

# COMPASS

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# Contents

## ASSOCIATION NEWS

- 5** Board of Directors' Report
- 6** Executive Director
- 7** Committee Reports
  - Finance
  - Architectural Review
  - Compliance
  - Properties
  - Accessibility
  - Neighbors InDeed
  - Election News
- 18** Department News
  - Lifestyle News & Happenings
  - The Spa at Kilaga Springs
  - WellFit News

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## COMMUNITY PROFILE

- 21** All the World's a Stage
- 23** Acting on the Life Stage
- 25** Performance Appreciation —  
Neighborhood Watch *Volunteers*
- 27** Those Damn Yankees: The Inspiration  
Behind Our Own Field of Dreams

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## IN EVERY ISSUE

- |           |                 |            |                   |
|-----------|-----------------|------------|-------------------|
| <b>29</b> | In Memoriam     | <b>65</b>  | Entertainment     |
| <b>30</b> | Library News    | <b>70</b>  | Trips             |
| <b>31</b> | Club News       | <b>77</b>  | Class Index       |
| <b>55</b> | Support Groups  | <b>79</b>  | Lifestyle Classes |
| <b>59</b> | Bulletin Board  | <b>89</b>  | WellFit Classes   |
| <b>61</b> | Community Perks | <b>102</b> | Contacts & Hours  |
| <b>63</b> | Spa             | <b>103</b> | Ad Directory      |



# 60

### **On the Cover**

Front L to R: Becky Nicholson, Paul Carroll,  
Meryle Bloom; Back: Judy Rosenthal,  
Melaney Baker, Danielle Pon.  
Photo by Dave Baker

# Calendar of Events

March 16 - April 30

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

Date Event	Page #
3/15 Coffee with the Executive Director .....	61
3/28 Garden Hose Wreath .....	80
3/29 <i>It's The Lifestyle Expo</i> .....	61
4/4 Yesterday – Movie.....	61
4/11 Spring Fling .....	80
4/13 Home, Health and Business Showcase.....	61
4/14 Wicked.....	71
4/19 Colusa Casino.....	70
4/22 Sip and Paint .....	79
4/24 Rivercats vs. Dodgers.....	75
4/25 Flower Pot Friend .....	80
4/25 Fabric Covered Pots .....	80
4/27 Brain Gain.....	91
4/30 San Francisco Shopping.....	73

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ME

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- Scan the QR Code
- This will take you to the resident website sign up for eNews page. (Login may be required)

## Upcoming Association Meetings: March 15 – April 28

Finance Committee	Thursday, March 17, 9:00 AM
Board of Directors	Thursday, March 24, 9:00 AM
Board of Directors Executive Session	Thursday, March 24, 11:30 AM
ARC/Architectural Review Committee	Monday, March 28, 9:00 AM
Elections Committee	Friday, April 1, 9:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, April 5, 9:30 AM
Compliance Committee	Wednesday, April 6, 9:00 AM
Accessibility Committee	Wednesday, April 6, 9:00 AM
Properties Committee	Thursday, April 7, 9:00 AM
ARC/Architectural Review Committee	Monday, April 11, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, April 12, 10:00 AM
Board of Directors Workshop	Thursday, April 14, 10:00 AM
Board of Directors Executive Session	Thursday, April 14, 11:30 AM
Finance Committee	Thursday, April 21, 9:00 AM
ARC/Architectural Review Committee	Monday, April 25, 9:00 AM
Board of Directors	Thursday, April 28, 9:00 AM
Board of Directors Executive Session	Thursday, April 28, 1:00 PM
<i>Meetings subject to change. Visit <a href="http://sclhresidents.com">sclhresidents.com</a> for the most up to date information.</i>	

## VOLUNTEER OPPORTUNITIES

### Committee Openings

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

- Accessibility Committee
- Architectural Review Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Properties Committee

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



## Board of Directors' Report Community Outreach

*Robert Copp, Secretary*

Understanding the desires of all Lincoln Hills residents is a difficult but extremely vital task. In Association meetings, only a few residents regularly attend and provide input. The Special Election failed to approve any ballot topics, and a Strategic Plan while collecting input through focus groups will require significant community outreach to complete. Before the Board considers any future Special Election or completes a Strategic Plan, an evaluation of community outreach must be conducted. How is community outreach working today, and where are the areas for improvement?

The Board hears regularly from only a few dozen members whose opinions are often clear but sometimes contradictory. Understanding the views of all members will require a new focus on outreach. Larger facilitated events in the Ballroom may be planned to allow everyone who wants to participate to share their concerns about the future of our Association. Members can assist us by identifying strategies that will help us more fully understand the desires of our community.

Moving forward, the completion of a Strategic Plan will require significant outreach to determine a vision for the future that can be broadly supported. A Strategic Plan is only as strong as the community support behind it. While a Strategic Plan can be updated annually as Boards change, with strong community support, a clear vision for the community, and major goals can lead to consistent long-term decisions by each Board of Directors.

To begin to address these issues, the Board has requested the Communications and Community

Relations Committee (CCRC) to look for new outreach strategies. As a first step, the CCRC has proposed an Advisory Council where up to twenty-five members will be invited to participate in discussions about communications in the community. Since the communication needs of members change over time, Council members will be selected in groups based on their tenure as a resident in the community from those with less than five years, 5-10 years, 10-15 years, and 15-20+ years. The Council meetings will be facilitated, providing opportunities for everyone selected to participate fully. Members will be encouraged to volunteer for the Council. If you do not have time to volunteer or are not selected, please send your outreach ideas to the CCRC for consideration. The success of the Advisory Council will be critical for establishing regular, ongoing outreach, including providing methods to reach more members of the community.

With your involvement, our community of many can become one. Find time in your busy schedule to attend Committee and Board meetings and share your ideas in these forums. Remember that many meetings are still available on Zoom, where you can watch them at your leisure by accessing the Resident Website. Along with suggestions on how to improve outreach, your suggestions on other topics are encouraged. As discussions begin on future Special Elections or completing a Strategic Plan, look for ways to contribute your ideas for these important activities. While the Board can make decisions without community input, your input will provide support for better decisions that will last for the long term.





## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

Your Lincoln Hills Lifestyle Department does an incredible job developing and putting on an array of performances for residents and guests. The list is diverse and impressive, from plays to live music to musical plays to comedians and more.

Each of these events involves a ‘performance’ by the artists that is honed with hard work and precise practice. While these actors, musicians, and comedians are performing a specific art form, in reality, we are all performing every day “All of life is a performance.”

Whether it’s taking care of your residence, volunteering on a committee, club, organization, Board of Directors, helping out in your village, learning a new skill, or multitudes of other activities you are performing. This may only be in your specific ‘Lincoln Hills’ role. You may also be father/mother, grandfather/grandmother, brother/sister, son/daughter, friend, co-worker, caregiver or local government representative. Of course, let’s not forget all of those personal interests that add to defining who you are. You might be an author, artist, musician, golfer, skier, sewer, quilter, singer, tennis player, softball player, cyclist, pickleball player, hiker, bocce ball player, the list goes on. Your performance in all of these varies based on your audience, which may sometimes be an audience of one – you.

Your Lincoln Hills staff also performs for you every day. I am amazed at all of the cogs in the wheel of this operating machine. The many cogs include,

but are not limited to – maintaining multiple facilities, completing projects, complex multi-department accounting, communications, information technology, member services, community standards, Board, club, and committee support, fitness classes and education, lifestyle events, room booking, food and beverage operations and much more.

Each seemingly simple operational task involves multiple steps that are performed by the Lincoln Hills staff in coordination with member volunteers. For example, the completion of replacing Association fencing involves a multi-step process. It begins with our Facilities Manager defining the scope of the work and presenting it to the Properties Committee for analysis and review. If the project is approved to proceed, up to three bids are sought for review by the Finance Committee. If approved by the Finance Committee, the fence replacement proposal is presented to the Board for approval and executed by Facilities. All along the way, project approval request reports are completed and updated so that the Accounting Department can track the expense. Finally, after coordinating with the selected contractor and ensuring the work is completed satisfactorily, the Facilities Manager informs the Accounting Department that the invoice can be paid. In short, every performer plays a key role in every task the Lincoln Hills team completes.

*“Life is like a performance, and you are just one of the actors. Play your part well.” – Anonymous*



If you have stage fright, it never goes away. But then I wonder: is the key to that magical performance because of the fear?

— Stevie Nicks —

AZ QUOTES



**Finance Committee**  
**A New Start**  
*Fred Raach, Chair*

In January, total expenses (\$1,347,000) exceeded total revenues (\$1,289,000) by \$58,000, \$32,000 more than budgeted. Non-dues revenue was \$387,000, \$57,000 less than budgeted. The budget had anticipated that group activities like classes, trips, and catering events would be much less affected by pandemic restrictions and concerns in January.

Operating expenses, which don't include the monthly contribution to reserves, were \$1,164,000, \$25,000 less than budgeted, partially offsetting the loss of revenue. As the chart shows, the major contributors to the favorable expense result were Cost of Sales \$42,000 less than budgeted, related to the lower revenue, and Landscape Maintenance expenses \$24,000 lower than budgeted, resulting from scheduled maintenance not completed by the end of the month.

As noted in last month's article, insurance costs in 2022 will be higher than budgeted. The \$8,000 overage in January is indicative of the amount that will occur each month. Utility charges in January were \$31,000 over budget. Natural gas expense accounted for \$17,000 of the overage, resulting from higher rates and greater usage for heating the Lodges in January. In addition, \$13,000 is the monthly cost for amortizing

the cost of the Kilaga Solar system. The budget assumed the solar system would be purchased in 2021, but that will not be possible until the end of 2022, so this extra expense will appear each month. The overage in Maintenance, Supplies, and Repairs primarily reflect the utilization of contract janitorial services. These will continue until adequate in-house staff can be obtained.

Results at the Department level show Communications & IT and the Spa with better than budget results. No other Departments made budget, but the only significant misses were in Food & Beverage and Facilities &

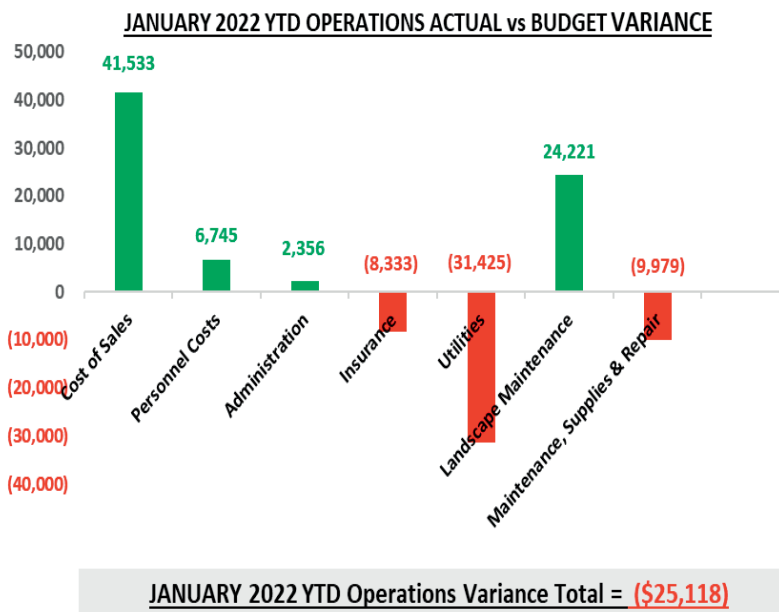
Landscaping which were over budget by \$18,000 and \$14,000, respectively.

Reserve expenditures in January were less than \$8,000, producing a reserve balance at the end of the month of \$11,037,000, a \$190,000 increase since year-end. In January, \$511,000

of reserve funds were transferred to UBS, bringing the total reserve funds at UBS for investment to \$10,547,000.

Community Enhancement Fund expenditures in January were less than \$10,000, leaving a balance of funds available and not already committed to projects of \$915,000.

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





## Architectural Review Committee New Growth

*Richard Bostdorff, Co-Chair*

Spring is just a few days away, and I look forward to blossoming trees, new growth in the landscape, and warmer weather. That also means the ARC agendas will get longer as many of us refresh our landscape. We have potential openings on the ARC, and I would encourage you to consider joining this team.

It has been over a year since I accepted a position on the committee and about six months since I assumed the co-chair role with Carole Dummett. I have learned a lot in the past year. First, I now know much of the Design Guidelines, Checklists and other reference material, are based on the City of Lincoln requirements, Lincoln Hills development documents, and the CC&R's. Most of us do not read those documents in any depth, so these guidelines and checklists can help us sort out what is required and why.

We are more focused on helping residents complete their improvements than enforcing regulations.

Many of the changes to the Design Guidelines, and other requirements, are a result of issues and experiences that have occurred over the years. For example, set back requirements for trees and structures are based not just on the regulations but on experiences that caused problems with intrusion onto neighboring or community property, such as sidewalks.

Another example of learning over time is the Approved Plant List. Developed over the years, with the help of landscape specialists and community experience, it lists plants that are most likely to thrive in our micro-climate and are consistent with the look and feel of our community.

Jessie Krost, Community Standards Coordinator and the committee are here to help. If you are interested, please consider joining the committee, it can be very rewarding. Enjoy Spring and the new life it brings.



## Compliance Committee Signs of Spring

*David Mateer, Chair*

Starting this spring, there will be increased flowers and signs.

Our community allows political signs during the 60 days preceding and seven days after an election. For 2022, we have several elections coming. The first is for our Board of Directors on May 18, which is followed closely by the California Primary on June 7. With the Board of Directors and California Primary being so close, the period for signs overlap to create a longer window of March 19 through June 14. The national election is on November 8. These political signs may not exceed an aggregate size of 9 square feet or a height of 4 feet. This allows for three typical candidate/political signs to be displayed and still be within the guidelines. This should be enough for our freedom of

expression throughout the election periods.

Throughout the years, some of us have had items to sell. Garage and estate sales are allowed twice per year per residence. Each sale may be up to two days. Garage/estate sale signs also may not exceed an aggregate size of 9 square feet or a height of 4 feet. Only one sign is permitted for any sale. The sign can only be on private residential property with the consent of the property owner.

Commercial signs and advertising are not allowed. This is usually from a company that is performing work at your home. It may seem you are trying to help advertise for a company that did some work for you, but it detracts from your landscape, fresh paint, and the community. So please skip the sign.

Election	Election Date	Signs starting	Removed by
Board of Directors	May 18	March 18	May 25
California Primary	June 7	April 8	June 14
National Election	November 8	September 9	November 15





## Properties Committee

### March Madness

*Lynne White, Committee Member*

Here is a fun fact about March: According to USA Today, "Statistically, March is the most unproductive month of the year in the United States. This is the result of 'March Madness', which is the season of the National Collegiate Athletic Association (NCAA). Employers face \$4 billion in corporate losses due to unproductive workers during March Madness." Some of our Properties Committee members will undoubtedly be watching NCAA games, but as volunteers, because we no longer work for wages, we will not call in sick, we will not miss a work deadline, and we will not be distracted. We never forget to follow our mission to be responsible for the appearance, maintenance, and care of all the Community Association's physical properties.

Our mission starts with complete transparency and strong leadership. Bill Szabo is our Chair. Bill is an excellent listener problem solver and follows through on every question or challenge. Bill has an extensive background in the role Properties plays in our Association and keeps the entire committee and community informed. Next in line is Sarah Lambrose as our Co-Chair. Sarah is our longest serving member. She is well informed about the functions of Properties and, with her strong work ethic, does outstanding and thorough property inspections and never shirks from asking the tough questions. Both Bill and Sarah are dedicated to getting projects approved and following through, and they never forget that they have five more committee members eager to work alongside them.

Here is a recap of our committee work in 2021. We held 12 regular meetings, two executive sessions, and two closed workshops. With Facilities and Maintenance, we had 22 projects. To highlight

a few: Firebreak mowing and grazing, tree removal and replacement, sidewalk concrete grinding, and an automatic door at Orchard Creek lodge with painting and repairs at the entry waterfalls. We had 16 inspections of all buildings, parks, and sports facilities along with 30 projects and purchases. Some of these include Orchard Creek indoor pool renovation and repair, Blue Heron/Kingfisher bridge repairs, Kilaga Springs fencing repairs and replacement, food and beverage software upgrade, LED bollard lights, and Celebration Park Plaza repairs.

In 2022, we have three large projects under consideration: remodeling the Kilaga Springs Café, installing solar power for the waterfall entrances, and concrete rail fencing at the north entry.

How does our large number of projects, purchases, inspections, and task forces matter to you as homeowners and members of the homeowners association? It makes your quality of life better, safer, aesthetically pleasing, more convenient, and more enjoyable. Our committee always wants

to hear from you. Let us know how to keep on improving and maintaining our beautiful community. This is a group effort. We, at Properties, work hard for you. Even though some of us might be watching the television during March Madness, it does not affect our commitment to our community. We can always hit "record" on our DVRs if something needs to be done. Please attend our meetings in Presentation Hall or by Zoom on the first Thursday of each month. We are available by email if you have any questions or concerns at [Properties.Committee@sclhca.com](mailto:Properties.Committee@sclhca.com). You can view our prior committee meeting minutes, inspection reports, and videos on our Resident Website.



*Sarah Lambrose and Bill Szabo*



## Accessibility Committee Resident Survey

*Judie Panneton, Chair*

The Accessibility Committee has unanimously voted to conduct an anonymous resident survey. The purpose of the survey is to gather information regarding community residents who may have physical and/or functional challenges, which may hinder their participation in our lifestyle and/or activities. The Accessibility Committee will use the information to decide if it wants to develop recommendations for the Board's consideration related to policies, programs, and events.

The decision to conduct a survey followed a presentation by Fred Barnhart, of the Communications and Community Relations Survey Task Force, who outlined steps to conduct surveys and tips to fine-tune questions. He stated that communication to the community before, during, and after the survey would be essential. Residents' identities will not be necessary since an anonymous survey is expected to result in an increase in responses.

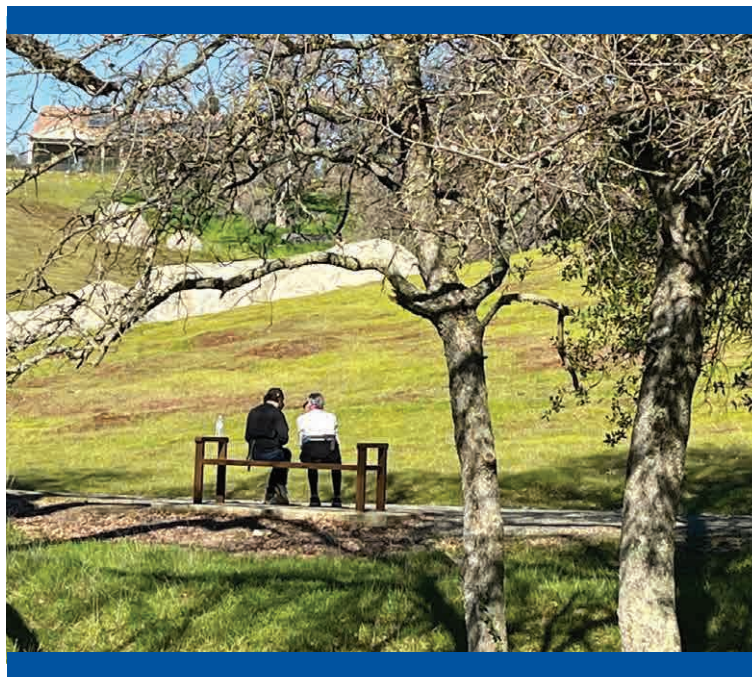
The Committee also received an update from Don Nelson, Committee Vice Chair, on outreach progress to other Homeowners Associations, in an effort to find information about what steps they took and services they provided to improve inclusiveness in their communities. Here is a sampling of information from a few associations in California, Nevada, and Arizona: Rossmoor in Walnut Creek has a counseling office with two licensed clinical social workers and a licensed family and marriage counselor providing free services like grief counseling, home care visits, long-term care planning, and referral services; The Villages Community in San Jose offers free rides to grocery stores, pharmacies and doctors' appointments as well as provides onsite blood pressure and flu shot clinics; Leisure World at Seal Beach has an outpatient medical clinic, social services/counseling, and a pharmacy;

Sun City Arizona has a foundation that provides funds to support members who have outlived their resources to pay association dues. Several HOAs had emergency preparedness committees and plans in place in case evacuation became necessary due to recent threats to their communities like wildfires and earthquakes. The contacted associations' monthly dues far surpass what we pay in Lincoln Hills. Some communities charged dues based on the type of homes people lived in, and a few had different boards of directors for each villages located within their boundaries.

Executive Director, Kyle Bodyfelt, reported that his office is addressing numerous requests for reasonable accommodations. He also said that the type of accommodations would be shared at upcoming Accessibility Committee meetings, with confidentiality.

The Committee also heard from Gay Mackintosh of the Trails Enhancement Team, who gave a presentation on the important work of adding benches and informative signage to improve the residents' experiences on the trails. She clarified that electric wheelchairs and scooters for the disabled are allowed on the trails, but motorized vehicles, including E-bikes, are not. In addition, Gay shared that the committee worked with the U.S. Army Corps of Engineers to ensure that benches had good views for those who use them but did not adversely affect wildlife preserves and habitats. There were no formal guidelines, she said, concerning the number of benches per trail or the distance apart that benches were placed. If people would like to give input regarding the benches and have other helpful ideas, they can share them with Gay, who is listed in the community directory.

The next meeting will be Wednesday, April 6, 9:00 AM. Check the website for the location.





## Neighbors InDeed

### Medical Equipment Loan Program – Ready for You

Janet Roberts

It's almost spring with this fine weather. Would you like to get out more and see your neighbors and neighborhood, go up to the Orchard Creek Lodge and see a show or have a meal, go shopping or to the library, or maybe just get out for a drive (with a few stops along the way)? Yes, but you stay home because you are not feeling quite stable and are concerned about your safety.

Neighbors InDeed has an answer for you. On a short-term basis, we can loan you medical equipment that fits your needs and could help you determine whether you should purchase such equipment for yourself. We have reachers, canes, crutches, walkers, wheelchairs, ramps, and transport chairs, and have added knee scooters and stand-up walkers, all to make life a bit easier. There is a variety of sizes and styles for each type.

The equipment is kept in a secured, well-organized storage unit in Lincoln. Twenty-one trained volunteers clean and sanitize each piece of equipment when it is returned before it is placed back in storage, ready for the next resident. Much of the equipment is donated by residents, but we have purchased some pieces due to heavy usage, such as transport chairs.

The Medical Equipment Loan Program was originally established in 2007 due to concerns about residents coming home from hospitals or rehabilitation centers who needed help getting around their

homes or outside. In the past year, we loaned out 449 pieces of equipment. We continued the program during the COVID months, but our loans decreased due to delays in surgeries. Loans are now increasing as we go back to our new "normal." We can also loan equipment to residents' visitors, so they do not have to bring medical equipment, such as a wheelchair, on a plane.

How does this work? Just call 916-223-2763 to reach

the Neighbors InDeed message center and leave your name, phone number, and request. If you are unable to make the call, a family member or friend can do it. A volunteer will call back for more information as needed. Then a Medical Equipment Program volunteer will call to request information to ensure the size is correct and to arrange delivery. (When you are finished with it, call to let us know, and we will pick it up.)



If it sounds too easy, it's because it is. If you know when you will need a wheelchair or some other mobility device, call us one to three days before you need it, and we will make sure you have it in time.

So, if you are ready to get out and see the world, or your neighborhood, give us a call.

*Please remember that we do not answer the phone. Leave us a message at 916-223-2763, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM Monday through Friday. Check out our website at [www.neighborsindeed.org](http://www.neighborsindeed.org).*

## Election News Elections Are On!

- **Five candidates are running for the three Board of Directors positions for two-year terms.** Candidates listed in order of drawing:

**Don Bowden | Alice Crawford | Tom Dunipace  
Kathy Shaddox | Chuck Cunningham**

- **Please take the time to read the candidates' Ballot Statements included in this issue** to decide who, in your mind, should be elected as Directors.

- **Candidate video introductions are posted on the Resident Website.**

- **Member Issue Statements** are also included in this issue.

- **Keep our election process courteous and civil** by focusing on what the candidates have to offer the community.

The table below lists dates for the Candidate Forums and other important election events.



Date	Day	Event
March 18	Friday	Candidate yard signs may be displayed
April 2	Saturday	Candidate Forum #1, 10:00 AM Ballroom (OC)
April 5	Tuesday	Candidate Forum #2, 6:00 PM P-Hall (KS)
April 11-15	Monday-Friday	Election Ballots mailed
May 18	Wednesday	All Ballots due by 3:00 PM
May 19	Thursday	Ballots Counted, New Board seated

For more information, contact the Elections Committee at [elections.committee@sclhca.com](mailto:elections.committee@sclhca.com), or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab [sclhresidents.com](http://sclhresidents.com) > **Committees** > **Elections Committee**.

## CANDIDATE BALLOT STATEMENTS

*Statements made herein are those of the member and do not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association.*



### Don Bowden

A representative of residents of Sun City Lincoln Hills (SCLH), putting the needs of our community first and foremost.

My Commitments:

- Financial responsibility
  - Look at spending with a critical eye - balancing maintenance and repair with enhancements and additions.
  - I am dedicated to keeping the Association on strong financial footing.
- Actively listen, be open-minded and do my best to hear what residents are saying, make decisions based on the greatest benefit to SCLH.
- Foster an environment of support and respect for Board members, staff and residents.
- Be bold, I am prepared to make the hard decisions if it benefits the community.

My Background:

Prior to my retirement in 2016 my career spanned 47 years in the technology industry. I bring a unique combination of engineering, technical support and marketing which allows me to look at issues and opportunities from a different perspective.

I am an avid photographer and motorcyclist and the current President of the Sun City Lincoln Hills Motorcycle Club.

My wife and I have been living here for 6 years. Sun City is our little piece of heaven. Every member of this community plays a part in keeping SCLH vibrant and I would like to play my part as a member of the Board of Directors.

[donbowden22@gmail.com](mailto:donbowden22@gmail.com)

[www.dlbowden.com](http://www.dlbowden.com)



### Alice Crawford

*"The people get the Government they deserve"*

I am running for the SCLH Board to ensure our community moves in the right direction – financially, operationally, and socially. As a member of your board, I cannot promise to accomplish any particular objective, however I do promise to perform my duties with respect for resident concerns, adherence to governing documents and Civil Codes, and sound fiscal management.

I am very concerned with the lack of progress of the current board with regard to completing its responsibilities. So much emphasis was placed on a costly special election to change the governing documents to take power away from the residents. Our association has had an enormous increase in legal fees due to costly lawsuits because of mismanagement of resident concerns. We are now facing instability with our insurance coverage as a result. We need a board that can act to alleviate problems, not create them!

I want to:

- Develop a multi-year budget process that includes resident input.
- Demand accountability and transparency of HOA management and staff.
- Restore our community association to a homeowner's association, not a convention venue.
- Keep HOA dues low by finding efficiencies and eliminating unnecessary expenditures.
- Represent the interests of ALL residents, not just special interest groups.

Remember, elections have consequences! I respectfully request your vote!



### Tom Dunipace

Our community has now experienced a full year of a calm, calculated, business approach to problem solving by our current Board of Directors. It is indeed refreshing to have thoughtful discussion and meaningful dialogue as we return to normalcy. With my professional background in law and real estate and as the only incumbent director seeking reelection, I am uniquely equipped to continue leading SCLH forward on the Board.

**Fix What's Broken:** Meridians is finally balancing costs, revenue, food quality, and service at a level not seen before. This was a very difficult accomplishment given the fits and starts we had to deal with as dictated by COVID requirements.

**Rules and Regulations:** I spearheaded practical and common-sense changes to our rules and regulations as evidenced by my successful change to ease the requirements for handrail installation.

**Security:** I encouraged the increased security we saw with patrols in golf carts on our trails and additional visibility in our community. I desire to continue to enhance security in SCLH as we face continued surrounding growth.

I am keenly aware of threats to our property values that can result from administrative dysfunction, lack of repairs, and stagnation of proactive planning.



### Kathy Shaddox

**My goals:** retain our life style quality; spend your dues wisely; work to meet the needs of all our residents while supporting future growth.

**My priorities:** solve challenging issues facing SCLH while keeping residents informed and involved; be accessible, assure transparency filters from all our directors/managers or committees to the Board and residents in a timely fashion; restore trust and respect among board members, staff and residents.

**My experiences:** served 2 years as SCLH Board Director; 6 years as a Director for my previous HOA; 27 years of financial/budget experiences; appointed as San Mateo County Regional Representative for CSEA; volunteered for my community, union, schools and church; in SCLH held board offices for Players Group/ Singles Club/Kiwanis Club.

I have the leadership traits, fiscal experience, and negotiating skills that makes me a valuable asset. I am energetic, honest, fair, an independent thinker, and strong believer in due process.

**If elected,** I will stand strong as we move into the future, keeping our Association running to the satisfaction of our residents.

My desire: move to make SCLH the best place to live.

I ask for your support and your vote!

kathyshaddox@gmail.com • 916-209-3307





## Chuck Cunningham

My wife of 35 years, and I moved to Sun City Lincoln Hills from Natomas. We quickly fell in love with our new Sun City home. Since moving here, I have served on the Finance Committee for three years, been a member of the Communications & Community Relations Committee (CCRC), and participated on the F&B Task Force. I also introduced “electronic” Bingo to the Lincoln Hills Foundation.

Prior to moving to SCLH in 2016, we lived in the Natomas Park Master Association, a large development of about 4,000 homes. While living there I served six years on their Board of Directors. This included two years each as Chief Financial Officer, Vice-President, and President. I also served as chairperson of the Finance Committee, participated on the Club/Social Committee and the Architectural Review Committee.

As a new Director, I will encourage open communication listening to each resident who wants to share opinions and comments. When considering an issue, I want to hear what all sides have to say. What criteria did each side use to make their decision?

I realize members of our community have many viewpoints and it is my goal to:

- find common ground to unite us and move forward in our common interests.
- deal with issues, considering the Homeowners’ best interest.
- bring cohesion back to our community.

Chuck4SunCity@gmail.com

## MEMBER ISSUE STATEMENTS

*Member Issue Statements are those of the member and do not necessarily reflect views, rules or policies of Sun City Lincoln Hills Community Association.*

### Donna Fields

I believe Alice Crawford and Kathy Shaddox will consider the issues cited and have the attributes listed. I support Alice and Kathy.

#### Issues:

1. Civil Code 5105 will be adhered to, allowing homeowners to express opposing views during Board and Special Elections.
2. Prudent fiduciaries on the BOD will ensure that expenses are scrutinized considering cost/benefit, needs vs wants and long term planning
3. Insurance claims and legal matters, i.e., ADA/Accessibility and Discrimination resolved expeditiously to reduce costs.
4. The Board to set goals/objectives for each term with deadlines and regular reports at Board Meetings.
5. Selection of new members for committees and task forces is needed. This will avoid a pattern of recycling the same people from BOD to committees and task forces and allow new diverse opinions.

#### Attributes:

1. Abides by a Code of Ethics. Holds others on the Board, committees and management accountable to the same Code of Ethics.
2. Will comply with and is knowledgeable of SCLH Governing Documents, California Civil Code, as well as ADA/Accessibility Discrimination laws.
3. Demonstrates conflict resolution, mediation & communication skills to bring opposing groups/residents together to negotiate resolution.
4. Able to make tough controversial decisions and not seek easy solutions by passing off decisions for study to task forces to languish without action.

## Gay Mackintosh

### Capital Improvements + Positive Campaigning

**Capital Improvements:** A record 66.65% of SCLH properties participated in last fall's special election. More than two-thirds of those voted to reinstate a Fixed Mandatory Assessment on new home buyers that funded capital improvements benefiting our community. Unfortunately they fell short of the required majority of all our properties to approve this and other ballot measures. Community members who voted for the FMA should now want to elect Board candidates who recognized its value and will support other funding for needed improvements.

**Positive Campaigning:** All of us should favor candidates who refuse to engage in negative campaigning and who discourage their supporters from doing so. Last year a mailing representing three candidates that disparaged two other candidates may have helped elect those it attacked. Candidates pledging to serve our whole community on the Board should appeal to our common interests and strive to narrow our divisions, not widen them.

Board candidates need abilities, experience, and wise judgment to serve us effectively. Candidates also committed to community improvements and positive campaigning will serve us best. If you agree, join Barry and me in voting for Don Bowden, Chuck Cunningham, and Tom Dunipace.

## Marcia VanWagner

### Is It Time To Change Our Voting Requirements?

What have we learned from the analysis of the special election results? 67% Of the households returned a ballot, the most ever in this community! But, 33% of the ballots mailed to each owner, 2262, were either invalid or not returned.

When the amendment concerns the way we vote or our assessments, a supermajority must approve, which means we need 4545 yes votes.

All other amendments are approved by a 51% majority of the voting power or 3460 yes votes. By a nearly 3:1 margin, those owners who voted, voted to pass all 5 amendments.

This record turnout reflects the interest members have in the governance of their community. Our governing documents have a very high voting number requirement so that those who do not vote are actually voting no. The minority, who either voted no or declined to vote at all, has denied the majority who voted the opportunity to effect change.

Other hoas in california have lower thresholds for voting in change, most requiring a simple majority of those voting. If this association had the requirement of a simple majority of those voting, all the amendments would have passed. When the majority votes yes, the issue is approved.

## Ken Silverman

### How To Fund The Community Enhancement Fund Without A Fixed Mandatory Assessment

The Association has paid for capital improvements in several ways. Before 2010, Del Webb funded capital improvements. From 2010 – 2012, they were paid from the Operating Fund, financed through Member assessments. In 2012, the Association received a \$1.5 Million settlement from Del Webb, which became the Building/Capital Enhancement Fund. In 2016, the Board, by Resolution created the Fixed Mandatory Assessment, levied on new owners to replenish the CEF as the litigation settlement was depleted. In January 2021 the Board suspended the FMA. An election to amend our Bylaws to preserve the FMA failed. With a dwindling balance in our CEF, how will the Board choose to fund capital improvements in the future?

The Association spends an average of \$450K/year (\$5.50/month in dues) on capital improvements. Without a CEF, capital improvements are paid from the Operating Fund, financed by member assessments. The Board has these options, available without member approval:

1. Increase regular assessments by 20%.
2. Levy a Special Assessment up to 5% of the budgeted gross expenses.
3. Approve a Resolution for an Emergency Assessment.
4. Borrow from the Reserves.
5. Reinstate the FMA.

Which option would you choose?



## Vern Luke

### The Great FMA Redo

The SCLH BoD is apparently scheming to reinstitute the Fixed Mandatory Assessment. The FMA was/is a funding mechanism whereby current owners are largely exempt from funding enhancements to our community but new homeowners are stuck with a one-time fee for improvements.

In addition to their homes, new owners also buy a share of SCLH itself to include our organization and the lodges, fitness centers, restaurants, recreation facilities, and trails, etc.

The FMA is inherently unfair. All owners should fund future improvements because all will fractionally own, use and benefit from them.

Previously, some FMA money was moved into the reserves which are dedicated to repair or replacement of existing facilities. New owners would thus be double-billed because a portion of their monthly assessments, like the rest of us, are already earmarked for reserves.

Some supporters of FMA reinstatement suggest that the seller might be stuck with any FMA bill via real estate negotiations. Surely, some unsuspecting widow could be extorted out of thousands of dollars.

Vigorously oppose any initiative to reinstitute the FMA. Query all candidates on this subject before the next election. Be watchful for a stealth agenda item which could be an attempt by a "lame duck" BoD to reinstitute the FMA. This has happened before.

## David Conner

Dear Fellow Residents,

As a Six-Year Board Member and former President I am intimately aware of the needs of the community and therefore the skill set to accomplish those goals.

For the first time, I am pleased and excited about our possibilities. First, we have three Directors remaining for the second year of their term and one new Director voted in to fill a vacancy. These four individuals are dedicated, experienced and highly professional.

We have five people running for three open seats, of which three are outstanding candidates based on education, work history, vision and professionalism. As a former president and one who loves our community and way of life, I highly recommend that you cast your votes for Don Bowden, Chuck Cunningham and Tom Dunipace.

These three coupled with the standing four will give us a very strong Board of Directors; I believe the best we've ever had. There is much to do. We have had setbacks, we have new employs and procedures, and many other challenges. These seven will make good decisions and will be a Board we can be outspokenly proud to have representing our Association with intelligence and competence.

Thank You,

David Conner

## Joann Mitchell

The upcoming BOD election is the most important yet. As of this writing two discrimination lawsuits have been filed against our HOA, and one has been settled. The latter has resulted in a 9-point agreement in which the plaintiffs, two SCLH residents with disabilities, were granted 9 concessions. The second suit is pending.

It cannot be overemphasized that with the competent leadership, both lawsuits could have been easily avoided. Plaintiffs have sought only to achieve the accommodations requested, but instead were subjected to denial and retaliation. In addition, as of this writing, only 3 of the 9 concessions have been met, and only two of those have been effective, despite some five months having passed since the agreements were made. The concessions are required by law, yet still have not been implemented.

In both cases, the HOA and BOD were, or are being, defended by the HOA insurance company. This can only lead to increased premium costs, if not outright cancellation of coverage.

Had the BOD provided competent leadership in both cases cited above, the ensuing lawsuits could have easily both been avoided, and associated costs been eliminated. This fact highlights the need to place competent individuals, who know and uphold the law, on the BOD in the upcoming election.



## Lifestyle News & Happenings

### All the World's a Stage

Lavina Samoy, Lifestyle Manager

*'Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul.'*

–Wayne Dyer

There is no better stage than here at Lincoln Hills. You have the opportunity to discover and recreate yourself every day. With over 70 established clubs and groups, including community organizations, there is something for everyone. If you love sports, take a pick from the many outdoor and indoor activities that abound like Bocce, Tennis, Pickleball, Cycling, Softball, Billiards, Water Volleyball, Swimmers. If you prefer expanding your mind, we have Astronomy, Apple Group, Genealogy, and Big History, to name a few. If you wish to dabble in a new hobby, we have the Garden Group, Hiking, Birding, Painting and more. Needle Arts alone has more than ten specialized groups from Knitting, Quilting, Crochet, etc. Social clubs exist like Singles, Country Couples, Bridge, and more.

We have a performing arts group to share your talents with: LH Community Chorus, Tap Company, Vaudeville, Music group and featured in this month's *Compass* cover, the Players' Group, with their upcoming April show, *Damn Yankees* (page 67). The variety of clubs we have is amazing! Learn more about the Clubs and volunteer opportunities available in the community by checking our Annual *It's the Lifestyle!* Expo on March 29 at Orchard Creek Lodge (page 60).

Hear over 100 voices in the upcoming LH Community Chorus concert *Chasing Rainbows*,

May 3, 4, & 5 (page 67). If going on stage is not for you, but you enjoy great performances, we have that covered. Our upcoming concerts include **Jinx Jones & The King Tones** on May 13 (page 68), **Molly Mahoney's My Cousin COLE, Pitter, patter... Porter** on May 18 (page 69) and an **Eagles Tribute concert from Midnight Flyers** on May 27 (page 69). Watch magician extraordinaire **Andy Amyx** on May 3 (page 65).

Discover new passions and spark new excitement in your life by enrolling in classes. Instructor Judy Ragland from Craftopolis introduces three new craft

classes in April with one **Make-n-take** session perfect for spring (page 80). **Ray Ashton** is back in May with a four-movie series on America's pastime, baseball. Each movie will be shown in its entirety with a discussion and analysis afterward (page 86). Instructor **Janice Kelley** encourages expression through words with her **writing classes** that offer



*Cast and production crew of the first stage production of The Lincoln Hills Theater Group (now called Lincoln Hills Players) – Radio Show, September 17 & 18, 2002.*

a specific focus and theme each month (page 87).

Explore new places and join us for our **Overnight trip to South Lake Tahoe** on May 24-25 to enjoy majestic sceneries, wonderful dining, and exciting gaming (page 70). The gardens are in bloom at **Filoli Garden in Palo Alto**. Not only are the flowers and plants magnificent, but the Historic House is worth the visit. Join us on **May 9** (page 70). We have baseball games lined up with the **San Francisco Giants, Oakland A's, and Rivercats** (page 75).

Now let out your voice and sing your heart out... You are in Lincoln Hills!



## The Spa at Kilaga Springs All of Life is a Performance

KarriLynn Keith, Spa Manager

This month we are celebrating life is a performance here at Lincoln Hills. Instantly I am filled with beautiful memories of my favorite musical. When I attended the final live performance of *The King and I* with Yule Brenner as a young teen, or the breath-taking sound of the symphony and watching in total wonderment at the conductor leading the musicians. What a transformational experience to hear such amazing harmony and see the richness of the hall surrounding me on every side.

Each morning I wake up, I am reminded of how much beauty is all around us if we just stop and open our hearts and our eyes to see them. Like many of you, I have had the distinct pleasure of witnessing some extraordinary things in my life, and I am always captivated by the beauty of true kindness within someone. Most days, I find myself surrounded by generous, caring, and nurturing individuals who have made a conscious effort to share a smile, encourage a friend, or bless a loved one.

Occasionally I even catch the whisper of an angel, a beautiful soul who has taken a moment to share a brief glimpse of what true selfless means. To give without the thought of what they will get in return, just sharing an exquisite moment of selflessness that transforms another's day. When I look at the amazing and talented women I am surrounded with here at The Spa at Kilaga Springs, I am in awe of their tenacity and perseverance.

This incredibly-gifted team of "Spa Angels" has overcome so much, and I would like you to recognize them this month for going above and beyond to

provide the most incredible experience for every visit at The Spa They pour their love and gentleness into you by listening to your needs, fears, and concerns and then create the most exquisite services to relax, rejuvenate and reenergize you through their touch.

We will continue to look for exciting opportunities to bring you the absolute best in customer experience

for each and every visit and enticing new treatment offerings in 2022. Here are just a few extra special treatments that are by far the best of what The Spa at Kilaga Spa has to offer.

Please share one of these with the amazing women in your life as we celebrate Mother's Day.



### **KILAGA SPRINGS Seasonal SPECIALTY FACIALS** 70 minutes | \$150

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## WellFit News

### Living Your Best Life, Life is a Performance

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Ten ways to live your best life.

**1. Focus.** Whatever you do, focus. If you swim, swim. However, if you like to work out just focus on that. Multitasking is complex; it is not usually possible to do more than one thing at a time well. Focusing on one thing is the least tiresome and the most productive.

**2. Take responsibility for taking action.** Doing something you want sometimes is scary. We fear failure, but we can also fear success. It can be easy to feel too busy to achieve your goals.

**3. Live in the present.** Every day is a new opportunity to live your best life. Do not get stuck by putting things off. Do not get stuck saying, "when I lose 10 lbs. I will go swimming" or "when I'm in better shape, I will go to the gym." We often put off acting until we have the newest thing like shoes, phones, etc. we forget about what we already have.

**4. Declutter.** This would go for your environment you live in as well as the people you spend time with. Ask yourself whether it makes you happy. If yes, then keep it; if you hesitate, say no. This also applies to people. If there are people in your life that make you feel bad, drain your energy let them go.

**5. Relish the simple things.** When we are busy, we tend to forget what we have. Take time to focus on the simple things. Even when you are feeling low, there is always something to be grateful for.

**6. Journal.** This is simple just write down your thoughts. In the crazy times in life, it is easy to over-

think, feel anxious, or not appreciate what you do have. Journaling can help you manage your thoughts and feelings and productively cope with life.

**7. Make someone's day.** Being kind to others makes them feel good and makes you feel good too. Think about the time you gave someone a gift that they loved. How did it make you feel? You do not have to give gifts, but even a small compliment can make a big difference in someone's day.

**8. Look after your body.** Eat healthy, no processed food, drink plenty of water. Exercise because you like it, not because you are supposed to go to the gym. Find what you enjoy. When you enjoy something, you will be more motivated to do it. It's not about pushing yourself hard it's about a variety of things; dancing, walking, gardening, yoga, or swimming, whatever makes you happy.

**9. Listen and have empathy.** Living the best life has a lot to do with the level of trust, empathy, and intimacy in our relationships. Being a good listener helps people feel as if we really care about them. It also helps us understand what they need and want the most.

**10. Prepare to change the plan.** I am sure you have set intentions to live your best life. However, life is not linear, nor does it work in lists. Be flexible and change the plans as life throws things at you.

Just remember life goes by quickly, living your best life is your life performance, so give the best performance you can and go live!





Agatha Christie's  
**MURDER** on the *Orient Express*

Players in "Murder on the Orient Express"

## All the World's a Stage

*Richard Pearl, Roving Reporter*



Chorus members Monica Maddem  
and John Baarts flank  
Director Paul Melkonian

Jaques intoned in Shakespeare's *As You Like It* "All the world's a stage, and all the men and women merely players; They have their exits and their entrances..." That pretty well sums up Lincoln Hills Performing Arts Council (PAC), our version of Broadway.

The PAC is an 'umbrella' organization that coordinates the 400 resident-members in the four performing arts groups, the Community Chorus, Players, Tap Company, and Vaudeville Troupe.

What all the groups have in common is that there is a 'front of

the house' and 'back of the house.' The front, of course, are the performers, and the back is the technical and support crew, both essential to the success of each production.

When your community includes over 11,000 residents, it's not surprising that there is a lot of existing and emerging talent to sing, dance, and act. And do they ever succeed! COVID, of course, has taken its toll on the PAC clubs, which has responded – depending on governmental mandates – with

total production closures, shifting rehearsals, limited participation and audience levels, and masking. Through it all, however, the shows have gone on (mostly).

Here is a highlight of two of the groups within PAC.

**Chorus** – The Community Chorus is a group of 75-100 residents who perform two multi-performance concerts each year, a Holiday concert (December) and a Spring concert (May). If you love to sing, this is your group. Check the Chorus listing in Club News section for sign-up details. It is not necessary to be a professional-level vocalist. Be prepared, however, to attend many rehearsals with the group – by section or with the entire Chorus – and fine-tuning your part at home, assisted by computerized music files.

**Players** – The Players Club goal is to offer quality theatrical performances to the local community. The group produces four to six performances each year, divided into "Main Stage" plays or musicals (like "Murder on the Orient Express" just performed in November), and "Readers Theater," where the actors read a variety of short comedic playlets from scripts. Coming right up on the Main Stage is the award-winning blockbuster *Damn Yankees*, with shows April 7-10.

All PAC shows are typically sold out, so get your tickets early. Even better, release your thespian inner self and join one of the production teams.



Spring Chorus concert members in multi-colored costume



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## Acting on the Life Stage

*Shirley Schultz, Roving Reporter*



The term *March Madness* dates to the 1800s where it was connected to a centuries-old expression mad as a *March hare*. These are not the rabbits running around our yards or neighborhoods. *March madness* is now often used to describe a person who is abnormally furious or insane. Several societal events highlight the importance of living as a mentally healthy person. One such recent event is the death by suicide at age 30 of 2019 Miss USA, which her mother

ascribed to depression. Although she was much younger than the readers of this article, it is timely to address mental health in the older population.

Numerous reliable sources, including the American Psychological Association, estimate 20% of adults over age 55 are dealing with mental health disorders. To put that into perspective, if Lincoln Hills has 11,000 residents, that would be about 2,200 people. While our community may not be representative of the greater population of those over age 55, consider it could be me, or it could be you who has mental health issues. In this age group, depression tops the list, followed by anxiety and many other psychological problems. Coupled with the shocking increase of over 100,000 deaths in one year in the U.S. from drug overdose (many accidental), we

can see the need for intervention.

Warning signs of poor mental health may include: social withdrawal, changes in eating or sleeping patterns, diminished or no energy, feeling hopeless, severe mood swings, fighting or yelling with family or friends, self-medicating with drugs or alcohol, feeling numb, or like nothing matters, experiencing unexplained aches and pains, feeling overwhelmed with worry or anger, hearing voices, having persistent thoughts and memories you cannot get out of your head, or feeling like harming yourself or others.

Most intervention will come from ourselves learning about and changing what needs to be changed. In keeping with this month's theme of the Performing Arts, picture yourself as an actor on the life stage while daily performing those acts, which will result in good mental health. One good online source for information is [mentalhealth.gov](http://mentalhealth.gov) which offers some ways for maintaining positive mental health:

- Get professional help if you need it.
- Connect with others.
- Maintain a positive attitude.
- Get physical exercise
- Help others
- Get adequate sleep
- Develop coping skills.

And, sing and dance!



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Left to right: Alison Mary Shelton, Lost Pets Alerts Coordinator; Mary Cranston, "Alerts" Coordinator; Pauline Watson, Village Coordinator.

Photo by Klara Kleman

## Performance Appreciation — Neighborhood Watch *Volunteers*

*Teresa Tanin, Neighborhood Watch*

We can all appreciate a great performance, however, it is the performance of Neighborhood Watch *volunteers* that is truly appreciated. They thoughtfully perform their duties resulting in a safer and more informed community.

Mailbox Captains report their resident's emergency contact information by February 15 annually, to their Village Coordinators. Directors maintain their assigned Villages and promote several safety and security events throughout the year. Once a year, Directors host a very special Volunteer Appreciation Dessert Party, planned this year for April 1,

6:00 to 8:00 PM, Multipurpose Room (KS). This is a very sweet evening of desserts and special appreciation awards for Neighborhood Watch volunteers.

Volunteer work is remarkable, outstanding, and appears to be accomplished without effort. Such words come from the definitions of *sweet*, but each describes how very special Neighborhood Watch volunteers really are. They understand the need for neighbors helping neighbors, and the information they gather today may help others tomorrow. Knowing a neighbor who can be contacted, having a family

member's contact information, providing a medication form "vial of life," or noting pet information, can be beneficial in an emergency. Become a member of the safety and security team of volunteers—be the performance!

Upcoming events: Safety Symposium, March 17, 1:30 to 3:30 PM, Ballroom (OC); *It's the Lifestyle Expo*, March 29, 10:00 AM to 1:00 PM, Ballroom (OC). For more information about upcoming events and Neighborhood Watch, please visit our website [sclhwatch.org](http://sclhwatch.org) or email the Executive Director, Linda Minor, at [executivedirector@sclhwatch.org](mailto:executivedirector@sclhwatch.org).

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## Those Damn Yankees: The Inspiration Behind Our Own Field of Dreams

*David Wright, Roving Reporter*

As we march into April, the Lincoln Hills Players Club rehearses for the upcoming performance of *Damn Yankees* on the Orchard Creek Ballroom stage. Meanwhile, Senior Softball League players practice for their opening day performance on Del Webb Field—a ballpark ironically named after the man who built those “damn Yankees.”



Del Webb signing Yogi Berra  
and Joe DiMaggio

In 1945, in an era when baseball was king, Delbert Eugene Webb was at the top of his game. Feeling gutsy, the successful builder and former ballplayer bought the New York Yankees. During his 20-year ownership run, the Yankees won 15 American League Pennants and 10 World Series Championships. Rival fans’ contempt of “those damn Yankees” sparked the storyline for the 1955 Broadway musical.

In a 1960 interview with *Sports Illustrated*, Del Webb shared, “There are only two things I know anything about and try to talk about—baseball and construction.” Notice that he listed baseball first. He refused to work for any company that did not have a ball club and often merged his two interests into his projects. Del Webb envisioned active-adult living as more than just golf and tennis. He pitched for softball fields in his Sun City communities—hoping to strike an interest amongst seniors.

Softball fever quickly caught on in our community. In 2001, our own “field of dreams” debuted. With a permanently covered grandstand, press box, fenced-in outfield, and electronic scoreboard, Del Webb Field resembles more of a stadium than a mere field. Not only is it a shrine to the man himself, but it is also one of the premier softball diamonds in Northern California. Every year between April and October, this pristine gem comes alive with the crack of bats and the smack of mitts.

Resident participation covers all the bases—growing to over 200 players. Sponsored by local businesses, the recreational league fields ten teams playing a competitive five-month schedule. The Coyotes travel-teams host tournaments drawing visitors from throughout the western states. There is even a “league of their own,” affirming that a woman’s place is at home—after rounding third, of course. Completing the lineup is the independent “pop-up” gang—choosing up sides from whoever drops in to play the relaxed rules of a sandlot game.



Playing the field

Six days per week, our ballpark boasts lively performances of committed players, tireless support crews, and party-hardy fans. Regardless of who is playing, Lincoln Hills enjoys its home-field advantage—courtesy of Del Webb and his “damn Yankees.”

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## In Memoriam



### John Robert (Bob) Cusick

Growing up in Marion, Ohio, Bob was always a man of service. He enlisted in the Navy at 18 and served on the USS Endicott during the Korean War. He then worked at Ford Motor Company while earning a master's degree in Economics from the University of Detroit. Bob settled his young family in San Diego, where he was Director of Financial Planning and Analysis for Solar Turbines and taught accounting for the University of Redlands. A devout Catholic, he served his Parish, and in Lincoln, he was a member of the Lincoln Hills Foundation and treasurer of SIRS. He enjoyed traveling with Jane, his wife of 62 years. His positive outlook and smile will be remembered by all who knew him. He is especially missed by his wife, two daughters, son-in-law, and two grandchildren.



### Raymond Estes

Ray was born and raised in Henderson, Kentucky. He graduated with a B.A. in Management at St. Mary's College in Moraga, California. He spent 20 years in the U.S. Air Force in Germany and many other places and then worked for JDSU (fiber optics) as a corporate contracts manager in Santa Rosa. Ray had traveled to all 50 States and many parts of the world. He was active in the Lincoln Hills Art Association and enjoyed metal art, woodworking, playing golf, and playing the saxophone. He leaves his dear wife, Barbara, and son, Shawn, his brother and sister, and many other relatives.



### Donald O. Lee

Born in Hilt, California, Don moved to Sacramento before High School. He worked at the original Raley's and graduated from American River College. He then worked for the Department of Transportation as a Photogrammetrist, retiring in 1999. Don and his wife of 65 years enjoyed traveling all over the USA and many parts of the world. They enjoyed more than 20 cruises. Don's main hobby was with trains, and he was involved with the historic train association in the Sacramento area. Don is survived by his wife Diana, two daughters, a son-in-law, two grandchildren, and two great-granddaughters. His life was well lived. He was a true gentleman, kind and well-loved, and will be missed by many.



### Mary (Rita) Wilks

Rita grew up in Anaconda, Montana. While in high school, she volunteered at St. Anne's hospital. Shortly after graduation, she married Lyle, and they moved to Cupertino, California. She volunteered in her children's school and then got into the banking industry. In Lincoln Hills she made many friends and belonged to Singles, Bosom Buddies, and played bunco. But her competitive Irish came out when bowling or playing water volleyball. Her bright and shining spirit will be greatly missed by her five children, three grandchildren, and many friends. As she said, "Get up, look up, but never give up!"

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.

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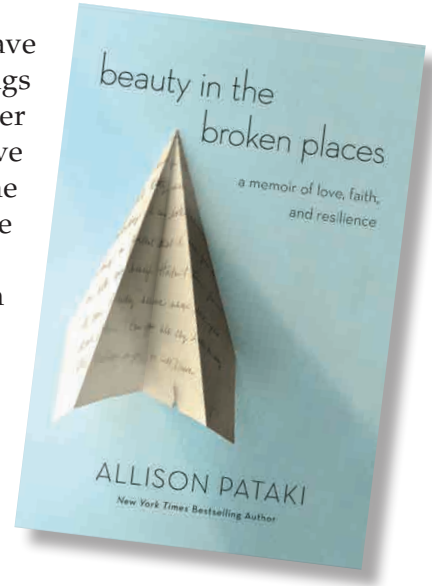
# Library News

Would you look around your house and on the bookshelves? Have you forgotten to return your books to the libraries? The Kilaga Springs Library is stamped on the first page of any novel/biography and other hardbound books and on the top of the paperbacks. We also have round stickers with the first initial of the author's last name on the book's spine. Please return all books promptly as many people are waiting for these books. Thank you.

Just a reminder that all donated books should be published in 2015 or later. If you have some very old books in your house, please donate them to the 12 Bridges Library for their book sales.

I just read "Beauty in the Broken Places" by Allison Pataki. A true story of a young couple who were on a flight to Hawaii when the 30-year-old husband had a stroke. A remarkable story of courage and strength. This book can be found in the biography section.

Contacts: Sandy Melnick at 916-408-1035 for donations; Adrian Felice at 916-408-4332 for vol-unteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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**Amateur Radio**

The Group participated in two events recently—Winter Field Day and the North America QSO Party. The NA QSO Party yielded 54 separate contacts, including 35 States and one Canadian Province. Winter Field Day was exciting (and cold) as we took to the great outdoors and made 26 QSO's earning 1,104 points. Eight states and two Canadian Provinces were contacted. Battery powered setups earned extra points. 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  
Website: www.lharg.us



**Astronomy**

Our next monthly member meeting will be on April 6, at 6:45 PM in P-Hall (KS). Anthony Oreglia will present an overview of the 14 current Solar System planetary missions, including an update of major findings with

spectacular images. The March 21 Cosmology Interest Group will meet on March 21, at 6:45 PM, in the Fine Arts Room (OC). We will examine the tidal force in some detail. Why are there two tides each day? Why is the Moon moving away from the Earth? On April 7, the Telescope Interest Group will host a star party at 8:30 PM on the upper tennis courts in the Sports Plaza. This session will focus on the structures of the Moon. All meetings are open to residents.

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



**Ballroom Dance**

During January and February, our club responded to COVID-19 mandates by reorganizing its Tuesday lessons. Essentially, members needed to sign up for one of three 45-minute dance sessions. The number of couples participating in each session was limited, so adequate spacing (six



Charlie Schuman and Patty Meniatis

feet) between couples could be maintained. All participants needed to wear masks, including the instructors. Instruction focused on dances that did not require travel around the room or movement that encroached on other dancers' socially distant space. The Cha Cha (January), East Coast Swing (February), and West Coast Swing (March) are such dances. When the mask mandate was removed, dance instruction returned to the normal protocol without the need to sign up for a dance session or to wear a mask.

Contact: Ruth Algeri 916-408-4752



**Big History**

The Big History Project was co-founded by Bill Gates and David Christian to enable the global teaching of the subject of Big History, which is described as "the attempt to understand, in a unified way, the history of Cosmos, Earth, Life, and Humanity." Over the next few weeks, in partnership with the Sacramento State Renaissance Society, we bring you Gobekli Tepe: The World's First Temple,



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12,000 Years Ago (March 21); The History of Trade (March 29); What We Didn't Know and What We Do Know About Textile Development in the Ancient World (April 4); and Lost Cultures (April 11). Join us at 10:00 AM on Mondays via Zoom for this journey of peer-to-peer learning for the sheer joy of it!

Contact: Ranny Eckstrom  
916-708-0165, bhsclh@gmail.com



**Billiards**

We are well into the new year—time for another fun year of tournaments, our workshop, and casual play. Tournament leaders began collecting dues on January 1. The dues will remain at \$10 for the year. We welcome new residents, residents returning to pool, and residents who have not played before. We are offering free lessons at our Workshop on Tuesdays at 9:00 AM for the first session, and 10:15 AM for the



Tournament winners Rita Rush, first; Mike Greane, second

second session. We are offering lessons for all residents, men and women, beginners, intermediate, and advanced players. Just show up and see what we have to offer, with the chance of meeting new friends.

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



**Bird**

We had a fine trip to the Cosumnes River Reserve and Staten Island, where we saw 46 species, including the spectacular Sandhill Cranes. Our next outing is to the Linden area, where we might find a Ferruginous Hawk, some Burrowing Owls, and maybe some Eagles. We also make excursions in our local area, such as the Ferrari Pond Trail and the Twelve Bridges Trail, where on February 12, we found a rarely seen Peregrine Falcon! Our meetings are in P-Hall (KS) at 1:30 PM on the second Monday of the



Sandhill Cranes on Berm by Linda Morley

month. The speaker for the April meeting will be noted author and ornithologist Ed Pandolfino. Come on by and have a look!

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org  
Website: www.sclhbirders.org



**Bocce Ball, Mad Hatters**

We are pleased to report that the Special Olympics will be back this year on Sunday, April 24, from 8:00 AM to 4:30 PM. There will be street parking only for that day. The participants began practicing on February 26 and will practice every Saturday from 9:00 to 10:30 AM until the tournament. Please be respectful of their entitlement to use our courts. We are asking for volunteers to act as referees/officials for the games. We will be calling the ins and outs and deciding the score for each frame. Scorekeeping is usually handled by an outside youth group. We will continue to meet on Thursdays at 10:00 AM. All residents, new, inexperienced, and handicapped, may participate by just showing up. Lessons are available.

Contact: Paul Mac Garvey  
916-543-2067, lhboce@gmail.com



**Book, OC**

It was a pleasure to meet in person for the first time in two years at the February

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meeting! We're crossing our fingers that we'll continue meeting in person for the duration of 2022. Please see the Associations' guidelines for any face-covering requirements. We meet in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. Mark your calendars. We are participating in the Lifestyle Expo, please stop by our table on March 29 from 10:00 AM to 1:00 PM. Author talks were well received last year, in keeping with a quarterly format, we'll have a special guest for our April meeting. 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)



### Bridge, Duplicate

Our Club held its annual meeting on January 26. At this meeting, the club membership approved a table fee of \$3 for each player, beginning in February. It looks like our club members played some great bridge in February, with nine pairs having greater than 60 percent games. They are Julius Kerényi and Robert Koedel, Judy Beck and Barbara Wheeler, Jim McElfresh and

Denise Morgan, David Russell and Robert Schooling (twice!), Alice Brown and Jim McElfresh, Charles Wiggins and Ron Parker, and Julius Kerényi and Mona Stryker. Proof of vaccination and reservations are still required by email to [elisehomer@gmail.com](mailto:elisehomer@gmail.com). Masks are optional. Check our web page for Wednesday's pregame lesson. See you at the tables!

Contact: *Susan Brenden* 530-320-9137, [momrnsf@hotmail.com](mailto:momrnsf@hotmail.com)

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### Bridge, Partners

Call for reservations or drop in to the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. Remember, the responsible hosts will change each month. The current hosts are Linda McDermott/John Butler, 916-295-6769 or 541-536-4685, and next month's hosts are listed below this article. The January 20 winners were: first-Geri/Park Miller; second-Patty/Tom Mack; and third-Byron Hansen/John Butler, with a high round of 1200. January 27 winners were: first-Carla/Mark Green, with high round 1520; second-Marggi Holtze/Larry Larsson; and third-Joanna/Alan Haselwood. February 3 winners

were: first-Geri/Park Miller; second-Frank Kamienski/Ralph Madsen; and third-Chet Winton/Phil Sanderson. John Butler/Byron Hansen had high round 1600. February 10 winners were: first-Kay/Ben Newton, with high round 1260; second-Marggi Holtze/Larry Larsson; and third-John Butler/Byron Hansen.

Contact: *For April - Geri/Park Miller* 408-355-3776



### Bridge, Social

Welcome back.

We enjoy seeing everyone here and hope to see more of you each week. The winners for January 7 were: first-Phil Sanderson; second-Jay Southard; third-Alan Haselwood; and fourth-Bob Calmes. January 14 winners were: first-Theresa DeVito; second-Stan Mutnick; third-Joanne Quermann; fourth-Chet Winton. January 21 winners were: first-Judy Olson; second-Chet Winton; third-Byron Hansen; and fourth-Nancy Murdick. January 28 winners were: first-Joanna Haselwood; second-Carol Mayeur; third-Stan, and fourth-Theresa DeVito. Congratulations to all our players. Wednesday teaching is beginner 8:30 AM and advanced beginner 10:15 AM. Masks are no longer required to play as long as you show proof of vaccination or have

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 lindamcdermott1@mac.com



**Bunco**

In January and February, we welcomed a few new players. Many buncos were called, and the traveling bear was all over the room. There were several roll-offs after bunco's play was completed. Everyone had a fun time! Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. January Winners were: Bunco - Gail Emery, Wins - Susie Reese, Losses - Shirley Mohler, 50/50 - Sharlene Christianson, and Traveler - Kathy Chandler. February Winners were: Bunco - Gail Emery, Wins - Lori Song, Losses - Diane Marten, 50/50 - Kathy Chandler, and Traveler - Karen Anderson. Our next Bunco is Thursday, March 17.  
 Contact: Kathy Sasabuchi  
 916-209-3089, ksasabu@icloud.com



**Ceramic Arts**

Inspiration can come in many forms. One I always appreciate is a really good art show, and that's what you'll see at The Crocker Art Museum. The current show includes three

excellent displays. The Old Candy Store is representative of the gallery opened in 1962 in Old Folsom and showed art by students from UCD and Sacramento State, who later became internationally famous artists—on display through May 1. Stephen De Staebler created decades of beautiful and thought-provoking masks and sculptures in clay and bronze—showing through April 3. Hands and Earth, showing through April 24, is a collection of contemporary Japanese ceramics featuring an in-depth selection of important works by Master Japanese artists of the last 80 years.  
 Website: [www.cagsclh.net](http://www.cagsclh.net)



**Chorus**

Seventy-five Chorus singers are now in full rehearsal mode—we doffed our masks on February 22! "Chasing Rainbows," our Spring concert theme, will feature songs that'll be guaranteed to lift everyone's spirits! Half of our concert numbers showcase many Disney hit songs, with favorites from *Mary Poppins* to *The Lion King* to a medley of memorable songs from *Beauty and the Beast*. Around the globe, people have been humming Disney songs for more than three generations, so there will be something for everyone—you, your grown-up kids, and your grandkids. Get



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 Contact: Mari Long 916-409-9136,  
[mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net)  
 Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

**Computers**

**Apple Users**



If you do any type of writing, you'll want to attend the Pages Special Interest Group. This new type of seminar will consist of a series of lessons on Pages for the Mac and iPad. In the first session, Helen Rains and Ken Silverman will introduce Pages, covering topics like choosing a template and customizing the toolbar. Another new LHAUG feature is the Cider Press, a newsletter that provides tips, tricks, and



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## Garden Group

4th THURS - 2 PM - KS (Jan-Oct)

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

- GENERAL MEETINGS
- ROSE SHOW
- BONSAI SHOW
- FLOWER SHOW
- FIELD TRIPS
- HOME GARDEN TOUR
- PLANT SALE
- SOCIALS
- CLASSES
- CIVIC PROJECTS
- DEMONSTRATIONS
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fixes for using your Apple devices. The first volume discusses a Face ID enhancement coming with iOS 15.4 and the iPhone backup feature. Check it out on the Newsletters tab on lhaug.org. **Contact: Vicki White 916-913-6833, LHAUGinfo@icloud.com Website: www.lhaug.org**



**Country Couples**

We really geared up for the St. Valentine's Day Dance. We all enjoyed the delicious potluck dinner and desserts and had fun dancing the cha-cha's, waltzes, rumbas, etc., that we've all learned together in the Monday night dance classes. It was nice to get together to laugh enjoy friends, music, and the fun holiday! Next, we are looking forward to attending a dinner get-together at a nearby Italian restaurant. We're very happy that we have already welcomed several new members. If you're interested in learning Country Couples dancing, check out the beginner Country Couples Western Dancing classes listed



*Enjoying conversation between dances!*

in the *Compass*. Once you try it, you'll be hooked! Come join us. **Contact: April Cederburg 916-390-3931 Website: www.sclhcc.com**



**Cyclists**

Wondering when to replace your bike helmet? The fact that helmets deteriorate should be a factor in how often you replace them. Did you know that helmets start deteriorating the day they are manufactured? The Styrofoam that makes up the main body of the helmet disintegrates over time as it's exposed to the sun and air.



*The Electric Company Crew leaving for another awesome country ride.*

Because of this, it has been recommended by some safety experts to replace your helmet every three years, no matter what. The only exception to this rule would be a crash that involves direct contact with your helmet. In that case, replace it immediately. When you're shopping for a replacement, remember that helmets deteriorate over time. You never want to buy one that's already

more than a year old. **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 the website [trickstercards.com/home/euchre/](http://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 8:30 PM in the Card Room (OC). We are no longer sending Evites for each day we play. It will be drop-in play. If you wish to get a reminder earlier in the week for Thursday, please email us to be put on reminder list. All are welcome. Please wear your name tag.

**Contact: 916-408-0948, SCLHEuchreClub@gmail.com**



**Fishing**

At first, barely visible beneath the rippling waters of Montezuma Creek in Forest Knolls, the bright red tail of a coho salmon suddenly emerged, splashing along the surface as it swam upstream. The recent sighting by Salmon Protection and Watershed Network (SPAWN)

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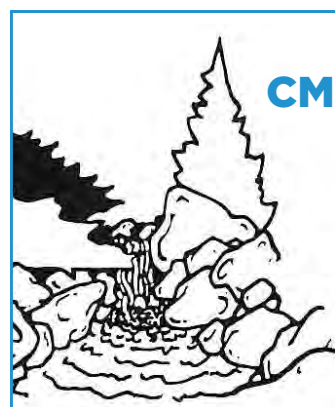
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biologist Ayano Hayes was a milestone for the Bay Area. This marked the first time the endangered fish has been spotted in the small tributary of the San Geronimo Valley in Marin County since 2004—exciting news for those who work to save this species, indigenous peoples and anglers of all sorts (seaturtles.org/salmon-reach-old-spawning-grounds-in-heavy-rains-for-first-time-in-years/). Fine fishing weather is ahead, make plans and join the Fishing Club. Contact Ralph at [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net).



*Bullard's Bar a nice fishing spot*

Contact: **Ralph Tonseth** 415-716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)



### Food Adventures

Our club has fully planned and scheduled club Food Adventures for several months the past several months but has been frustrated by the need to cancel several of those events because of COVID-19 considerations. With the approach of spring weather, we are even more anxious to visit some of our Placer County farms and ranches but still cannot ignore the need



*Placer Fruit*

for caution when it comes to gatherings of any type – even in the outdoors. In the 1918 flu epidemic, many needless deaths occurred when it appeared the epidemic was closing out but then came rushing back, causing many unexpected deaths. We won't allow this to happen again.

Contact: **Don R. Rickgauer** 916-847-8791, [sclhFoodAdventuresClub@gmail.com](mailto:sclhFoodAdventuresClub@gmail.com)



### Garden

If you've heard that a successful garden starts with good soil, you've been given good advice! But what is "good" soil, and how do you know if you have it? Learn the basics of how to restore your containers, gardenbeds, raised beds, veggies, fruit



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trees, and lawns by growing healthy soil. Your garden will reward you with abundant blooms, fresh produce, with less insect and disease issues, and far more joy using natural and organic materials. Gisele "G" Schoniger (Organic Gardening Educator at Kellogg Garden Products) and assistant Eileen Stram will be guest speakers for the Thursday, March 24, 2:00 PM, General Meeting at KS. To retain your membership, you need to sign-up by the end of March. Contact: **Marjie Anderson** at 916-408-7685.

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



### Genealogy

Our March live presentation will be on March 16 at 6:30 PM in P-Hall (KS), with Laurie Markham. Laurie will familiarize us with the Sacramento Family History Center where she works. Masks are required but watch for updates from the Association. We are not able to do both live presentations and Zoom, so there will not be a video available. Memberships are due for 2022,



*Laurie Markham*

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and a separate notice to members has been sent to renew. New members are welcome. Go to our website for applications under home/memberships. The Computer Lab is up and running and will have our subscriptions. We are renewing Ancestry.com, Newspapers.com, and Fold3.com. We resumed Walk-In & Appointment help for the first and second Mondays in February. **Contact: Barbara Branch 916-543-8219, drbabsie@gmail.com**  
**Website: www.suncitylhgc.com**



**Golf**

**Ladies XVIII**

Our Thursdays for the month of February were blessed by spring-like weather conditions. And, it was a bright, sunny day for the winner of NetChix, Jody Watson. Sporting a 22 handicap on the Hills, she was in a zone, shooting 39 on the front and 46 on the back, for an 85, including birdies on one, seven, and 12 and a couple of chip-ins. She lost some of her momentum on hole 14 when she hit someone with a shot from the bunker, but all turned out well. This was her best round on the Hills. The next lowest scores were carded by Maureen Senn, net 65, and Reta Blanchard, net 67 (plus CTP on seven), yielding first place in

their flights. Congrats ladies. **Contact: Linda Chappellear 916-409-0151, linda\_chappellear@sbcglobal.net**  
**Website: www.lincolnhillsladiesgc.memberplanet.com**

**Lincsters**

It feels like spring suddenly! Hope you are enjoying the sun. Here are some of the March events. Our General Meeting is Thursday, March 23 at 9:30 AM. The Big Sister-Little Sister Tournament is also on March 23 at 1:00 PM. Mammamas are back—play 18 holes at Lincoln or Turkey Creek with Lena Ingraham and the Mamas. Look for signup information each month. Check out the online NCGA mini-clinic videos at ncca.org. Search for mini-clinics. Welcome new members, Joyce Spisak and Marsha Richardson. “Happy Birthday” to Cheryl Brindley, Hyeja Busse, Debbie Clawson, Barbara Conger, Marisue Flannigan, Gay Gladden, Judy Matson, Mimi Milla, Judi Reich, Carol Shuey, Joyce Spisak, Jan Varin, and Barbara Wobster. **Contact: Nancy Hastings, Membership Chair 916-645-5590, nhast38@yahoo.com**  
**Website: www.lincsters.com**

**Men’s**

This year, if there is interest, we will be hosting a “President’s

Cup” – type tournament with two-man match-play teams. This could go on for four weeks, and it would be up to the players to book their tee times and complete their rounds. Mike Munro will pursue this for a May/June event. Look for more information soon. It’s not too late to get your signups in for the Tournament of Champions and the Just For Fun event. This will take place on March 22, starting at 8:30 AM. This is Individual Stroke Play and will be held on both the Hills and Orchard courses. **Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com**  
**Website: www.mgclh.club**



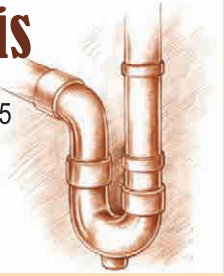
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starting to sprout. Hikes in Auburn, Spencerville, Nevada City, and Lincoln are in the near future.

Contact: [lhikers@gmail.com](mailto:lhikers@gmail.com)

Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)



### Investors' Study

The next meeting is Thursday, April 7, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. Discussions range from where the markets are trending, inflation, interest rates, and how these may impact us as investors. 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. There is an Active Investors sub-group. If you are interested, call Norm Quanttrin at 916-645-4675. Further questions regarding Investors Study, contact Carl Sulzer.

Contact: [Carl Sulzer](mailto:CarlSulzer@gmail.com) 916-462-0986, [CarlSulzer@gmail.com](mailto:CarlSulzer@gmail.com)



### Lavender Friends

Grab your calendars because we are putting together a diverse set of activities — slowly and, hopefully, safely — to take us into summer. Details are not set as of this writing, so watch your

weekly email report for updates. So far, we can confirm plans for an all-club mixer on June 11, just in time for Pride month. Also, for spring, we're looking at a bocce ball outing, a local winery visit, and the annual Easter Bunny Hop (which is more like a walk). Meanwhile, the biannual Steering Committee is set for July 16, and the all-member business meeting is July 30. The rest of the summer? Stay tuned. Lavender Friends is a club of LGBTQ residents and their allies.

Contact: [Marilyn Kupcho](mailto:MarilynKupcho@gmail.com) 408-828-2778, [Mkupcho@gmail.com](mailto:Mkupcho@gmail.com)  
Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)



### Mah Jongg, Chinese

Now that spring is here, why not celebrate by joining 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 Mondays 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](mailto:RandyFong@pacbell.net) 916-295-9489, [randy888@pacbell.net](mailto:randy888@pacbell.net)



### Mah Jongg, National

Greetings Everyone. It's been wonderful seeing everyone's smiling faces. Our club is gaining back its strength in the number of players every week. We play Tuesday afternoons from 12:30 to 4:00 PM in the Card Room (OC). If you know how to play, just bring your card and join a table. New people interested in learning are also welcome to sit at a table and watch how the game is played. Lessons are available for free. Contact Penny Grmolys at 916-409-5883. A reminder to order your 2022 card so you'll be ready in April when we switch cards. Hope to see you next Tuesday, and may the jokers be with you.

Contact: [Gerry Bell](mailto:natlmahjclub.sclh@gmail.com) 916-253-7860, [natlmahjclub.sclh@gmail.com](mailto:natlmahjclub.sclh@gmail.com)



### Mixed Media

The Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. We are having a monthly drawing for

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Come and join Mixed Media Club for friends and fun

an art supply at our meetings for those in attendance. The April art challenge is to use the quote, "April Showers Bring May Flowers." Use this quote in any way you want and let it inspire you to get creative. Then bring your finished piece to the April meeting. Art challenges are always voluntary, and no rules other than using the prompt and having fun. The Mixed Media Club invites you to stop by and see the artwork of our club members at the Lifestyle Expo that will take place on March 29 from 10:00 AM to 1:00 PM. Contact: Chris Fetter 916-276-7895, christine.fetter@yahoo.com



### Motorcycle

Motorcycle trivia: the very first commercial design for a self-propelled bicycle was a three-wheel design called the Butler Petrol Cycle, built by Edward Butler in

England in 1884. The first production motorcycle in the US was the Orient-Aster, built by Charles Metz in 1888. In 1894, Hildebrand & Wolfmüller of Germany became the first series production motorcycle and the first to be called a "motorcycle." In 1901, the Indian Motorcycle Manufacturing Company, founded by two former bicycle-racers, produced up to over 500 bikes by 1902. Today, Indian produces over 35,000 bikes per year. Harley-Davidson started producing motorcycles in 1903. They sell over 100,000 per year. Come one, come all! Attend our meetings, held on the fourth Thursday of every month in KS at 5:30 PM.

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



### Music

With Valentine's Day in mind, our Group songs included "All Shook Up" and "Don't Be Cruel." Who else but Elvis Presley could inspire us so superbly? We heard songs from blues to polkas. If you play an instrument, sing, or just like to listen, consider coming by. We have an opening and closing Group sing/play along. Followed by individual, duos, and small

group performances by our members. We meet on the second Wednesday of the month from 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. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website:

www.lincolnhillsmusicgroup.org



### Needle Arts

Our general meetings are held on the second Tuesday of each month in P-Hall (KS). The next meeting will be on Tuesday, April 12 at 1:00 PM. After the conclusion of general business and show and tell, this month's featured event will be a tour of several members' sewing rooms. At the conclusion of the meeting, a list and further instructions will be provided to attendees with the address of each residence to be visited. Please plan to carpool as some locations have limited parking. You must be a NA member for this activity. Space is still available for the spring retreat scheduled for May 2-6 at Mercy Auburn. Signup



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sheets are available on the NA website, or contact Pat Barnhill.  
**Contact: Jeanne Helland**  
 916-409-5512,  
 needleartspres@gmail.com  
 Website: www.sclhna.com



**Neighborhood Watch**

We love our volunteers! Without them, Neighborhood Watch wouldn't be as successful as it is. To honor our village coordinators, mailbox captains, and support staff, we're hosting a "Volunteer Appreciation Night" Friday, April 1, from 6:00 to 8:00 PM in the Kitchen (KS). To RSVP, please email executiveassistant@sclhwatch.org. Two other events to mark on your calendar are the "Safety Symposium,"

Thursday, March 17 in the Ballroom (OC) from 12:30 to 2:30 PM; and "It's a Lifestyle," (an exposition where you can meet people from our clubs and organizations), March 29, also in the Ballroom (OC). At the "Lifestyle," you can drop by the Neighborhood Watch booth to learn more about us and how you can be involved to help keep our community strong.  
**Contact: Linda Minor 707-235-0778,**  
 lindaminorNW@gmail.com  
 Website: www.sclhwatch.org



We celebrate our volunteers.

**Painters**



The Fine Arts Show is back on! The new dates are June 17-19. Participation is encouraged for any resident of Lincoln Hills. An informational meeting will be held on April 19 in the Fine Arts Room (OC) to assist in your entry process. Contact Joan Musillani at 916-712-4393 for more information. Café Society: the walls of Simple Pleasures are adorned with our club members' paintings, making your dining experience that much nicer. The restaurant is located at 648 Fifth Street in downtown Lincoln, and the food is yummy, especially the pie. The show ends on June 6. Our meetings are held on the Third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC), and dues are \$15 a year. All levels welcome!

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



Simple Pleasures Cafe Gallery showcases Painters' Club work

**Paper Arts**



We've got a bunch of events planned for the rest of the year, so check the monthly newsletter for what's coming up. At our April general meeting, Donna Tewart will lead us in making an Origami window card, Origami box, and a card made with scraps. Stay tuned for more information and how to sign up. Have you been to an Open Lab yet? The next one is March 17 at our general meeting location. Gather with fellow members for an informal session of making cards or working on projects. It's all about sharing ideas and enjoying crafting. We meet on the first (general meeting) and third (Open Lab) Thursdays of each month at 9:00 AM in the Terra Cotta Room (KS).

**Contact: Teri Hersko**  
 916-412-7655,  
 hawaiiiteri@gmail.com



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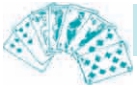
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**Pedro**

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

Contact: Denise Jones 916-543-3317



**Pickleball**

It's Tournament Time! The Club's first tournament will be a fun, low-key Scramble format on April 12 and 13. This is an event for members.



DJ Cox playing Drop-in

Congratulations to our players, Rita Weighall, Mike McElroy, and Molly Morris, for recently obtaining their ranking of Certified Coach with the Professional Pickleball Registry. Our Training Academy is working diligently to cultivate knowledgeable coaches,

classes, training, and safety to enhance pickleball in our community. Academy classes are available to members of the Club. All residents are entitled to use the courts. Residents may reserve a court at holdmycourt.com or lhpbclub.com. The Club offers free Introduction to Pickleball classes to teach the basics of the sport. Equipment is provided, and reservations may be made on our website.

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



**Players**

Damned Yankees rehearsals continue at a brisk pace as cast and crew members are counting the days now until curtain opening on Thursday, April 7 at 7:00 PM. Tickets are selling well, so don't miss out, as last season's *Orient Express* was a sellout (see page 67 for ticket information). This baseball musical, a hit on Broadway in 1955, comes as MLB Opening Days are fresh on our minds. But remember, the play is about love, struggles between good and evil, and the wishes of very ordinary people for dreams to come true. It's a message that "you gotta have heart—miles and miles of heart" in all life's decisions. All are welcome to attend the next



Damned Yankees characters (L to R) Lola, Joe, Applegate, and Meg

Players meeting on April 11, 4:00 PM, P-Hall (KS).

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

Website: www.lhplayers.org



**Poker**

We play a variety of poker games every Monday from 1:00 to 4:30 PM; Tuesdays from 3:30 to 8:00 PM; and Fridays from 1:00 to 4:30 PM in Multipurpose Room (OC). Games are played using script, and with two tables available, we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM (Mondays and Fridays) or 3:15 PM (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



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**RV**

Welcome all new members. We hope this year of getting to know fellow members and participating in our rallies will be all that you expected and more. RV travel is much more exciting when you have like-minded friends with you to help you discover new adventures and share your experiences. Our group is now at Catalina Spa RV Resort in Desert Hot Springs. This beautiful park has fantastic views of the mountains with amazing sunsets. Pickle Ball, swimming, hiking, golf, and shopping are all on the itinerary. Our next rally will be at Pismo Beach on April 24. Meetings are on the second Thursday of the month in the Placer Room (KS) at 4:30 PM. Please join us. For information, contact Sharon Skar,

Membership Director, at 916-434-7799 or marlowensharon@gmail.com.  
 Contact: Mary Romo 707-738-6311, mromo50170@gmail.com  
 Website: www.lhrvg.com



**SCHOOLS**

We volunteer in our Lincoln Elementary Schools, grades K through 5. Teachers and students both love having help in the classroom. Conditions during COVID-19 have been challenging, but teachers and volunteers have been able to work out a schedule that works for both. Teachers need help preparing worksheets by copying them, correcting papers, and even helping in the classroom when the volunteer feels safe. One of the volunteers, Jane Hall, prepares an art project for a classroom once a month. SCHOOLS is an acronym for Sun City Helping Our Outstanding Lincoln Schools. We try to live up to that name. Contact Cyndi for further information.



SCHOOLS is for Volunteers

Contact: Cyndi Colloton, ccolloton@yahoo.com  
 Website: www.schoolssuncity.org



**Scrabble**

The Scrabble group meets every Monday afternoon at 1:00 PM in the Card Room (OC). No reservations or advance notice is necessary, just drop by and play a game or two. All the game materials are provided. Newcomers are always welcome.

Contact: 916-409-5408



**Singles**

Save the date of Wednesday, March 16 at 4:00 PM for our monthly Dine-Out event. In February, 40 of us went to LZ Dog for Dine-Out. We enjoyed the great food and outstanding company! More information will follow on the destination for this event. On Thursday, March 24, we will be in the Ballroom (OC) for our Social meeting. It will feature Dennis Doane as he presents his famous Car Trivia. Great prizes will be awarded for the correct answers! April's Birthdays will be celebrated on Sunday, April 3 at 4:00 PM in the Sports Bar (OC). Join Sarah for the Activities Meeting in the Ceramics Room (OC) at 4:15 PM on Tuesday, April 5. Bring your ideas and input for our future plans. They are appreciated!  
 Contact: Susan Platt 916-397-0850



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**Ski**

Park City Ski Resort in Utah was invaded by 35 Club members and guests during our annual getaway ski trip in February. There was great skiing during the day and fun times at night, including a big get-together for the Super Bowl, with lots to do for skiers and non-skiers. The weather was near-perfect, the snow was good enough for very nice groomed ski runs, the town is beautiful and full of excellent restaurants, and we were fortunate enough to have members and friends familiar with Park City and Deer Valley who could serve as guides to take us to all the great parts of the resorts. Our next big gathering will be our annual post-season potluck party in April. Members will receive party details.  
 Contact: Ken Spencer 916-258-2150, LHSkiClub@gmail.com  
 Website: www.LHSkiClub.com



Skiers Enjoying Bluebird Days at Park City



**Softball**

The summer softball season is fast approaching. Spring has sprung, and that means Del Webb Field is a hub of activity. The field has been prepped, and the storm-damaged left field fence repaired. League practices and Fun Ball are in full swing. Fun Ball will continue until the season opens. The LHSSL Board is busy planning and scheduling summer league play. The co-ed player draft occurs in early April, and Opening Day is planned for April 20. All teams will be scheduled to play Opening Day, including an exhibition game played by our women's division. So come on down to the field, enjoy the day, and watch some exciting softball. Be sure to check out our website for the most current information.  
 Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com  
 Website: www.LHSSL.net



**Sun City Squares**

Have Square Dancing experience and looking for a daytime club to join? Then we are the club for you. We welcome all dancers no matter what level you currently dance. Please give me a call or just stop by KS on Mondays or Thursdays and check us out. We are a Beginners, Plus,

and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:00 to 3:00 PM for Class and Plus Level dancing, with Round Dancing from 3:00 to 3:30 PM. If you are already an advanced Level dancer, please join us on Thursdays and save the commute. Our Advanced Level dancing is every Thursday from 1:00 to 3:00 PM at KS.

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



**Swimmers & Water Walkers**

After four years as our Co-Chair/President and Secretary, Bob and Chey LeRoy have resigned their positions. They were honored for their dedicated service at the February 21 meeting of the club. New officers were elected at the last meeting. The LeRois moved here



Bob and Chey LeRoy

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in 2013 and started pool workouts shortly afterwards. Bob had open-heart surgery in 2008 and knew he had to exercise. His first swimming try in the pool was 25 yards, but after a year, he was swimming a mile. They started out water walking and eventually started swimming with a snorkel. Today she alternates walking and swimming. Both have lost weight (50 pounds for Bob) and lowered their blood pressure. Thank you again to the LeRois for their leadership. See you in the pool!

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



**Table Tennis**

We play on Sundays from 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays from 8:00 AM to Noon. Playing the game of Table Tennis is a great way of engaging in our world and appreciating our life here in Lincoln Hills. Through virtue, discipline, and humor, the simplicity of the game becomes a stepping-stone for believing in ourselves and



**LINCOLN HILLS TABLE TENNIS CLUB**



opening our hearts to others! An open heart is the basis of true friendships by accepting all the qualities in our fellow human beings and ourselves. I hope that this article has helped you to awaken your awareness and reveal the possibilities of our Table Tennis Club.

Contact: Allan Smith 916-316-0796, pingpongsclh2@gmail.com



**Tap Company**

Three tap classes are now up and running. We're excited to welcome those new to tap in our 11:00 AM Monday class. This class is now open to absolute beginners. In addition, we have two technique classes. On Tuesdays at 10:00 AM, we offer an intermediate technique class, and on Mondays at 10:00 AM, a technique class more suited to the advanced tapper. So, whether you are just learning to tap, returning to tap after a long absence, or are an experienced tapper, there is a class for you. Stop by any class to see for yourself. If you want a great way to exercise, keep your mind sharp and meet great friends, please join us.

Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com




**Tennis**

Our St.

Patrick's Day Tournament will be on March 17 and promises to be filled with fun, food, and prizes. It will be a Men's and Women's Doubles format. Check our website for registration and details. Our next tournament will be Cinco de Mayo in May. Kudos to our 7.0 USTA women's team, the Sun City Slammers, for their 3-1 win/loss record as of this submission. Watch home games that are exciting and inspirational! Steve Bringman continues to offer introductory and refresher tennis instruction. Contact him at stevebringman@yahoo.com to sign up. Val Laugtug offers orientation to players looking for a game and can be reached at vlaugtug@gmail.com. Live Ball, an energetic, musical game of tennis skills, launches this month. Information is on our website. Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com



Steve Bringman offering tennis instruction on Thursdays at 11:00 AM



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**Vaudeville**

Just a reminder that Vaudeville Show Auditions will be Tuesday, March 22 and Wednesday, March 23 at KS from 6:00 to 8:00 PM. Auditions are open to everyone. If you have ever wanted to perform, this is the show for you. It's a variety show with a multitude of talented performers. The Vaudeville Show dates are July 14, 15, and 16. Please give our Director, Yvonne, a call to reserve your audition spot.  
**Contact: Yvonne 916-408-2040**



*The Out-of-Line Dancers*



**Veterans**

Our members and guests will enjoy their annual St. Patrick's Day luncheon on Wednesday, March 16, in the Ballroom (OC). This luncheon is one of four social events planned annually by the group. Others include a Flag Day barbecue in June, an Oktoberfest celebration in the fall and a holiday luncheon in December. Get ready for spring with a bright,

new American flag. Top-quality American flags are available for \$30 each at the Veterans Group's flag sales table in the OC lobby on the 15 of every month between 8:00 AM and 4:00 PM. Fly the flag proudly on our country's holidays and observances.

**Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com**



**Water Volleyball**

You don't need the luck of the Irish to have fun in March! Water Volleyball is the pot of gold at the end of the rainbow. Now is the time to join the Water Volleyball group. Want to just try it out? Join us on Free Play Saturdays. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. See our website or call Carol Critch, our membership coordinator, at 925-451-1686. This month, the club had fun at a group pizza party, exhibition games against the William Jessup University Women's Volleyball Team, and the Ladies Night Play Night.



*Ladies Night Fun Night!*

Make March your lucky month and come join the fun. See you in the water.

**Contact: Diane Ferrari 916-412-9599, dferrari.diane@gmail.com**

**Website: www.lhwatervolleyball.com**



**Woodcarvers**

Maybe woodcarving conjures up thoughts of boys with pocket knives working on a tree branch or a cabinet maker branching off to a different type of wood creativity. That is not always the case for some of our woodcarving members.



*Tiny houses being built in Lincoln Hills*

We have a number of members, both men, and women, who had no prior experience in woodcarving and found a creative niche in this hobby. Some of our lady members have taken to this art form and produced some remarkable work. Since the small picture below may not reveal all the detail, you are welcome to visit us on Wednesday in the Sierra Room at (KS) from 1:00 to 4:00 PM, where you can see other carving examples.

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



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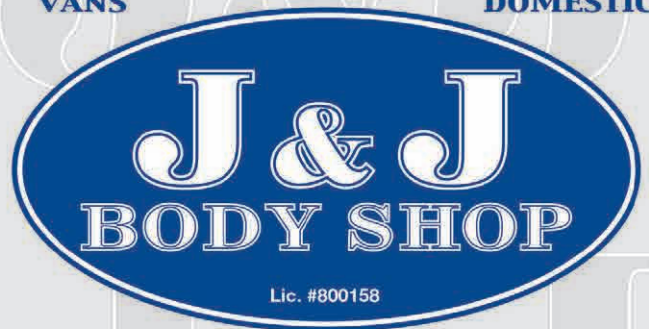
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**Alzheimer's-Dementia Caregiver's Support**

The Wednesday, March 26, 1:00 PM meeting will be hosted by Del Oro Caregiver Resource Center. Join us and connect with ongoing and new members. Contact Jean Ebenholtz (jme-sme@att.net) for the Zoom link. The Women's caregiver's group meets on the first Wednesday of each month at 1:00 PM. The April 6 meeting will be in the Multimedia room (OC). Contact Jo Fratessa at 916-759-8760 for details. Our Wednesday, April 27, 1:00 PM general meeting will meet in the Multipurpose room (OC). It will feature an attorney who specializes in financial planning issues for older adults. Our support group steering committee includes Jean Ebenholtz, Mary Jo Fratessa, Barbara Greenfield (916-202-6963), and Valerie Jordan. The Caregivers groups and programs are supported by the Lincoln Hills Foundation.

Contact: Valerie Jordan 909-625-7443, [vjordan46@gmail.com](mailto:vjordan46@gmail.com)



**Bereavement**

Our Group offers support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, April 13, at Joan Logue's home at 3:00 PM

for a group session. Contact Joan Logue for directions or to put a Memoriam in the *Compass*. The deadline to submit Memoriams is the 15 of the month to be in the next *Compass*.

Contact: Joan Logue 916-434-0749, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)



**Bosom Buddies**

Eating properly is important, especially to those of us dealing with cancer as survivors or who still are undergoing treatment. Our March speaker, Kerin Gould, a nutritionist from WellFit, talked about the foods that can slow down cancer, and she also gave information about a class on the subject that will be offered this spring. Be sure to check out the date in *Compass*. Bosom Buddies meets on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Thanks to a generous grant from



Barbara Mathot opens our meetings with inspirational and/or humorous readings.

the Lincoln Hills Foundation, we're able to help support women surviving or dealing with breast cancer. We mean it when we say, "We're here for you." Please stop by our booth at "It's The Lifestyle," on March 29.

Contact: Judy Stewart 916-409-9923, [LadyJ2170@gmail.com](mailto:LadyJ2170@gmail.com)



**Caregiver Support**

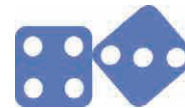
We are a support group for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

Contact: Charlotte James 916-316-1351, [cjames4528@sbcglobal.net](mailto:cjames4528@sbcglobal.net)

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Parkinson's Care Givers



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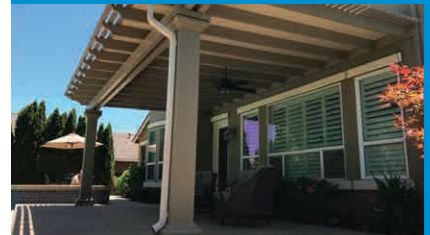


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Methodist Church at 6414 Brace Road in Loomis. We meet the first and third Friday of each month from 7:00 to 8:30 PM. There are signs directing you to the meeting room. Gambler's Anonymous meetings also start at 7:00 PM in a different room, if your gambler wishes to attend a meeting as well. For support between meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. Please leave a text or voice message if you phone the club contact since she screens her calls.

Contact: Kay F. 916-204-1624

Website: [www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)



### Glaucoma Support Group

The next meeting is on Wednesday, April 13, from 4:00 to 5:00 PM in the Multimedia Room (OC). Our discussion will include tips on dealing with Dry Eye. This is the time of year when allergies pick up, and the medications for allergies tend to dry out the eyes. Please plan to come to learn more about some available dry eye medications and treatments and how to keep your eyes moist and comfortable. For more information, contact Bonnie.

Contact: Bonnie Dale 916-543-2133, [bjdale@aol.com](mailto:bjdale@aol.com)



### Hearing Support Group

Dr. Laura Gaeta, director of the audiology program at Sacramento State, will be our guest speaker for our March 24 meeting at 2:30 PM in the Multipurpose room (OC). Hopefully, we will be able to do a live meeting, but we will let you

know if we have to Zoom. Dr. Gaeta will be catching us up on the latest technology for hearing assistive devices. You won't want to miss this meeting, as Dr. Gaeta is one of our favorite guest speakers, and her presentations are always most informative and captivating. See you there.

Contact: Joanne Mitchell

239-415-3650, [pipa1@prodigy.net](mailto:pipa1@prodigy.net)



### Low Vision Support Group

Our next meeting will be Tuesday, April 5, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind will discuss and demonstrate the latest devices for those with Low Vision. Cory will review NuEyes, Portable Magnifier/Readers, and audio programs such as Jaws, Magic, and Zoom Text. Cory operates the Retail Store at Society for the Blind ([societyfortheblind.org/store/](http://societyfortheblind.org/store/)). The May 3 meeting will be held 2:00 to 4:00 PM in the Fine Arts Room (OC) and will feature DMV Senior Driver Ombudsman Jerrod Sieberg. He will bring us up to date on drivers' licenses, testing, I.D.'s, and self-driving cars. There will be ample time for questions.

Contact: Cathy McGriff  
916-434-6095,  
[cathymcgriff1010@gmail.com](mailto:cathymcgriff1010@gmail.com)



### Multiple Sclerosis

The Tuesday, April 19, 1:00 PM meeting is planned to be in person at the Sierra Room (KS). Save Sunday, May 1, for the MS Walk. Join Captain Joni Deutsch, doing it her way again, by walking right here in Lincoln Hills with her POD, or your POD,



or solo. The Walk benefits those with Multiple Sclerosis and the MS Society's many programs—among which are Referrals (800-344-4867), Research, Education, Equipment, Legal Advocacy, and self-help groups. Contact Joni at 916-434-7181 for details. If you are unable to join us, you can donate by logging on to the Walk MS: Folsom 2022 website and clicking Donate to this Event, Donate participant, Joni Deutsch or Team, Lincoln Trailmixers.

Contact: Jeri Di Fiore 916-408-7565,  
[2020jeridifiore@gmail.com](mailto:2020jeridifiore@gmail.com)



### Parkinson's Support

Our Group is for those with Parkinson's and their care partner. We meet the third Tuesday of each month from 10:00 to 11:30 AM (except December) at the Lincoln Hills Community Church, 950 E. Joiner Parkway. For questions, call facilitators Gary High at 916-434-5905 or Susan Feldman at 916-919-0063.

Contact: Catherine High,  
[cghigh23@icloud.com](mailto:cghigh23@icloud.com)





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### A Course in Miracles

This is a study group that meets to discuss the non-dualistic spiritual principles found in the book of the same name, which teaches that you can learn to consciously choose your thoughts, and thus your perceptions can focus on love, peace, and joy instead of fear-based projections. To remain calm and peaceful during these challenging times is a worthwhile objective and this course offers a path for this achievement. 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. Drivers earn points taking travelers to and from the airport while travelers spend points to receive rides. Membership is \$15.00 per year per household. To join visit our website [lh-airport-co-op.org](http://lh-airport-co-op.org) click the membership tab, download the application, mail along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more information.

### Cloggers

Happy St. Patrick's Day! March is the perfect month for clogging, as it is an Irish-Appalachian mix-up of dance styles. We burn calories and light up the dance floor with our kicks and stomps and fancy steps. Clogging shoes are special, as they have four (not just two) taps on each shoe, resulting in a wonderful rhythmic sound as we dance. Our music is country, contemporary, fiddle, guitar, and more. Come join us in celebrating life and dance! For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

### Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda

consists of talking to your friends and drinking beer? Then you may want to consider getting added to our email distribution list that announces upcoming club activities. We meet once or twice a month at a local taproom, brewery, or good happy hour location. If you are interested, please contact Phil Her-manson. We currently have 135 members on our group email distribution list. He can be reached at 530-320-7469 or [philhermanson1@gmail.com](mailto:philhermanson1@gmail.com). Wine lovers are welcome but must be accompanied by a beer geek.

### Democratic Club

"A Shallow Dive into Lincoln's Growth and Finance" will be Richard Pearl's topic when he addresses the Lincoln Democratic Club on Thursday, March 17 at 6:30 PM. The location or Zoom link will be announced later. Pearl is the City of Lincoln's elected City Treasurer. He was a local government finance and management consultant before he retired. He was part of several city committees before his election in 2020 and now chairs the Fiscal and Investment Oversight Committee. He currently writes two columns for the Lincoln News-Messenger. For more information about our club and activities, please see our website at [www.democraticclublincolnca.org](http://www.democraticclublincolnca.org).

### Italian Club

Western Night, Italian style, will take place at the Blue Goose Event Center in Loomis on March 23, from 5:00 to 8:00 PM. Next month, join us as we take a closer look at one of Italy's unique regions. "Let's Explore Lombardy" will be presented on April 30 from 12:30 to 3:00 PM (KS). We'll be rolling out the ever-popular BBQ and Bocce on May 22 from 10:00 AM to 3:00 PM at the Sports Plaza. For more information 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.

### Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Pro-gram. The program is open to Lincoln residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information contact Roy Osborne at 916-645-4081.

### 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 Group

We had a great meeting on February 24, with Assemblyman Kevin Kiley as Guest Speaker. He explained the California redistricting and much more. Kevin will be running for the new 3rd Congressional Seat in our County. We will not be having a meeting in March due to the It's Lifestyle Expo on 29 March. Our next meeting will be at Kilaga - Wednesday, April 28, 6:00 to 9:00 PM. We have more than 20 new members since the first of the year. Welcome! Listen, learn, share while enjoying the company of like-minded individuals. See the website for additional info on upcoming events. Annual dues \$15/pp per year.

**Shalom Social Group**


We will hear Terry McAteer when they meet, by Zoom, on Monday, March 28. Terry is the retired Nevada County Superintendent of Schools who regularly teaches for the Osher Lifelong Learning Program at Sierra College and is a frequent speaker to various Sun City groups. Terry's "talk" is centered around members taking a quiz about "All Things

Californian." It is a fun presentation that focuses on California history, politics, arts, sports, and geography. See if you are a true Californian! For more information about our club, please contact Joanne Levy at 508-333-8590.

**Sons In Retirement**

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, March

15, at 11:30 AM. 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. Cost is \$20. 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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Hunt starts sharply at 10:30 AM  
Wristbands required to participate  
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Bring your cameras for a picture perfect photo with the Spring Bunny!

Register at Lifestyle Desk (OC/KS) or Online



### 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 [www.lincolncity.gov](http://www.lincolncity.gov).



### Coffee with the Executive Director

Tuesday, March 15, 9:30 AM, P-Hall (KS)

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.



### It's The Lifestyle! Expo

Tuesday, March 29, 10:00 AM to 1:00 PM, Orchard Creek Lodge

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. The SCLH clubs and community interest groups are participating, plus various local non-profit organizations. Learn about the many clubs and organizations within your community, speak to different SCLH department teams, and learn about local volunteer opportunities and how to get involved. See you there.



### KS At The Movies: Yesterday (2019)

Monday, April 4, 1:30 PM - P-Hall (KS)

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. Starring Himesh Patel, Lily James, Sophia Di Martino. PG-13. 1116 minutes. Comedy, Fantasy, Romance, Music.



### Home, Health and Business Showcase

Wednesday, April 13, 9:30 AM to 1:30 PM, Orchard Creek Lodge

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



### Document Destruction

Monday, April 18, 10:00 AM to Noon, Fitness Center Parking Lot (OC)

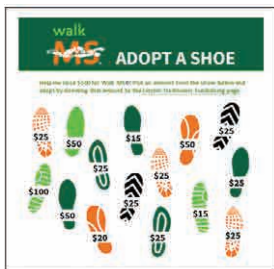
Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!



**KS Movie Classic: The Godfather (1972)**

Saturday, April 23, 1:30 PM, P-Hall (KS)

Watch Coppola's timeless classic on the big screen, considered one of the best movies of our time. The aging patriarch of an organized crime dynasty in postwar New York City transfers control of his clandestine empire to his reluctant youngest son. Starring Marlon Brando, Al Pacino, James Caan. Rated R for graphic violence, mature language, and brief nudity. 291 minutes. Crime, Drama.



**Walk for Multiple Sclerosis**

May 1

Attention all walkers, cyclists, and scooters enjoying our beautiful neighborhoods and trails! Please join us for the 2022 MS Walk. Help create a world free of MS – many of us living with MS are your neighbors and friends in this wonderful community. Wear our logo during your daily exercise, and join our Lincoln Trailmixers Team to support this annual fundraiser for MS research and services. Contact Team Captain Joni Deutsch at 916-434-7181 for details. Please use Google Search: Folsom CA Walk MS 2022, to join our Lincoln Trailmixers team or donate.



**Annual Parking Lot Sale**

Saturday, May 14, 7:30 AM to Noon, Fitness Center Parking Lot (OC)

Come by and see what is in store for you at our annual Parking Lot Sale. So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find. Bring the whole family. Interested in selling? See page 67 under Entertainment for information.

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Mother's Day is right around the corner, and what a better way to tell that special woman how much you appreciate them than with a day at The Spa at Kilaga Springs. We have a fantastic team of professionals ready to meet your needs. We offer an array of self-care and skincare ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics, Sonoma Lavender, and many other items perfect for pampering all the amazing women in your life!

### —Best Sellers—



#### Hydrafacial Deluxe

\$239

Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial super serums are made with nourishing

ingredients that create an instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, moving onto the Extract+Hydrate, removing debris from pores with painless suction and nourishing with intense moisturizers that quench the skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.



#### Kilaga Springs Custom Facial

\$130

We offer seasonal treatments designed to address specific needs of our skin as the weather changes.

LED Light therapy enhancements for additional anti-aging benefits. In addition, we have a series of Designer Image Skincare Peel treatments offered in the fall and winter for advanced exfoliating benefits. The Hydropeptide facial offers clinical results

and a luxurious experience. This facial provides a custom-tailored experience that allows for the choice of Hydropeptide products best suited for your skin. Hydropeptide uses the power of peptides that work on a cellular level to increase hydration, visibly reduce fine lines and wrinkles and enhance skin's natural luminosity.



#### Hot Stone Tension Relief Massage

90-minutes \$135

The healing power of touch combines with the earth's energy in this relaxing, muscle-melting massage. Smooth, warm stones glide across your body in long, flowing

strokes while the heat helps to relax and soothe tired, sore muscles.



#### Aromatherapy Massage

60-minutes \$100

90-minutes \$135

The aromatic essences of plants can profoundly affect the human body, mind,

and emotions. This aromatherapy adventure begins as your spa therapist guides you in choosing one of our 'flight of five' aromatherapy blends – *I love, I play, I rejoice, I restore, I unwind* – to balance your constitution. Your chosen blend is then massaged into your body using styles and techniques which enhance the action of the oil you have chosen.



#### BOWEN Treatment

One Session 90-minutes

\$65

Bowenwork is a system of touch that initiates a series of responses throughout the nervous system, musculoskeletal and fascial systems, as well as energetic pathways. Bowenwork addresses core issues, not just symptoms.

It helps with chronic conditions from asthma to bunions, acute injuries such as sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health.



**Signature Pedicure**  
\$49

Immerse yourself in total relaxation and soak your cares away with the healing benefits of our specially blended foot scrub. Treat yourself to a lavish experience designed to relax, soothe, soften and hydrate.



**Dazzle Me Dry Nail Treatments**

Manicure \$44  
Pedicure – \$48

Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.

**Best Seller Service Add-Ons**

Enhance your next massage or facial by incorporating a hand or foot treatment.

- **Fabulous Foot Repair** – \$18  
Polish, rejuvenate, hydrate, and renew with magnesium and plant-based exfoliants and shea butter.
- **Radiant Hand Repair** – \$18  
Smooth, brighten, hydrate, and help inflammation with magnesium and plant-based exfoliants and shea butter.
- **Anti-Aging Neck & Décolleté** – \$18  
(Can only be added to facial service)  
Intensely resurface, clarify, brighten and smooth away the appearance of wrinkles with five powerful exfoliants, serum, and mask.
- **LED Light Therapy**  
\$28 15-minutes/\$55 30-minutes  
(Can only be added to facial service)  
The ultimate treatment for winter-ravaged skin. Will accelerate skin repair by promoting collagen and reducing the appearance of fine lines and wrinkles, scars, sun spots and blemishes.

**All About The Feet – \$48**

A refreshing Peppermint balm is applied using a combination of Reflexology, Swedish, and Pressure Point Massage. This treatment helps stimulate the muscles in your feet, and lessons stiffness reduces pain in ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

*We also offer seasonal treatments, hair removal, body treatments, make-up application, and nail services. Check out our website at [www.kilagaspringspa.com](http://www.kilagaspringspa.com) for a complete list of services.*

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

\*Indicates new performances on sale March 17

—Comedy/Magic—



**KS Comedy Night –  
Dan St. Paul**

Tuesday, April 19  
P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE382**

8:00 PM Show — **LSE383**

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.



**\*The Magic of Andy Amyx**

Tuesday, May 3

Reserved Seating - \$17

6:00 PM Show — **LSE386**

8:00 PM Show — **LSE387**

Andy Amyx is a world-class magician whose amazing talents have been seen by thousands, including celebrities, Fortune 500 companies, and national

and international audiences around the world. Andy combines elegant sleight of hand and manipulation with amazing feats of illusion, audience participation, and comedy that thoroughly entertain all ages. He has achieved several honors and ongoing appearances at the world-famous Magic Castle in Hollywood, Wizard’s Magic Dinner Theater in Universal Studios, and the Magic Island in Houston, Texas.

—Community Event—



**Community Dance Party**

6:00 to 9:00 PM

Ballroom (OC)

Lifestyle brings you your Tuesday dance party. Dance your heart out to the music of your favorite Disk Jockey, DJ Tom. DJ Tom is known for playing all types of music, catering to all dance styles. A no-host bar will be available from 6:00 to 9:00 PM. Reserve your table by buying your tickets early; seats are non-reservable. To have more fun at the party, we encourage party goers to dress up based on the party’s theme decor. Limit five tickets per resident. Pre-sale available Online at the Lifestyle Desk. Event day ticket sales only available at the Lifestyle Desk.

**Sadie Hawkins Dance Party**

Monday, April 11 — **LSE397**

\$10 pre-sale; \$12 day of event

**Spring Fling Dance Party**

Tuesday, April 26 — **LSE393**

\$10 pre-sale; \$12 day of event

**Disco A-Go-Go Dance Party**

Tuesday, May 17 — **LSE394**

\$10 pre-sale; \$12 day of event

**Grease Lightning Dance Party**

Tuesday, May 31 — **LSE395**

\$10 pre-sale; \$12 day of event

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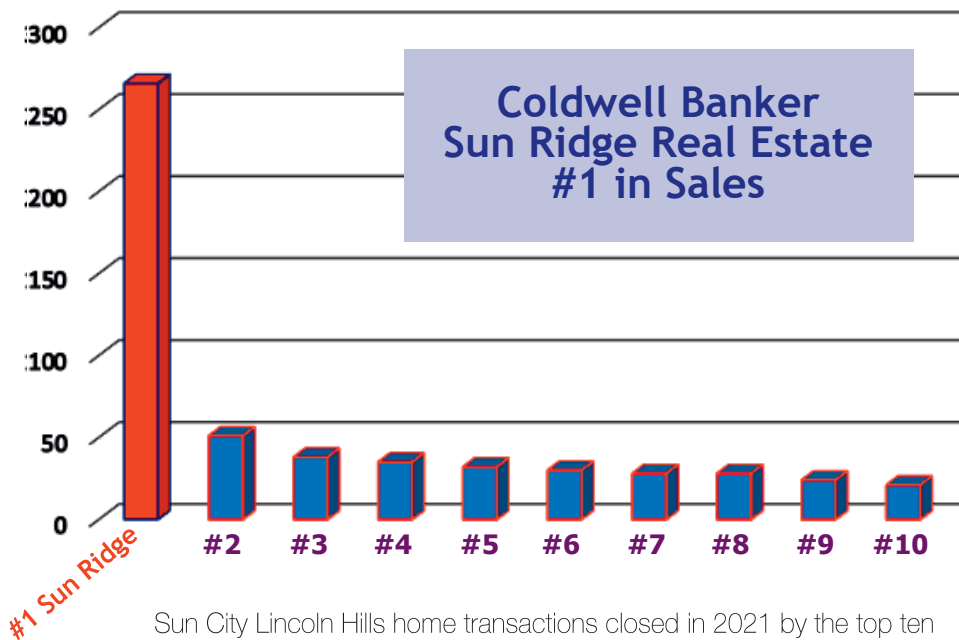
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Sun City Lincoln Hills home transactions closed in 2021 by the top ten real estate companies. Data provided by BrokerMetrics for period of 1.1.21—12.31.21.

**HERE FROM THE BEGINNING. HERE FOR YOU TODAY.**

### \*Annual Parking Lot Sale

Saturday, May 14  
7:30 AM to Noon  
— **LSE36**

Fitness Center  
Parking Lot (OC)  
Resident selling  
used/preloved items: \$25/space  
Resident Business selling new items: \$50/space



Don't miss your chance to participate in the Annual Parking Lot Sale. The event brings buyers from the community and neighboring cities. This is your chance to sell your unwanted and pre-loved items. If you have a business selling unique items, you are also invited. Limit two spaces per household/vendor. Spaces will go fast, reserve yours now! Vendors provide their own tables and chairs and must abide by the guidelines received during registration. Space is limited. Registration is limited to in-person at the Lifestyle Desk. *In case of rain, event is moved to May 21.*

### —Community Performing Arts—

#### The Lincoln Hills Players Club presents **Damn Yankees**

Ballroom (OC)  
Thursday, April 7  
7:00 PM show  
— **LSE372**  
Friday, April 8  
7:00 PM show — **LSE373**  
Saturday, April 9  
2:00 PM show — **LSE374**  
Sunday, April 10  
2:00 PM show — **LSE375**  
Premium Reserved Seating \$21  
General Admission \$17



The award-winning Broadway musical *Damn Yankees* is coming to Lincoln Hills, just in time for the 2022 baseball season opening! Joe Boyd, an avid Washington Senators baseball fan demoralized by a string of losses to the New York Yankees, swears he'd do anything to see his team beat those loathsome Yankees. But will he surrender his moral integrity—even his own soul—to make that happen? Will he sacrifice family and love to become a young, famous baseball star? Just to make those damn Yankees lose? Let the antics begin! **Note: Closed Captioning service will be offered during the April 7 performance.**

ONLINE: SCLHRESIDENTS.COM

#### The Lincoln Hills Chorus presents *Chasing Rainbows!*

Ballroom (OC)  
Thursday, May 5  
2:00 PM show — **LSE378**  
Friday, May 6  
7:00 PM show — **LSE380**  
Saturday, May 7  
2:00 PM show — **LSE379**  
Premium Reserved Seating, \$21  
General Seating, \$17



The Chorus is delighted to announce its Spring concert, which will lift the spirits and lighten the hearts of all. "Chasing Rainbows," one of the concert songs, is the perfect mantra for a performance of joyful songs guaranteed to buoy the spirits of audiences, especially with other songs like "Oh Happy Day," "Everything's Coming up Roses," "What a Wonderful World," and "Circle of Life" from the *Lion King*. The Chorus, directed by Paul Melkonian and accompanied by Nina Malone, will be appropriately costumed in multi-colored garb. Don't miss this one.

### —Concert—

#### Classic Country: Patsy Cline and More with the Carolyn Sills Combo

Friday  
March 25  
7:00 PM  
Ballroom (OC)  
— **LSE371**  
Premium  
Reserved Seating \$24  
General Admission \$20



Awarded the Ameripolitan Western Swing Group of the Year and NEXTie Band of the year and inductees to the Sacramento Western Swing Hall of Fame, the multi-awarded Carolyn Sills Combo returns to Lincoln Hills to perform Patsy Cline's hits and heart breakers. Expect chock full of three-part vocal harmonies, dueling guitar/non-pedal steel instrumentals, and tight arrangements of their own distinct style of music known as 'spaghetti western swing.' The band will also throw in some of their original, award-winning country, western, and swing for a one-of-a-kind night that everyone will enjoy.

MARCH 2022 COMPASS | 67

**Rescheduled****A Pop Diva's Songbook  
by Kelly Brandeburg**

Thursday, March 31  
7:00 PM P-Hall (KS)  
Reserved Seating \$23

— **LSE360**

We have rescheduled the concert of Award-winning Theater Star Kelly Brandeburg to March 31. Enjoy her magnificent voice and phenomenal stage presence as she belts our classic songs from favorite female greats like Linda Ronstadt, Helen Reddy, Dolly Parton, Celine Dion, and more. January 6 show tickets will be honored on the rescheduled date.

**A Classical Guitar Recital:****Keith Calmes with  
Alain Xiong-Calmes,  
Cello**

Friday, April 22  
7:00 PM, P-Hall (KS)  
Reserved Seating \$15

— **LSE376**

Keith's programs combine his expertise in classical guitar with his arrangements of popular music selections. Keith, son of Dr. Robert Calmes of Lincoln Hills, performance credits include a recital at the Carnegie Recital Hall as Winner of the Artists International Competition and concerts with Grammy winner Vikku Vinayakram and Latin Grammy winner Carlos Barbosa-Lima. In addition, he has published numerous books on the guitar, has innumerable recordings, and is a dedicated full-time guitar teacher. Joining Keith on this recital is his eldest son, Cellist Alain Xiong-Calmes. Alain was Principal Cellist of the American University Orchestra.

**The Folk Legacy****Trio Returns**

Wednesday  
April 27  
7:00 PM  
Ballroom (OC)

— **LSE381**

Premium

Reserved Seating \$24

General Admission \$20

From a Sold Out show in 2020, The Folk Legacy Trio returns to the ballroom for a show



to remember. They will entertain you with songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Limelites, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez, Gordon Lightfoot, Simon & Garfunkel, John Denver, and many others. It is a journey through American Musical History with their signature dynamic harmonies enriching some of the most beloved songs ever written.

**Broadway Star of*****Les Miserables*****Ivan Rutherford In Concert****"More Than Broadway"**

Monday, May 9  
7:00 PM Ballroom (OC)

— **LSE396**

Premium Reserved Seating  
\$24

General Admission \$20

Star of Broadway's "*Les Miserables*," Ivan Rutherford, performs an intimate concert right in our Ballroom that you won't want to miss. Ivan has performed the role of *Jean Valjean* in *Les Miserables* over 2300 times on Broadway and the National Tours. He was nominated for "Best Actor" for his portrayal of *Jean Valjean* at the First Annual National Broadway Theatre Awards. Some other favorite roles include *The Caliph in Kismet*, *Tony in West Side Story*, and *2nd Officer Charles Lightoller* in the Tony Award-winning Broadway production of *Titanic*. This is a rare opportunity to enjoy the unique talent of this distinctive Broadway Star.

**\*Jinx Jones &****The King Tones****From Rockabilly to Jazz to  
Twang and back again!**

Friday, May 13  
7:00 PM, P-Hall (KS)  
Reserved Seating \$23

— **LSE388**

Guitar Virtuoso Jinx Jones is a consummate entertainer who goes beyond his incredible guitar chops to become a must-see live performer, entertaining enthusiastic crowds. Jones has established himself as one of the top rockabilly guitarists on the scene today.

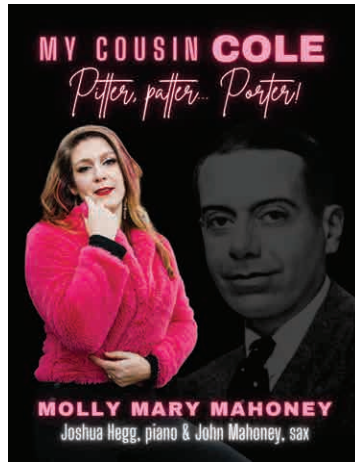


From his work with Chuck Berry, Solomon Burke, and Roy Buchanan to his own acclaimed rockabilly albums, Jones has always strived to expand the possibilities of the instrument. He has won gold and platinum record awards with his work with En Vogue, has won songwriting awards and considered one of the hottest acts in the San Francisco music scene.

**\*My Cousin COLE  
Pitter, patter... Porter  
Starring Molly  
Mahoney**

Wednesday, May 18  
7:00 PM, P-Hall (KS)  
Reserved Seating \$24  
— **LSE390**

When her genealogy revealed that Cole Porter is her cousin, she knew she had to create a show to honor his music. Fresh off performances in San Francisco, San Diego, New York City, and London, Molly Mahoney combines her spellbinding Big Band singing and classical performance abilities to create a unique experience of story and songs highlighting love songs by Cole Porter. Memorable songs will include "Night and Day," "It's De-Lovely," "Let's Do It," and more. *It's Pitter, patter...Porter!*



**\*Midnight Flyers:  
A Tribute to the  
Eagles**

Friday, May 27  
7:00 PM,  
Ballroom (OC)  
Premium  
Reserved Seating  
\$24 — **LSE389**  
General  
Admission \$20



Audiences and critics alike love the Midnight Flyer band's energy and spot-on recreation of The Eagles' music. This Bay Area group is considered one of the premier Eagles tribute acts, packing theaters and selling out shows along the West Coast and beyond. With a repertoire of more than 100 songs, Midnight Flyer shines in concert with arrangements and vocal harmonies, delivered with the authenticity and vitality that recall the earliest Eagles performances.

**ONLINE:** SCLHRESIDENTS.COM

—Grandkids Event—

**Spring Egg Hunt**  
Saturday, April 16  
10:00 AM to Noon  
Outdoor  
Amphitheater  
Terrace — **LSE391**  
General  
Admission \$15 per  
child



It's back! Here's an eggciting time for all the kids and kids at heart. Bring your grandchildren (toddler to 10 years) to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren. Don't forget your cameras for picture-perfect photo opportunities! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: One to four years old; Five to seven years old, and Eight to 10 years old. Children one to four years old will begin the hunt sharply at 10:30 AM. Wristbands are required to participate. Event may be canceled due to rain.

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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 March 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.

\***South Lake Tahoe Overnight Getaway with Dinner at Harrah's Lake Tahoe**  
Tuesday, May 24-25  
— **LST390**

\$300 per person  
double occupancy  
\$360 single occupancy



Relax and enjoy the beauty of the Sierras and leave the driving to us on our deluxe motor coach roundtrip transportation. Dine with friends and meet new ones at our group dinner at Friday's Stations Steak and Seafood House. We will arrive in time for lunch on your own with free time for gaming, exploration of the Village, or even a gondola ride at Heavenly. Fee includes hotel accommodation, coach transportation, dinner, driver gratuity, and luggage handling. All other meals and activities on your own. Wheels roll from OC at 9:00 AM ~ return approximately 3:00 PM.

## Day Trips

—Casino—

\***Colusa Casino**  
Tuesday, April 19  
\$45 — **LST391**

Enjoy a nice drive in the country with spring blooms and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino



credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. There may be additional promotions in March. *Casino promotions are subject to change.* Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.

—Gardens—

\***Springtime at Filoli Garden**  
Monday, May 9  
\$90 — **LST392**

Watch the Garden transform as the weather warms up and a new season

begins. Walk thru the 54,000 square foot historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC at 7:45 AM, return ~ 7:30 PM. *Lots of walking with some uneven pathways.*



— Performances —

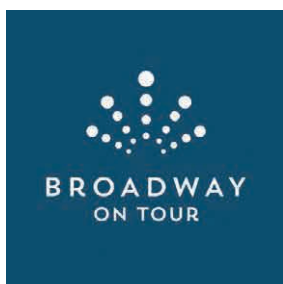
†**Celtic Woman – Postcards from Ireland**  
At Gallo Center for the Arts,  
Modesto

Thursday, May 12  
\$123 — **LST387**

Grammy-nominated global music sensation Celtic Women is thrilled to return in 2022 with a brand-new show, *Postcards from Ireland*, celebrating Ireland's rich musical and cultural heritage while taking audiences on a journey of story and song from across the Emerald Isle. Embrace an evening of angelic voices, breath-taking harmonies, and instrumental virtuosity. Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.



## Broadway On Tour



The 2022 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now

boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience.



### †Wicked

Thursday, April 14  
\$142 — **LST373**

This Broadway sensation looks at what happened in

the Land of Oz, but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships until the world decides to call one “good” and the other one “wicked.” Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. Wheels roll from OC at 12:15 PM for a 1:30 PM Matinee Show~ return 5:00 PM.



### †Tootsie

Tuesday, May 17  
\$125 — **LST364**

Limited tickets available. Call it “musical comedy heaven” (*Rolling*

*Stone*). Call it “the most uproarious new musical in years!” (*The Hollywood Reporter*). This laugh-out-loud love letter to the theatre tells the story of a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. “In these turbulent times, when the world seems out of balance, we need a place to let the good times roll,” raves *Rolling Stone*. “Tootsie is it!” Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.

## Broadway At Music Circus



†Broadway At Music Circus is a truly unique musical theatre experience renowned by theatre professionals and fans across the country. Each summer, the Broadway At Music Circus series features new pro-

ductions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.

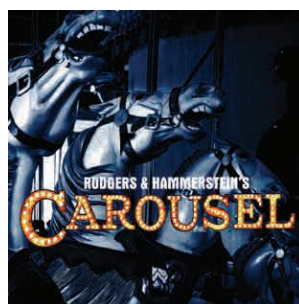


### †Kinky Boots

Tuesday, June 14  
\$111 — **LST380**

Broadway’s huge-hearted, high-heeled,

multiple Tony®-winning Best Musical! With songs by Grammy® and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and friendships we discover when we embrace each other’s differences. Inspired by true events, *Kinky Boots* takes you from a gentlemen’s shoe factory in Northampton to the glamorous catwalks of Milan.



### †Rodgers & Hammerstein’s Carousel

Tuesday, June 28  
\$111 — **LST381**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway At Music Circus

for the first time in 20 years. Critics called the 2018 Broadway revival of *Carousel* “a miraculous fusion of sentiment and craftsmanship” (*Wall Street Journal*) with “the theater’s most beautiful and enduring songs” (*Variety*), including “If I Loved You,” “You’ll Never Walk Alone,” and “Soliloquy.” A powerful musical theatre classic about love, relationships, and redemption.

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*Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.*



**LASIK** (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

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**†Kiss Me, Kate**  
Tuesday, July 12  
\$111 — **LST382**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical, a Broadway version of Shakespeare's *The Taming of the Shrew*. The

beloved multiple Tony-winning musical comedy is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer's wittiest lyrics and catchiest melodies, including the favorite songs "Another Op'nin', Another Show," "So In Love," and "Too Darn Hot."



**†Something Rotten!**  
Tuesday, July 26  
\$111 — **LST383**

With 10 Tony® nominations including Best Musical, *Something Rotten!* is "Broadway's big, fat hit!" (*NY Post*). Featuring large song and dance numbers

and a wacky cast of over-the-top characters, the musical received show-stopping standing ovations throughout its Broadway run. Set in 1595, this hilarious smash tells the story of two brothers who set out to write the world's very first musical. With its heart on its ruffled sleeve and sequins in its soul, It's "The Producers + Spamalot + The Book of Mormon. Squared!" (*New York Magazine*).



**†The Secret Garden**  
Tuesday, August 9  
\$111 — **LST384**

The enchanting literary classic is reimagined in brilliant musical style. A compelling tale of forgiveness and renewal, *The Secret Garden* won three Tony Awards®

and three Drama Desk Awards when it premiered on Broadway in 1991. Orphaned in India, 11-year-old Mary Lennox returns to Yorkshire to live with her embittered, reclusive uncle Archibald and his disabled son Colin. The estate's many wonders include a magic garden that beckons the children with haunting melodies and spirits from Mary's past who guide her through her new life.



**†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.

### — Shopping —



**\*Pre-Mother's Day San Francisco Shopping**

Saturday, April 30  
\$55 — **LST393**

Enjoy a wonderful pre-Mother's Day spring shopping

Saturday in the city by the bay, and don't worry about the traffic, the bridge, parking, etc. Relax and let our deluxe motor coach take you to the heart of San Francisco. (Union Square-Post & Powell) for a day of shopping, lunching and people-watching. Lunch on your own. Depart from SF will be 6:00 PM to allow you more dining and shopping time and less time in traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.

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## — Sports —

**San Francisco Giants**

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**\*Giants vs. Dodgers**

Sunday, June 12

\$145 — **LST394**

It's Matt Cain Bobblehead giveaway day! Wheels roll from OC at 10:00 AM for a 1:05 PM First Pitch, return ~ 6:40 PM.

**\*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.

**Oakland Athletics**

Looking to watch the Giants away from Oracle Park? Cheer on the away team (or home team.) Watch the Battle of the Bay from your Lower infield seats. Pricing includes roundtrip motorcoach transportation, Lower infield seating, driver gratuity.

**\*Oakland A's vs. San Francisco Giants**

Saturday, August 6

\$115 — **LST396**

Wheels rolls from OC at 1:00 PM for a 4:07 PM First Pitch, return ~ 9:30 PM.

**Sacramento Rivercats**

Cheer on the Sacramento Rivercats from the Pacifico Porch at Sutter Health Park and enjoy a pre-game BBQ Buffet (i.e., Tri-Tip, BBQ chicken, hot dogs, seasonal sides, and one non-alcoholic beverage). Enjoy the game and buffet without the hassle of traffic and parking on our motorcoach.

**Sacramento Rivercats vs. Oklahoma City Dodgers (LA Dodgers AAA affiliate)**

Sunday, April 24 — **LST388**

\$129

Wheels roll from OC at 11:15 AM for a 1:05 PM game, return ~ 4:45 PM.

**Sacramento Rivercats vs. Tacoma Rainiers (Seattle Rainiers AAA affiliate)**

Sunday, May 22 — **LST389**

\$129

Wheels roll from OC at 11:15 AM, for a 1:05 PM game, return ~ 4:45 PM.



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**Dancing with the Stars — LST377**

Saturday, March 26 to Sunday, March 27 • Noon

\*Wicked — **LST363** • Tuesday, April 5 • 6:15 PM

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Balance & Fall Prevention.....	95	Movie .....	86
Bootcamp .....	94	Oil and Acrylic Painting .....	79
Boxing.....	95	Parkinson Strong Combo.....	95
Brain Gain.....	91	Pickleball.....	89
Card Making .....	80	Pilates.....	93
Ceramics.....	79	Posture, Core and Balance .....	95
Clogging.....	82	Private Reformer Training .....	93
Country Couples .....	83	Pulmonary Exercise.....	94
Crafts .....	80	Re-Start.....	92
Fit - 101.....	94	Sip and Paint.....	79
Fun ctional Fitness L3.....	94	Tai Chi .....	90
Guitar.....	86	Tap.....	85
Harmonica for Health .....	91	Tennis .....	89
Healthy Habits for Life.....	91	The Next Chapter.....	91
Hula .....	83	Training Services .....	93
Jazz.....	83	TRX Circuit.....	95
Journaling .....	87	Ukulele .....	87
Karate.....	92	Urban Poling.....	94
Line Dancing .....	83	Walk on the Wild Side.....	94
Living with Foot & Ankle Pain.....	92	Water.....	95
Meditation.....	91	Wellfit Class Schedule .....	98
Mind, Body & Spirit.....	91	West Coast Swing .....	86
Mindful Eating.....	92	Writing.....	87
Mixed Media .....	79		



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\*Indicates new class on sale March 17

## Classes

### —Art—

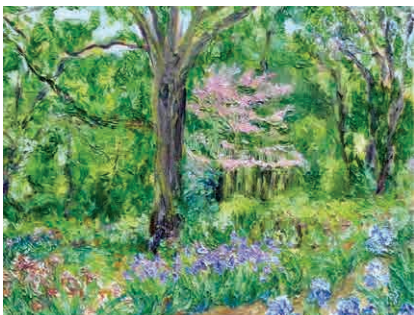


#### \*Mixed Media Art Journaling

Tuesdays, April 12 & 26  
9:00 AM to Noon (OC)  
\$45 plus \$5 supply fee paid to  
instructor — **LSC3215**

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: “Spring”

Friday, April 22  
5:00 to 8:00 PM  
(OC)  
\$55

— **LSC3239**

This class is great for first-timers and seasoned artists

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

### —Oils, Pastels & Acrylics—



#### \*Oil and Acrylic Painting:

##### Intermediate/Advanced

Wednesdays, April 6-27  
9:00 to 11:30 AM (OC)

\$80 (four sessions) — **LSC3227**

Learn new ways to paint and polish your skills. More emphasis will be on acrylics. Art demos will be done on a regular basis with

group critiques and individual instruction. Quite often, optional projects will be offered 1 or 2 times a month. Instructor: **Sandy Lindblad**. Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandyindblad.com](http://www.sandyindblad.com). Questions about class supplies? Email Sandy Lindblad at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.

## Ceramics

### —Pottery—



#### \*Beginning/Intermediate Ceramics

Tuesdays, April 5-26  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)

— **LSC3263**

This is an introductory class for residents who have never wor-

ked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: **Jim Alvis**.



#### \*Advanced Ceramics

Tuesdays, April 5-26  
9:00 AM to Noon (OC)  
\$64 (four sessions)

— **LSC3251**

#### OR

Thursdays, April 7-28  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)

— **LSC3288**

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**



**Garden Hose Wreath**

Monday, March 28  
9:00 to 11:00 AM (KS)

— **LSC3764**

Fee \$45; Materials \$20

Create this unique wreath using a garden hose, silk flowers, and other garden-inspired props. Finish with a colorful ribbon, and your wreath is ready for display on your door or in your garden. All supplies included. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: March 21.



**\*Spring Fling Make-n-take Craft Stations**

Monday, April 11  
10:00 AM to 2:00 (KS)

\$60 (no additional material fee)

— **LSC3773**

Visit five craft stations to create fun spring crafts. Crafts include 1. Fabric Wrapped Mini 7.5" Wreath. 2. No-Sew Embroidery Hoop Fabric Pockets. 3. Set of 2 Alcohol Ink Votive Holders. 4.

Set of 6 Glass Pebble Magnets and 5. DIY Bath Salt jar. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 4.



**\*Flower Pot Friend**

Monday, April 25  
10:00 AM to Noon (KS)

Fee \$45; Supplies \$20— **LSC3774**

Make a little flowerpot garden friend using clay pots, wire, and a little creativity. Leave the pots as is or antique them with whitewash paint and preserved moss. When you get them home, add

your favorite plant to the top, head pot. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 18.



**\*Fabric Covered Pots**

Monday, April 25  
1:00 to 3:00 PM (KS)

\$45 (no additional supply fee)— **LSC3775**

Decoupage three pots using small terra cotta pots and lots of cheery fabric choices. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 18.



**\*Water Marbling Silk Scarf, Fan and Coaster Set**

Monday, May 2  
10:00 to 11:30 AM (KS)  
Fee \$45; Supplies \$40

— **LSC3776**

OR

Noon to 1:30 PM

— **LSC3777**

OR

2:00 to 3:30 PM

— **LSC3778**

Learn the ancient technique of water marbling using paints, basic tools and easy to follow instructions. During the session, you will create a gorgeous marbled 100% silk scarf, silk-like fabric fan, and set of 6 pulpboard coasters. Additional items can be made if time allows, pricing varies for additional items. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 25. Maximum 4 students per session.

**—Card Making—**



**\*Card Making – Advanced**

Mondays  
April 4 & 18  
9:00 AM to Noon (KS)  
\$30 (two sessions)

— **LSC3300**

**Prerequisite:** This class will build on your Card Making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and paper-craft 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: March 20.



**\*Card Making – Beginner/Intermediate**

Wednesdays  
April 6 & 20  
9:00 AM to Noon (KS)  
\$30 (two sessions)

— **LSC3311**

**Prerequisite:** Completion of at least four to eight sessions of previously offered Intro 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: March 20.



**\*Card Making – Intro to Basic Card Making – Beginners**

Fridays, April 8 & 22  
9:00 AM to Noon (KS)  
\$30 (two sessions) — **LSC3322**

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: March 20.

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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, April 5-26  
 10:00 to 11:00 AM (KS)  
 \$30 (three sessions, No class April 12)  
 — **LSC3333**

Moving forward with the current beginners class. We will continue to work through the eight basic traditional clogging movements at a relaxed pace while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes are required; flat-soled shoes are recommended. Watch for late summer/early fall for New Beginners Class. Instructor: *Janice Hanzel*.

**\*Combine Clogging Class**  
 Tuesdays, April 5-26  
 11:00 AM to 12:30 PM (KS)  
 \$45 (three sessions, No class April 12) — **LSC3361**

Starting with easy and progressing into intermediate dances, our new schedule takes a bit of getting used to. We will continue working on some new material dancing to some Irish songs this month. The class will feature lots of reviews of steps from previously learned dances. We'll keep it a bit more simple to get our clogging legs back into shape. We will also learn new dances, easy to intermediate, from recent 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.**

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## —Country Western Dancing—



**\*Country Couples Western Dance Beginner Level 1 & 2**  
Mondays, April 4-25  
7:00 to 8:00 PM (KS)  
— **LSC3356**

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, April 4-25  
6:00 to 7:00 PM (KS)  
\$28 (four sessions) — **LSC3344**

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: "Who Did You Call Darlin and Caribbean Cadence." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener.*

## —Hula—



**\*Hula**  
Thursdays, April 7-28  
1:00 to 2:00 PM (KS)  
\$52 (four sessions)  
— **LSC3406**

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 at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina.*

## —Jazz—

**\*Jazz for Beginners**  
Thursdays, April 7-28  
11:00 AM to Noon (KS)  
\$36 (four sessions) — **LSC3417**

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 TV and video.

**\*Jazz Performance**  
Tuesdays, April 5-26  
1:00 to 2:00 PM (KS)  
\$36 (four sessions) — **LSC3447**

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, April 1-29  
3:00 to 4:00 PM (KS)  
\$35 (five sessions)  
— **LSC3489**

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.*

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

Mondays, April 4-25

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3456**Instructor: *Cathy Paris***OR**

Thursdays, April 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3523**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 to learn the skills required to move on to the next level of class.

**\*Level 2 – Beginner**

Fridays, April 1-29

2:00 to 3:00 PM (KS)

\$35 (five sessions) — **LSC3499**Instructor: *Sandy Gardetto***OR**

Thursdays, April 7-28

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3553**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, April 7-28

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3544**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, April 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3533**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, April 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3509**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, April 4-25

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC3475**Instructor: *Cathy Paris***OR**

Wednesdays, April 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3519**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, April 7-28

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3712**

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, April 7-28

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3466**

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, April 4-25  
11:00 AM to Noon (KS)  
\$30 (three sessions,  
No class April 11)  
— **LSC3572**

This class works on the basics of tap dance at a slower pace. It is a continuation class, however, new students are welcome.

**\*Tap Technique**  
Mondays, April 4-25  
10:00 to 11:00 AM (KS)  
\$30 (three sessions, No class April 11)  
— **LSC3562**

**OR**  
Tuesdays, April 5-26  
10:00 to 11:00 AM (KS)  
\$30 (three sessions, No class April 12) — **LSC3732**

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

### —West Coast Swing—

**\*Intermediate/Advanced West Coast Swing**  
Wednesdays, April 13 & 27  
6:00 to 8:00 PM (KS)  
\$30 (two sessions) — **LSC3722**

**Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an intermediate to advanced level, or have instructor's approval. Partners necessary. The first hour and 15 minutes of the class will focus on dance instruction, and the last 30 minutes will provide dance practice to music. Class size is limited, sign-up early to reserve your space Instructor: *Dottie Lovato Macken*. Registration deadline: April 2.

## Movie

**\*Ray's Back and If It's Spring, It Must be Baseball!**  
Fridays, May 6-27  
9:00 AM to Noon (KS)  
\$30 (four sessions) — **LSC3780**

Now we are in store for four great movies about the great American pastime. The magical "Field of Dreams," the kid's perspective of legends in "The Sandlot," a baseball movie from an adult perspective in "Bull Durham," and the inspiring story of Jackie Robinson in "42." So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th century game and why it gives us such great movies. Instructor: *Ray Ashton*.

## Music

### —Guitar—



**\*Beginning Guitar**  
Mondays, April 4-25  
9:00 to 10:30 AM (OC)  
\$60 (four sessions)  
— **LSC3593**

Reading music notation for guitar made easy. *About*

*the Instructor:* *Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.

**\*Beginner Folk Guitar Class for Fun Folks**  
Tuesdays, April 5-26  
1:00 to 2:00 PM (KS)  
\$40 (four sessions) — **LSC3677**

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. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* *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.

**\*Intermediate Folk Guitar Class**  
Tuesdays, April 5-26  
2:00 to 3:00 PM (KS)  
\$40 (four sessions) — **LSC3617**

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*.

**\*Intermediate Guitar**  
Wednesdays, April 6-27  
9:00 to 10:30 AM (KS)  
\$60 (four sessions) — **LSC3650**

Come play guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. We will guide you into one of the

most exciting guitar playing in the world, how simple it can be once you know the tricks. We will play acoustic guitars only: either steel strings or nylon and need to play with a pick. Instructor: *Jon Gowin*.

—Ukulele—

**\*Beginning Ukulele**

Mondays, April 4-25  
10:30 AM to Noon (OC)  
\$60 (four sessions) — **LSC3659**

This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students. Instructor: *Jon Gowin*.

**\*Intermediate Ukulele**

Wednesdays, April 6-27  
10:30 AM to Noon (KS)  
\$60 (four sessions) — **LSC3665**

This class is an intermediate class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some finger-picking. Instructor: *Jon Gowin*.

**Writing**

**Nature Journals: Stories of Places**

Tuesdays, April 5-26  
10:00 AM to Noon (KS)  
\$40 (four sessions) — **LSC3768**

An observation walk invites participants to slow down, practice mindfulness, use our sense of smell, touch, sight, and hearing as we walk, stop, listen and watch. Learning the art of keeping a journal is central to capturing our observations, feelings, and impressions, asking questions, recording insights writing and sketching. Bring a bound blank journal, a sketchbook, or a spiral notebook with lined paper if you do not plan to sketch. Instructor: *Janice Kelley*.

**\*Writing from Life**

Tuesdays  
May 3-24  
10:00 AM to Noon (KS)  
\$60 (four sessions) — **LSC3769**

Will learn and practice using mind maps and other story development strategies and memory prompt to create simple and more complex stories based on lives of family, friends and /or self. Will write independently and share with partners and/or small groups. Instructor: *Janice Kelley*.

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**WellFit Orientations**

**Free Orientation: WellFit Staff**

Not know where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register: Fitness Desks.

**Fitness Floor (OC)**

- **Tuesday, March 29**  
4:00 to 5:00 PM
- **Thursday, April 7**  
3:00 to 4:00 PM
- **Tuesday, April 26**  
4:00 to 5:00 PM

**Fitness Floor (KS)**

- **Wednesday, March 23**  
3:00 to 4:00 PM
- **Wednesday, April 6**  
3:00 to 4:00 PM
- **Wednesday, April 27**  
3:00 to 4:00 PM

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

**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.*



**Intro to Pickleball**  
 Wednesdays  
 4:00 to 5:30 PM  
 Pickleball Courts  
 Free

This class is for any Lincoln Hills 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: [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 any Lincoln Hills residents who are 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.

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## Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online through online enrollment on the Resident Website. There is a four person minimum required to run the class, so please sign up ahead.*

*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.*

### **New! Outdoor Tai Chi / Qigong L1/L2 (Seasonal)**

Thursdays, April 7-28

10:30 to 11:30 AM, Amphitheater

\$48 (four sessions)

Enjoy the beautiful outdoors while working on 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 Wamsat*.

### **Tai Chi / Qigong L1**

Tuesdays, April 5-26

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

#### **OR**

Wednesdays, April 6-27

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$48 (four sessions)

#### **OR**

Fridays, April 1-29

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

\$60 (five sessions)

#### **OR**

Saturdays, April 2-30

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

\$60 (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 Wamsat*.

### **Tai Chi / Qigong L2**

Thursdays, April 7-28

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

\$48 (four sessions)

Having some familiarity with the basics of the Yang long form, Level 2 introduces beginners to additional sections of the form with an emphasis on 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 to move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Wamsat*.

### **Tai Chi / Qigong L3**

Tuesdays, April 5-26

3:10 to 4:10 PM, Aerobics Room (KS)

\$48 (four sessions)

#### **OR**

Fridays, April 1-29

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

\$60 (five sessions)

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 wellbeing. Instructor: *Shifu Anney Wamsat*.

### **Tai Chi Ball L1**

Wednesdays, April 6-27

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

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 Wamsat*.





**Mind, Body & Spirit**  
 Wednesdays, April 6-27  
 3:05 to 4:05 PM  
 Aerobics Room (OC)  
 \$68 (four sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Aware-ness. Mind: mindful intentions & positive affirmations to improve the brain's neurology. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace, and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

## Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department.

### Back by popular request!

#### Brain Gain™

Wednesday, April 27  
 9:30 AM to Noon, Oaks (OC)  
 \$35

Come experience “Neurobic” fun interactive brain exercises that give your brain a creative workout beyond crossword puzzles and Sudoku. Join educational physiologist Dr. Alice Jacobs as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups as you complete and discuss the brain exercises. Instructor: *Alice Jacobs*.



**The Next Chapter**  
 Mondays, April 4-18  
 1:30 to 3:00 PM  
 Aerobics Room (OC)  
 \$75 (three sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate group where together we'll explore new ways to help you move forward with confidence. Come prepared for heart-opening, restorative techniques that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format that will help carry you through your journey. Instructor: *Nina Baldi*.



**Monday Meditation**  
 Mondays, April 4-25  
 4:10 to 5:10 PM  
 Aerobics Room (OC)  
 \$60 (four sessions)

Leave your stress at the door. Open your mind and soothe your soul with our new Monday Meditation.

This class will provide you with a great way to start your week off right. We will discuss enriching topics and then settle in for an extended guided meditation based on the topic. The timeless practice of meditation can help you cultivate more than just a healthy mind and body. It can also grow patience, forgiveness, compassion, and wisdom to help cope with whatever life throws your way. Instructor: *Sheri Mandell*.



#### Harmonica for Health

Coming in May  
 3:00 to 3:45 PM  
 Solarium (OC)  
 \$60 (four sessions)  
 \$11 paid to instructor for harmonica.

Strengthen your breathing muscles and improve breath control by playing the harmonica. This class will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises all while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro, Respiratory Therapist*.



#### Healthy Habits for Life™

Wednesdays  
 March 30-April 27  
 3:30 to 5:00 PM  
 Multipurpose Room (OC)  
 \$149 (five sessions)

Healthy Habits for Life™ dives into the non-nutrition areas of our lives that impact daily mood, energy, and focus. Healthy Habits for Life™ not only introduces simple and effective strategies and tools for change, but we're also in a community of like-minded people who are also learning and applying this knowledge. We will tackle other aspects of our health that continue to impact nutrition and overall quality of life, such as sleep, getting enough water, staying active, and so much more. Instructor: *Audrey Gould*.

**Mindful Eating for Healthy Living**

Tuesdays, April 5-26  
 11:00 AM to 12:30 PM  
 Multipurpose Room (OC)  
 \$68 (four sessions)

Are you an emotional eater? Are you tired of being on the diet roller coaster? Do you wonder why diets fail you? If so, this class is for you. Diets fall short because they do not address the real reasons behind overeating. We dive into the issues that drive us to overeat and encourage change from within. It is not a diet, it is an attitude towards food that encourages awareness of what you eat and why. Instructor: *Sheri Mandell*. \*This class pairs well with Healthy Living Exercise Punch Pass class at OC aerobics room on Tuesdays & Thursdays at 3:05 PM.

**Living with Foot & Ankle Pain**

Wednesdays  
 April 20 & 27  
 1:00 to 2:00 PM  
 Multimedia Room (OC)  
 \$48 (two sessions)



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. Then, learn the correct stretches and exercises to maintain this better quality of lifestyle. Taping techniques may also be demonstrated. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*. \*Lisa will teach the first class, and Danielle will teach the second.

**Traditional Shotokan Karate**

Saturdays  
 April 2-30  
 10:50 AM to 12:50 PM  
 Aerobics Room (KS)  
 \$25 (five sessions)



The instructor is a member of the International San Ten Karate Association and has over 45 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*.

**Nutrition**

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



**RESTART—Your Health in Just Five Weeks**

Wednesdays  
 March 30-April 27  
 5:30 to 7:00 PM  
 Multipurpose Room (OC)  
 \$149 (five sessions)

RESTART is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy, and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar. Instructor: *Audrey Gould*, Registered Dietitian and Nutrition Therapy Practitioner.

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## 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 [Danielle.Merrill@scfhca.com](mailto:Danielle.Merrill@scfhca.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 101 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) \$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) \$30 (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@scfhca.com](mailto:Rex.Owens@scfhca.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.

### 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.  
**New Packages:** One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 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.
- **Assessment:** Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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

## Small Group Training (SGT)

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



### Urban Poling (Balance and Fall Prevention)

Mondays & Fridays, April 4-29  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own. 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). Limited availability of loaner Activator® Poles. Instructor: *Renae Schmidt*.

### Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, April 5-28  
12:55 to 1:55 PM

Aerobics Room & Indoor Track (OC)  
\$136 (eight sessions)

This is a fitness class 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. Limited loaner poles are available. Instructor: *Rex Owens*.

### SGT—Pulmonary Exercise Class

Returning Soon

TBA

\$68 (four sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.

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

Returning in April

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, April 5-28  
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 correct settings and weights appropriate for you. Instructors: *John Ramos & MaryAnn DePietro*.



### SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays  
April 5-28

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, 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. Instructor: *Deanne Griffin*.

### SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays, April 4-27  
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. Instructor: *John Ramos*.

### SGT—TRX Circuit L2

Tuesdays & Thursdays  
April 5-28  
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 makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructors: *Craig Wasley/MaryAnn DePietro*.



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

Mondays & Wednesdays  
April 4-27  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

Instructor:

*Renae Schmidt*

**OR**

Tuesdays & Thursdays  
April 5-28  
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  
April 4-27  
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*.



### SGT—Therapeutic Water Exercise L1-L2

Wednesdays, April 6-27  
11:50 AM to 12:50 PM  
Indoor Pool (OC)  
\$68 (four sessions)

Instructor: *Nina Baldi*

**OR**

Fridays, April 1-22  
10:45 to 11:45 AM  
Indoor Pool (OC)  
\$68 (four 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, April 5-26  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)

**OR**

Thursdays, April 7-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)

This is a non-contact fit-ness 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, April 7-28  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$68 (four sessions)

Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. 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

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

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

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

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

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exercise. Instructor: *Valerie Cota.*

### Punch Passes & 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 \$4.50 each and 55 minutes. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 98-101 for days and times. Purchase these passes through online enrollment on the Resident Website or either 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 \$6 per Punch Pass and \$3.50 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 purchase date.**

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

**WellFit Class Cancellation Policy:** 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 canceled last minute without notice. We will not be offering free class passes at this time when we have a cancellation. Thank you for understanding.

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OC WellFit Class Schedule March/April 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>Katie</i>	Step L2/L3 <i>Kim</i>	Low Impact Cardio Aerobics & Stretch L1-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>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>		
10:45	Piloga L2/L3 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Barre L2/L3 <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 <i>Nina</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>Linda</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 <i>Rex</i>		SGT - Urban Poling (Nordic Pole Walking) L1 <i>Rex</i>			
2:00	1:30-3:00 January The Next Chapter <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>	Tai Chi / Qigong L1 <i>Anney</i>	SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10	Monday Meditation <i>Sheri</i>	SGT - Fit 101 Variety Class L1 - <i>MaryAnn/John</i>		Zumba Gold L2 <i>Joanie</i>			
5:15	Vin Yoga L1-L3 <i>Nina</i>	5:30pm Coming Soon! Check with WellFit	5:00pm Quiet the Mind L1 - <i>Sheri</i>	5:30pm Coming Soon! Check with WellFit		SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$4.50							
Fast Pass - 30 min Group Exercise Class \$2.50							
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com							
CLASS 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 sclhresidents.com

KS WellFit Class Schedule March/April 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	Strictly Strength L2/L3 <i>Helena</i>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba & Toning L2 <i>Ruby</i>	Strictly Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Jeanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 <i>Jerri In February!</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>Jeanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/L2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Tai Chi / Qigong L1 <i>Anney</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	Traditional Shotokan Karate L1/L2 - <i>Al</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>Jean</i>	SCLH Booking 11:00 to 3:00 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 - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm 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 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10				SGT - Fit 101 Variety Class L1 <i>MaryAnn/John</i>			
5:30		SCLH Booking 5:00-6:15pm		TBA			
				TBA	SCLH Booking 6:00 to 8:00pm		
Punch Pass - Group Exercise Classes 55 minute \$4.50				Wellness Classes (session based, sign-up ahead each month)			
Fast Pass - 30 min Group Exercise Class \$2.50				SGT - Small Group Training (session based, sign up ahead) 55-60 minute			
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>							
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)

OC Aqua WellFit Water Walking/Volleyball/Class Schedule March/April 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>Jen</i>		Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Jen</i>	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jen</i>	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jennifer</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	Power Waves L2/L3 <i>Danielle</i>	Water Walking drop-in until 8:30pm	TBA	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
5:30	Water Volleyball 5:45 to 8:15pm		Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm			
8:30							
<p><b>CLASS CANCELLATIONS:</b> 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.</p>							
<p>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></p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

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)

Pilates Reformer WellFit Class Schedule March/April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Reformer L1-L2 <i>Gretchen</i>			Reformer L1-L2 <i>Cynthia</i>			
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 Basics L1/L2 - <i>Andee</i>			11:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
					12:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
4:15	4:15pm Reformer Basics L1 <i>Andee</i>			4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
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@schca.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 Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 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 SCLH Delivery: Daily: 4:00 pm–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	<b>Kilaga Cafe</b> Wed–Fri: 7:00 am–3:00 pm

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About New Auto Sales ..... 84  
 Eddie's Lincoln Auto Body ..... 37  
 J & J Body Shop ..... 54

**CHURCH**

Valley View Church ..... 50

**CLEANING SERVICES**

All Pro Window Cleaning ..... 73  
 Guardian Carpet Care ..... 54  
 Gold Coast Carpet & Uph. .... 76  
 Joe's Carpet Cleaning ..... 28  
 Johnny On The Spot! Carpet  
 Cleaning ..... 32  
 V & O Cleaning Service ..... 39

**COMPUTER SERVICES**

Comp-Solve Computers ..... 62  
 Jim Puthuff & Associates ..... 55  
 PC & Mac Resources ..... 40  
 Warner Computer Services ..... 64

**DENTAL**

Denzler Family Dentistry ..... 50  
 Victoria Mosur, DDS ..... 24

**ELECTRICAL SERVICES**

Brown's Quality Electric ..... 42  
 Judeen Electric ..... 60

**EYE CARE**

Wilmarth Eye/Laser Clinic ..... 72

**FINANCIAL SERVICES**

Cochrane Support Services ..... 32  
 Edward Jones ..... 76  
 Reverse Mortgage Funding ..... 96  
 Stifel ..... 34  
 TAD Executive Fiduciary  
 Services ..... 28

**GOLF**

Electrick Motorsports Inc. .... 69

**HANDYMAN SERVICES**

A-R Smit & Associates ..... 47  
 Bartley Properties ..... 37

Home Handyman Services ..... 78

L&D Handyman ..... 29  
 Wayne's Fix-all Service ..... 33

**HEALTHCARE**

Capitis Medical & Aesthetics .... 48  
 Granite Bay Regenerative  
 Medicine ..... 24  
 Interventional Pain Solutions ... 36

**HEATING AND AIR**

Accu Air & Electrical ..... 92  
 Good Value Heating & Air ..... 29  
 Peck Heating & Air ..... 44

**HOME IMPROVEMENT**

1A Advanced Garage Doors ..... 35  
 Ace Appliance Repair ..... 51  
 Don's Awnings ..... 56  
 Loveland Roofing ..... 52  
 Nielson Fine Floors ..... 50  
 One Off Wood Designs ..... 78  
 O.Tile ..... 82  
 Overhead Door ..... 40  
 Quality Roofing ..... 45  
 Screenmobile ..... 78  
 Simply Restored Surfaces ..... 50  
 The Closet Doctor ..... 32  
 Thorco Steel ..... 43  
 Zothex Flooring ..... 2

**IN HOME CARE**

Welcome Home Care ..... 51

**JUNK HAULING AND REMOVAL**

Junk King ..... 45  
 Sanchez Home & Yard Service . 97

**LANDSCAPING**

CM Ponds & Stuff ..... 39  
 Complete Ponds ..... 28  
 Droplet Landscaping ..... 78  
 Duran Landscaping ..... 92  
 Hernandez Landscaping ..... 81  
 Martin's Landscape ..... 52  
 Rick Myers Landscape Design.. 43

**LEGAL**

C.R. Abrams, P.C., Law Offices ... 56  
 Gibson & Tuttle, Inc. .... 54  
 Robertson Law Group ..... 84  
 Rumley Law ..... 24  
 Seasons Law ..... 52

**MISCELLANEOUS**

Donate Local ..... 26  
 Lincoln Speakeasy Taproom .... 31  
 Red Barn ..... 31  
 Shanti Landon For Supervisor . 34

**MORTUARY SERVICES**

Calvary Cemetery & Funeral  
 Center ..... 24  
 Cochrane Wagemann ..... 76  
 Cremation Society of Placer  
 County ..... 87  
 Heritage Oaks Memorial  
 Chapel ..... 97  
 Morgan Oaks ..... 42

**PAINTING**

Dynamic Painting ..... 75  
 Painting By Rob ..... 35  
 Preferred Painting ..... 89  
 Sorin's Painting ..... 33

**PEST CONTROL**

Noble Way Pest Control ..... 84

**PLUMBING**

BZ Plumbing Co. Inc. .... 26  
 Class Act Plumbing ..... 60  
 Maples Plumbing ..... 49  
 Ronald T. Curtis Plumbing ..... 41  
 U.S. Plumbing Marshall ..... 87

**PODIATRY**

Lincoln Podiatry Center ..... 26

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln ..... 55  
 Carolan Properties ..... 38

**REAL ESTATE**

Carolan Properties ..... 38  
 Century 21  
 - Mary Olsen ..... 41  
 Coldwell Banker/Sun Ridge .... 66  
 - Anne Wiens ..... 78  
 - Donna Judah ..... 54  
 - Michelle Cowles ..... 44  
 - Tara Pinder ..... 76  
 - Tony Williams ..... 62  
 - Yvonne Holm ..... 81  
 Grupp & Assocs. Real Estate ... 64  
 HomeSmart Realty  
 - Gail Cirata ..... 84  
 - Shari McGrail ..... 28  
 - Team McGrail ..... 88  
 Lyon Real Estate  
 - Greg Langer ..... 49  
 Shelley Weisman ..... 26  
 Realty One Group  
 - Connie Kincaid ..... 47

**SENIOR LIVING**

Ansel Park  
 - Assisted Living ..... 72  
 - Independent Living ..... 52  
 Eskaton Village ..... 58  
 Oakmont of Roseville ..... 46  
 Paradise Valley Estates ..... 48  
 Sonrisa ..... 74  
 Summerset ..... 32

**SENIOR TRANSITIONS**

New Leaf ..... 82

**SHREDDING**

RedDog Shredz ..... 62

**SPRINKLER SERVICES**

Gary's Sprinkler Repair ..... 62  
 Sprinkler Medic ..... 83

**TRANSPORTATION**

Apex Airport Transportation .... 78

**TRAVEL**

Club Cruise ..... 104

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