rooms. We are continuing to collect fees outside of the room, and we ask that the partnership pays for both players before receiving a table. Request reservations by email to elisehomer@gmail.com.

Contact: Susan Brenden 530-320-9137, momrnsf@hotmail.com

Website: www.Bridgewebs.com/lincolnhills



**Bridge, Partners**

To sign up, call or come to the Sierra Room (KS) by 5:30 PM Thursdays. August hosts are Patty/Tom Mack 714-504-1881. Winners June 16: first- Linda McDermott/Patty VanOspre; second- DiDi Martin/Janet Pinnell (high round 1590); third – Rose Phelan/Kurt Wolff; fourth- Phil Sanderson/Chet Winton. June 23: first – Byron Hansen/John Butler; second –

Dee Cole/Ed Hartnett, (high round 1680); third – Joanna/Alan Haselwood; fourth – Patty/Frank Kamienski. June 30: first- Rose Phelan/Kurt Wolff, with a grand slam; second- Kay/Ben Newton tied with Jean Beyer/Linda McDermott, (high round 2240); fourth- Kelly/Neal O'Boyle. July 7: first – Nancy Turrini/Lydia King; second – Harry Collings/Jay Southard; third – Carla/Mark Green. Barbara/Bud Hunt had high round 2060. July 14: first- Bev/Allan Blaine; second - Joanna/Alan Haselwood, (high round 2390); third – Dee Cole/Ed Hartnett; fourth – Kay/Ben Newton.

Contact: The hosts for September are Rose Phelan/Kurt Wolff, 916-698-6940



**Bunco**

In June, Bunco was called several times, and the traveling bear was all over the room. After Bunco play there were several roll-offs to determine the final winner in the different categories. Everyone who attended the potluck in May had a wonderful time chatting with friends and catching up. Please consider joining us for a fun morning, including laughter. Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00

AM. Bunco play is on the third Thursday of the month in the Card Room (OC). June Winners: Bunco – Marlys Hebert, Wins – Anita Santos, Losses – Sharlene Christianson, 50/50 – Paulette Rhoads, Traveler – Norma Cammilleri. Future Thursday Bunco Dates are August 18 and September 15.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



**Ceramic Arts**

Thank you to everyone who donated one or more bowls for the Empty Bowls project. They will be part of a fundraising dinner to generate funds for the River City Food Bank in Sacramento. Empty Bowls is a grass-roots movement by artists and crafts people around the world to raise money to care for and feed the hungry in their communities. Art in the Foyer for the month of September will showcase many artists' works. Some items will be for sale. New pieces will go on display throughout the month, so be sure to drop by anytime at OC. You'll enjoy seeing the beautiful and unique creations. Take a moment to check out the window display at the Ceramics Room anytime you're in the area.

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**Chorus**

Is it ever too early to get in the holiday spirit? For members of the Chorus, it's not! Preparations are well underway for our holiday concert series, set for December 8, 9, and 10. A fabulous selection of seasonal song delights has been finalized, and excitement is building with Chorus members to begin rehearsals in early September. We are actively recruiting new Chorus members, so if you enjoy singing and performing, would like to participate in a rewarding musical activity, and can spare one afternoon per week for rehearsals at P-Hall (KS), then the Chorus might be the Group for you! You're invited to contact our Membership Coordinator, Mari Long, for more information about becoming part of our musical family.

Contact: Mari Long 916-409-9136, [mrlong24sjca@sbcglobal.net](mailto:mrlong24sjca@sbcglobal.net)  
Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

**Computers**

**Apple Users**



Did you know you can change Siri's voice or set an animated lock screen on your iPhone? The answers can be found in the July

issue of the Cider Press located on our website. On August 22 at 10:30 AM, in person at P-Hall (KS), Andy Petro will discuss "Interesting and Exciting Tips for your iPhone using iOS15." There are many features embedded in iOS15. Some relate to Safari, Maps, Contacts, and more. You are bound to learn two new things. Our club is celebrating its 20th anniversary with a banquet in the Ballroom (OC) on September 13. There are limited reservations. See flyer at our website for details.  
Contact: Vicki White 916-913-6833, [LHAUGinfo@icloud.com](mailto:LHAUGinfo@icloud.com)  
Website: [www.lhaug.org](http://www.lhaug.org)

**Country Couples**



It's been a busy month! Members taking the Country Couples Western Dance class enjoyed learning East Coast Swing Mixer. It's always fun and challenging to learn a new dance, especially such a popular and versatile one that can easily be enjoyed together on any dance floor!



Members Brian and Colleen Hope

Country Couples Western Dance is a great class to take to learn fun dances that exercise the body and mind. We then dance them at the club parties. But we do more than dance! Last month, we met for dinner at the local Casa Ramos Mexican Restaurant in Lincoln. A large room was reserved for all of us to gather and enjoy an evening of good food and conversation with friends. Come join us!

Contact: April Cederburg 916-390-3931  
Website: [www.sclhcc.com](http://www.sclhcc.com)



**Cyclists**

Most of us have experienced a leg cramp at some time or another. Leg cramps can quickly be stopped when cycling. According to cycling Coach Darryl MacKenzie, when you get hit with a leg cramp while cycling, you should do two things right away. First, let the riders around you know what's happening, so they don't run into you if you start to slow down. Then, pop two or three Tums. How come? The answer lies in their ingredients. Tums



Leg Cramps can be very painful. Be prepared and hydrate!

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Contact: *Dave Sausen 916-300-5395, dave.sausen@yahoo.com*

Website: *www.lincolnhillscyclists.com*



**Euchre**

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out [www.trickstercards.com/home/euchre/](http://www.trickstercards.com/home/euchre/). Look for the option "play to 10, 9-Ace." We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday play. All are welcome. Please wear your name tag.

Contact: *SCLHEuchreClub@gmail.com*



**Fishing**

Jerry Hannon and Gerry Messier "ployed" the great Pacific Ocean out of Sausalito for Salmon on the great ship Outer Limits. They fished about 10 miles offshore down near Half Moon Bay for four hours. They limited and brought



Salmon

home two gorgeous Salmon each, weighing from 10 to 20 pounds. Steaks galore! Jerry Hannon said the anchovies were plentiful, and many ocean creatures were feasting on them. Monthly meetings at P-Hall (KS) are on the second Monday at 7:00 PM. For coffee or breakfast, Fly anglers meet at Meridians at 8:00 AM. Bait/Spin folks meet at the Sports Bar at 8:30 AM on Fridays. If you want to join our club, contact Ralph [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net) or Henry [hsandigo@gmail.com](mailto:hsandigo@gmail.com).

Contact: *Henry Sandigo 415-716-0666*



**Food Adventures**

Our club put on a Paella Party, two months before the pandemic set in, that attendees are still talking about! That was December 2, 2019. Many claim it was the best club gathering they have ever attended here in Lincoln Hills.

We have just completed arrangements with Ternero Olive Oil Farm for a repeat of that event, scheduled for December 5, at the Ternero Farm on Route 193 just outside Lincoln. Ternero is a Spanish company, and they know all about Paella and its importance as a Holiday tradition in Spain. More on this will follow. We are not yet taking reservations for this event. Meanwhile, other upcoming events will be announced via our emails to club members.

Contact: *Don R. Rickgauer 916-847-8791,*

*SclhFoodAdventuresClub@gmail.com*



**Garden**

The General Meeting on August 25, 2:00 PM at KS will feature Julie Barbour, a long-time resident of Placer County and lifelong resident of California, who has given gardening, compost, and soil talks for nearly 20 years. She is a graduate of UC Davis, a Placer County Master Gardener, has six years of experience as a nursery professional, and is a University of California trained Integrated Pest Management expert. Her



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



**Genealogy**

Our August 15 General Meeting is a presentation from Marcia VanWagner, on the topic, "What to do With Your Online Assets When You Pass on." The meeting time is 6:30 PM, in P-Hall (KS). We have new volunteers! Rita Perada-McElRoy, Catie Neilson, and Judy Sykes will share the responsibility for the Social and Speakers Committee. Dawn Noonan will be the new Secretary, and Nancy Switzer is the new Sun Senior News and Compass article writer. We have changed our first Monday of the month, "Help Session," by adding an afternoon session, by appointment, from 1:00 to 3:00 PM. The first Monday evening session will just be a walk-in, no appointment. September's

Boot Camp is canceled due to the Labor Day Holiday.

Contact: Maureen Sausen 916-543-8594, sclhgen@gmail.com  
Website: www.suncitylhgc.com



**Golf**

**Ladies XVIII**

July brought the summer heat, and our ladies found a way to be cool. Several appeared in dresses and added some spice to our Thursday golf. Judy Dong earned the title of NetChix for July, edging out Sharon Knoll by a stroke. As the heat and humidity zapped the energy and concentration for several players, the scoring was typically higher on the par 73, Orchard Course. Dong shot a net 70, scoring par on the two of the par fives and earning the CTP on Hole 11. She was the best player of the day. Others that topped their flights were Donna Sanderson, Sharon Knoll, Kathy



Dressed for success: Carr, Marshall, Bedford, Seagraves, Lee and Phillips

Lee, and Liz Phillips. The Club Championship will be played in mid-September. Time to sign up.  
Contact: Linda Chappelle 916-409-0151, linda\_chappelle@sbcglobal.net  
Website: www.lincolnhillsladiesgc.memberplanet.com

**Lincsters**

The Red, White, and Blue tournament was held on June 29. The Blue Team, led by Judy Josse, won with the highest team score. Awards also went to Brenda Cook and Nancy Dame for costume and cart decoration. The Luau on the Links Scramble, Tin Cup T, and the Turkey Trot are on tap. The Breast Cancer Tournament is two months away. Donate items like sports tickets, wine tastings, restaurant vouchers, gift cards, subscriptions, puzzles, tennis/pickleball lessons, and wine collections. Contact Kim Hall at philkim2125@gmail.com or Ingela Butters at ingelabutters@sbcglobal.net. Welcome, Linda Morley and congratulate winners for Closest to the Pin (CTTP) – Abelle, Briggs, Rivera, Henderson, Alderete, Richie-Lynch; Birdies – Rivera, Mateer, Clawson, Hall, Pharis, Alderete; and Chip-ins – Wuschmig, Dodgion, Briggs, Cook, Jewett, Steffes, Finnegan, Matson,

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Contact: Nancy Hastings,  
Membership Chair 925-337-9391,  
nhast38@yahoo.com  
Website: www.lincsters.com

**Men's**

It's that time of the year for our Club Championship. The Club Championship is a two-day event on September 12 and 13 and a "Just for Fun" on September 13. The Men's Golf Club of Lincoln Hills has started a Facebook Club Page [www.facebook.com/groups/mgclh](http://www.facebook.com/groups/mgclh). If you have Facebook, I hope you'll ask for an invite. They'll be a lot of information on the site so stay tuned. I'm looking for Member stories, pictures, videos, or all three. Please start sending them to [mgclhmcback@gmail.com](mailto:mgclhmcback@gmail.com). I want to highlight what's going on with our members. I'll have more details coming soon.

Contact: Bob Schoenherr 408-838-5340,  
[schoenherrbob@gmail.com](mailto:schoenherrbob@gmail.com)  
Website: [www.mgclh.club](http://www.mgclh.club)



**Hiking & Walking**

Although the weather has been very warm, it is very important to keep moving! Enjoy the early morning or evening for walking and hiking the amazing trails around our community. There



Keep Going

are numerous benches to rest and shaded areas to walk. If you are unfamiliar with the paths, trail maps are available at both OC and KS. Check the website for future events. Keep Going!

Contact: [lhhikers@gmail.com](mailto:lhhikers@gmail.com)  
Website: [www.lincolnhikers.org](http://www.lincolnhikers.org)



**Investors' Study**

Our next meeting is Thursday, September 1, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their play-book of market information and observations. Discussions range from where the markets are trending, inflation, the Fed, interest rates, and how these may impact us as investors. Best of all, there are no dues to attend the meeting and receive the meeting presentation. All attendees have an opportunity to ask questions. The Group is open to all residents. Investors Study is information-only with no individual

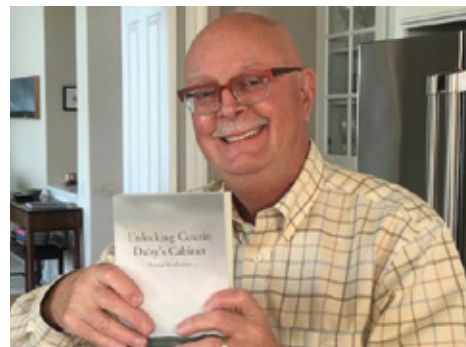
investing advice. However, there is an Active Investors sub-group. If you are interested in the Active Investors sub-group, call Norm Quanttrin at 916-645-4675. If you have further questions regarding Investors Study, contact Carl Sulzer.

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



**Lavender Friends**

When COVID-19's shutdown hit, Tom Brutting decided it was a good time to write his memoir. The result is "Unlocking Cousin Daisy's Cabinet," which uses what he found inside a mysterious antique as a metaphor for life. It encompasses 500-plus pages of "personal recollections" about his world travels, his architectural career, and adventures (both good and bad) that befell the New York native and Tulane University alum as he made



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his way across the country. It was released in April, not long after he and his husband, Ed York, moved here and joined Lavender Friends, a club of LGBTQ residents and their allies. His message to readers: "I want them to feel that we should face all your challenges in life in a positive way."

Contact: Marilyn Kupcho  
408-828-2778, mkupcho@gmail.com  
Website: www.lavenderfriends.com



### Mah Jongg, Chinese

Are you longing for a morning break from the August heat? Then join us for Chinese Mah Jongg. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

Contact: Randy Fong 916-295-9489,  
randy888@pacbell.net



### Mah Jongg, National

Greetings. When the temperature soars into the 100s, it's time to stay inside and play Mah Jongg. August celebrates Girlfriend's Day.

Why not join us and start forming new friendships? Everyone is welcome. If you know how to play, just bring your card and join a table. New people interested in the game can join a table to observe. Free lessons are available.



Mah Jongging with friends

Call Penny Grmolys at 509-939-3882, and she'll get you scheduled. Learning can be a challenge but very rewarding once you do. It's the challenge that keeps our minds healthy. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Hope you see you there, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860,  
Natlmahjclub.sclh@gmail.com



### Mixed Media

On August 17, the Club is holding an "Open House" during the usual meeting

time. We have artist Kerry Dahlin sharing about her art journey and sharing about her favorite art tools. We invite the community to come and visit. The Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The yearly dues for the club are \$20. Mixed Media Club is a group of people who love to play with all art mediums. We encourage each other to let go of the idea of perfection and just enjoy the process of experimenting with art supplies. At our meetings, we usually teach an art technique and do a project.

Contact: Chris Fetter 916-276-7895,  
mixed.media.chrisf@gmail.com



### Motorcycle

Road Runners is a lively and adventurous motorcycle enthusiasts club. Our most recent group ride relished a scenic route to Quincy—escaping the heat, riding along Quincy LaPorte Road. A bystander at



Quincy, CA July

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lunch asked, “Why do people love riding motorcycles?” While it’s impossible to list all the reasons, there are some everyday influencers—camaraderie and adventure! Did you know five out of six people dressed as motorcyclists were voted more attractive than when dressed as car drivers? So, there are a few good reasons you need to join the fun. You’re invited to hang out with good-looking, adventurous, positive people. Meetings are on the fourth Thursday of each month at 5:30 PM, Multipurpose Room (OC). Group Rides are on the second Saturday, 8:00 AM at Twelve Bridges Chevron.  
*Contact: Manny Perez 916-253-9121, Manwil412@wavecable.com*



**Music**

We continue to get together for “Sing & Play.” If you play an instrument, sing, or like to listen, consider coming by. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos, and small group performances. Our meetings are on the Second Wednesday of the month from August through October, 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more

information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-409-0302 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869 for information.  
*Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com*  
*Website: www.lincolnhillsmusicgroup.org*



**Needle Arts**

General Meetings return on Tuesday, September 13 at 1:00 PM in P-Hall (KS). Join us as we welcome ReCreate for their presentation. Bring your projects to share at show and tell. You will find information in this Compass about the bus trip to the Pacific International Quilt Festival in Santa Clara, one of the premier quilt shows in the country. Signups begin on August 17, and sign up early to secure your place. Watch the monthly Constant Contact emails for upcoming workshops and the latest NA news. It’s also not too early to start planning to attend one of next year’s Mercy Auburn retreats. The spring retreat is scheduled for April 24-28, and our fall retreat will be held on

September 25-29, 2023.  
*Contact: Jeanne Helland 916 409-5512, needleartspres@gmail.com*  
*Website: www.sclhna.com*



**Neighborhood Watch**

Our Pet Program welcomes three members to the team. Robyn Kain, Sharon McCall, and Susan Mox will join Mary Shelton (coordinator) and Teresa Tanin. Their names and phone numbers will be on the new NW flyer to come out soon. Although they don’t have microchip scanners at this time, they will be able to take messages, post lost pets, and send them on to village coordinators. Speaking of lost pets, this has been the worst year for cats. They’re not coming home. With all the building that’s happened in the last two years, we’ve been inundated with coyotes. Although nocturnal hunters, they are creatures of opportunity. They’re patient, stealthy, hungry, and walking our streets even during the day. Please keep your pets safe.



*We need to protect our pets.*

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

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**Painters**



Our meetings are fun! We offer guest speakers, art auctions, demonstrations, show and tell, friendly painting critiques, and more. The Lincoln Hills 18th annual Fine Art Show "Best of Show" winner was Chuck Gebhardt's beautiful "Calm at Sea." In the painting category, Liz Wilmes' watercolor "King at Rest" won first place; Jane Barry's pastel "Lake Gazing" took second, and Tamsen Armstrong's "Working Dog" earned third. Over 25 pieces were sold. Congratulations to all participants, and a big thank you to the organizing committee. Buonarroti Ristorante, the traditional Italian dining spot in Lincoln, continues to showcase our paintings through September 16. General meetings are held on the third Tuesday of

every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year.

Contact: Linda Shields 916-488-7220, linda\_c\_s@yahoo.com



**Paper Arts**

Thank you to Mina Bahan, who led our August card making project with three original designs – a cute candy machine, a trendy slimline, and an artistic scene. Open Lab is August 18 at 9:00 AM. Come on down to our regular meeting room and see what our crafty colleagues are working on. Mark your calendars. Demo Day is back on September 1. Demo Day has long been an annual staple of the club and a time for members to demonstrate both new and old techniques and tools. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly Newsletters (email) for updates. Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com

**Pedro**



Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. We look forward to seeing you soon. Contact: Denise Jones 916-543-3317

**Photography**



The Board spent the last month initiating a reboot after the impact of COVID-19. We conducted brainstorming sessions to restructure the Club to serve the needs and interests of the new majority. We strongly encourage anyone interested in photography, be it digital camera, point and shoot, or smartphone, to check out the Club. We are committed to meeting your needs. Jack Weaver presented an amazing video of an adventure to Alaska delayed two years due to the pandemic. Lake Clark National Park in south-central Alaska is on the bucket list for many nature photographers. Jack and Judy Weaver traveled with a group of avid photographers which were led by a guide experienced with viewing and



Chuck Gebhardt's "Calm at Sea" Best of Show winner



Happy stampers at our July meeting.

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Photo by Jack Weaver

photographing Brown Bears in their natural environment.

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



### Pickleball

We are having three tournaments for our club members in September! We will have the Fall Classic Mixed Doubles tournament on September 13-14. It is designed for all levels of play. A donut truck and a pizza lunch will be provided for the participants by Summerset Senior Living. Also scheduled are the Skinny Singles and 80-plus tournaments. Both will be held simultaneously on September 24. The Skinny Singles will be a co-ed, skill level, round robin. The 80-plus tournament is open to all players who will be 80 and over by December 31. For more

information regarding tournaments, see our website or contact Rita Weighall at ritaweighall@gmail.com. Spectators are encouraged for all events! Not a member yet? See our website for information.

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



### Players

Do you have a sweet tooth? Love chocolate?

We have selected the play for next November's presentation on the Ballroom (OC) stage – *Death by Chocolate* by Paul Freed. Directed by Julie Africa and produced by Craig Stults, the play centers around a group of interesting characters for this comical mystery. Are the characters being murdered or poisoned? Is chocolate a factor? Stay tuned. Readers Theater performed A "Potpourri of Ten-Minute Plays," directed by Jane Patton and directed by Craig Stults, to full houses last week at KS. Our Steering Committee announced that the club made substantial donations to Lincoln and Twelve Bridges High School Booster clubs to be used for their theater clubs. We meet on the second Monday of every month.

Contact: David Africa 916-708-0009,  
djafrica@sbcglobal.net



### Poker

We play a variety of poker games every Monday from 1:00 to 4:30 PM, Tuesday from 2:00 to 5:30 PM, and Friday from 1:00 to 4:30 PM in the Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM on Mondays and Fridays or 1:45 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcorelle  
925-658-2404,  
pmarcorelle@hotmail.com



### RV

Now that we are in the heat of the summer, most everyone is looking for cooler weather. Truckee, for example, at approximately 6,000 feet, is 10-15 degrees cooler. Our Group rallied there in June at Coachland RV Park and thoroughly enjoyed all the Tahoe area has to offer. Visiting a historical estate, hiking through the old abandoned railroad tunnels, and visiting the Donner Historical Society Museum and Donner Memorial State Park kept our



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Railroad Tunnel 6, with graffiti, on Donner Summit

Group busy. The next rally will be in September to Oregon and Washington. The Wagon Masters have much planned for our members. Join us at our meetings on the second Thursday of the month in the Placer Room (KS) at 4:30 PM. Call Sharon Skar, Membership Director, at 916-434-7799 or marlowensharon@gmail.com.

Contact: Mary Romo, President  
707-738-6311,  
mromo50170@gmail.com  
Website: www.lhrog.com



### SCHOOLS

Some of our SCHOOLS volunteers have continued to work with teachers over the past two years, using some imaginative ways to be of help. We are now planning for the 2022-2023 school year. Teachers are asking for volunteers at elementary schools, grades K-5 and at Phoenix Continuation High School. The time commitment is whatever you feel

comfortable with, and the hours are up to you. The annual meeting of SCHOOLS volunteers, new or returning, will be on August 31 at P-Hall (KS) at 10:00 AM. We would love to see all of you there.



Virginia Taylor at First Street Elementary School

Kerry Callahan, Western Placer School Superintendent, will answer questions and tell us about the upcoming school year. For information on Phoenix High, contact Irma at jmeidm@aol.com, or for K-5, contact Cyndi. Contact: Cyndi Colloton, ccolloton@yahoo.com



### Scrabble

We welcome all interested residents to join us for a game or two of Scrabble. We play every Monday afternoon in the Card Room (OC) at 1:00 PM. All game boards and materials are provided. No reservations or advance notice is needed. Stay for one, two, or more games. We welcome newcomers.

Contact: Anne McMaster



### Shuffleboard

Shuffleboard hours have expanded! Due to the continuing interest from new



Three courts in action with new scoreboards in use

players, we have added an hour to our weekly Sunday sessions. We now begin at 2:00 PM with a special invitation to newer players who need help with shooting form as well as regular players who want to learn and practice some basic play strategies that will increase their scoring. The regular game competition follows from 3:15 to 4:45 PM. We will continue to meet on Fridays from 3:00 to 4:45 PM. All sessions take place indoors at the Aerobics Room (KS) on our three full-length roll-out courts that can accommodate up to 24 players. All equipment is provided, and there is no fee required to participate. Shuffleboard is currently a "dues-free" sanctioned club.

Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com



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### Singles

We will be Dining-Out on Thursday, August 18 at 4:30 PM, location TBA. On Thursday, August 25 at 6:00 PM in the Ballroom (OC), we will have our monthly Social Meeting, and we will be playing various games of Poker. A \$5 buy-in is required for play. If you don't want to play, you are welcome to come and enjoy all of the fun! Join us for the Birthday Celebration at 4:00 PM on Sunday, September 4, on the Sports Bar Patio. Tuesday, September 6 at 4:15 PM is our Activities Meeting in the Ceramics Room (OC). Our Business Meeting will be on Thursday, September 8 at 6:00 PM in the Ballroom (OC). The second Saturday breakfast will be held at 9:00 AM on September 10 in the Sports Bar.

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



### Ski

The best way to cool off, besides a cold one by the pool, is to daydream about the next ski getaway trip! We plan to be in Breckenridge, Colorado, for six nights in the first half of February. In addition to great skiing, snowboarding, cross-country skiing, and snowshoeing at several resorts in that



Spring Party Fun

area, the town of Breckenridge offers plenty of fun choices for non-skiers and evening entertainment. Details will be sent to members soon about accommodations, cost, and the exact dates. Our last event of the past season was another wonderful party at the home of Bill and Lillie Smith. A fabulous time was had by all. Our next event will be the Pre-Season party this Fall. Details will be announced soon.

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

Website: www.LHSkiClub.com



### Softball

It's playoff time! The Co-ed Division summer season ends on Thursday, August 18. Double-elimination playoffs begin on August 22 and run until the end of the month. The Championship game is slated for August 31. Come down to the field and check out the exciting softball action. Two Co-ed Division All-Star games and a special exhibition game played in front of a large hungry crowd made for a successful Independence Day

celebration. The hot dogs sold out quickly. If you missed out, a final hot dog sale is scheduled for Saturday, August 20, during a special exhibition tournament. Proceeds of hot dog sales help support Lincoln area high school athletic programs. Please visit our website for schedules and special event information.

Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com

Website: www.LHSSL.net



### Sports Car


Our Group has been busy this summer, and we've got several trips and events already planned for the rest of the year. Recently completed was a day trip to Capay Valley, where 22 cars (41 people) rolled through the beautiful countryside to our destination at Road Trip Bar & Grill. Yes, it's in the middle of nowhere, which just adds to the adventure. We made a July 28 trip to the Folsom Zoo and lunch



Starting with dessert at the Road Trip Bar & Grill

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in Old Towne Folsom (read the write-up next month). Next up, on August 18, we will head to the Willo Steakhouse. Stay tuned for news about the possible Concours Reduno at OC. Lastly, the Holiday Party will be back at the Catta Veder Clubhouse.  
**Contact: Richard Pearl 916-715-9666, pennyrich99@gmail.com**  
**Website: www.lhsportscars.com**



**Sun City Squares**

We are an all-position square dance club. No partner is required to dance with us. If you have previous square-dancing experience and want to start dancing again, just stop by KS. We dance beginners and plus on Mondays from 1:00 to 3:30 PM. We also have our advanced dancers on Thursdays from 1:00 to 3:00 PM. New to square dancing? We are pleased to announce that we will be forming a new class next spring. Please contact us, and we can add you to our list of interested



*Some of our dancers having fun during a singing call*

dancers. The requirements are you must be willing to have fun and enjoy meeting new people. This time next year it could be you enjoying dancing as pictured above with our new dancers in action.

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



**Swimmers & Water Walkers**

The July 20 meeting brought 58 club members together. An informal poll showed that 50 percent of members are swimmers and 50 percent are water walkers, with a small percentage doing both. Water exercise time is spent evenly at KS and OC pools. Most members did water exercise before coming to Lincoln Hills. Jim Klein, President, reminded us to keep on moving in the water: 70.4 laps of the pool equal one mile. Hot August Splash will take place on August 28 at the outdoor pool (OC) at 4:00 PM, with pizza served from 5:00 to 7:00 PM. Orders with payment should be mailed to Rosemary



*June 20 club meeting*

Tanfani by August 20. Order forms are located at OC club display area. Club membership is now at 200!

**Contact: Jim Klein, swimmers.walkers@gmail.com**



**Table Tennis**

For all pickleball players, tennis players, softball players, golfers, or anyone looking to have a little fun and get some exercise here in Lincoln Hills, it's been hot, dry, and miserable outside lately! Join us for some lively table tennis at our air-conditioned Multipurpose Room (KS). We provide residents the opportunity to socialize and get some exercise.



*Table Tennis Group Photo*

We offer women's, men's, mixed, and singles table tennis with seven tables, beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays, 9:00 AM to 5:00 PM (except the first Sunday of the month when play

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Website: <https://sclhresidents.com/group/pages/table-tennis-club>



### Tap Company

Have you ever secretly wanted to try tap? Now's your chance. Get ready to flap, heel, flap, heel. An absolute beginner class has started. It's offered at 11:00 AM on Mondays and is designed for those who have never taken tap or taken tap many years ago. You'll learn the basics of tap dancing which is a great exercise for both body and mind. Tap consists of learning rhythm patterns. A great workout for your brain. Learn a few basic patterns, and you are off to a great cardio workout. Tapping also tones the major muscle groups in your legs and core. A super fun way to stay in shape. So, shuffle on over and join the fun on Mondays at 11:00 AM. Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com

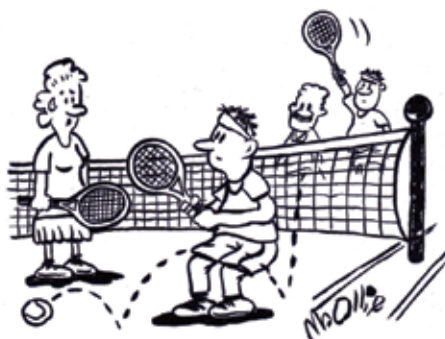


### Tennis

No matter where or when you start, the game of tennis enriches our lives on many levels. The social, emotional, and physical benefits are

well-researched and highly rated for the sport of tennis. Our club has a busy summer beginning with our semi-annual meeting on August 16 at 1:00 PM in P-Hall (KS). Find your partner for our Women's and Men's Doubles Tournament on September 10, or just come out and enjoy the entertainment. Lively "Live Ball" returns the first week of October, and Ball machine practice is on Saturdays from 8:00 to 9:20 AM. Drop-in tennis remains on Wednesdays and Saturdays from 8:00 to 10:00 AM. Contact Steve at [stevebringman@yahoo.com](mailto:stevebringman@yahoo.com) for free tennis instruction/refresher and Val at [vlaugtug@gmail.com](mailto:vlaugtug@gmail.com) for club orientations. See you on the courts!

Contact: Pam Flaherty 916-531-0142, [pamflaherty@gmail.com](mailto:pamflaherty@gmail.com)  
Website: [www.sclhtg.com](http://www.sclhtg.com)



"The other way. Face the other way, Charlie."

Everyone starts somewhere!



### Veterans

Veterans Group member Richard Fuller, who served as an Army officer in the United States and Vietnam from 1968 to 1972, will be the featured speaker at the August 18 general membership meeting at 1:00 PM in the P-Hall (KS). His first duty assignment was as a top-secret courier officer at the Armed Forces Courier Station (ARFCOSTA), serving Washington, D.C., and the Pentagon. During his 14 months in that assignment, he fell in love, got married, and had a child. Then, in October 1969, he volunteered for Vietnam. Attend our August 18 meeting to find out why. Fly the flag proudly on our country's holidays and observances. Upcoming dates include VJ Day, Labor Day, and Patriot Day on September 2, 5, and 11.

Contact: Bill Lewis 916-408-3771, [bllewis1977@gmail.com](mailto:bllewis1977@gmail.com)



### Water Volleyball

It's getting warmer, so join us in the pool! Try water volleyball on Free Play Saturdays. We provide Training and Mentorship. All levels of interested players are welcome. See our website or call Cindi Underwood at 916-521-1404. Upcoming events include Ladies Night Play, Outdoor

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Pizza and cold water served. \$6 per person

Members only. Non-members can easily join; no dues, no obligations!

Additional information: [swimmers.walkers@gmail.com](mailto:swimmers.walkers@gmail.com)



## Low Vision Support Group

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

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

★Technology Aids ★Current Research ★Practical Living Skills

**Meetings: First Tuesday of the Month**

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

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





Fun in the sun at OC playing Volleyball

play, a Block party with music and food on August 26, and the Fall Festival on October 7. The Festival includes food, dancing, and fun. Not sure you have the skills to play Water Volleyball? Attend a Skills and Drills class. Classes are the first and third Tuesday night of the month. Hope to see you at the outdoor game on August 21. We will be the people with the smiley faces at OC. Come on out, the water is great!

Contact: Diane Ferrari 916-412-9599, dferrari\_56@hotmail.com

Website: www.LHWaterVolleyball.com



**Woodcarvers**

The first point about woodcarving is that it is for recreation and relaxation. Like all hobbies where you do things with your hands and actually create something for a keepsake, it is deeply satisfying. Creating something through your hands, an activity that is so captivating is also therapeutic and even meditative. It is an active skill and, therefore, positive to your wellbeing. Finally, woodcarving is a portable and very inexpensive activity to do. All you need is a pocket knife and a small piece of wood, and you're all set to go! We are here to help get you started. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

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



**Writers**

Skullduggery (skul•dug•ger•y) (skəl'dəg[ə]rē) is a delightful noun that means 'underhanded behavior; trickery.' Have you participated in any leger-demain or shenanigans on which the 'Family and Friends Statutes of Limitations' have passed? For example, did you trick someone into believing there would be no surprise birthday or retirement party until there was one? Well, ding, dang! Pen a poem or story about the event and attend the Writers' Group assemblages. Bring 12 to 14 copies of your less-than 1,400-word essay or poem about your monkey business so attendees can read along as you read aloud. We gather on the second and fourth Mondays from 5:00 to 7:00 PM in the Multimedia Room (OC).

Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com

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**Alzheimer's-Dementia  
Caregiver's Support**

Our Group steering committee includes Mary-Jo Fratessa (916-759-8760), Valerie Jordan, and Gail Marculescu (916-835-7117). These programs are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday. All are welcome, especially caregivers with recently diagnosed family members. The Wednesday, August 24, 1:00 PM general meeting in the Multipurpose Room (OC) welcomes a speaker from the City of Lincoln Project Lifesaver program. The Women's caregiver group meets on the first Wednesday of every month in the Multimedia Room (OC). The next meeting is September 7 at 1:00 PM. Contact Mary-Jo Fratessa. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is on August 18, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.  
**Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com**



**Bereavement**

Our Group offers support and friendship through sharing with others who have also lost a loved one. You are

invited to join us Wednesday, September 14, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*.  
**Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net**



**Bosom Buddies**

The American Cancer Society's "Relay for Life" is only days away, and it's a fun event you won't want to miss. This fundraiser for cancer research will be held on August 27 and 28 at the Auburn Fairgrounds in Auburn. Bosom Buddies will be there on the 27 with its booth (in the shade). There will be games, prizes, and food for people of all ages. Even if you don't plan to attend, please register. Bosom Buddies is proud of its 100 percent registration. If you'd like to make a donation,



*Luminary bags will line the walkway. Buy yours for \$10.*

make a check payable to the American Cancer Society and give it to Peggy Ryan. We're able to welcome breast cancer survivors and those still undergoing treatment thanks to the support of the Lincoln Hills Foundation.

**Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com**



**Gam-Anon**

If your life is affected by someone else's gambling problem, Gam-Anon can help. Our meetings are held the first and third Fridays of every month from 7:00 to 8:30 PM at the First United Methodist Church in Loomis at 6414 Brace Road. There will be signs directing you to the room. A Gambler's Anonymous meeting also starts at 7:00 PM in another room if your gambler wishes to attend a meeting. For support between meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for a referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. Please leave a message if you contact the person from this article since she screens her calls.  
**Contact: Kay F. 916-204-1624**

**Website: www.gam-anon-loomis.com**

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### Glaucoma Support Group

Join us at our next meeting on September 14 at 4:00 PM in the Multimedia Room (OC). At this meeting, we will discuss the importance of letting your family and friends know about your chronic disease. It is important that they know in order to be a part of your support system. Most people know what Glaucoma is, but few know the treatment for this disease. Even less understand the adaptive ways many people with Glaucoma adjust their lifestyle. This, typically, is a slow but steady process. For more information, please contact Bonnie. *Contact: Bonnie Dale 916-543-2133, bjdale@aol.com*



### Hearing Support Group

Last month we had a return visit by Jeff Klus, who looped the Multipurpose Room and demonstrated t-coil technology. Hearing aids and cochlear implant processors must have a t-coil to use this technology. The clarity produced by this application is remarkably good. We now have both the aerobics rooms at KS and OC looped.

*Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



### Low Vision Support Group

The next meeting is Tuesday, September 6, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). "Accessibility Features of Smart Phones and Tablets" will be presented by Ken Spencer, Independent Apple Consultant. Ken will speak on the capabilities of both our Apple and Android phones and tablets. Come learn what's available to

us. On October 4, from 2:00 to 4:00 PM, in the Fine Arts Room (OC), "New Developments in Eye Diseases" will be presented by Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center. His presentation will focus on cataracts, glaucoma, and macular degeneration. He will also discuss three major new areas of therapy – gene therapy, gene editing, and deep learning. Meetings are open to all residents.

*Contact: Cathy McGriff 916-408-0169, cathygriff1010@gmail.com*



### Multiple Sclerosis

Our hearts are broken by losing two treasured members, John Hersch and Jean Ebenholtz. Jean volunteered as MS Group Treasurer for many years, helping navigate Lincoln Hills Foundation grants. A gifted pianist and educator, John Hersch did not let MS limit him and attended most meetings. Isobel, his wife of over 65 years, joined John at many meetings and occasionally shared



her comedic vocal talent. We'll miss our "rocks," John and Jean (Isobel too), at the Tuesday, September 20, 1:00 PM meeting in the Sierra Room (KS). New to Lincoln Hills? Have a family member or friend with MS or is newly diagnosed? You are welcome to join us. Text Jeri Di Fiore with questions.

*Contact: Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com*



### Parkinson's Support

Our group is for those with Parkinson's Disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway. For questions: call co-facilitators Gary High or Christine Grmolys at 916-769-0449.

*Contact: Gary High 916-434-5905, gwhigh@wavecable.com*



### Polymyalgia and/or GCA Support

Have you been diagnosed with Polymyalgia Rheumatica or GCA? A new support group is now forming. If you are interested, please contact Adrian for the date, time, and location of the next meeting. If you e-mail, please put "PMR/GCA" in the subject line.

*Contact: Adrian Felice 916-408-4332, adrianfelice55@gmail.com*



### A Course in Miracles

We are a unique, spiritual, self-study program designed to help us see beyond division and discord and reach for unity within ourselves, our family, our community, and the world. Using the 365 lessons found in the book called *A Course in Miracles*, we learn to shift our thought system from one that is fear based to one that is Love based, which allows us to remain calm and peaceful during these stressful times. Our study group has ongoing weekly meetings on Sunday afternoon. Call 916-409-5253 for more information.

### Airport Co-op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information and to join, visit our website [www.lh-airportcoop.org](http://www.lh-airportcoop.org) click the membership tab, download the application, mail along with required documentation to the address on the application, or phone Barb Iniguez at 916-408-7812.

### Basketball Club

Join in for some basketball fun on Tuesdays and Fridays at the Multipurpose court from 10:00 until 11:00 AM. This is the best time to find shooting games and shooting partners. We play horse, pig, 21, or a game you dream up. Playing competitions are based on the availability of players. Games will be short as in the first to 5 wins. We are not ready to be macho yet, just wanting some good exercise and a fun challenge. Losing can be fun, but winning is more satisfying.

This is for all residents, male and female, and their guests! Contact Bob White at [bbsglh@gmail.com](mailto:bbsglh@gmail.com).

### Cloggers

Beat the heat! Be cool with clogging. Here's what clogging is and isn't: Clogging is not a clog in the drain; not a tap dance; not danced with wooden shoes! Clogging IS an Appalachian folk dance from England and Wales, also resembling Irish dance. Want to make lots of lively noise with four (not two) taps on each shoe? Want to have fun with friends and burn calories and practice the coolest dance around? For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

### Croquet Group

Remember your bygone days of backyard family croquet? Lots of laughs as kids and adults were pretty much evenly matched? Haven't touched a croquet mallet since? No problem! Come on out at 8:30 AM on Tuesdays for about 1½ hours of fun at the croquet court behind the bocce courts in the Sports Plaza. You'll join a small group of friendly, non-competitive senior croquet lovers and enjoy conversation in between turns. Mallets, balls, and all the necessary equipment are provided. Tuesdays don't work? We'd be happy to expand to a second day and hour. Questions? Contact Paul MacGarvey at [pmac1411@aol.com](mailto:pmac1411@aol.com).

### Democratic Club

Members enjoyed marching in the Fourth of July parade. Our bubbles were an especially big hit! We are proud of our new logo; we thank member Paula Kregel for the eye-catching design. We continue our

volunteer efforts at the Placer Food Bank even as we gear up for our fall election activities. Our August 18 meeting will feature Dr. Rob Oldham, Director of the Placer County Health and Human Services Department. He always provides good information on the county health scene. For information about membership or our activities, please see our website, [www.democraticclublincolnca.org](http://www.democraticclublincolnca.org).

### Italian Club

So You *Think* You're Italian" is set for August 27 at 12:30 PM (KS). Enjoy a light lunch and then participate in a challenging quiz and friendly competition. You'll need to brush up on your Italian history, facts, and folklore, and be ready to play well with others! Check your email messages or the website for the flyer and more information. Registration must be received by August 19. To learn more about the club and upcoming events, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham 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 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. Contact Armando Mayorga at 916-408-4711 or at [bigline38@icloud.com](mailto:bigline38@icloud.com).

### Republican Club

We are America First! We are a unique land of opportunity. That is why people want to come here. How do

we maintain our uniqueness? Let's find out through discussion with like-minded people. July's meeting consisted of dedicated conversation on visions for our State and communities. Guest speakers were Candidates Joe Patterson, Assembly - and Shanti Landon, PC Supervisor. Primary winners for November Election. Wednesday, August 24, doors open 6:00 PM - P-Hall (KS). Guest Speakers from 6:30 to 8:00 PM. Proposed Discussion on Schools will be equally as informative. Join us. We welcome all Republicans - Annual Dues \$15/pp. [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org).

**Shalom Social Group**

Members thoroughly enjoyed their recent Game Night. There were sweet snacks and lots of gaming fun at this annual event. Now we look forward to our 20th anniversary gala in September. Our Men's Group and Women Together are also planning their next events. Meanwhile, we are starting our nominating process for next year's officers. The Shalom Social Group was formed to celebrate Jewish history, culture, and food (of course), but membership is open to all. For more information, please contact Margie Gulko at 916-543-5303 or [margie.gulko@gmail.com](mailto:margie.gulko@gmail.com).

**Sons in Retirement**

We will hold a three course gourmet luncheon at Catta Verdera Country Club on Tuesday, August 16 at 11:30 AM. This cost of this luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call David Cesio at 925-899-2193

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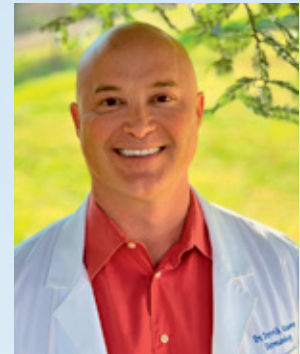


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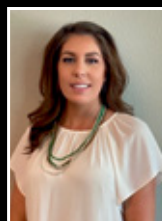
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### Farmers Market

Wednesdays, 8:00 AM to Noon, Fitness Parking Lot (OC)

Weather permitting, the Farmers Market will be open every Wednesday until November. Vendors may contact Elaine Allen at 916-625-4021 or Elaine.Allen@sclhca.com to reserve a space.



### Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website [lincolnca.gov](http://lincolnca.gov).



### KS At The Movies – Grumpy Old Men (1993)

Wednesday, August 24, 1:30 PM, P-Hall (KS)

John and Max are elderly men living next door to each other. They're continuously arguing and insulting each other and have been this way for over 50 years. One day, Ariel moves into the street. Both men are attracted to her, and their rivalry steps up a gear. Rated PG. 103 minutes. Comedy.



### KS At The Movies – Hacksaw Ridge (2016)

Monday, September 5, 1:30 PM, P-Hall (KS)

The true story of Desmond T. Doss, the conscientious objector who, at the Battle of Okinawa, was awarded the Medal of Honor for his incredible bravery and regard for his fellow soldiers. We see his upbringing and how this shaped his views, especially his religious view and anti-killing stance. Next, we see Doss's trials and tribulations after enlisting in the US Army and trying to become a medic. Finally, we see the hell on Earth that was Hacksaw Ridge. Rated R. 139 minutes. War, Drama.



### Music in The Secret Garden: Gary Shamber

Friday, September 9, 6:00 to 8:00 PM, Secret Garden (OC)

Singer/songwriter Gary Shamber has played music on/off since age six. He was the guitarist and lead singer in a popular Bay Area bluegrass band in the 1980s but set aside his musical passions to concentrate on his engineering career. Now in retirement in Lincoln Hills, Gary has resumed his passion and is performing again. In addition to his own songs, he covers the likes of Neil Young, CS&N, Steve Earle, Hank Williams, Bob Dylan, Bruce Springsteen, and the Beatles. Gary utilizes harmony and drum pedals to augment his guitar, harmonica, and voice for a fuller sound experience.



### Coffee with the Mayor

Tuesday, September 13, 9:00 AM, Terra Cotta Room (KS)

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



**KS At The Movies – Dirty Dancing (1987)**

Monday, September 19, 1:30 PM, P-Hall (KS)

In 1963, Frances “Baby” Houseman, a sweet daddy’s girl, goes with her family to a resort in upstate New York’s Catskill Mountains. Baby has grown up in privileged surroundings, and all expect her to go on to college, join the Peace Corps and save the world before marrying a doctor, just like her father. Unexpectedly, Baby becomes infatuated with the camp’s dance instructor, Johnny Castle, a man whose background is vastly different from her own. Rated PG-13. 121 minutes. Drama.



**Listening Post**

Wednesday, September 21, 9:30 AM, P-Hall (KS)

Zoom available for those unable to attend

Come for a cup of coffee with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



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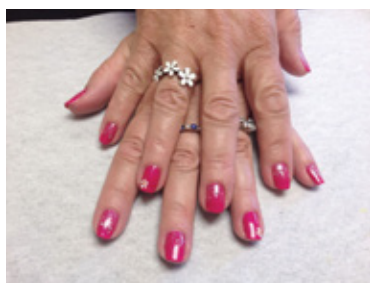
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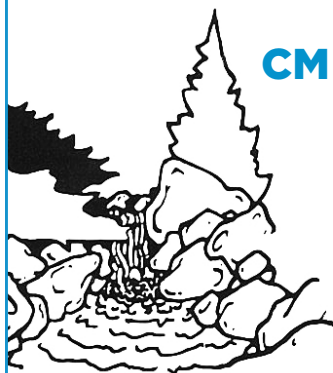
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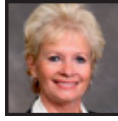
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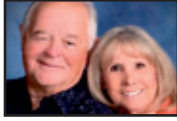
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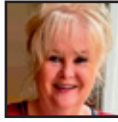
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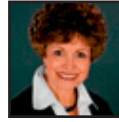
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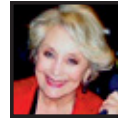
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A High Energy Musical Celebration with a memorable performance from DECADES, one of Northern California's most in-demand concert and show bands. Expect rock n' roll hits and classic songs from the 50s & 60s through today, featuring songs from Chuck Berry and Buddy Holly up to Katy Perry! These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, penny whistle, trumpet and more) and belt out four-part harmonies that will have everyone singing and dancing along.



General Admission Cocktail-style Seating with Dance Floor  
\$20 per person | Event Code: LSE426



Purchase your tickets Online at [www.SCLHResidents.com](http://www.SCLHResidents.com) or at the Lifestyle Desk (OC/KS)

# 2022 SUMMER AMPHITHEATER CONCERT SERIES



*This year's Summer Amphitheater Concert Series (SACS) presents a variety of musical genres that will have you singing and dancing! Food concessions, bars, and gates open an hour prior to the concert.*

*Please read and follow the Amphitheater Guidelines on the Resident Website for your enjoyment. See ticket price and showtime for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desk.*



## **Surf's Up – Tribute to The Beach Boys**

Friday, September 2, 7:00 PM, Amphitheater

General Admission \$23 — **LSE406**

Surf's Up, America's premier Beach Boy's party band, returns to our stage to make waves. They have been perfecting and recreating the Beach Boys sound for 25 years. Just like the original, the band keeps it to the family consisting of two brothers, Donny & Danny, their father Don, Sr., and cousin Denny. Their sibling harmonies capture the authentic blend of the Beach

Boys like no other bringing the magical "Sound of Summer" to the stage. Beyond the Beach Boys, Surf's Up plays a variety of music from the 60s, '70s, and 80's to keep the party rockin' all night long.



## **Keep On Truckin' – The Woodstock Experience**

Friday, September 16, 7:00 PM, Amphitheater

General Admission \$23 — **LSE407**

A tribute to the Woodstock Generation, the band performs Rock, Blues, Funk and R&B, faithfully recreating the musical experience of the greatest decade in music. Together for more than ten years in Sacramento, the band's five seasoned musicians hail from New York to California, with several stops in between. The band members' individual experiences range

from international stage performances, Live TV appearances, movie soundtracks, recording sessions, and performing to sold-out crowds at festivals, arenas, and auditoriums. Come with us and take a step back in time to enjoy the music that influenced a generation.

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\*Indicates new performances on sale August 17

—Community Event—

**Dance Night, Free Style**

Tuesday, August 16 — **LSE430**  
 Tuesday, September 27  
 — **LSE432**

6:00 to 9:00 PM, Ballroom (OC)  
 \$8 per person/per dance night

Dance Nights, Free Style are geared for those dancers that prefer an unstructured, more carefree dance atmosphere. Dance alone, dance in a group, dance any style. The Twist, the Floss, the Electric Slide, Moonwalk, or Chicken Dance — it's all welcome! DJ Tom will provide music, and a no-host bar will be available.



**Dance Night, Structured Style**

Tuesday September 6  
 6:00 to 9:00 PM, Ballroom (OC)  
 — **LSE431**

\$8 per person/per dance night

Dance Nights, Structured Style, are tailored for those dancers that like a structured program that follows traditional form and protocol for Ballroom, Country, and Line Dances. Songs will be rotated for each dance style, with each style playing every third song. DJ Tom will provide music, and a no-host bar will be available.



—Concert—

**Celebrating Tom Jones,  
 Starring Broadway's  
 David Burnham**

Thursday, August 18  
 7:00 PM, Ballroom (OC)

— **LSE368**

**RESCHEDULED** — *Your previously purchased reservations/tickets are still valid for this concert.*

General Admission \$20

Join award-winning Broadway star and acclaimed recording artist David Burnham as he celebrates through stories and songs one of the most electrifying performers and iconic voices, the legendary Tom Jones! This exciting show shares the stories and songs that have made Sir Tom Jones one of the most iconic performers for the past five decades, including chart-topping hits such as "It's Not Unusual," "What's New Pussycat," "Delilah," and more. Featuring a four-piece band led by Musical Director Todd Schroeder, this is a journey rediscovering the passion and prowess that truly celebrates Tom Jones' career.



**\*IndiviDúo: Latin  
 Pop Duo Dance  
 Concert & Workshop**

Tuesday, August 23  
 7:00 PM

Ballroom (OC)

**\*ADDED Latin Pop  
 Dance Workshop**

Tuesday, August 16  
 11:00 AM - 12:30 PM, Ballroom (OC)

Concert Only \$20 — **LSE420**

Concert & Workshop Package \$23

General Admission Cocktail-style Seating with Dance Floor



Californian songwriter Tiffany Joy and Colombian musician Maqui Reyes form the dynamic Latin pop duo "IndiviDúo." The energy they generate on stage is a unique alchemy, a true experience for the viewer who can feel that something special vibrates wherever these two share their voices and souls. They will perform primarily Latin American songs along with some well-known English hits. WellFit instructors will teach two dances to IndiviDúo songs and then lead the dances at the concert on August 23.

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**Mig O'Hara  
and Colin Ross  
Afternoon  
Presentation  
and Evening  
Concert**

Tuesday  
August 30  
Concert: 7:00 PM  
P-Hall (KS) — **LSE427**  
Presentation: 3:00 PM  
P-Hall (KS)  
Reserved Concert Seating & Presentation Package  
\$25 per person  
General Admission CONCERT ONLY  
\$20 per person



Composer and multi-instrumentalist Colin Ross, and singer-songwriter Mig O'Hara on vocals and guitar, will play from a huge repertoire of original and traditional jazz, boogie-woogie, and blues, swing, rockabilly, and Americana music. As an "appetizer" to the evening's concert, Mig and Colin will give an engaging presentation on the American Songbook. Reservations can be made online, or tickets can be purchased in person at the Lifestyle Desks at OC and KS.

**\*Duo Gadjó:  
The Great  
American  
Songbook...  
with a French  
Twist!**

Thursday  
September 29  
7:00 PM  
P-Hall (KS)  
Reserved  
Seating \$23 — **LSE443**



Duo Gadjó's music is inspired by the sounds of the 20s and 30s when jazz was the thing, and Paris was the place to be. Their style is generally called 'French Cafe,' and their repertoire spans from Bal-Musette to Edith Piaf and Serge Gainsbourg, but also includes selections from the Great American songbook. They accompany themselves on guitars and the Melodica, but the real feature is Isabelle Fontaine's sultry vocals. Their version of La Vie En Rose from their album Meet Me In Paris is one of the most popular streams on Pandora and Spotify in the French Cafe Music category.

**\*The Billie Holiday  
Project featuring  
Stella Heath**

Tuesday, October 4  
7:00 PM, Ballroom  
(OC) — **LSE441**  
Premium Reserved  
Seating \$24  
General Admission  
\$20



Stella Heath and her quintet, some of the Bay Area's finest jazz musicians, bring back the eclectic and intimate feeling of seeing Lady Day live in a 1930s jazz club. Drawing from some of Billie's most recorded tunes, such as "Blue Moon," "Billie's Blues," and "Strange Fruit," to name a few, the band also revives some of the earlier and lesser-known tunes she interpreted. Stories of Billie's life are interspersed with the music.

**\*Decades: Hits from  
the 60s 'til Today  
A Musical**

*Celebration for  
Listening & Dancing*  
Friday, October 14  
7:00 PM  
Ballroom (OC)  
— **LSE426**  
Premium Reserved Seating \$24  
General Admission \$20



A high-energy musical celebration with a memorable performance from Decades, one of Northern California's most in-demand concert and show bands. Expect rock n' roll hits and classic songs from the 50s and 60s through today, featuring songs from Chuck Berry, Buddy Holly up to Katy Perry! These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, pennywhistle, trumpet, and more) and belt out four-part harmonies that will have everyone singing and dancing along.

**\*KS Comedy Night –  
Dan St. Paul  
Encore Performance...  
By Popular Demand!**

Tuesday, November 1  
7:00 PM, P-Hall (KS) — **LSE433**  
Reserved Seating \$16



Dan St. Paul has been a nationally headlining comedian at



some of the top comedy clubs in the country. He has appeared in various TV shows and has opened for such entertainers as Ringo Starr, Natalie Cole, Hall & Oates, Chicago, and even the San Francisco Symphony ("I knew them when they were just a garage band."). Get ready to laugh again.



**\*Mads Tolling & The Mads Men**  
**Celebrating his Hit Album, *Playing the 60s***  
 Monday, November 21  
 7:00 PM, Ballroom (OC) — **LSE437**  
 Premium Reserved Seating \$24  
 General Admission \$20

Mads Tolling is an internationally renowned violinist, violist, and composer from Copenhagen, Denmark. He won two Grammy Awards for Best Classical Crossover albums, was nominated for a third Grammy, and was named winner of the DownBeat Critics Poll Rising Star Award. Mads returns to perform his hit album, *Playing The 60s*, which is a fun and exciting show featuring popular TV & Movie Themes and Top 10 recordings from The '60s MAD MEN Era, including classics ranging from "Mission Impossible," "The Pink Panther," and "Meet The Flintstones" to "Georgia On My Mind" and "What A Wonderful World."



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**Scott Cason**  
Lifestyle Trips Coordinator  
Scott.Cason@sclhca.com



Register at the Lifestyle Desk (OC/KS)  
or online on the Resident Website

\*Indicates new trips on sale August 17

†Venue may require Proof of Vaccination or negative COVID test and photo I.D. for admission. Face mask may be required on bus and venue. Please see eNews for up-to-date information. Attendees will be emailed complete information a week prior to trip.

### Featured Trip



#### \*Pacific International Quilt Festival

Thursday, October 13 to Friday, October 14  
\$450 single \$320 double — **LST416**

Join us as we celebrate the art of quilting. Officially recognized as Quilt Week in the city of Santa Clara, PIQF is proud to announce its thirty-first year! Shop the aisles of the Merchants Mall for the best fabric, learn a new technique in workshops taught by an outstanding faculty or admire the beauty of the artwork hanging in the quilt and wearable art competitions and special exhibits. Wheels roll from OC at 8:00 AM ~ return 7:00 PM.

#### Trip Includes:

- Roundtrip Deluxe motorcoach transportation
- Overnight Accommodation at the Hyatt Santa Clara (official hotel of the convention)
  - Admission to the festival
  - Private lecture from an international quilting expert
  - Admission to the San Jose quilt and textile museum (day 2)
    - Driver gratuity
    - Please note no meals are provided.
    - The Hyatt has a full-service restaurant and coffee bar. The quilt festival will also have concessions.

### —Museums—

#### The California Academy Of Sciences

Tuesday  
September 6  
\$110 — **LST409**



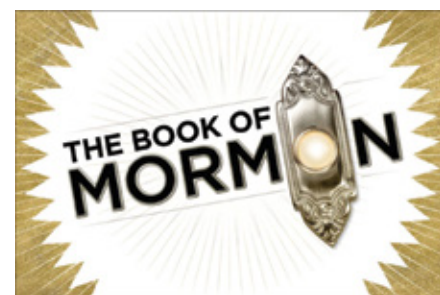
Embark on epic science adventures in the heart of Golden Gate Park. Meet the nearly 40,000 animal residents, from a colony of playful African penguins to the lovable alligator with albinism, Claude. Zoom through the cosmos in the immersive 75-foot planetarium. Explore hands-on exhibits that showcase Earth's dazzling biodiversity, and learn how the Academy is working to regenerate the natural world. Wheels roll from OC at 8:00 AM, 5 hours at the museum ~ return 6:00 PM.

### Broadway On Tour

Broadway Sacramento introduced the Broadway Series in 1989 as a wintertime companion to Broadway At Music Circus. Renamed Broadway Sacramento in 2007 and Broadway On Tour in 2018, the indoor series, presented at the Sacramento Community Center Theater (performances are located at the Memorial Auditorium for the Broadway On Tour 2019-20 Season due to the Community Center Theater Renovations), offers touring productions of newer works, many still playing on Broadway, as well as major revivals of established musicals. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.

#### \*The Book Of Mormon

Tuesday  
November 8  
\$155 — **LST411**



This outrageous musical comedy follows the adventures of a mismatched pair of missionaries sent halfway across the world to spread the Good Word. With standing-room-only productions in London, on Broadway, and across North America, The Book Of Mormon has truly become an international sensation. Contains explicit language. The New York Times calls it "the best musical of this century." *The Washington Post* says, "It is the kind of evening that restores your faith in

musicals." And *Entertainment Weekly* says, "Grade A: the funniest musical of all time." Jimmy Fallon of *The Tonight Show* calls it "Genius. Brilliant. Phenomenal."

**\*Frozen –  
The Musical**

Tuesday, January 10  
\$135 — **LST412**



From the producer of *The Lion King*, and *Aladdin*, *Frozen*, the Tony®-nominated Best Musical, is now on tour across North America, and the critics' rave, "It's simply magical!" (*LA Daily News*). *Frozen* features the songs you love from the original Oscar®-winning film, plus an expanded score with a dozen new numbers. An unforgettable theatrical experience filled with sensational special effects, stunning sets and costumes, and powerhouse performances, *Frozen* is everything you want in a musical: It's moving. It's spectacular. And above all, it's pure Broadway joy.

**\*Jesus Christ Superstar**

Tuesday, February 7  
\$135 — **LST413**



Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (*Crazy For You*, *Into The Woods*) and cutting-edge choreographer Drew McOnie (*King Kong*, *Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring.

**\*Hairspray**

Sunday, March 19  
\$135 — **LST414**



You Can't Stop the Beat! *Hairspray*, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular

show. Can a girl with big dreams (and even bigger hair) change the world? This all-new touring production reunites Broadway's award-winning creative team led by Director Jack O'Brien and Choreographer Jerry Mitchell to bring *Hairspray* to a new generation of theater audiences. Don't miss this "exhilaratingly funny and warm-hearted musical comedy" (*The New Yorker*).

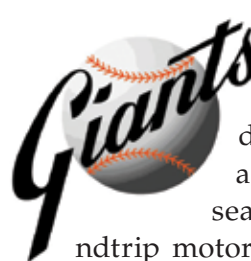
**\*Pretty Woman**

Tuesday, May 2  
\$135 – **LST415**



The Musical, based on one of Hollywood's most beloved romantic stories of all time springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell (*Hairspray*, *Kinky Boots*, *Legally Blonde*). Brought to the stage by lead producer Paula Wagner, features an original score by Grammy® winner Bryan Adams and Jim Vallance ("Summer of '69", "Heaven"), and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton. *Pretty Woman: The Musical* will lift your spirits and light up your heart. "If you love the movie, you'll love the musical!"

—Sports—



**San Francisco Giants**

Enjoy all the excitement of a Giants game without the hassle of driving or parking in the city. Watch all the action from your lower box seats. The below prices include roundtrip motorcoach transportation, Lower level box seating, and driver gratuity.

**Giants vs. Diamondbacks**

Thursday, August 18  
\$125 — **LST395**

Wheels roll from OC at 9:30 AM for a 12:45 PM First Pitch ~ return 6:00 PM.



**Giants vs. Dodgers**

Sunday, September 18  
\$145 — **LST410**

Wheels roll from OC at 9:00 AM for a 1:05 PM First Pitch ~ return 6:30 PM.



## —Performances—



**\*The Color Purple**  
Tuesday, August 23  
\$111 — **LST385**

With a fresh, Grammy-winning score of jazz, gospel, ragtime, and blues, *The Color Purple* is an unforgettable, intensely moving musical based on

Alice Walker's Pulitzer Prize-winning novel and the Oscar®-nominated film. *The New York Times* calls it "exquisite! A joyous celebration of storytelling." This stirring family chronicle—a young woman's epic journey through joy, despair, anguish, and hope to discover the power of love—leaves its mark on the soul. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



**An Evening with Michael Bublé**

Golden 1 Center  
Saturday, September 24  
\$250 — **LST405**

Michael Bublé made a vow to himself to keep the flames of the great classics of the American Songbook alive and well, to not only breathe new life into them but to bring his singular style, vocal power, and passion to these timeless tunes that he loved. The most crucial for him was to bring all this music together in concert and take his audiences on a special journey - to give them an evening they would never forget. Wheels roll from OC at 6:30 PM for an 8:00 PM show ~ return 11:30 PM.



**Christmas with Johnny Mathis**  
Gallo Center for the Arts, Modesto  
Wednesday  
December 21  
\$175 — **LST407**

Celebrating his

65th year in the music industry, legendary singer Johnny Mathis' sublime vocal approach to music eclipses passing fads and trends. He has performed songs in an incredible variety of styles and categories – from music composed for stage and film to golden era jazz standards, contemporary pop hits, and holiday music. Johnny has recorded close to 80 albums, including six Christmas albums that have made him the undisputed and iconic "Voice of Christmas." Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.

## Overnight/Extended Travel

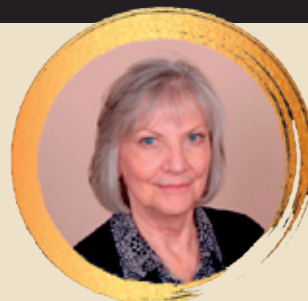
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Sunday, August 28  
to Wednesday, August 31 — **LST401**  
\$1210 double occupancy; \$1659 single

Join your Trip Coordinator, Scott, on an amazing trip to the world-famous arts festival in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" – this year's theme is "Wonderful World." See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Richard Nixon Library & Museum in Yorba Linda. Please advise, upon registration, your preferred food choice for Terra Laguna: Chicken, Salmon, or Vegetarian. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. A signed liability waiver is required for each participant. Registration is exclusive to in-person sales at the Lifestyle Desk, no online sales. Wheels roll from OC at 8:00 AM, August 28 ~ return August 31 4:30 PM.

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or online on the Resident Website

\*Indicates new class on sale August 17

## Classes

### —Art—



**\*Mixed Media Art Journaling**  
Tuesdays, September 13 & 27  
9:00 AM to Noon (OC)  
Fee \$45 (two sessions)  
Supplies fee paid to Instructor  
\$5 — **LSC3220**

A variety of media will be used as we “play” on our art journals’ pages. 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. Instructor: *Kerry Dahlin*.



### **\*Sip and Paint:** “Sunflowers”

Friday, September 23  
5:00 to 8:00 PM (OC)  
\$55 — **LSC3244**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instructions. Learn how to mix colors, brushstroke, pallet knife techniques, and oils. All supplies are included.

Canvases are underpainted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. To learn more about artist/instructor *Unni Stevens*, visit [www.unniart.com](http://www.unniart.com).

### —Oils, Pastels & Acrylics—

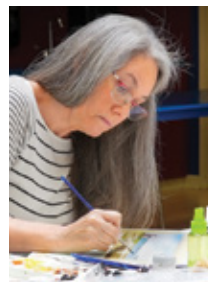


### **\*Oil and Acrylic Painting:** Intermediate/Advanced

Wednesdays, September 7-28  
9:00 to 11:30 AM (OC)  
\$80 (four sessions) — **LSC3232**

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Instructor: *Sandy Lindblad*. Visit [www.sandyindblad.com](http://www.sandyindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies.

### —Watercolor—



### **Beginning Watercolor Part 1** - Basics

Thursday, September 8-29  
1:00 to 3:30 PM  
\$95 (four sessions) — **LSC4112**

Participants will learn fundamental skills in using watercolor. The four basic critical skills covered include Color, Shape, Value, and Texture, learning the essential brush strokes using both round and flat brushes, controlling water and pigment mixtures, the importance of creating values (lights and darks), recognizing and using shapes, and achieving texture through the use of edges. Participants will receive a weekly email containing reference materials and weekly exercise handouts to use during each class. Participants are encouraged to attend the Introduction to Watercolor Materials workshop to learn about watercolor materials they will need for class. Instructor: *Faye August*.

### **Continuing Watercolor**

Thursdays, September 8-29  
9:00 to 11:30 AM  
\$80 (four sessions) — **LSC4113**

Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the

instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This class will be limited in size to allow for individual one-on-one work. Contact the instructor for more information. Instructor: *Faye August*, at 916-209-3643 or watercolorist55@gmail.com.

**Ceramics**

—Pottery—



**\*Beginning/Intermediate Ceramics**  
Tuesdays, September 6-27  
1:00 to 4:00 PM (OC)  
\$64 (four sessions) — **LSC3269**

This is 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, demonstrating 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. Instructor: *Jim Alvis*.



**\*Advanced Ceramics**  
Tuesdays, September 6-27  
9:00 AM to Noon (OC)  
\$64 (four sessions) — **LSC3256**

**OR**  
Thursdays, September 1-29  
1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3293**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

**Crafts**



**Yarn & Ribbon Wall Hanging**  
Monday, August 29  
Time: 10:00 AM to Noon  
Fee \$45; Materials \$10 — **LSC3987**

Create a trendy wall decoration using a wood dowel, a selection of yarns, ribbons, wood beads, and easy macrame techniques. You choose the color scheme and style!

Instructor: *Judy Ragland-Craftopolis*. Registration deadline August 22.



**Mixed Media Monogram**

Monday, August 29  
1:00 to 3:00 PM  
Fee \$45; Materials \$10  
— **LSC3988**

Create a totally unique 8" tall paper Mache' monogram letter to hang as décor or display on a mantel. Using themed scrapbook paper & ephemera, ribbons and charms, buttons,

and bling, you choose your favorite style. Lots of idea sample pictures provided for inspiration. Please note your choice of 1 letter upon registration. Instructor: *Judy Ragland-Craftopolis*. Registration deadline August 22.

—Cardmaking—



**\*Card Making – Advanced**  
Mondays  
September 5 & 19  
9:00 AM to Noon (KS)  
\$30 (two sessions)  
— **LSC3305**

**Prerequisite:** This class will build on your card making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for Beginner or Intermediate card making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline August 24.

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**\*Card Making – Beginner/Intermediate**  
 Wednesdays  
 September 7 & 21  
 9:00 AM to Noon (KS)  
 \$30 (two sessions)  
 — **LSC3316**

**Prerequisite:** Completion of at least four to eight sessions of previously offered Introduction to Card Making Beginners and/or have instructor’s approval to participate. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. Most supplies will be provided, but you will need to bring your card making kits. Instructor: **Dottie Macken**. Registration deadline August 24.



**\*Card Making – Intro to Basic Card Making – Beginners**  
 Fridays, September 9 & 23  
 9:00 AM to Noon (KS)  
 \$30 (two sessions)  
 — **LSC3327**

Have you ever wanted to make a greeting card, but you just weren’t sure how to get started? Then this class is for you. This class will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited; sign-up early to reserve your space. All supplies will be provided. Instructor: **Dottie Macken**. Registration deadline: August 24.

## Card Games

—Bridge—



**Beginning Bridge Class**  
 Mondays, Fridays, Saturday, September 19, 23, 26 & 30; October 7, 8, 10 & 14  
 1:00 to 3:00 PM (KS)  
 \$80 (eight sessions)  
 — **LSC4153**

Have you always wanted to learn bridge? Then this class is for you! The class is designed for people who

have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day, and you will spend nearly half the time in each class playing. The other half will be discussions to share ideas on techniques that work and those that don’t. By the end of the class, you will be familiar with all aspects of the game. Instructor: **Jack Uppal**.

## Dance

—Clogging—

*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 fit your skill.*



**\*Beginning Clogging**  
 Tuesdays, September 6-27  
 10:00 to 11:00 AM (KS)  
 \$40 (four sessions)— **LSC3338**

New students will be accepted for September, come join the fun. Encourage your friends and neighbors to come join this fun class. No special shoes required, flat-soled shoes are recommended. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention will be paid to balance skills. Instructor: **Janice Hanzel**.

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**\*Combine  
Clogging Class**  
Tuesdays  
September 6-27  
11:00 to 12:30 PM (KS)  
\$60 (four sessions)  
— **LSC3366**

Starting with easy and progressing into intermediate dances, We will continue working on some new material and go over some old favorites. The class will feature lots of reviews of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent past and online workshops and conventions. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

—Country Western Dancing—



**\*Country Couples  
Western Dance  
Beginner Level 1 & 2**  
Mondays  
September 12-26  
7:00 to 8:00 PM (KS)  
\$21 (three sessions)  
— **LSC4157**

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 Level 3 & 4**  
Mondays, September 12-26  
6:00 to 7:00 PM (KS)  
\$21 (three sessions) — **LSC4158**

After you have completed the Beginner Class and 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. Dances taught this month will be: "Waltz in Time" and "Cha Cha Lengua." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

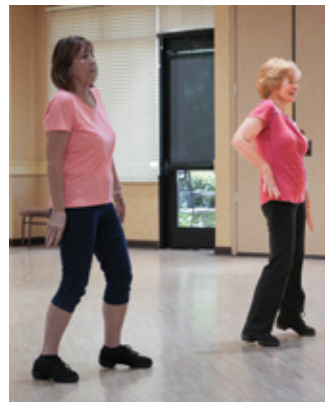
—Hula—



**\*Hula**  
Thursdays  
September 1-29  
1:00 to 2:00 PM (KS)  
\$52 (four sessions,  
no class September 15)  
— **LSC3412**

This is 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. **Prerequisite:** New dancers contact the instructor *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.

—Jazz—



**\*Jazz for Beginners  
- Cancelled**  
Thursdays  
September 1-29  
11:00 AM to Noon (KS)  
\$45 (five sessions)  
— **LSC3424**

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 Greenwood* 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 on TV and video.

**\*Jazz Performance - Cancelled**  
Tuesdays, September 6-27  
1:00 to 2:00 PM (KS)  
\$36 (four sessions) — **LSC3452**

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. Instructor: *Melanie Greenwood*.

## —Line Dance—



**\*Country Line Dancing**  
 Fridays, September 2-30  
 3:00 to 4:00 PM (KS)  
 \$35 (five sessions)  
 — **LSC3494**

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.*

**\*Level I – Absolute Beginner (Intro)**

Mondays, September 5-26  
 4:00 to 5:00 PM (KS)  
 \$28 (four sessions) — **LSC3461**

Instructor: *Cathy Paris*

**OR**

Thursdays, September 1-29  
 9:00 to 10:00 AM (KS)  
 \$35 (five sessions) — **LSC3528**

Instructor: *Yvonne Krause-Schenck*

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 learn the skills required to move on to the next level of class.

**\*Level 2 – Beginner**

Fridays, September 2-30  
 2:00 to 3:00 PM (KS)  
 \$35 (five sessions) — **LSC3504**

Instructor: *Sandy Gardetto*

**OR**

Thursdays, September 1-29  
 10:00 to 11:00 AM (KS)  
 \$35 (five sessions) — **LSC3558**

Instructor: *Yvonne Krause-Schenck*

**OR**

Thursdays, September 1-29  
 3:30 to 4:30 PM (KS)  
 \$35 (five sessions) — **LSC3549**

Instructor: *Cathy Paris*

Beginner-level dances are built upon the skills learned at 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.

**\*Level 3 – High Beginner/Improver**

Mondays, September 12-26  
 9:00 to 10:00 AM (KS)  
 \$21 (three sessions) — **LSC4155**

Instructor: *Yvonne Krause-Schenck*

**OR**

Wednesdays, September 7-28  
 9:00 to 10:00 AM (KS)  
 \$28 (four sessions) — **LSC3514**

Instructor: *Sandy Gardetto*

The high beginner class is for those with previous dance experience and who 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.

**\*Level 4 – Easy Intermediate**

Mondays, September 5-26  
 5:00 to 6:00 PM (KS)  
 \$28 (four sessions) — **LSC3480**

Instructor: *Cathy Paris*

**OR**

Wednesdays, September 7-28  
 10:00 to 11:00 AM (KS)  
 \$28 (four sessions) — **LSC3611**

Instructor: *Sandy Gardetto*

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.

**\*Level 5 – Advanced**

Thursdays, September 1-29  
 5:30 to 6:30 PM (KS)  
 \$35 (five sessions) — **LSC3717**

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. Instructor: *Cathy Paris.*

**\*Line Dancing 4 Fun**

Thursdays, September 1-29

4:30 to 5:30 PM (KS)

\$35 (five sessions) — **LSC3471**

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 quicker for those coming from Beginner classes, yet fast enough for “Improver/Improver Plus” dancers. Instructor: *Cathy Paris*.

—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**

Mondays, September 12-26

11:00 AM to Noon (KS)

\$30 (three sessions) — **LSC4159**

Grab a friend and come join us! We are starting from fresh, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, the act of repeating, reversing, and counting patterns is excellent for brain health.

**\*Tap Technique**

Mondays, September 12-26

10:00 to 11:00 AM (KS)

\$30 (three sessions) — **LSC4160**

**OR**

Tuesdays, September 6-27

10:00 to 11:00 AM (KS)

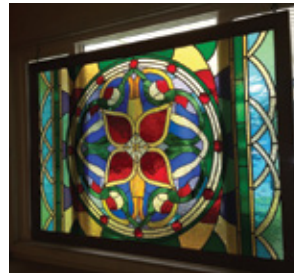
\$40 (four sessions) — **LSC3748**

Learn and hone your tap techniques through fun musical exercises and routines.

**Glass Art**

—Stained Glass—

*If you have a stained glass project in a stained glass locker and you are no longer taking classes, please pick up your project by September 1, 2022.*



**\*Stained Glass - Cancelled**

Mondays, September 12-26

9:30 AM to 12:30 PM (KS)

\$60 (three sessions)

— **LSC4156**

Learn the basic techniques of making stained glass, leaded glass, and mosaic art projects. First-time students

will be provided tools and supplies during class along with glass to make their first project. A list of tools and supplies will be given to the students who wish to purchase their own. Each month we will alternate between stained glass, leaded glass, and mosaics. The class is for beginners who have not done stained glass projects. Safety is important, so please, no sandals. Safety goggles and masks are required for grinding glass and soldering. Space is limited. Instructor: *June Evans*.

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## Sewing

### —Quilting—



#### \*Beginning Quilting

Mondays, September 19, 26,  
October 3

9:30 AM to 2:30 PM

\$50 (three sessions) — **LSC4161**

This class is for the beginner quilter and will cover the fundamentals of quilting and making a quilt top. Over a period of 3 weeks, you will learn how to select fabrics for a quilt, how to cut using a rotary cutter, how to accurately sew ¼" seam allowance, and practice correct pressing techniques. You will learn time-saving tips for the construction of the quilt blocks. One block will be done in class, and some blocks may be done as homework. This class is for the beginner quilter or a great review for the new quilter. Instructor: *Betty Kisbey*.



#### \*Introduction to Wool Embellishment

Saturday, October 15  
10:00 AM to 3:00 PM (OC)

\$25, Supply fee \$10 — **LSC4124**

You will be working with wool and learning basic embellishments for wool. You will be using a kit prepared by the instructor that includes wool, assorted threads, and needles. Using Sue Spargo's book, *Creative Stitching, 2nd edition*, you will learn how to embellish wool using a variety of Sue's threads and will learn several stitches from Sue's book. After you are finished, you may sew your wool piece into a needle holder or pincushion. This is a beginner class. Instructor: *Betty Kisbey*.

### —Rope Baskets and Bowls—



#### \*Rope Baskets and Bowls

Wednesdays  
October 19 & 26  
1:00 AM to 3:00 (OC)

\$25 (two sessions),  
\$25 Material Fee

— **LSC4150**

Sewing rope baskets is easy and fun. In a few hours, you can make beautiful and useful bowls and baskets to organize your favorite spaces or for giving as wonderfully appreciated

gifts. Your sewing machine with a zig-zag stitch will transform plain clothesline rope and thread into a lovely and sturdy basket. Add fabric strips, embroidery, beads, or other decorative additions to turn your creation into something truly unique. Please bring Scissors, pins, Denim or leather, Needle for the sewing machine. Instructor: *Sallee Peterson*.

## Movies

#### \*History of Jazz (Part 2)

Fridays, September 16 -  
October 7

10:00 AM to Noon (KS)

\$40 (four sessions)

— **LSC3969**



As we continue our journey through the History of Jazz, we find ourselves with the "Jazz Age" in full swing. We travel to the South Side of Chicago, the clubs of Downtown Manhattan, and the Savoy in Harlem. We will hear the brilliance of Louis Armstrong change the world of music, and the elegance of Mr. Ellington define an era. And get ready to dance, for it in this session that we will discover the music that will become the soundtrack of a nation on the brink of war. So ... Get ready to Swing! Instructor: *Ray Ashton*.

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Music

—Folk Guitar—



**\*Beginner Folk Guitar Class for Fun Folks**  
 Tuesdays  
 September 6-20  
 1:00 to 2:00 PM (KS)  
 \$30 (three sessions)  
 — **LSC3682**

Have fun learning the guitar, no prior music knowledge or good singing voice is 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, plus how to choose and purchase a guitar and guitar aides will be discussed. *Darrell Effinger* 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. He enjoys teaching and sharing his musical expertise with his students.

**\*Intermediate Folk Guitar Class**

Tuesdays, September 6-20  
 2:00 to 3:00 PM (KS)  
 \$30 (three sessions) — **LSC3622**

This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.

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Register at the WellFit Desk (OC/KS)  
or online on the Resident Website



## WellFit Orientations

### Free Orientation: WellFit Staff

Unsure 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 correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at Fitness Desks or online enrollment on the Resident Website.

#### Fitness Floor (OC)

- **Tuesday, September 20**  
2:00 to 3:00 PM

#### Fitness Floor (KS)

- **Tuesday, August 17**  
3:00 to 4:00 PM
- **Wednesday, September 14**  
1:00 to 2:00 PM

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

*\*Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups. Events go on sale on the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online enrollment on the Resident Website.*

*All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website. Look in the WellFit section or online enrollment.*

## Lessons

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



**Intro to Pickleball**  
Wednesdays  
9:00 to 10:30 AM  
Pickleball Courts  
Free

This class is for any resident interested in learning about pickleball. No equipment is

necessary; just wear clothing appropriate for pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com) or go to [www.lhpbclub.com](http://www.lhpbclub.com) and look for Calendar on the left. Click on Intro to Pickleball class.



**Intro to Tennis**  
Thursdays  
11:00 AM to Noon  
Multicourt #11  
Free

This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email [stevebringman@yahoo.com](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.

**Pickleball - Novice Clinic**  
 Wednesday  
 September 7  
 11:00 AM to 12:30 PM  
 Multi-Court  
 \$45



No experience is necessary. Skill level 2.0-2.5, Minimum/Maximum: eight students. Ian will explain the court quadrants, rules, scoring, and basic strategy. In addition to the enjoyable drills, the basic pickleball strokes will be demonstrated. Coach led play towards the end of the clinic. Instructor: *Ian Dickson*, Pickleball Pro.

**Pickleball - Advanced Beginner Clinic**  
 Wednesday, September 14  
 11:00 AM to 12:30 PM  
 Multi-Court  
 \$45

Skill level 2.5-3.0, Minimum/Maximum: eight students. The focus of this clinic will be “How to keep opponents from having an offensive advantage.” Breakdown of the proper dinking technique will also be covered. Ian will demonstrate the “Volley,” which is a punch, not a swing. Personalized feedback during game time play portion of the clinic will also be provided. Requirement: must know rules, scoring, and have been playing games. Instructor: *Ian Dickson*, Pickleball Pro.

**Pickleball - Intermediate Clinic**  
 Wednesday, September 21  
 11:00 AM to 12:30 PM  
 Multi-Court  
 \$45

Skill level 3.0-3.75, Minimum/Maximum: eight students. The topic of this clinic is “When and how to lob”. Ian will cover “Doubles communication and court positioning”. Analysis and suggestions for improvement during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson*, Pickleball Pro.

**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 seven days prior to class start. No refunds, no make-ups.*

**Tai Chi / Qigong L1**  
 Tuesdays, September 6-27  
 2:00 to 3:00 PM  
 Aerobics Room (OC)  
 \$52 (four sessions)  
**OR**  
 Fridays, September 2-30  
 2:00 to 3:00 PM  
 Aerobics Room (OC)  
 \$65 (five sessions)



Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Shifu Anney Siegel-Wamsat*.

**Tai Chi / Qigong L2 - Single Sessions**  
**\*Take one or take them all!**  
 Thursdays, September 1, 8, 15, 22, or 29  
 2:00 to 3:00 PM  
 Aerobics Room (OC)  
 \$15 (each session)

\*This is not a beginner class. Having some



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familiarity with the foundation of the Yang 24 form, Level 2 expands the foundations and breaks down the intricacies of the moves. We will take a deeper look at the moves emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Siegel-Wamsat*.

### Tai Chi / Qigong L3 – Single Sessions

**\*Take one or take them all!**

Tuesdays, September 6, 13, 20, or 27

3:10 to 4:10 PM

Aerobics Room (KS)

\$15 (each session)

**OR**

Fridays, September 2, 9, 16, 23, or 30

3:05 to 4:05 PM, Aerobics Room (OC)

\$15 (each session)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Qigong, paired with stillness and moving meditation, will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Siegel-Wamsat*.

### Tai Chi Ball

All Levels -

Single Sessions

**\*Take one, or take them all!**

Wednesdays

September 7, 14, 21,  
or 28

2:00 to 3:00 PM

Aerobics Room (OC)

\$15 (each session)

Tai Chi Ball is a fusion of mind-body exercise, traditional Tai Chi Ball, Qigong, and dance with modern core strengthening exercises and balance postures. This class begins



using light-weight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through ball practice. Instructor: *Shifu Anney Siegel-Wamsat*.

### Why Meditation?

Mondays

September 5-26

4:10 to 5:10 PM

Aerobics Room (OC)

\$68 (four sessions)

Leave your stress at the door and start your week off right! Join Sheri each week

as we take on a new topic and then meditate. The first half of the class will be education, and the second half a guided meditation. Week one we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. Week two, we will tackle how to let go of stress. Week three, how to create a positive mindset. Week four, why it is important to cultivate gratitude, and finally, we will learn how to manifest our best life. Instructor: *Sheri Mandell*.



### Introduction to Movement on the Pilates Reformer

Returns in October

2:00 to

3:00 PM

Fitness Center

- Reformer

Studio (OC)

\$72 (four sessions)

Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This is a progressive class that starts with the very basics of safely introducing your body to the fundamentals of Reformer and then slowly builds up to teach you proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to properly engage your core muscles. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist*.



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- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Trainer assesses general ability level.

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## Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department. These are programs that provide learning and development in areas of life that are unique to each individual. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

### Why Your Breath Matters

Mondays  
September 12-26  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$54 (three sessions)

When you engage in breathing exercises or simply breathe effectively, you can: reduce stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles. Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.



### Mindfulness & Meditation

Thursdays  
September 8-29  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$72 (four sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins, Serotonin, Oxytocin & Dopamine) in the brain; which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.



### Living with Back Pain

Wednesday  
September 21  
1:00 to 2:00 PM  
Multimedia Room (OC)  
\$25

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. During this class, students will follow a PowerPoint presentation and be able to ask questions throughout, with Q & A at the end as well. Keep your body strong and happy to support longevity. Instructor: *Lisa Kwon*, Occupational Therapist.



### *New!* 2023 WellFit Wellness Retreat – Yandara

February 26-March 4  
\$2800 single private glamping tent  
\$2600 per person for double occupancy glamping tent  
\$3300 per person full bath glamping tent - up to 2 people per tent  
\*Airfare not included

Our first ever Wellness Retreat was so successful in 2022, that we are hosting it again in 2023! Join our instructors for a week on this beautiful beachfront property in Todos Santos, Mexico, just one hour north of Cabo. You will experience invigorating wellness classes and instruction for all skill levels, delicious food, great accommodations, and delightful company, all included. Please reach out to Nina for more information and questions. [Nina.Baldi@sclhca.com](mailto:Nina.Baldi@sclhca.com). 50% non-refundable deposit due by September 19. No cancellations or refunds. Don't wait, sign-ups limited to just 14 residents. [Yandara.com](http://Yandara.com) Instructors: *Nina Baldi and Renae Schmidt*.



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## Getting Your Stuff Together

Monday & Tuesday

September 12 & 13

9:00 AM to Noon

Oaks Room (OC)

\$40 (two sessions) + \$30 material fee paid to the instructor on the first day of class.

As we continue to emerge from our pandemic lockdown, we are thinking differently about our future. What am I going to do about all my “stuff”? Who will help me? Am I protected? We feel overwhelmed at the enormity of getting older and end up doing nothing. “Getting Your Stuff Together” helps create order out of the chaos, helps you figure it all out, helps your chosen advocates, and alerts you to the issues around the complexity of dying. Take a small first step. Instructor: *Marcia VanWagner*.

## End of Life Options: Preparing for Death

Wednesday, September 21

9:00 AM to Noon

Multipurpose Room (OC)

\$25



How do you imagine your death? How do you communicate your wishes? You will learn about options at the end of life, how to plan and how to communicate your plans. You will learn about your Advance Health Care Directive and if you need a POLST. You will learn about naming a personal representative, who will speak for you if you cannot, and what you want them to say. Instructor: *Marcia VanWagner*.

## Traditional Shotokan Karate

Saturdays

September 3-24

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)



The instructor is a member of the International San Ten Karate Association and has over 48 years of 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 [santenkarate.com](http://santenkarate.com). Instructor: *Al Trimarchi*.

## CPR AHA Heart Saver Adult First Aid/CPR/AED

Tuesday, October 18

1:00 to 4:00 PM

Multimedia Room (OC)

\$40

The course teaches the basic techniques of adult CPR, the use of an AED, and how to administer First Aid to choking victims and for basic injuries such as bleeding. You do not have to be strong to do it because you use your body weight to give the compressions instead of pushing down with your muscles. You do not have to be medically trained to save a life, you just need to know how and when to give CPR. Designed for anyone with limited or no medical training who needs a course completion card in CPR-AED-First Aid. Instructor: *Rex Owens*.

## Nutrition

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

## *New!* Healthy Cooking for Mindful Eating – Breakfast and Smoothies

Tuesday, September 13

11:00 AM to Noon

Multi-Purpose Room (OC)

\$20 + \$10 supply fee paid to the instructor at the beginning of class.

Nothing is better than enjoying a delicious meal. Join us for the second class in our healthy cooking series, where we will be learning some new ways to energize our mornings. We will create and taste Kerry Washington and Reese Witherspoon's Green Smoothie and sample a delicious Oatmeal Chocolate Chip breakfast cookie. Add these recipes to your cookbooks along with other tasty recipes (including a Blueberry Oatmeal Bake and Chia Seed pudding) as we savor the art of healthy eating. Enjoy this class a la carte, or take the entire series. Instructor: *Sheri Mandell, HHC*. [Sheri.Mandell@yahoo.com](mailto:Sheri.Mandell@yahoo.com). Registration deadline: September 10.

### **New! Healthy Cooking for Mindful Eating – Wholesome Snacks and Desserts**

Tuesday, September 27

11:00 AM to Noon

Multipurpose Room (OC)

\$20 + \$10 supply fee paid to the instructor at the beginning of class.

Food brings people together and nothing is better than enjoying delicious food. Join us for the third class in our healthy cooking series where we will be sampling and creating wholesome snacks and delicious desserts such as Blueberry Apricot Parfaits and Green Bean Chips. We will add these to our cookbooks along with other exciting recipes (such as Avocado Chocolate Pudding and Yogurt Bark) that we can indulge in with no guilt! Enjoy this class a la carte or take the entire series. Instructor: *Sheri Mandell, HHC*. Sheri.Mandell@yahoo.com. Registration deadline: September 24.

### **Produce with a Purpose - Endless Summer**

Monday, September 19

10:30 AM to 12:30 PM

Placer (KS)

\$48



In summer, fruit and veggies are not only luscious, they are abundant (therefore cheaper), easier to get from local farmers, and loaded with nutrition. Simple tips for storing summer's bounty can let us enjoy the season's wonderful flavor and nutrition all year round. In this class, we will sample a couple of simple recipes while learning. Instructor: *Kerin Gould, Ph.D.*, author of *Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables... Now what?* Producewithapurpose.net. Registration deadline: September 16.

## **Pilates Reformers and Towers**

**Please check the Resident Website for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms, or contact Danielle.Merrill@sclhca.com.**

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

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins

select their monthly classes via the online scheduling system MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes. Online class scheduling is from 7:00 AM to 10:00 PM.

Our Reformer packages are as follows:

**Four-class membership package \$72 per month, Add-on classes for member \$18 per class.**

**Eight-class membership package \$136 per month, Add-on classes for member \$17 per class.**

**Drop-in classes for non-member \$20 per class.**

**Drop-in for guests (non-residents; guests of residents only) \$25 per class**

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive.

### **Introductory Reformer Session L1**

Continuous Dates

Aerobics Room

(OC)

\$40 (one session, one hour long)



This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

### **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. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

One-on-One Training and Buddy Training:  
Prices same as Personal Training Rates.



**Rex Owens**  
WellFit Fitness Supervisor  
Rex.Owens@sclhca.com



Register at the WellFit Desk (OC/KS)  
or online on the Resident Website

## 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 Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/ meet the trainers. Please respect a 24-hour cancellation policy.

### Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person. Each billed for shared session.
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer). One hour session \$99.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Trainer assesses general ability level. Half-hour session \$39.

*All training is non-refundable and has a 1-year expiration date from time of purchase. 24-hour cancellation policy.*

## Small Group Training (SGT)

Small group training classes are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class. Classes fill up quickly; please sign up at least seven days prior to the class start. No refunds and no make-ups. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online. SGT classes run for 55 to 60 minutes.*

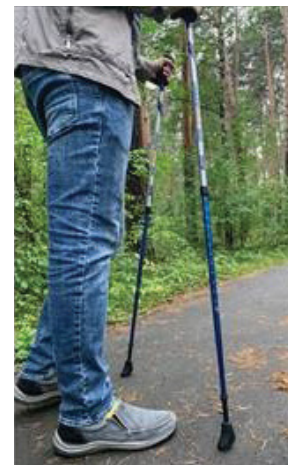
**New! Pilates on the BOSU**  
Wednesdays  
September 7-28  
12:55 to 1:55 PM  
Aerobics Room (OC)  
\$68 (four sessions)



The BOSU (BOth Sides Up) is a fun piece of gym equipment that has both a domed side and a flat side to exercise on. You will use both sides as you challenge your balance and strength and bring awareness to your core muscles while having fun in the process. You will learn proper breathing techniques and incorporate all muscle groups. Variations and modifications will be offered. The class will be done on the floor on a mat. Instructor: *Cynthia Bullwinkel.*

**Urban Poling**  
(Balance and Fall Prevention)  
Returns in the Fall

This class continues our programs for those that have difficulty with balance. Learn simple exercises that will help improve balance, core strength, and reflexes to prevent falls. Walking 30 minutes at least three times a week gives you a full-body aerobic exercise by simply adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (OC). Class is indoors and outdoors, weather permitting. Instructor: *Rex Owens.*



**Urban Poling**

(Indoor Nordic Walking)

Returns in the Fall

This fitness class is designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a full-body aerobic exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Instructor: *Lisa Fisher*.

**SGT—Walk on the Wild Side L1 (Seasonal)**

Tuesdays

September 6-27

8:30 to 9:30 AM

First class meets at OC Fitness Center

\$68 (four sessions)



Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails. Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side.' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher*.

**SGT—Fit 101**

Tuesdays & Thursdays

September 6-29

4:10 to 5:10 PM

Aerobics Room

Class alternates

(OC Tuesday –

KS Thursday)

\$136 (eight sessions)



Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new tools and techniques to add to your workout routine, including the appropriate settings and weights. Instructor: *John Ramos*.

**SGT—"Fun"ctional Fitness L3**

Tuesdays & Thursdays

September 6-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, and 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 is encouraged. \*This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin*.



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### SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays  
September 5-28  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

Are you 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 eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.



### SGT—TRX Circuit L2

Tuesdays & Thursdays  
September 6-29  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. \*This class is eligible for the SGT drop-in if space is available. Instructors: *Craig Wasley/MaryAnn DePietro*.



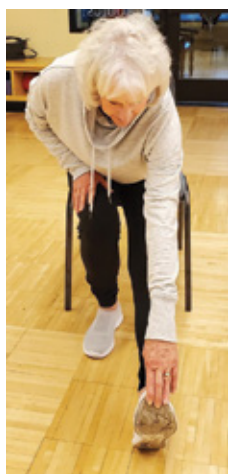
### SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays  
September 5-28  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)  
Instructor: *Renae Schmidt*

#### OR

Tuesdays & Thursdays  
September 6-29  
10:45 to 11:45 AM  
Aerobics Room (KS)  
\$136 (eight sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*  
Balance your body with exercises for proper



postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

### SGT—Balance & Fall Prevention L1

Mondays & Wednesdays  
September 5-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$136 (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*.



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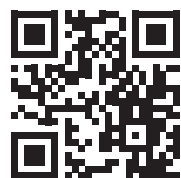


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**SGT—  
Therapeutic  
Water Exercise  
L1-L2**

Wednesdays  
September 7-28  
11:50 AM to 12:50 PM

Indoor Pool (OC)  
\$68 (four sessions)

Instructor: *Nina Baldi*

**OR**

Fridays, September 2-30  
10:45 to 11:45 AM, Indoor Pool (OC)  
\$85 (five sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps 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 and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel.



**SGT—Rock Steady Boxing**

Tuesdays, September 6-27  
2:00 to 3:00 PM

Aerobics Room (KS)  
\$68 (four sessions)

**OR**

Thursdays, September 8-29  
2:00 to 3:00 PM

Aerobics Room (KS)  
\$68 (four sessions)

This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at Fitness Centers.*  
Instructor: *Craig Wasley.*



**SGT—ParkinsonStrong Combo**

Thursdays, September 8-29  
3:05 to 4:05 PM, Aerobics Room (KS)  
\$68 (four sessions)

**OR**

Mondays, September 5-26  
4:10 to 5:10 PM, Aerobics Room (KS)  
\$68 (four sessions)

**ONLINE:** SCLHRESIDENTS.COM

Interested in the Parkinson's Cycle class, but don't you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota.*

**Punch Pass & Fast Pass Classes**

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 94-97 for days and times. Purchase these passes through online enrollment on the Resident Website or Fitness Center front desks. 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 the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

**\*All passes and sessions are non-refundable.**

**\*Punch Passes & Fast Passes expire one year after the purchase date.**

**NOTE:** Punch Passes purchased before December 1, 2019, will never expire.

**\*New! Premium Punch Pass Deal.** Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$247.50. Purchase at the Fitness Center front desks or online enrollment at the Resident Website. *Reminder, these passes expire after one year.*

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OC WellFit Class Schedule August/September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Katle</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Shirley</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katle</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>		
10:45	Roll, Release & Stretch L2 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katle</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Roll, Release & Stretch L2 <i>Gretchen</i>		10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1- L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Joanie</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55		Returning in the Fall! SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Lisa</i>	Pilates on the BOSU <i>Cynthia</i>	Returning in the Fall! SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Lisa</i>			SCLH Booking 1:00 to 3:00 PM
2:00	Why Your Breath Matters <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi Ball L1 - <i>Anney</i>	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>		
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 <i>John</i>		Healthy Living Exercise L1 <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10		SGT - Fit 101 - <i>John</i>		4:30 - 5:30pm September Mindfulness & Meditation - <i>Jennifer</i>			
5:30	5:30pm Yin Yoga L1-L3 <i>Nina</i>					SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$5.50							
Fast Pass - 30 min Group Exercise Class \$3.50							
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: <a href="http://schresidents.com">schresidents.com</a>							
Wellness Classes (session based, sign-up ahead each month) SGT - Small Group Training (55-60 minute) session based, sign-up ahead							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on [schresidents.com](http://schresidents.com)

KS WellFit Class Schedule August/September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>		All Cycle L1-L3 <i>Helena</i>		
8:35	Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	<b>Returning in the Fall</b> <del>Cancelled - Zumba L2/L3</del> <i>Sharon</i>	Zumba & Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Juanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Kim or Helena or Katie</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Juanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>		
11:50	Balance and Fall Prevention - <i>Renee</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>		SGT - 'Functional Fit L3 - <i>Deanne</i>	<b>Returning in the Fall!</b> Urban Poling (Nordic Walking) L1 - <i>TBA/Rex</i>	Traditional Shotokan Karate L1/2 - <i>A/</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joon</i>		SCLH Booking 12:00 to 2:00 PM
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - <i>TBA</i>		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	<b>3:10pm</b> Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00 PM		Shuffleboard 2:00 to 5:00 PM
4:10	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			SGT - Fit 101 - <i>John</i>			
5:30		Karate 5:00-6:15 PM			SCLH Booking 6:00 to 8:00 PM		
Punch Pass - Group Exercise Classes 55 minute \$5.50							
Fast Pass - 30 min Group Exercise Class \$3.50							
L1 - beginner L2 - intermediate L3 - advanced * More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com							
CLASS CANCELATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule August/September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
	Aqua Surge L2/L3 <i>Renea</i>		Aqua Surge L2/L3 <i>Jennifer/sub</i>		Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jennifer</i>	8:45am Aqua Intervals L2/L3 <i>Jennifer/sub</i>	Power Waves L3 <i>Jennifer/sub</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joonie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jennifer/sub</i>	Splash L2 <i>Joonie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>		
10:45	Fluid Moves L1 <i>Lisa</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	TBA						
5:00	Power Waves L2/L3 <i>Returning Soon!</i>		5:00pm going on now! Power Waves L2/L3 <i>Poolia</i>				
5:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in 6:00 to 8:30pm	Water Volleyball 5:20 to 8:15pm	Water Walking drop-in until 8:30pm		
8:30							

CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.

L1 - beginner L2 - intermediate L3 - advanced \*More explanation of class levels and information about class descriptions in WellFit section of website: [schresidents.com](http://schresidents.com)

Small Group Training - SGT - 60 minutes (session based, sign up ahead)

Group Exercise Classes - 55 minutes (punch pass) \$5.50

Class schedules in the Compass may not reflect recent changes. For current class schedules visit the WellFit page on [schresidents.com](http://schresidents.com).

\*Water Volleyball schedule for the Kilaiga Springs pool available on WellFit's online reservation page.



Pilates Reformer WellFit Class Schedule August/September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	OC	OC	OC	OC	OC	OC
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30					Cardio Jump & Core L2 - <i>Gretchen</i> <b>11:45</b>		
2:00				Introduction to Movement on the Pilates Reformer <i>Andee- October</i>	Cardio Jump & Core L2 - <i>Gretchen</i> <b>12:45</b>		
3:00							
4:15	Reformer Basics L1 <i>Andee</i> <b>4:15pm</b>			Returns in the Fall Reformer L1-L2 <i>Valerie</i>			
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: <a href="http://schresidents.com">schresidents.com</a>							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on [schresidents.com](http://schresidents.com)

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** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> MON-SAT: 8:00 AM-9:00 PM SUNDAY: 8:00 AM-5:00 PM	<b>The Spa at Kilaga Springs</b> MON-FRI: 9:00 AM-6:00 PM SATURDAY: 9:00 AM-5:00 PM
<b>Membership Desk</b> MON-FRI: 9:00 AM-5:00 PM	<b>Meridians Restaurant</b> Meridians / Sports Bar DAILY: 7:00 AM-8:00 PM
<b>Lifestyle Desks (OC/KS)</b> MON-SAT: 8:00 AM-8:00 PM SUNDAY: 8:00-4:00 PM	Curbside Pickup: DAILY: 11:00 AM-7:00 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	SCLH Delivery: DAILY: 4:00 PM-7:00 PM
	<b>Kilaga Cafe</b> MON-SAT: 8:00 AM-3:00 PM

**ADMINISTRATION**

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**FOOD & BEVERAGE**

**Meridians Restaurant**.....MeridiansRestaurant.com  
 Reservations & Info: 916-625-4040..... To-Go: 916-625-4044  
**Kilaga Cafe**  
 To-Go Orders & Info: 916-408-1682  
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**WellFit Fitness Supervisor**  
 Rex Owens.....916-408-4825 .....Rex.Owens@sclhca.com

**THE SPA AT KILAGA SPRINGS**

**Spa Concierge**.....KilagaSpa.com  
 Appointments & Info: 916-408-4290  
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**Landscape Supervisor**  
 Willie Mayberry.....916-645-4501 .....Willie.Mayberry@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

**COMMITTEES**

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