

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

17 Flower Power

19 The Art of Spring



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

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ROCKLIN, CA 95677

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VACAVILLE, CA 95688

ELK GROVE

(COMING SOON!)

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MARTINA
McBRIDE



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On the Cover

Blooming azaleas signify prosperity and grace.

Photo by Linda Lucchetti.

See article page 17.

Calendar of Events

May 16 - June 14

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

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SIGN UP FOR ENEWS



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

Upcoming Association Meetings: May 15 – June 15	
ARC/Architectural Review Committee	Monday, May 15, 9:00 AM
Finance Committee	Wednesday, May 17, 9:00 AM
Election Day & Annual Meeting	Thursday, May 18, 9:00 AM
Board of Directors	Thursday, May 25, 9:00 AM
Board of Directors Executive Session	Thursday, May 25, 11:30 AM
Properties Committee	Thursday, June 1, 9:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, June 6, 9:30 AM
Compliance Committee	Wednesday, June 7, 9:00 AM
Board of Directors Workshop	Thursday, June 8, 10:00 AM
Board of Directors Executive Session	Thursday, June 8, 1:00 PM
ARC/Architectural Review Committee	Monday, June 12, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, June 13, 10:00 AM
Finance Committee	Thursday, June 15, 9:00 AM

Meetings subject to change. Visit schresidents.com for the most up to date information.

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
- Compliance Committee

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

Holiday Hours | Memorial Day | Monday, May 29

Lifestyle Desk OC/KS.....	8:00 AM - 4:00 PM
Administration & Membership	Closed
WellFit OC/KS	5:30 AM - 5:00 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	8:00 AM - 3:00 PM
Meridians Restaurant & Bar	7:00 AM - 3:00 PM



Board of Directors' Report

Laura Thiele, Treasurer

After four years, I am about to leave the Board of Directors. I want you to know that I have never been more optimistic about our Association's future. In the last four years, we have had four Executive Directors, which has been difficult for everyone. We have survived the largest health crisis in a century and endured the biggest inflation spike in 40 years. Through it all, our Association remains strong.

Since joining the Finance Committee in 2017, our Reserve Fund's cash and investments have almost doubled to \$12 million. This was a conscious effort by many Boards to strengthen our reserves, as recommended by the Finance Committee. This resulted in higher dues, but our dues still remain low compared to other Associations in the

area with similar amenities and are in line with inflation.

We have not only survived but have thrived. We remain financially strong. Our community remains gorgeous – our lodges, Sports Plaza, and open spaces. If you attended the Neighborhood Watch Safety symposium, you heard from our Police Chief that we are a very safe community in a low-crime town. Our level of activity is beginning to return to pre-pandemic levels. Both the *It's The Lifestyle!* Expo and the Home, Health, and Business Showcase were packed, and our entertainment routinely sells out.

It has been an honor and privilege to have served on the Board of Directors. I look forward to seeing you at our concerts, performances, club events, and business meetings.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

Spring is in the air! After a winter of much-needed rain, it is nice to be entering into days of sunshine. Besides enjoying the vitality that spring brings, it is also a great time to enhance and review the vitality of your property. There is the obvious care of your home, including landscaping and exterior, but it is also important to point out some safety items that every owner is responsible for. Please be sure that the sidewalk in front of your home is free of any hazards, such as tree limbs and debris from trees, such as fruit, and that irrigation or other drainage is not leaving slip hazards. Other home landscape safety items include keeping tree limbs off neighboring fences and trimming back shrubs that can impede visibility between your driveway and street. While we are talking about spring home projects, it's also important to note that contractor signs, such as landscapers, painters, and solar companies, are not allowed on your property.

Home and personal safety are important any time of year and it is worth noting the highlights of the annual Neighborhood Watch Spring Safety Symposium in April. Lincoln Police & Fire Chief Matt Alves reviewed improvements the City of Lincoln has made, such as the replacement of police vehicles, hiring nine new firefighters, training and certify a traffic officer for motorcycle use, and update response areas to better analyze crime. Presenters also discussed concerns of elder abuse, including types of physical, psychological, and financial abuse. Another important piece of information is the phone number '211' for essential community services and to find assistance resources near you. This is not to be mistaken for the emergency services number '911'. Go to 211connectingpoint.org/placer-county/ to learn more. To see the entire Symposium, visit the Resident Website and click on the NW Spring Safety Symposium in the 2023 videos.



Properties Committee

April Meeting Report

Bill Szabo, Chair

The Committee Chair announced John White as the new Vice Chair at the beginning of the April 6 meeting. Michael Mazikowski, our new member, attended the meeting on Zoom.

Executive Director's Report: Approved in progress projects – OC skylights replacement, OC fitness strength equipment and flooring replacement, and KS WellFit exterior blinds. Proposed/Pending Projects - Kilaga Springs Café enhancement plus Ballroom & Presentation Hall AV upgrade.

Facilities Maintenance Update: North tower water feature lighting, Softball clock repair/replacement, sink-holes on wetlands trail, open space wire fencing along the property line – checking with WHF, Bocce stair railings, 6 feet courtesy cut along open space, grazing starts mid-May, skylight projects, outdoor pools – completing walkway work and scheduled to open on May 1, smaller south entry waterfall – now working, All sliding door projects completed.

Unfinished Business: Inspection Reports - OC fitness center, outdoor pools, and Orchard Creek Lodge will be delivered at the May 4 meeting. **Liaisons Reports** – Accessibility: Forum to be held on June 27 and considering forming a new committee, “People in Crisis.” Finance – Proposals forwarded to Finance were accepted and sent to the Board for approval.

New Business: These proposals were accepted and sent to the Finance Committee: Pickleball and Tennis Courts resurfacing, softball and facilities parking lot repair, resurfacing and restriping, Kilaga Springs water heater and mixing valve replacement, bark replacement throughout the community, refresh Meridians decor starting with hiring a design service.

As always, if you see any problems or maintenance issues with any facility, please report them to: Erik Rosales, Facilities and Maintenance Manager for general maintenance or Willie Mayberry, Landscape Supervisor, and Properties Committee chair.



Accessibility Committee

Pilot Program Task Force Work Gets Underway

Judie Panneton, Chair

An Accessibility Committee Task Force has been appointed to work on a pilot program for a resource connector to provide information to residents in crisis. The task force is led by committee member Marcia VanWagner with other members including Tamara Theodore and Denny Valentine (both serve on the Accessibility Committee,) Pat Togstad, from Neighbors InDeed, Linda Minor from Neighborhood Watch, Laura Thiele, an Association Board member and Lisa Hammons, from the Association staff. The Lincoln Hill's Foundation will be represented by Valentine, who also serves on the Foundation's board.

VanWagner proposed the task force at the committee's March meeting, and it was unanimously approved after she explained that when people are in crisis mode, they need someone to help them think through their problems so they can make good decisions for themselves.

When its work is done, the task force will bring its proposal to the full Accessibility Committee, which could vote on whether to approve sending it to the Board of Directors for consideration at an upcoming meeting.

For the discussion on the task force formation and progress, go to the Resident Website videos link to view the committee's March and April meetings.

Another matter that is often discussed at the Accessibility Committee meetings, transportation, has led to another community forum. Mike Costa, a Senior Transportation Planner with the Placer County Transportation Planning Agency, has agreed to come to Lincoln Hills in August. His presentation will include what is available, and residents will be able to share their requests for assistance with getting to and from locations inside and outside this community. See the *Compass* and eNews updates for details of where and when the presentation will be given.



Architectural Review Committee

A Good Time for Action

Gary Shamber, Chair

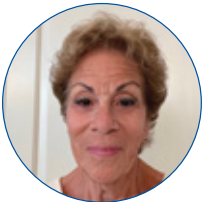
Spring is here! Time to deep clean the house, wash the windows and do some upgrade projects. Want to paint your home? Perhaps make some changes to your landscaping, put in artificial turf, or install that courtyard you've been wanting? This is the time. But where do you start?

Well, first, you need a plan. If it is complicated or involved, you may consider consulting with a contractor on your ideas. Before solidifying your plan, make sure to read and understand the applicable sections of the Design Guidelines and incorporate these requirements into the plan.

You can find the Design Guidelines on the Architectural Review Committee (ARC) page of the Resident Website. If you have any questions regarding the guidelines, email ARC and they will be promptly answered.

Community Standards and ARC are also available to assist with those complicated projects. Once you have completed your plan, the next step is to prepare and submit an ARC application. The Application and associated Check Sheets tell you what to include in your application package. Once you complete two copies of your application, then submit them to the ARC drop box at Orchard Creek Lodge near the Lifestyle Desk. You will then be put on the ARC meeting schedule for review.

You or your contractor can come to the ARC committee meeting to review your application with us in person, but you do not have to. If everything required is submitted and the details of your scope are aligned with the Design Guidelines, then your application will be approved, and you can proceed with your project and enjoy that new courtyard.



Compliance Committee

Safe and Beautiful Neighborhoods

Lynne White, Chair

Trees, shrubs, or bushes may have grown to the point that sweeping debris from sidewalks is necessary to create a walkable, pedestrian-friendly environment. Property owners are responsible for maintaining the sidewalks adjacent to their property, ensuring that vegetation, debris, and litter do not block access for pedestrians. In addition, make sure your trees and vegetation are not blocking clear visibility at intersections and driveways. It is critical to traffic safety that a driver's line of sight remains free and clear of obstructions.

All front yards require one street tree that is a minimum of fifteen gallons. The planting height must be at least 6 feet from the adjacent ground level. As your tree matures, your tree branches may grow onto a neighbor's property. The neighbor has the right to trim them to the property line. Because your neighbor cannot enter your property to cut the

branches, the Compliance Committee suggests that a good rule of thumb is for your neighbor to notify you before cutting any branches. You may want to share the costs or pay for the cost should pruning be more extensive.

If you have an original tree or planning to plant a new tree, the Design Guidelines have extensive useful information on setbacks, drought tolerance, root damage potential, growth rate, height, and spread of each tree. There are also descriptions of how your tree will look at full maturity. Depending on the type of tree you have now or will plant in the future, choose a tree that suits you. Take the time to investigate whether a tree is low maintenance or will require trimming, pruning, or cleaning up.

Safe neighborhoods along with well-maintained landscaping, are part of why Lincoln Hills is a special place to live.



Clubs and Community Organizations Committee Opportunities Abound

George Herrmann, Vice Chair

The Clubs and Community Organizations Committee (CCOC) reviews revisions of club bylaws. At our April meeting, the CCOC reviewed bylaws from the Paper Arts Club and the Woodcarvers Club. Representatives that were present at the meeting from Woodcarvers told us that they were thrilled that they signed up new members at the "It's a Lifestyle" Expo.

Interestingly, when the Woodcarvers Club began, it was mostly men. Today, it is mostly women.

The Paper Arts Club, with over one hundred members, is working on a website that will inform potential new members about what they have to offer.

Clubs are eager for new members. They reach out to our residents in many ways. When you read the *Compass*, look at the section on Club News. If you are thinking of joining a club, contact information is provided. Everyone is welcome to visit a

club meeting or event to see if it is something that piques their interest. Another source of information is the Resident Website. There is a comprehensive list of clubs and additional contact information. With 70 clubs in our community, there are wonderful opportunities to connect with people that share your interests. Some of the benefits of joining a club include forming new friendships, learning new skills, and having fun.

In April, the CCOC created a task force to update the Club Information and Guidelines Handbook. Just as clubs revise their bylaws, the CCOC will meet to revise the handbook. It is important for clubs and the CCOC to edit and update documents.

Volunteering is a vital part of keeping Lincoln Hills a premier 55+ active adult community. We have openings for volunteers on the CCOC. We meet the first Tuesday of every month at 9:30 AM in the Solarium. Come join us.

19th annual
**FINE ARTS SHOW
& SALE**

ORCHARD CREEK BALLROOM
Sun City Lincoln Hills
965 Orchard Creek Lane
Lincoln, CA 95648

Friday, June 9: 5:30pm - 8:00 pm
Saturday, June 10: 9:00am - 5:00pm
Sunday, June 11: 9:00am - 3:00pm

FREE - PUBLIC WELCOME!

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"Calm at Sea" 2022 Best of Show - Oil by Chuck Gebhardt

LIVE MUSIC
& RAFFLES
DAILY!



"Black & Colors Cati"
2022 1st Ceramics - Janie Chlubna



"Little Rabbit"
2022 1st Photography - Bob Baikauskas



"King at Rest"
2022 1st Paintings - Liz Wilmes



Finance Committee

March Report

Fred Raach, Chair

Total financial results at the end of March are essentially on plan (budget). Revenue is \$42,000 (3%) below plan but more than offset by expense savings of \$24,000. Net results in March were \$22,000 better than planned, the second consecutive positive month, which has eliminated the deficit in January. The chart below shows the year-to-date performance compared to plan for each department.

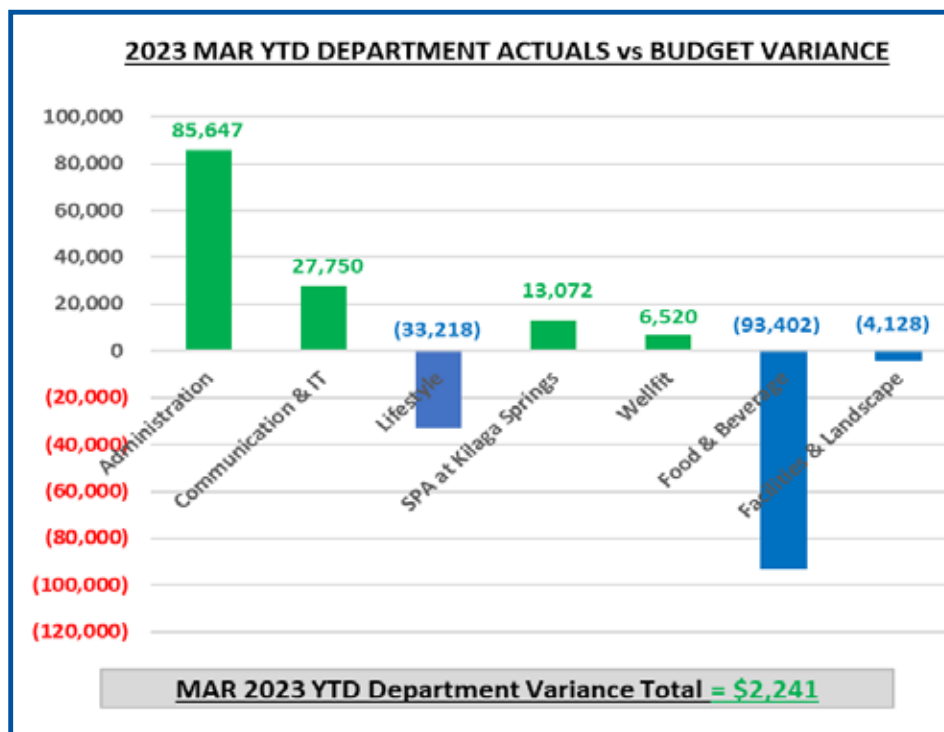
Reduced personnel expenses from open positions were responsible for the positive results in the Administration and Spa Departments and contributed to Communications and IT Department's results. Food and Beverage results were significantly worse than plan in January and February, largely driven by the cost of sales and personnel expenses exceeding plan while revenue was below plan. In March, the plan projected a net income of \$7,000. This was not achieved, but a small (\$1,000) positive net income signaled much improvement in the management of these two expense categories. Revenue from events and trips offered by the Lifestyle Department continued to be lower than planned in March, increasing the loss for the year.

Reserve expenditures in March were \$175,000, raising the year-to-date amount to \$274,000. At the end of the month, the reserve fund totaled \$12.4 million.

To take advantage of the higher interest rates now available, essentially all cash is now invested at UBS. There were no withdrawals from the Community Enhancement Fund in March.

In addition to the normal monthly review of the financial data and department-liaison function of Finance Committee members, in March, members spent many hours also working on the LED conversion project and the Accounting Policy revision, presented at the April Committee meeting, and compiling and analyzing data on landscape costs, not covered by the Bianco contract, in support of the Landscape Cost Reduction Committee.

Committee members, the Executive Director, other staff personnel, and members of the Board analyzed three bids at length and developed and analyzed projections of potential savings to ensure the conversion of the lights at the Sports Plaza would provide the desired level of illumination and recoup the cost in a reasonable time frame. The cost of the conversion, \$250,000-\$300,000, will be paid from reserves. Generally, reserve expenditures have been limited to replacing items that have reached the end of their useful lives. The funding of this project recognizes that replacement prior to the end of the useful life may be justified if the replacement is a good financial decision for the Association.





**Election Day is Right Around the Corner!
Don't Forget to Vote!**

There are six candidates running for four Board of Director positions; additionally, there is a proposed amendment to change existing bylaws for replacing Association management.

Important Things to Know:

- All ballots must be received at the Inspector of Election (IOE) or in the ballot box inside Orchard Creek Lodge, no later than **3:00 PM, May 17**.
- Candidate Statements, Member Issue Statements, Candidate videos, Member Issue Statement videos, and Candidate Forum videos can be viewed on the Resident Website.



Make Your Ballot Count:

- All four votes can be cast for one candidate, OR votes can be divided among separate candidates.
- Total votes cast for candidates cannot exceed four.
- A “yes” or a “no” vote can be cast for the proposed amendment.
- Be sure to sign the white outer envelope. Unsigned envelopes will be invalid.
- DO NOT make any additional marks or comments on the ballot, or it will be invalidated.
- Made an error on your ballot? Contact the Membership Desk for instructions on how to receive a replacement (you must return the damaged ballot to receive a new one).
- Make sure your ballot is **RECEIVED** by the Inspector of Elections by **3:00 PM May 17**.
- You may drop your ballot in the Election Box inside Orchard Creek Lodge or hand-deliver it to the Inspector of Elections no later than 3:00 PM, May 17.

Date	Day	Event
May 17	Wednesday	All Ballots due by 3:00 PM
May 18	Thursday	Ballot Count begins 9:00 AM; Annual Meeting of Members; New Board seated

For more information, contact the Elections Committee at Elections.Committee@sclhca.com, or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab.



Lifestyle News & Happenings

Information and Communication is Key to Enjoyment

Allison Sertic, Lifestyle Manager

Good planning makes for better experiences in most situations – learning and being prepared before you attend concerts and shows at Lincoln Hills will help you *and* the resident volunteers who work at such events. If you plan to attend any Summer Amphitheatre Concert Series SACS shows (SACS), please read through the updated Guidelines and FAQs before you come. All guidelines are created and enforced to keep all attendees, and the Association, safe and sound.

Speaking of sound, do you know that the Association has varied options for hearing support? Whether you have cochlear implants or wear hearing aids, or do not and just want a little amplification, we have different supports and devices that can improve your experiences while at Lifestyle events or Association meetings. It is extremely beneficial for you to make an appointment with either

Suzanne Hughes or Jeff Caponera to go over the options and find what works best for you. Once that is done, the Lifestyle desks will know what you need each and every time.

We also have options when it comes to seating at concerts, shows, events, and on trips. An updated seating plan in the Ballroom now offers up to 64 reservable chairs that can be removed for accessibility. Seating on the sides is also available for anyone needing more space than their reserved chair allows. Our Lifestyle team would love to answer your questions and assist you while you are purchasing tickets and at the events themselves. Regarding Trips, Scott Cason is happy to discuss support and accommodations that may be available.

We truly want to provide the best experiences for every resident and participant. Please, help us by being proactive – ask questions and provide information, so we can all enjoy ourselves together.

KNOW BEFORE YOU GO

For the best experience from the beginning through the end of the concert season, read the updated SACS Guidelines and FAQs!

Find them online at
sclhresidents.com/guidelines
 Hard copies are available at the Lifestyle desks.



*Here's to an enjoyable and safe concert season
for everyone!*





The Spa at Kilaga Springs
Springtime Skincare
KarriLynn Keith, Spa Manager

Spring is finally here—goodbye cold, dry air, and hello sunshine and blue skies! Making a few tweaks to your spring skincare routine will help rejuvenate your skin after the harsh winter months and prepare it for the summer sun.

In the spring, it is important to establish an exfoliation routine to buff off dry, dead skin that accumulates during the winter months. Regular exfoliation helps prevent clogged pores and makes your skincare products more effective. Adding an exfoliator to your skincare routine this spring will keep your skin glowing and soft.

Depending on your skin type and current skincare products, chemical or mechanical exfoliators may work better. Chemical exfoliators are a great choice for people with dry or sensitive skin. Mechanical exfoliators provide a more intense exfoliation for people with naturally thick or oily skin

and should be applied gently in small, circular motions for at least 30 seconds before being rinsed off with warm water.

Remember, over-exfoliating can cause your skin to become dry, red, or irritated. Add exfoliation into your nighttime skincare routine once or twice a week for the best results. Switch out your heavy winter moisturizer with a more lightweight hydrating serum or moisturizer since thick moisturizers can make your skin feel greasy once the temperature and humidity levels increase in spring.

Finally, add SPF for daytime use as the last step in your spring skincare routine. More time outside means your skin will be more exposed to harmful UV rays, so adding products that protect your skin from sun damage is essential in the springtime.

Let our amazing and talented Estheticians transform your skin with one of our Comfort Zone facials this May!



DO YOU SPA?

Give Away!

Schedule today and receive a **FREE Beauty Flash Kit** containing 3 amazing Ampoules and discover how to transform your skin and restore a youthful glow!!
 (\$25 value)



Transform your skin with our soothing, rejuvenating treatments from Comfort Zone that hydrate dry skin, improve sun damage and reduce the signs of aging.

Ultimate Hydration Facial \$129
 Revitalize and Renew Facial \$149



Celebrate the amazing man in your life. Treat him to a day of relaxation and rejuvenation to put the swing back in his Golf Game with one of our amazing Custom Massage Services and receive a **FREE CBD or Hot Stone Treatment Upgrade!** (\$25 value)



Kilaga Spa Gift Card is the perfect gift for the most important man in your life. Celebrate him this Father's Day with the Gift of Relaxation!!!

Kilaga Springs Spa 1187 Sun City Blvd., Lincoln, CA 95648 | 916-408-4290 | kilagaspringsspa.com



WellFit News

Summer + Pool = Fun

Deborah McIlvain, Lifestyle, WellFit & Spa Director

The Pools are open, and I'm sure you are all just as ready for the summer and some warmer weather as I am.

Here are some hints for preparing for the summer months at the poolside. Wear your water shoes they are great if you have sensitive feet, and they will provide better traction on the pool floor and protect your feet. Do not wear your water shoes from the parking lot to the pools, as this can bring in dirt and small pebbles.

Although you may not notice, you still sweat while in the pool, especially if you are exercising. So, It is important to drink plenty of water. Don't forget your sunscreen, did you know that The Spa at Kilaga Springs sells Image sunscreen?

There are several exercises you can do while in the pool. **Water walking or jogging** (forward,

backward, and sideways.) **Forward and side lunges** - stand near a wall for support, if needed, and take a big lunge step forward. **One leg stand/balance** - stand on one leg while raising the other knee to hip level. Place a noodle under the raised leg so it forms a "U" with your foot in the center of the U. Hold for 30 seconds. **Sidestepping** - good for balance and hip work. **Pushups** - use the pool's edge and place your hand's shoulder width apart.

Check out the ad below, WellFit is making some minor changes to the name of our drop-in pass. The word Punch pass has been around for 20 years. This came about when we actually had paper passes that you received for your drop-in classes. All of your drop-in classes will end with the word "pass." Nothing else changes, so continue to enjoy all the classes that WellFit provides.

Effective June 1, we're restructuring our Pass titles...

...but the prices and expiration dates remain the same!

- A Punch Pass is now called a "**GROUP EX PASS.**"
- If you want to drop in on a Small Group Training class, it will require an "**SGT PASS**" (only select SGT classes).
- Watch for new upcoming Wellness classes that will require a "**WELLNESS PASS.**"

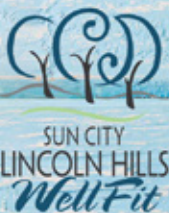
Group EX Pass (formerly Punch Pass) Single \$5.50

Fast Pass Single \$3.50

SGT Pass Single \$25

Wellness Pass (includes all Tai Chi classes) Single \$15

THERE WILL BE
NO CHANGE TO
CURRENT PUNCH
PASSES ON YOUR
ACCOUNT!



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FD2262

**CALVARY CEMETERY
& FUNERAL CENTER**



Harvesting flowers for eating



Flowers for Eating and Treating

Shirley Schultz, Roving Reporter

The list of edible flowers is long: dandelions, daisies, honeysuckle, lavender, mums, nasturtium, roses, and many others. A site called *The Seed Collection* offers some helpful suggestions for safety before munching away on flavorful and colorful blossoms: 1) Eat only pesticide-free flowers from your own garden to avoid ingesting chemicals or animal waste that might be on them from public areas; 2) Be knowledgeable about what flowers are safe to eat versus which ones can be toxic or lethal; 3) Always eat flowers in moderation to avoid an unexpected allergic reaction.

Edible is different than palatable, as the flowers may be safe but not taste good. The petals are the leafy part surrounding a central stalk or stigma coming out of the center, and this, in turn,

is surrounded by stalks with seeds on them called the stamen. Generally, eating only the petals and removing the stamens and pistils is recommended. A good resource for safety is the *AMA Handbook of Poisonous and Injurious Plants*.



Foxglove

The University of Minnesota Extension offers many serving suggestions for some popular edible flowers. Only a few of those suggestions are adapted for citation here.

- **Nasturtium.** You can eat the flowers and the leaves to get a peppery taste in salads or garnish.

- **Daylily.** The flower bud tastes like green beans and eggplant, but the flower is milder. Petals are used in dips, pancakes, and frittatas, whereas dried buds are used in Chinese sweet and sour soup.

- **Yucca.** Sauté, boil, roast, or dry and lightly season the flowers to add to salads or to thicken soups.

Flowers can not only be edible but they have been used for medicinal purposes for centuries. Volumes have been written about using plants for medicine, but this article will mention only a few plants from which drugs are derived.



Marigold

- Marigolds are generally used as tinctures, ointments, and infusions in Ayurvedic and Unani medicine to treat wounds of the

- **Digitalis or Digoxin,** derived from beautiful Foxglove, is used by prescription only to treat the failing heart by increasing the intensity of muscle contractions and slowing the heart rate.

- **Opiates like Morphine** are derived from the Opium Poppy (*Papaver somniferum*). These drugs are strong painkillers, but prescribing them is controlled due to their highly addictive nature.

Enjoy and ingest flowers.



-  Interior & Exterior Painting
-  Pressure Washing
-  Dry Rot Repair
-  Construction

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**Celebrating Life's Journey –
Your Family is Our Family!**

Victoria Mosur, D.D.S.



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The classic springtime tulip represents perfect love



Flower Power

Linda Lucchetti, Roving Reporter



The orange Clivia represents might and resolute

The spring season kicks off a vibrant show featuring several “stars.” One is the weather, which typically turns warm and sunny. The other is an abundance of blooming flowers. With so many colors, shapes, and varieties, their beauty and elegance fittingly draw us into a time of hope and renewal – the perfect stars of the show.

There are more than 400,000 types of flowers in the world. Yet,

many floral aficionados may not be aware of their underlying symbolism and meaning. Behind the petals, stems, and buds sprouts a language called floriography that outlines unspoken messages. Once understood, we may never look at a flower in the same way.

Dating back to ancient times, flowers have been associated with life and emotions. In Egypt, the water lily signified rebirth. In Greece, the red poppy was a nod to Hypnos, the god of sleep.

Flowers steal the scene in Shakespeare’s plays. (What’s in a name? That which we call a rose.)

During the Victorian era, flowers flourished as a pathway to convey unvoiced messages —positive or negative. It wasn’t just about the individual flower but the arrangement itself that divulged meaning. There was symbolism in the number of flowers presented, the color of

the ribbon, and how it was tied. A ribbon tied to the left revealed the meaning applied to the giver, whereas tied to the right, the sentiment pointed to the recipient. A wilted bouquet delivered an obvious message!

It’s fun to unearth the meaning of various flowers. For instance, a carnation symbolizes fascination, female love, and mother’s love. (Hint: Mothers’ Day.) A red carnation means deep love, a pink carnation means unforgettable love, and a yellow carnation is about disappointment.

Like the carnation, roses have multiple meanings based on their color. A white rose indicates purity, a red rose (popular on Valentine’s Day) means love, a pink rose means grace, an orange rose means desire and a lavender rose means love at first sight.

Flowers are a centerpiece of a wedding. A long-time tradition has been the selection of the bridal bouquet based on flowering symbolism. For example, Kate Middleton, now the Duchess of Cambridge, chose a white bouquet including the lily of the valley (trustworthiness), sweet William (for her groom, Prince William), and ivy (continuity.)

Flowers may be dainty and fragile, but there’s power in their purporting. What will your next bouquet be telling you?



A bridal bouquet marries flowers and their meanings

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“Lincoln Poppies” by Tamsen Armstrong



The Art of Spring

David Wright, Roving Reporter



Tamsen painting “en plein air”

Lincoln Hills buzzes to life after a long winter’s nap, and resident artists spring into action. The floral flush may have come late this year, but now that the poppies have popped and the blossoms have bloomed, Painters Club canvases fill with flowers, trees, birds, and bees.

Tamsen Armstrong faces her easel, framing her next creation in

her mind. Like most true artists, when asked what she is painting, she answers, “You’ll find out when I am finished.” She is not being rude. She just does not know yet. Although she sketches her vision and fills in the details along the way, sometimes there are “happy accidents.” Lighting changes or altered focal points can turn a mishap into a masterpiece.

Growing up with an artist father, painting is in Tamsen’s DNA. After she and her husband, Jeff, moved to Lincoln Hills in 2018, the retired high school English teacher joined the Painters Club and even volunteered to be the group’s Communications Chair. Between visiting her daughters and spoiling her grandson, she spends her days brushing up on her brushwork and promoting the 100-member club.

The group welcomes all two-dimensional artisans, regardless

of skill level. Tamsen explains, “Everyone is on their own personal artistic pathway, with some looking for comradery and inspiration and others exposure to new techniques and styles. Our goal is to encourage our members to participate in our programs, learn from each other and have fun.”

Oil, acrylic, watercolor, pastel, and ink artists have found a club that is pleasing to their pallets. Some members have extensive professional experience. A few, like Tamsen, have even studied in Paris workshops. Others are more casual—perhaps sprouting from Bob Ross reruns on PBS. No matter what their level, all artists get to escape to their “own little world” as they discover their individual strokes of genius.

The budding Van Goghs and Monets share their flowery portraits in public displays at our lodges, local businesses, commercial galleries, and the Art League of Lincoln. Next month, the 19th annual Lincoln Hills Fine Arts Show will feature their latest works.



Tamsen finds painting easy as A-“Bee”-C

Like bees emerging from their winter hives, resident artists leave the casitas and repurposed bedrooms of their home art studios. Spring showers have indeed brought May flowers, and Tamsen Armstrong and members of the Painters Club find their inspiration in the great outdoors—painting “en plein air” and always seeing the big picture.



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Birds And Bees—It’s Bloomin’ Spring!

Teresa Tanin, Neighborhood Watch

Look around, and you will see all the earmarks of spring. A beautiful time of year and a great time to get up and get out. Spring into action and attend the following Neighborhood Watch (NW) informative events:

Workshop, June 9, 2:00 to 3:30 PM, Fine Arts/MP Rooms (OC) for new and continuing volunteers. Attendees learn how to collect and manage residents’ contact information, how to form group emails to send BCC, and how to sign up for “Alerts.” Training also includes the importance of disseminating information to residents through the NW website sclhwatch.org, such as direct links to the Lincoln Police

Departments’ live interactive incidents map, *Project Lifesaver* locating loved ones, Placer County PROTECTS senior outreach, and the 24/7 Placer County 2-1-1 referral service. This and other information was offered during the annual Safety Symposium. Those who could not attend the April 6 symposium can view the entire video on the Resident Website under Community Forum 2023 Videos, NW Safety Symposium.

The General Meeting held May 10, 1:00 to 3:00 PM, Fine Arts Room (OC) offered residents information into the operation of Neighborhood Watch. The Annual Breakfast Potluck Meeting for which Directors are

elected will be held November 4, Kitchen/MP Rooms (KS). All residents are invited to attend these meetings. Mailbox Captains and Village Coordinators who are voting members are encouraged to attend.

Spring into action and attend the informative events posted above. You’ll be glad you did!





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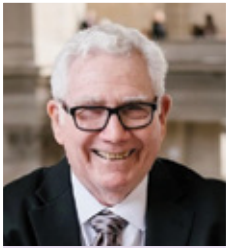
Bernard (Bernie) R. Damele

Bernie was a proud family man with sentimental ties to his Italian American heritage. Gardening was a lifelong passion. He was a partner in Oakland Scavenger Co. for 20 years. He also loved cooking and enjoying Italian meals and ended up owning and operating Antonio's Restaurant in San Leandro. He then worked for Miller Meat Packing Co. He loved listening and dancing to Italian American music. He married Gesa Payne, and they retired here, where they enjoyed socializing and golfing. He is dearly missed by Gesa, his partner of 38 years, his children, stepchildren, sisters, and all his wonderful friends.



Charles (Chuck) Glahn

A Native Californian, Charles grew up in Fresno and graduated from Fresno State. His first job was with Gerber Baby Food Company. He then progressed as Regional Manager with Ralston Purina and later with Heinz Corporation. He and his wife acquired a small pet food manufacturing plant in San Leandro, which they operated until they sold it and retired in 1997. Charles' greatest joy was traveling across the US in their motorhome, sharing their motto: "Dolittle, Livewell & Seymore." He will be greatly missed by his wife, Laila, of 38 years, his son, wife and stepdaughter, two grandchildren, his sister, and nephews.



Bill Laws

Bill graduated Fresno State with his Masters, he first worked for PRIDE Industries in Roseville. He held positions with the State of California and then with State Teacher's Retirement System, where he was the author and first manager to implement the Rehabilitation Program. His last position before retirement was with STRS as an Associate Program Analyst and Associate Investment Manager. He and his wife of 66 years were among the first to move here, buying their house the day it opened. Bill was the Founder and Director of "The Second Cup of Coffee," where residents were hosted in the Laws' home, and then when it grew too large, they met in Orchard Creek Lodge. The meetings consisted of roundtable discussion topics and guest speakers. The group eventually grew to 250 members. Bill enjoyed meeting friends and participating in many activities here. He is especially missed by his wife, Joy, two sons, daughter-in-law, two grandsons, a granddaughter, and three great-grandchildren.



Diane C. Romero

Diane was a native San Franciscan, graduating from Presentation High School. She worked at Crocker Bank until her first son was born. She married Peter Cresci in 1976 and had another son. They purchased Empire Electric Construction Co. in San Francisco, which they ran together. She lost Peter in 1994. After retiring, she moved here and was fortunate enough to meet Don Romero, whom she married in 2014. Together they traveled and especially loved Maui and Mexico. Diane enjoyed Bingo, the fitness center, and the "Ladies Night Out" group. She is missed by her family and many friends.

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

Library News

We are receiving a large amount of very old books. Please look at the back of the title page, and you will see a copyright date. We cannot use the book if the date is 2015 or earlier. We appreciate every donation but need the copyright to be after 2016.



A new addition to the "Author's Series" books is in the space bordering the paperbacks. If you are interested in upcoming speakers, now is your chance to check out their books.

My newest read is *The Ways We Hide* by Kristina McMorris. Set in WWII, this is a story of an escape artist who is asked by the British Military to help them. A very good read.

Contacts: Sandy Melnick at 916-408-1035 for donations; Sarah Keven at 408-858-0880 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, May 25, and June 22. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded.

Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30 PM and games begin at 1:00 PM. Email lincolnhillsfoundation@gmail.com to reserve a table for eight.



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Amateur Radio

Our group participated in the Annual It's the Lifestyle Expo at OC. Jim, K6GYM, John, NQ6Q, and Art, KI6GYY, hosted the group's table which had a working radio and antenna set up. Several folks stopped by and signed our log. Our Hams & Coffee get-togethers held at KS Café are fun and educational, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Meetings are held at the South Tower every Monday at 6:30 PM. Our group 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
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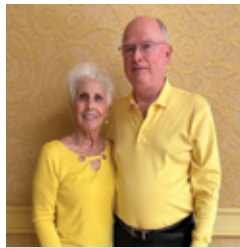


Club Expo - Dan, KN6DRN, John, NQ6Q, Jim, K6GYM



Ballroom Dance

We recently participated in the Tap Company production entitled "Let's Dance Again." The event took place from March 30 to April 2, and featured many talented dancers and singers from Lincoln Hills. Our club was especially proud of Sal & Ruth Algeri and Mark & Karen Worley, who performed a number entitled "Whatchugot." The couples danced to the East and West Coast Swing. Well done Sal, Ruth, Mark and Karen! You were terrific!



Jan and Terry Naylor

On April 29, the club hosted its Spring Potluck. The theme for this event was entitled "Springtime in Paris." More information about the "Springtime in Paris" potluck will be written in next month's article.

Contact: Sal Algeri 916-408-4752



presentations spontaneously, so keep looking here for more information. On May 15, we celebrated our camaraderie as a Club with the Renaissance Society of Sacramento State. New and old members alike were treated to lunch and fun in the Sports Pavilion. In the fall, we will resume. Join us for peer-to-peer learning on Zoom every Monday from 10:00 to 11:30 AM.

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



Bird

One of the best things about birding is that you can do it practically anywhere. While the group does make some excursions to some excellent facilities away from the area, most of our activity is here at home. Here are some notes from Ruth Baylis about a local walk on



Owlets on Canyon Oaks Trail by Linda Morley



Big History

Welcome to all the new members who joined us during the It's a Lifestyle Expo on March 21. We are glad to have you on board and hope you enjoyed the presentations you have heard so far. We are on hiatus for the summer. However, we are known to add exciting

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April 14. "Friday was a beautiful morning for our walk along the Canyon Oaks Trail. We sighted 40 species, with the highlight being a Great Horned Owl nest with two owlets and a parent visible. A Black-throated Gray Warbler was another good find, as well as a Brown-headed Cowbird." We meet at KS at 1:30 PM on the second Monday, but in June, we will meet at Birds of Prey Health Group at 3580 Garden Bar Road.

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



Bocce Ball, Mad Hatters

Despite the early hour, we have successfully transitioned to our 8:00 AM start time. As usual, we brought donuts to lure you out of bed on the first Thursday, and now I suggest you bring coffee. It does seem awful early, but once we start having our 100-degree days, you'll be happy that we finish by 9:30 AM. We'll continue with our

Mad Hatters Bocce Group



Thursday 8:00 AM games until November. Whether you're a long-time player or brand new to bocce, we welcome you to join us. Our teams are formed each week as people arrive, and newcomers can be paired up with friends or experienced players who are happy to explain the rules. We follow the basic standards of the Bocce Builders of America, and always try to keep things fun.

Contact: Russ Petruzzelli 408-439-1848, lhocce@gmail.com
Website: https://sclhresidents.com/group/pages/bocce-ball-group



Bridge, Duplicate

Our exchange with Sun City Roseville Duplicate Bridge Club was a great success. Our social committee has been busy, including the kick-off "Meet-Up" after bridge at Meridian's bar. Check our website for future dates and locations. Doug Murphey moderated an informative hand analysis session after our April 5 game. It was well-attended and informative. Check our website for future sessions and educational programs. Games are Wednesdays, starting at 12:30 PM in Multipurpose Room (KS), open and limited sections, and Saturdays starting at 12:30 PM in Sierra Room (KS), the open section only. Reservations need to be made at least two

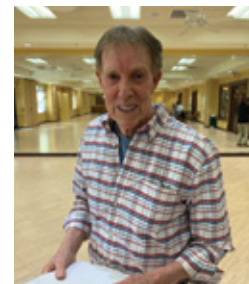
days ahead of the game with Elise Homer. For further information, go to our website. Partnership chairman: Sharon Duley 916 253-3885.

Contact: Elise Homer 916-303-0751, elisehomer@gmail.com
Website: www.bridgewebs.com/lincolnhills/



Bridge, Partners

Come to the Sierra Room (KS) by 5:15 PM, Thursdays. Play begins at 5:30 PM. May hosts are Bev/Allan Blaine, 916-409-0260. March 16 winners: first- Byron Hansen/John Butler, with grand slam assisted high round 2380; second- Nancy Rice/Carol Mayeur; third- Didi Martin/Janet Pinnell; fourth- Jyoti/Viren Sitwala. March 23: first- Chet Winton/Phil Sanderson; second- Geri/Park Miller; third- Carol Mayeur/Nancy Rice; fourth- Gretchen/Ed Thomas. Joanna/Alan Haselwood had high 1950. March 30: first- Dixie/Jim Parker; second- Phil Sanderson/Chet Winton; third- Joanna/Alan Haselwood; fourth- Jyoti/Viren Sitwala. Bev/Allan Blaine had high 1880. April 6: first- John Butler/Byron



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Hansen; second- Joanna/Alan Haselwood; third-Harry Collings/Jay Southard, with high round 1660; fourth- Chet Winton/Phil Sanderson. April 13: first- Janet Pinnell/Didi Martin; second- Barb/Bud Hunt; third- Kay/Ben Newton with high round 1690; fourth- Barbara/Tom Moran.
Contact: The hosts for June are Chris Jacobson/Chuck Dietz, 916-408-8709



Bridge, Social

Alan Haselwood and John Butler continue to be wonderful intermediate bridge instructors. Classes are Wednesdays, 10:00 AM to Noon in Card Room (OC). March 17 winners: Phil Sanderson, May Leung, Lois Burke, and Jean Beyer. March 24: May Leung, George Hubbard, Joanna Haselwood, Tereasa McCusker. March 31: Linda McDermott, Bob Moore, Bob Wehner, Carol Mayeur. April 7: Diane Johnson, Jyoti Sitwala, Nancy Griffin, Lydia King. April 14: Barbara Moran, Viren Sitwala, Lydia King, Jay Southard. Grand Slam Winners April 14: Lois Burke and Jay Southard, Viren Sitwala, and Phil Sanderson. Play starts promptly at 12:30 PM. Players should arrive by 12:15 PM. Sign-up contact for May is Joanne Quermann, 408-320-2128. Beginning Bridge Classes start

the first Wednesday in June from 8:30 to 10:00 AM with Instructor John Woodbury 760-522-8758.

Contact: Linda McDermott 408-390-4311, lindamcdermott1@mac.com



Ceramic Arts

If you missed the Clay Fest on May 6, be sure to see the Small Feats of Clay at the Art League of Lincoln. It will be showing through July 2. It's fun to get inspiration from works submitted by artists from far and wide. Another good place to get ceramic art ideas is to visit the gallery at Alpha Fired Arts. It changes every month and is varied in style and creativity. If you're new to working with clay and want more time outside of class, become a Ceramic Arts Group member so you can attend the open studio times on the weekends. Fridays are open to all residents. All day Saturday and Sunday afternoons are an opportunity for members to use the studio.

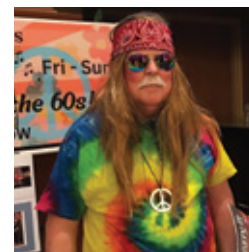
Website: www.cagsclh.net



Chorus

We presented our far-out Spring Concert, "Groovy Sounds of the 60s!" and had the Ballroom vibrating with sounds and beats from the "hip" decade. Some Chorus members even

went as far as to dress the part! Audiences grooved to the hits of the Beach Boys and The Beatles, Simon and Garfunkel, and The Mamas and The Papas, to name just a few of the artists who provided the musical soundtrack of the most impactful decade of our younger years. Now that summer is approaching, the Chorus will take a brief break and will come back in September in full force to prepare for our ever-popular Holiday Concert. Consider joining the Chorus and becoming part of the "in crowd!"



Chorus member Doug MacAdams transforms himself into a hippie dude.

Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net Website: www.lincolnhillschorus.org

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club calendar, membership form/renewal, and more. Thursday, June 1, Ken Spencer will present, "Take note of the built-in Notes app - it is Noteworthy." He will demonstrate this app that allows you to capture a quick thought, send documents, securely store passwords, keep documents, travel tickets, and more. Everything is shared amongst your Apple devices. Ask the Tech begins at 6:45 PM and our program at 7:00 PM in person, P-Hall (KS).

Contact: Jack Harris 916-913-6833, LHAUGinfo@icloud.org
Website: www.lhaug.org



Country Couples

We began the month of April with a very fun "April in Paris" dance party, which included a potluck dinner and French desserts. The tables were decorated in beautiful Parisian decor, including miniature Eiffel Tower centerpieces made by Gary Moulton. It was a fantastic dance and fun to get together for a memorable evening. Those members who enrolled in the Country



Bob, Tom, Ern and Sandra around the Eiffel Tower centerpiece

Couples Western Dance Class learned a new dance which will be included on future playlists. Also, in April, we got together at Cattlemen's Steakhouse in Roseville for Western food and lots of laughs! Our dinners out are organized by Rich Pick, our very enthusiastic Special Events Coordinator. If you have any questions, please contact us.

Contact: April Cederburg 916-390-3931

Website: www.sclhcc.com



Cribbage

"Cribbage is one of my favorite things. When the sharks fight, when a skunk stings, when I'm feeling sad, I simply remember my favorite things, and then I don't feel so bad," Elliott Levy sang waltzing down the hall on March 14. Mel Switzer rang out on March 28, "red colored matches like cute little doodles, aces, and runs that can spin people's noodles, straights that fly high like a bird without wings, Cribbage is one of my favorite things!" Bill Sanderson, April 4, and Betty Carter, April 11, sang out: "crumpled up noses and smiles on some faces, striving to win first with no second places, all double runs have their own special rings, Cribbage is one of my favorite things!" Tuesdays, 8:30 AM (OC).

Contact: 510-589-7658, melectrics@aol.com



Cyclists

First, thanks to David Sausen for writing *Compass* articles for two years! Club members who have been riding between rainstorms during the cold months of winter are now joined by "fair weather" riders. The foothills are full of spring flowers, and the trees, hills, and valleys are green. What better way to spend a morning than out on your bike? Organized rides are every Monday, Wednesday, Friday, and Sunday. Members can register and ride with experienced ride leaders. Ride groups are available for every skill level, from short/flat-ish rides to long/hilly rides. Go to the website for descriptions of the ride groups and to register for a ride. Not a member yet? Go to the website and print out a membership form.

Contact: Diane McLaughlin 530-386-1590,

dmclaughlin100@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! Check out www.trickster-cards.com/home/euchre/, if you are new to the game or need to brush up. Look for the option

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“play to 10, 9-Ace.” We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Food Adventures

April was a busy month for our club that featured our April General Meeting in P-Hall (KS) and a well-attended sampling of quickbreads in the KS Kitchen. The quickbreads were baked by club members. There was a large number of members actively participating in the event. This was the first time the club made one of our sampling events members-only after urging to do so by members over the past few months. This will be the case also in future events where the



Club Cornucopia

members have prepared the food for the event. In May, we have scheduled a Saturday luncheon at Rum Thai Restaurant in Lincoln on May 13 for over 40 members. Summer plans include several outdoor events.

Contact: **Don R. Rickgauer**
916-847-8791,
sclhFoodAdventuresClub@gmail.com



Garden

The annual Plant Sale is Saturday, May 20, from 10:30 AM to 12:30 PM at the Sports Pavilion. Street parking is available along Del Webb Blvd. Contact: Marie Salers (916-408-3895), Linda Garrett (916-409-5944), or Pat Murphy (408-306-3616). Proceeds go to the Lincoln Civic Garden Projects. Our speaker for the General Meeting (May 25, 2:00 PM, KS) is Master Gardener Fred Hoffman presenting “Save Time, Money, and Water with Container Gardening.” Farmer Fred will be sharing tips for successful gardening with plants in containers: What the best containers for plants are; reusing old potting soil; how to protect containerized plants in the summer heat; and more!



Farmer Fred

Listen to “Farmer Fred” Hoffman on The KFBK Garden Show on Newstalk 1530/KFBK, Sundays, 8:30 to 10:00 AM.

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



Genealogy

The General Meeting is now held at 10:00 AM on the third Friday of the month. The May meeting is May 19, and the speaker will be James Scott, Archivist at the Sacramento Room in the Sacramento Public Library. The topic is “Vice and Saloon Culture in Gold Rush Era in Sacramento.” After the meeting, we will meet in the KS Café, or if the weather permits, in the courtyard for a Social Hour. The club has donated two-year subscriptions of “History Magazine” and “Internet Genealogy” to the Lincoln Library at Twelve Bridges. In May, the computer lab will continue to be open to members from 1:00 to 3:00 PM on Mondays for photo scanning and research, with workshops expected to resume in June.

Contact: ritaperada@gmail.com
Website:
<https://www.suncitylhgc.com/>

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Golf

Ladies XVIII

Congratulations to our April Net Chix winner, Judy Emge, with a net score of 69 over a field of 41 players. Carol McCann hosted this tournament on the Orchard course, and first to fourth-place winners, in four flights, received payments. Flight winners were Kathi McCoy and Katherine Meske (tied 70), Ginny Smith (76), Michelle Carson (70), and Mary D'Agostini (73). A special acknowledgment goes to McCoy for a "Hole-in-One" on Hole Four and closest to the pin on Hole 11 at 3'3." The weather is improving, as is the condition on both courses, and special tournaments are in our future. Please join us at 8:00 AM each Thursday. Who will be our next Net Chix eligible to compete in the annual tournament for \$50?



Judy Emge, April Net Chix Winner

Contact: Linda Chappellear
408-499-1337,
linda_chappellear@sbcglobal.net
Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

Welcome new member, Betsy Williams! Note that May - October start times revert to 8:00 AM. Play is on the back nine. Alyce Stanwood has created a flag system to inform players if they are falling behind the pace of play. She's asking for volunteer marshals to help monitor. Volunteers receive a free 9-hole round after serving three times! Pacing Suggestions: drop off the cart buddy before moving to your ball; watch the group ahead of you and try to match their pace; plan your next shot while moving toward your ball; keep chit-chat to a minimum. The Red, White, and Blue Tournament is on June 21 (note date change). Alyce Stanwood has a sign-up sheet. The Breast Cancer Benefit is October 5. Volunteer! Contact Kim Schutz.

Contact: Nancy Hastings
Membership Chair 935-337-9391,
nhast38@yahoo.com
Website: www.lincsters.com

Men's

Get your teams together for the Spring Scramble, a four-man Scramble (ABCD). Tee-off starts at 8:00 AM on the Hills and Orchard. At the Tournament of Champions on April 4, we had an outstanding performance. John Michael shot a 69 to win the TOC. If you see

John, please stop and congratulate him on this outstanding performance. A reminder of our Request for Volunteer



Shoots 69!

Marshals for each Tournament: if for any reason you are unable to play in a specific Tournament, but are available and willing to be a Marshal, then we would really appreciate it if you would volunteer to do so. Having a Marshal on each course makes a huge difference to the overall pace-of-play, and, therefore, greatly increases the enjoyment of all Players.

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



Hiking & Walking

Walk for Wellness: the walking pace of this new group will be slower, and the distance walked shorter than the



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long-time Wednesday Walkers. Both groups will hold regular, leader-led walks every Wednesday morning. Walks begin at 8:00 AM in the winter, spring, and fall and at 7:30 AM in the summer. We typically walk on the Lincoln Hills trail system. Both groups will meet at the same time and place every week but will go at different paces and for different distances. Contact Karl Aitken, karlaitken@comcast.net, for any questions about Walk for Wellness.

Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, June 1, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their playbook of market information and observations. Discussions range from current market trends to Fed actions on rates and how these may impact us as investors. We discussed regional banks at the April meeting. The group is open to all residents. The Investor Study meeting provides an opportunity to learn about markets and ask questions. Investor Study is information only with no investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675

about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investors' Study.

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



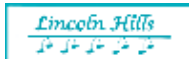
Lavender Friends

What a dump! A recent Lavender Friends outing took us to the Western Placer Waste Management (WPWM) facility in Lincoln. The WPWM's facilities include the landfill and the Materials Recovery Facility (MRF). The MRF is what makes WPWM's single-stream recycling strategy successful. After arriving, the bags are opened, and the trash moves along conveyer belts, where workers remove items that can be recycled or composted. Then the recyclables are sold to companies for repurposing. The facility can respond quickly to changing market conditions by adjusting what the sorters collect. It was good to know they are on the job



Turning trash into treasure

turning our trash into treasure. Lavender Friends is a club for LGBTQ residents and their allies. Contact: Sandi Dolbee 916-409-2156, Sandidolbee@yahoo.com Website: www.lavenderfriends.com



Line Dance

April was a busy month for line dancing. Our free workshop early in the month was a huge success. Three instructors, Ellen Russell, Cathy Paris, and Yvonne Krause, taught many newcomers fun Absolute Beginner Dances. Everyone had a great time, danced to great music, and learned what line dancing is all about. Toward the end of the month, we had our free Spring Social. At this event, we had well over 60 dancers, and every level, from Absolute Beginner to Advanced, was taught by our instructors. It's a bit early, but the more experienced dancers may want to consider the Las Vegas Dance Explosion, the largest line dance event in the country, coming in November. Reservations are already being taken. Call Yvonne for details.

Contact: Yvonne Krause 916-408-2040



Mah Jongg, Chinese

Warmer weather and longer days at last! Why not enjoy them with a little Chinese Mah Jongg? For those unfamiliar

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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 interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

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



Mah Jongg, National

Mah Jongg originated in China in the 1850s when early craftsmen hand-painted tiles made from bone or bamboo. Mah Jongg mixes skill and strategy with a little bit of



1920's hand-painted tiles

luck. It's a great game for a challenge while meeting new people. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you know how to play just bring your card and join a table. New people interested in the game are welcome to join a table to observe. If you'd like to learn how to play, please contact Penny to sign up for free lessons in her home. We look forward to seeing you on Tuesdays. May the jokers be with you.

Contact: Penny Grmolyes 509-939-3882, Natmahjclub.sclh@gmail.com



Mixed Media

The club meets on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). Kerry Dahlin was our guest teacher in April and May. She taught us about color theory as we played with color. We are looking forward to a social gathering together in June. We have a few voluntary art challenges coming up. June's



Mixed Media Club enjoyed meeting new people at Lifestyle Expo

prompt is "Taste of Summer." "The Bees Knees" is the July prompt, and August is "Dog Days of Summer." The Mixed Media Club is looking forward to getting together for food and fun at Frima Stewart's home in June. Members will be emailed with details about the June event as well as before all our club meetings.

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



Motorcycle

Dan's tips for safe spring rides! Before hitting the road, schedule a complete tune-up, especially if you last rode a while ago. Be sure to check the tire condition and pressure, hand grips, handlebars, throttle, levers, pedals, cables and hoses, lights, battery and electrical systems, oil and other fluids, gussets, bearings, bushings, chains, belts, etc., and stands, including both center and side stand. If you notice any issues with your bike, be sure to have them properly and professionally repaired before you ride. Your moto's condition and components significantly affect your overall safety. Come join us every fourth Thursday, 5:30 PM, Multipurpose Room (OC). Group rides are second Saturday- KSU

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Fun Impromptu Ride

time varies. Our meet-up point is Twelve Bridges Chevron. Call or email Membership Chairman Manny Perez.

Contact: Manny Perez 916-253-9121, Manwil412@wavecable.com



Movie Lovers

Our club selects two movies at each meeting to watch, and the following month volunteers lead a discussion about them. We're surprised each month by what others take away from movies. Our meetings last about two hours on the second Thursday of each month, starting at 6:30 PM in the Multipurpose Room (OC). On April 13, we had a lively discussion about *The Banshees of Inisherin*, and *This is Where I Leave You*. During our May 8 meeting, we selected the movies for June and discussed *Air* and *The Quiet Girl*. The next meeting is on June 8. If you like movies and enjoy discussing them, we

encourage you to join us.

Contact: President Cliff Roe
408-205-8765,
cliffroe@ix.netcom.com



Music

Last month's Group "sing/play-along" honored Rod Stewart. "Have I Told You Lately" and "Maggie May" brought back memories for us. Our Group Jam was the classic "Key to the Highway" in Eric Clapton's blues style. Come on down to KS and join the fun. 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. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from



Club Expo 2023 - Jack, Dan and Laurie

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

Last week's Spring luncheon was a special afternoon, we hope you were there. The decorations were a treat with the ants and watermelon fans. The surprise entertainment, "Produce Artist Ray Duey" was fascinating. Who knew you could carve any fruit or vegetable into something dramatic. Thank you to Pat Barnhill for chairing this fun event. The next general meeting is Tuesday, June 13, in P-Hall (KS) at 1:00 PM and will feature Victoria Johnson



Centerpieces at the Spring luncheon
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(Facebook: Forever Quilting For You) with her lecture and trunk show. Join us immediately following the meeting in the courtyard outside the KS Café for refreshments and social gathering for all members. Demonstrations, classes, and open workshops are ongoing. Check out our website for all NA related information.

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



Neighborhood Watch

The success of Neighborhood Watch depends on its volunteers. One vital volunteer position is the mailbox captain, who compiles and keeps information on the mail station's residents in case of emergencies and sends out alerts. If you've considered volunteering but need more information, Neighborhood Watch will hold a training session Friday, June 9, from 2:00 to 3:30 PM in the Fine Arts' and Multipurpose Rooms (OC). This session will explain, among other things, how to collect and manage residents' infor-



Volunteers are important to our community.

mation, sign up for alerts, and form group emails. Present captains also are invited to attend. As a mailbox captain, you can help strengthen our community ties. If you missed the Safety Symposium, it is now available on the Resident Website under Community Forums.

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



Painters

The Lincoln Hills 19th Annual Fine Arts Show is coming soon, and many of our local artists are busy preparing to delight you with their creations. The show will open on June 9 at 5:30 PM and run all weekend, featuring live music, awards, raffles, a no-host bar, and beautiful paintings, photographs, quilts, and ceramics. Painters' Club members will continue to show their paintings at Buonarroti Ristorante on Lincoln Blvd. until June 3. Meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts



Jeff Anstrom's watercolor Rose

Room (OC). Dues are \$15 a year.
Contact: *Linda Shields* 916-488-7220,
linda_c_s@yahoo.com
Website: *https://www.facebook.com/groups/958148364841531*



Paper Arts

Our annual Overstock Sale scheduled for June 15 will be held from 9:00 AM to Noon in the Terra Cotta Room (KS). This is the perfect place to shop for crafting items like designer paper, cardstock, dies, stamps, and inks. We welcome the public from 10:00 AM to Noon. Check out the document PACSurvey Results included in the April 2 newsletter for results of our recent member survey created by Vice President Sarah Kevin. Thank you to those who participated. The information will be useful in planning our club's future. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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



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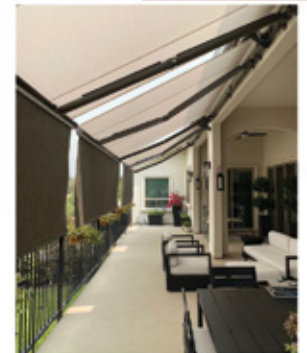
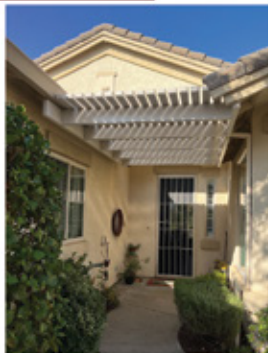
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Pedro

Pedro is a slightly challenging bidding card game. If you have ever 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 on the first and third Fridays from 9:00 AM to Noon in the Card Room (OC). For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

The topic for May's meeting will be Bird migration and the Pacific Flyway. Michele Dodge's will be the featured speaker. She is a local photographer with a passion for wildlife, horses, birds, and landscapes. In April, we vividly experienced Mongolia's Snow Leopards and Eagle Hunters through Jan Lightfoot's photographs. April was busy with local field trips, including egrets and herons, wildflowers of the South Yuba River, and the McKinley Rose Garden. To support the excursions, the April Photography SIG featured wildflower photography techniques, and the May topic is travel photography. We featured a Show



Rookery Tree by Ron Nabity

and Tell Extravaganza on May 13, including an ice cream social. We have ongoing exhibits at the KS Library and Spa and rotational exhibits at Simple Pleasures and Buonarroti's Restaurants.

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



Pickleball

The thought of participating in a tournament can bring out anxiety and self-doubt in the best of competitors, especially if you are new to the world of athletics. Our club recognizes those feelings and tries to create an environment that blends competition, community, and fun! The club has five tournaments this season, each with a special something to entice club members to participate. We are grateful to our sponsors: Summerset Assisted Living, Terrie MacDonald Intero Real Estate, Schaack Physical Therapy,

McGrail Team HomeSmart Real Estate, and Kay Armstrong Coldwell Banker Sun Ridge Real Estate. Our club offers an Intro to Pickleball class for those who are new to the game. Please email welcometopickleball@gmail.com for more information about the class.

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



Players

In a few weeks, rehearsals for our June show *Twelve Angry Jurors* will wrap up. Tickets for the June 8-9-10-11 play in P-Hall (KS) have been on sale for a month now, and in that intimate theater (148 seats per show), we're heading for sellouts, so hurry! *Twelve Angry Jurors* starts off with an apparently simple open and shut case, but it quickly becomes quite complex as jurors begin to probe more deeply, often engaging in heated debate. Director Jane Patton promises



"Jurors" Ken Reiss, Jeri Ferris, Karen Tricomo, Rudy Schneider disagree



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Contact: **Craig Stults** 916-543-6782, craigstults@sbcglobal.net
Website: www.lhplayers.org



RV

A good time was had by all at our Lodi and Plymouth rallies in April. The Lodi Wine Festival started off our week of fun. We experienced amazing sausages with our own "Sausage Fest" and the potlucks were complete with many culinary delights. Evenings were filled with singing, games, having fun around the fire pits, joking around, and getting to know new members. A Micke Grove Park tour educated us on the history of Lodi and Stockton. Many members toured The Preston



An evening of games, food, and drink!

School of Industry, opened in 1894, while several golfed the day before. Fun-filled rallies are available to those who join our group. Meetings are every second Thursday in the Placer Room (KS) at 4:30 PM. Contact Maggie Giuliani, Membership Chair, at 310-963-2350.

Contact: **Mary Romo, President** 707-738-6311, mrromo50170@gmail.com
Website: www.lhrog.com



SCHOOLS

Now is the time to sign up to volunteer in a classroom in the 2023-2024 school year. Schools will open in the Fall on August 17. New volunteers will be placed in late September or October. Teachers need time to settle in with their classes. Schools will be out, and Summer will begin for Lincoln school children this year on June 9. Students greet the end of the school year with some joy and some sadness. Fifth graders will go on to Middle School, and Phoenix seniors will continue with their schooling or step out



Schools Volunteer Program

into the working world. Many will miss seeing their friends on a daily basis. To volunteer at Phoenix Continuing High School, contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools, contact Cyndi. Contact: **Cyndi Colloton** 408-410-8479, ccolloton@yahoo.com

into the working world. Many will miss seeing their friends on a daily basis. To volunteer at Phoenix Continuing High School, contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools, contact Cyndi.

Contact: **Cyndi Colloton** 408-410-8479, ccolloton@yahoo.com



Scrabble

We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Come and join us.

Contact: **Anne McMaster**



Shanghai

An exciting game of Shanghai awaits you in the Card Room (OC) every Friday night at 5:00 PM. We arrive a few minutes early to assemble in groups of three to five to play this fun rummy-style game of sets and runs. We welcome beginning as well as more experienced players to join us every Friday night at 5:00 PM in the Card Room (OC). We're looking forward to seeing you soon.

Contact: **Mary Ales** 916-434-8017

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Singles

The location for Dining Out on Thursday, May 18, will be announced in our weekly e-blasts. Save the date! Our Social event will feature fun ballroom dance lessons, and no partner is needed! Join us on Thursday, May 25, at 6:00 PM in the Ballroom (OC). Our birthday celebration returns to Meridians Patio (OC) on Sunday, June 4, at 4:00 PM. This is a great location to celebrate birthdays. Join us at the Activities Meeting on Tuesday, June 8, at 4:15 PM in the Ceramics Room (OC). We appreciate your ideas! Our Business Meeting will be held in the Ballroom (OC) at 6:00 PM on Thursday, June 10. The second Saturday breakfast will be held on June 10 at 9:00 AM in the Sports Bar (OC).

Contact: Sarah Lambrose
916-543-0035



Ski

In last month's *Compass*, we told you about our wonderful ski trip to Breckenridge, Colorado. More than just skiing, dining, and shopping occurred. We also had the chance to make new friends, as Jerry did in this photo. However, we must make it clear that this was just good, clean fun.

If you like the mountains in winter and enjoy fun parties, you might consider joining our club even if your skiing days are over. Many residents have.

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

Website: www.LHSkiClub.com



A Remote Cabin in Breckenridge



Softball

The league's 24th season commenced on April 12 with comfortable temperatures and clear skies. A couple hundred spectators watched the Co-ed Division play their first regular-season games and the Women's Division played an exhibition game. Our dedicated volunteers ensured everything was ready for the day, and the field was in good shape despite the recent rains. Hot dog sales were brisk, but unfortunately, we ran out of hot dogs by 12:30 PM, which left some fans and players disappointed. The next opportunity to enjoy a tasty hot dog will be during regular season play Wednesday, May 17. It's been promised there will be an

abundance of hot dogs available for purchase. No one shall go hungry! Please check our website for any updates.

Contact: Heidi Mazzola
916-716-5086,

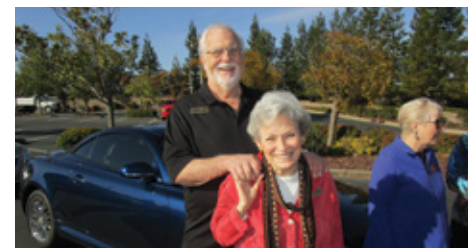
heidimaz72@gmail.com

Website: www.LHSSL.net



Sports Car

A drive along the Sacramento Delta is a great trip virtually any time during the year. The club continued its tradition of a River Ride to the Pointe Restaurant on April 6, and a great time was had by all. Several more road trips are planned, notably to the Lockford Sausage store, Theresa's Restaurant in Jackson, and an overnight trip to Vikingsholm on Lake Tahoe in June, which should be a stand-out overnight excursion. Next month, we'll report on our return visit to Pescatore Winery for a Murder-Mystery dinner and a return to The Willo in Grass



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916-715-9666, pennyrich@aol.com
Website: www.lhsportscars.com



Sun City Squares

Our club has six new dancers that joined us in February. They have been doing a wonderful job and, at the end of April, graduated from SSD (Social Square Dancing) to Mainstream level. If you have an interest in Square Dancing and would like to be put on a call list for future beginning classes, contact us! If you have previous experience and would like to join the Mainstream group, stop by Multipurpose Room (KS) and join on Mondays from 1:15 to 3:30 PM or Advanced dancers on Thursdays from 1:00 to 3:30 PM. The drop-in cost is \$8 per class. The only requirement for Square Dancing is you must be willing



Sun City Square Dancers

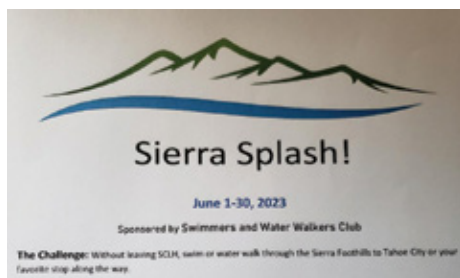
to have fun and enjoy meeting new people!

Contact: Jackie Carlson
925-207-9415,
Jackiec3po@icloud.com



Swimmers & Water Walkers

All Lincoln Hills residents are invited to enter our Sierra Splash event, June 1-30. The challenge is to swim, or water walk to Lake Tahoe (93 miles), or various stops along the way, in our Lincoln Hills pools. Six lengths of the pool will equal one 'land' mile. For a dedicated water exerciser, Sierra Splash is the way to elevate your aquatic exercise routine. If you are new to the pool, start your water exercise with Sierra Splash.



Participants will be invited to celebrate their achievements at a post-event party in July. To enter Sierra Splash, email us or go to the club information site, <https://sclhresidents.com/group/pages/swimmers-and-water-walkers>. The deadline to enter is May 25.

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



Table Tennis

Do you want to learn more about Table Tennis? Go to Table Tennis-Wikipedia or How to Play Ping Pong-wikiHow. We play at the Multipurpose Room (KS). Play times are Sundays, 9:00 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. All skill levels are welcome with tables designated for beginners up to advanced. Please wear non-marking court shoes. Loaner paddles are available. We have a robot ball serving machine on Fridays. It provides a great experience for warm-up, skill development, and training. We are planning a wide variety of events, including socials, ladder play, tournaments, singles and doubles play, and home/away invitationals.

Contact: Carl Lynch 408-203-0633,
pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

The Tap Company's production, "Let's Dance Again!" was a huge success. Over 1,000 tickets were sold. A big thank you to all who came out to cheer us on. Also, to thank those who participated in the show both on stage and behind the scenes, on April



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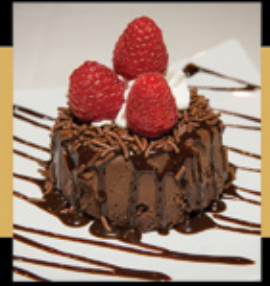



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5, the Tap Company hosted the cast party with an Italian buffet, live music performed by Jimmy Baughman, karaoke, and a photo booth. Now that rehearsals are over don't forget to sign up for tap class. There are two technique classes, Mondays at 10:00 AM and Tuesdays at 10:00 AM, and the beginner class on Mondays at 11:00 AM. One last note: plans are being made for a Spring luncheon this summer. Stay tuned for more information. **Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com**



Tennis

Wow! The sun is shining again, and tennis players are enjoying our beautiful courts. Ball machine practice is on Saturdays from 8:00 to 9:20 AM, and all levels are welcome. The tennis industry magazine reported nationally a 30 percent increase in tennis players, which is about 2.8 million players. Tournament attendance is up again, and USTA leagues are



Tennis player, Jim Bowden at Club Expo Tennis Booth

growing. The benefits to mental and physical health are substantial. It is never too late to begin your tennis journey. Contact Steve at steve.bringman@yahoo.com for introductory or refresher information. This summer, courts one through four will be resurfaced, and all of the lights will be replaced with LED bulbs. Windscreen and net repairs will make our courts top-quality playing spaces. See you on the courts!

Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com
Website: www.sclhtg.com



Vaudeville

The auditions are behind us, and the Vaudeville Show line-up is taking shape. We have such a nice variety this year, so the show is sure to have something for everyone. As always, we have our veteran singers and dancers but have many surprises as well. Rehearsal dates have been confirmed, and we are all looking forward to perfecting our acts. We will have two evening shows and two matinees this year. Show dates are July 20, 21, 22, and 23. Mark your calendars because this show is sure to sell out quickly.

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



Veterans

William Pickard, director of the Sacramento Valley National Cemetery in Dixon, will be the featured speaker at the May 18 Veterans Group meeting at 1:00 PM in the P-Hall (KS). All Lincoln Hills residents are invited to attend. We will conduct the annual community Memorial Day ceremony in the Amphitheater (OC) at 9:00 AM on Monday, May 29.



Memorial Day Ceremony 2022

The Lincoln High School Army Cadets will post the colors. The National Anthem and other patriotic selections will be sung by the Lincoln Hills Chorus Men's Quartet. Congressman Kevin Kiley will be the keynote speaker. The program will conclude with a two-bell ceremony honoring those Lincoln Hills veterans who passed away since Veterans Day last year. The program will conclude with "Taps."

Contact: Dave Taylor 559-281-0868, dbtaylor10@comcast.net

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Water Volleyball

May is the month to say, "I will get more exercise," not I "may think about it!" We have been a busy group this spring. It's time to break out of the house and play Water Volleyball. If you want to try it out, come to Free Play Saturdays at 9:00 AM. Don't know how to play? We provide Training and Mentorship. We welcome all interested players. Call Jerry Grisler



Some Spike it Hot Tournament

at 209-648-9534 for information. Our Skills and Drills class is held once per month on Tuesday nights and learn how to be a better player. Ladies Night is the second Tuesday of each month. We have a little something for everyone to enjoy in and out of the pool. Warm water, fun play, and good times!

Contact: *Diane Ferrari* 916-412-9599, *dferrari_56@hotmail.com*

Website: *www.LHWaterVolleyball.com*

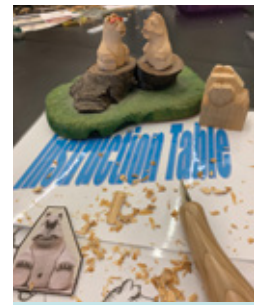


Woodcarvers

So, Woodcarving sounds interesting, but you've never done anything like this before. No problem. We have members who will walk you through all the steps to create your very first carving. We have loaner equipment to get you started, and starter sets in stock

for purchase when you have learned the basics. This month's photo illustrates something new we have started - group carving. One of our talented and experienced members asked if anyone would like to learn how to carve a Bear. Hands went up, and several of us have been gathering each week to learn how step by step - loads of fun. You are always welcome to visit. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: *Jim August* 916-209-3643, *7woodhacker7@gmail.com*



Something new and lots of fun - group carving.



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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, Barbara Greenfield (916-202-6963), and Mary Lou Taverna (415-606-2201). We are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All are welcome to attend. The Wednesday, May 24 speaker is Simone Nazzal from Del Oro Resource Center, who will speak about Meaningful Self Care. The Women's group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa (916-759-8760) for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is May 18 from 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

Contact: Valerie B. Jordan
909-625-7443, vjordan46@gmail.com



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each month. You are invited to join us Wednesday, June 14, at

Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*. This group is grateful for support from the Lincoln Hills Foundation.

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



Bosom Buddies

Our May speaker was Kim Van Yssekdgk, a nurse practitioner from Sutter Health, who talked about cancer updates and new treatments. She provided some interesting information and answered questions from the audience. August is the "Relay for Life" fundraiser for cancer research, and our plans are already in motion. This year's theme is "The Wild West," and we're asking people to start looking for cowboy/cowgirl boots we



Our April speaker Ji Hye Park spoke about genetics.

can paint and fill with rocks, soil, and succulents. It's not too early to plan your get-up: boots, hats, fringes, etc. More details will be coming. If you'd like to learn more about Bosom Buddies, feel free to attend one of our meetings held on the second Thursday of the month in the Multipurpose Room (OC) at 1:00 PM.

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



Gam-Anon

Gam-Anon can help if you are affected by someone else's gambling. Our meetings are held on the first and third Fridays of every month. If you wish to double-check on a meeting or get a ride to a meeting, please call or text Kay and leave a message. Our meetings are held from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting begins at the same time in a different room. Call the Northern California Gam-Anon Hotline at 510-407-3898 for support between meetings.

Contact: Kay F. 916-204-1624
Website: www.gam-anon-loomis.com



Glaucoma Support Group

We will meet on the second Wednesday, June 14, at 4:00 PM in the Multimedia Room



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(OC). Glaucoma is a somewhat unusual disease as there are few or no symptoms. Early detection is extremely beneficial. Our interactive discussion will answer some of your questions. Please join us to discuss Glaucoma. For more information, please contact Bonnie.

Contact: **Bonnie Dale** 916-543-2133, Bjdale@aol.com



Hearing Support Group

At our meeting in April, we had a wonderful presentation on hearing assistive dogs. Three of the canines were present. We were informed of how they are trained and saw a demonstration of their abilities to call their owner's attention to sounds. In May, we had a presentation by Tomer Aharoni, who filled us in on an iPhone app for captions. In June, we will once again have Dr. Laura Gaeta present an update on hearing assistive technology.

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



Low Vision Support

At our May 2 meeting, we discussed "Strategy Sharing." Group members learned volunteer strategies to navigate their lives with low vision. Our next meeting is Tuesday, June 6, from 2:00 to 4:00 PM. "Understanding Neighbors InDeed" will be our

topic, and Pat Togstad, President of Neighbors InDeed, will be our speaker. Pat will review the services of Neighbors InDeed, including Handy Helpers, Medical Equipment Loans, and Information and Referrals. She will also describe how the Neighbors InDeed list of resources is constructed and maintained. Bring your questions with you. Meetings are open to all residents.

Contact: **Stu Singer** 703-864-8161, stuartsing3@gmail.com



Multiple Sclerosis

At the May 16, 1:00 PM meeting in the Computer Room (OC), we'll be celebrating the success of our April MS Walk, led by Captain Joni Deutsch. Joni will share Fundraising results to date. For those who missed supporting the many MS causes and our Team, you are welcome to make out a check to National MS Society, Northern California



(Lincoln Trailmixers in the memo), and mail to Jeri Di Fiore. Also, thanks to our mentor, Linda Tinsman. Set aside May 25, 12:30 PM, to play Bingo in the Ballroom (OC) and support the Lincoln Hills Foundation, which supports us! This will be our last in-person meeting until September, then Zoom during the summer.

Contact: **Jeri Di Fiore** 916-408-7565, 2020jeridifiore@gmail.com



Polymyalgia Rheumatica and/or GCA Support

Are you suffering from pain and stiffness in your hips, thighs, arms, shoulders, and neck? Having trouble getting in and out of bed? Sitting down and then getting up? Finding it difficult bending over to pick something up? Have you been blaming it all on "old age"? You may be suffering needlessly. Our support group may have some answers for you. We meet the first Wednesday of each month, except for December, from 1:00 to 3:00 PM, at the Lincoln Community Church, 950 E. Joiner Parkway (across from the front gate). For more information, please contact Adrian Felice. If you e-mail, please put "PMR/GCA" in the subject line.

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



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A Course in Miracles

A Course in Miracles is a book that presents techniques to change our thoughts of fear, guilt, judgment, and resentment, which keep us in a state of upset and distress, to thoughts of love and forgiveness, which move us into peace. This is a psychological process based on spiritual truths which are found in most world religions. Given the state of the world today, many people feel the need for the help offered in this study. The ongoing study group meets on Sunday afternoons. Call 916-409-5253.

Airport Co-Op

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

Cloggers

Happy, warm (and dry?) May! We hope you enjoyed our dancing in the great March-April "Let's Dance Again" show! We are having a grand time practicing for more performances and look forward to having you join us—whether on the dance floor with us or watching and listening from a safe distance. We make a lot of noise with four, yes four, metal taps on each shoe, and we burn a lot of calories, too. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Our April meeting featured Alex Yarmolyuk, who was born

and raised in Ukraine, where he also finished his Bachelor of Arts degree and then served a mandatory two years in the Soviet Military in St. Petersburg. He lectures for OLLI programs about intercultural communication and post-Soviet Union countries, so his presentation was very timely. We look forward to our May 18 meeting, where Dr. Kenneth Moore will discuss electric cars. Dr. Moore has a lifelong interest in cars and occasionally takes his vintage Austin Healey to nearby car shows. For more information about our club, please visit our website, <https://democraticclublincolnca.org>.

Italian Club

Coming soon – On June 8, we will host our annual Membership Appreciation event at the Sports Pavilion. This is the club's way of saying, "Thank you for being a member – and a friend!" Come by, relax for a bit, and socialize with other members. Whether you're new or a "seasoned" member, wear your name badges for easy mingling. More details and registration information to come. To learn more about our active social club and exciting monthly activities, visit our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department Volunteer Program

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 for our Patrol Division (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 bigline38@icloud.com.

Republican Club

Many thanks to our April speaker Tom Del Beccaro, author and past chairman of the CAGOP, for a dynamic presentation. He put politics into historical perspective, so important to understand in our deteriorating country. Looking forward to seeing our Republican members at the "Hot Dog Hoedown" on May 18. Western music and line dancing with instructor. Special door prize. Excited to announce our new Lending Library. Books are listed on our website. To take a book out, contact biomom1@sbcglobal.net. Give the name of the book and your contact information to arrange pickup.

Shalom Social Group

Members have a lot to look forward to this year: our Women Together event on May 17, our yearly picnic on May 28, our June 25 membership event, our October 25 Bingo event, and our annual Hanukkah party, date TBD. We had a wonderful Seder to celebrate our Passover holiday. We continue to volunteer at the Placer Food Bank. Our group was formed to celebrate Jewish history, culture, and food, but membership is open to all. For more information about our activities or on how to join, please call Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.



Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM (OC)

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



Coffee with the Mayor

Tuesday, May 16, 8:30 to 9:30 AM P-Hall (KS) Zoom is available for those unable to attend

To find out more about what is happening in the City of Lincoln, Join Mayor Paul Joiner at this informal coffee. Feel free to purchase a cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you.



Listening Post

Tuesday, May 16, 9:30 AM, P-Hall (KS) Zoom is available for those unable to attend

Come and have a conversation 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.



Meet The Author Lecture Series: Judie Panneton

Tuesday, May 16, 3:30 PM, P-Hall (KS)

Come and join a local middle school teacher and some of her students as they share how they used the book we featured in our inaugural lecture to create understanding and trace family histories and their journeys to America. An appreciative audience in September heard author Judie Panneton talk about the people she interviewed for her book, *Proud American's: Growing Up as Children of Immigrants*. Now, middle school students have become the interviewers and will share their experiences, including the creation of their own volume of stories.



Governance

Tuesday, May 23, 9:30 to 11:30 AM P-Hall (KS)

Tom Brutting and panel will discuss what makes a wonderful community. When we think about Lincoln Hills, many say the appreciation of the amenities, activities, neighbors, and consistently beautiful appearance. What is the glue that keeps it together? The fundamental reason has to do with our HOA and the governance that makes it happen. The CC&Rs, Rules, Design Guidelines, and the many documents and processes that make up this community can be somewhat daunting. Yet, we are all a part of the process. Come to this Community Forum to listen to a panel of neighbors about how you can be more informed and involved.



Meet The Author Lecture Series: Claire Booth

Wednesday, May 24, 2:30 PM, P-Hall (KS)

Claire Booth is a former journalist who has reported on high-profile stories all over the country, including that of a California cult leader who became the subject of her nonfiction book *The False Prophet*. After spending so much time covering crimes so strange and convoluted they seemed more fiction than reality, she decided to write novels instead. Her Sheriff Hank Worth mysteries take place in Branson, Missouri, where small-town Ozark politics and big-city country music tourism clash in strange and convoluted ways. Claire Booth weaves together a riveting crime novel with her signature combination of empathy, wit, and sly humor.



Veterans Group Memorial Day Ceremony

Monday, May 29, 9:00 AM, Amphitheater

The Lincoln High School Army Cadets will post the colors. Twelve Bridges High School Junior Sophia Lane will sing the national anthem. Additional patriotic selections will be sung by the Lincoln Hills Chorus Men's Quartet. Congressman Kevin Kiley will be the keynote speaker. The program will continue with a two-bell ceremony honoring Lincoln Hills veterans who passed away since Veterans Day last year and conclude with playing "Taps."



KS At The Movies: The Breakfast Club (1985)

Friday, June 2, 1:30 PM, P-Hall (KS)

They were five students with nothing in common, faced with spending a Saturday detention together in their high school library. At 7:00 AM, they had nothing to say, but by 4:00 PM, they had bared their souls to each other and become good friends. To the outside world, they were simply a Brain, an Athlete, a Basket Case, a Princess, and a Criminal, but to each other, they would always be the Breakfast Club. Rated R. 97 minutes. Comedy. Drama.



Farmers Market Opening Day

Watch eNews for Opening Day date

Join the community as we kick off our weekly Farmers Market. Weather permitting, the Farmers Market will be open every Wednesday until November at Orchard Creek Lodge parking lot. Vendors can email Entertainment@sclhca.com for information and applications to reserve a space.



Going Deep For Science From My Backyard!

Wednesday, June 7, 2023, 6:45 PM, Front Ballroom (OC)

Come join the Astronomy Group and the Community Forum as Ken Crawford will discuss how amateur astrophotographers are not only producing amazing wide-field and high-resolution images of celestial objects, but some are also pushing the limits and going deep for science. As the access to professional telescopes is limited, more professionals are using data produced by amateurs with modest imaging systems in dark skies. This is Ken's personal journey in the pursuit of high-resolution, deep sky objects for "pretty pictures" and ending up contributing to extended red emissions and the detection of star streams.



Neighbors InDeed

Handy Helpers are back!

Wednesday, June 21, 2:00 PM, P-Hall (KS)

Handy Helper Coordinators are back once again to present information-packed tips on home maintenance, including advice on smoke alarms, CO detectors, furnace filters, thermostats, sprinkler controllers, garage door maintenance and programming, electrical issues, and much more! 10-year replacement items will be addressed, and you will learn how to reduce energy consumption with light bulb replacements. A question/answer session will follow the presentation. Check out our website: www.neighborsindeed.org.



What a Fiduciary Can Do for You

Tuesday, June 27, 9:30 to 11:30 AM, P-Hall (KS)

Who will speak for you when you cannot speak or act for yourself? Family? Friend? Do you need a “professional daughter”? A Fiduciary is a professional who can support you during a crisis as you face the challenges of aging. They are your surrogate decision maker in a time of great need. A Fiduciary manages your finances and care according to your preferences. Lori Cochran, CLPF, Professional Fiduciary, and her team will share more about what they do, what the benefits of their services are, and the steps it takes to have them on your team.

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30-minutes \$55

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Ultimate Hydration Facial

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Massage Services

All About The Feet

30-minutes \$69

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, lessons stiffness, and reduces pain in the ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.



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90-minutes \$169

Relax and renew with our beautiful aromatic essence of luxurious botanicals that have a healing effect on the mind, body, and emotions. Your adventure begins with our unique blends – Morning Calm, Energy, or Sleep to transport you into a blissful state of relaxation.



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30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides relief with warmed massage oils and our muscle-relief cream.



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90-minutes \$169

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Classic Pedicure

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Our classic pedicure will keep your feet looking and feeling clean and groomed. With this service, you will receive a toenail trim file and shape to your liking, callus removal, gentle exfoliation, and a wonderful massage and toenail polish to have you walking on cloud nine.

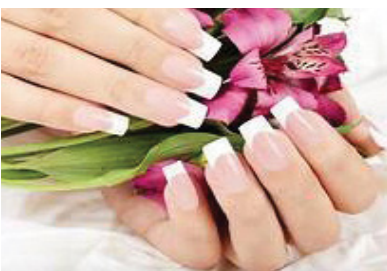


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Mens Manicure

\$45

A great service for men on the go! Gentlemen, you will receive a nail trim file and shape to your liking, cuticle clean-up, a wonderful



extended massage, and Buff & Polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*

Mens Pedicure

\$49

A great service for men on the go! Gentlemen, you will receive a toenail trim file and shape to your liking, callus removal, a wonderful extended massage, and Buff & Polish to have you walking out feeling relaxed and rejuvenated. *Includes extended Massage and Buff Shine for Nails.*



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The 2023 Summer Amphitheater Concert Series (SACS) presents ten concerts every two weeks from May 26 through September 29. This full season is sure to offer something for everyone, as it provides a variety of musical genres, styles, and performers. All are sure to have you dancing, whether down by the stage or in your seat!

Gates/doors, food concessions, bars, and Sweet Tooth Ice Cream carts open an hour prior to each concert. (The patios and grounds will be cleared one hour before gates/doors officially open.)

Please read and follow the Amphitheater Guidelines, at sclhresidents.com/guidelines, for your safety and enjoyment. See ticket prices and show-time for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desks (OC/KS.)



ABBAFab — The #1 ABBA Tribute

Friday, May 26, 7:30 PM, General Admission \$25 — LSE503

Experience the magic of ABBA’s timeless hits like Waterloo, Dancing Queen, and Mamma Mia with ABBAFAB, a stunning multimedia tribute featuring some of the most talented artists and musicians that is guaranteed to transport you on a technicolor journey and leave you with an infectious vibe.



DECADES — A Musical Celebration from Chuck Berry to Katy Perry

Friday, June 9, 7:30 PM, General Admission \$25 — LSE504

Don’t miss out on the electrifying energy and impressive musical versatility of Decades, one of California’s most in-demand bands, as they take you on a journey through time with their extensive repertoire spanning from the 1940s to today’s hits, showcased through multi-instrumentalism and four-part harmonies, in what former entertainment director of Sierra Nevada Brewing Co. calls “the hardest working band in town.”



Renegade Orchestra — The Beauty of a Symphony, the Soul of a Rock Band

Friday, June 23, 7:30 PM, General Admission \$25 — LSE505

Get ready to break free from the conventions of a traditional orchestra show and experience the unbridled fury of The Renegade Orchestra as they combine the beauty of a classical symphony with the heart of a rock band in a high-energy performance that will make you clap your hands, tap your feet, and yell all you want.



Eric Sage & Young Guns — A Tribute to the Superstars of Country Music

Friday, July 7, 7:30 PM, General Admission \$25 — LSE506

Don’t miss out on the unforgettable concert experience with international touring country rock band Young Guns, featuring award-winning entertainer Eric Sage and a full concert production showcasing songs from legendary country artists, dueling electric guitars, heart-felt acoustic ballads, and audience participation to create a party atmosphere.



Forejour — A Tribute to Foreigner and Journey

Friday, July 21, 7:30 PM, General Admission \$25 — **LSE507**

Experience the ultimate tribute to 80s mega bands Foreigner and Journey with Forejour. With stunning accuracy, Forejour performs the live soundtrack to cherished videos from the heyday of MTV, featuring the most downloaded song of the 20th century, “Don’t Stop Believing,” as well as power ballads like Foreigner’s “I Want To Know What Love Is” and Journey’s “Faithfully.”



Hip Service — Award Winning World Class Dance Band

Friday, August 4, 7:30 PM, General Admission \$25 — **LSE508**

Get ready to dance all night with Hip Service - the top choice for event entertainment for 20+ years. With non-stop performances of dance favorites and chart-topping mashups, Hip Service is one of the hottest bands in the country. They’ve shared the stage with Huey Lewis and the News, Jay Leno, and more, covering genres from Modern Top 40 to Jazz and Swing.



Fleetwood Mask — The Ultimate Tribute to Fleetwood Mac

Friday, August 18, 7:30 PM, General Admission \$25 — **LSE509**

Experience the iconic music of Fleetwood Mac with Fleetwood Mask, a band formed in 2012 to honor their legacy. With Mick Fleetwood’s only endorsement in America, Fleetwood Mask delivers the best of the band’s 50-year history, with a focus on the five-piece lineup that propelled them to superstardom.



The Everly Brothers Experience Featuring the The Zmed Brothers

Friday, September 1, 7:00 PM, General Admission \$25 — **LSE510**

The Zmed brothers and their partner, Burleigh Drummond, have been delighting audiences in clubs, theaters, casinos, and more all over the US and overseas with their Everly Brothers Experience show since 2016, blending entertainment and education while honoring the iconic sound and unique place in music history of the Everly Brothers.



Vybe Society — An Exquisite Blend of Old School Funk, R&B, Rock, and Contemporary Favorites

Friday, September 15, 7:00 PM, General Admission \$25 — **LSE511**

Vybe Society is the consummate blend of excellence and outstanding entertainment. Our band has some of the best musicians in the Bay. They have performed with major label and international artists such as Cee Lo Green, Sheila E, the Family Stone Experience, and Tony Toni Tone, to name a few.



Jared Freiburg featuring SPINOUT — The Early Years of Rock & Roll from Elvis to Sinatra to Jerry Lee Lewis...and more!

Friday, September 29, 7:00 PM, General Admission \$25 — **LSE512**

From Broadway’s “*Million Dollar Quartet*,” Rock & Roll Piano Virtuoso Jared Freiburg returns to Lincoln Hills for another memorable journey through the golden era of American music with an electric lineup of favorite Rock & Roll, Blues, Country and Jazz hits from the 1950s serving up a healthy helping of memorable tunes by artists ranging from Chuck Berry to Sinatra to Jerry Lee Lewis, and more. Jared’s high-energy performances are filled with joy and excitement, and this time around, he is joined by Special Guests, the popular trio Spinout to add to the fun.

Cody Meikle
 Entertainment Coordinator
 Cody.Meikle@sclhca.com



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

*Indicates on sale May 17

Events

***Tuesday Dance Night**

Tuesday, May 30
 — LSE497
 Tuesday, June 13
 — LSE520
 6:00 to 9:00 PM
 Ballroom (OC)
 \$8 per person/per
 dance night



Tuesday Dance Nights are geared toward those dancers that prefer an unstructured, more “let loose” nightclub dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — it’s all welcome. DJ Tom will provide music. A No-Host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.

Structured Dance Night

Thursday, June 1
 — LSE498
 6:00 to 9:00 PM
 Ballroom (OC)
 \$8 per person/per
 dance night



Structured Dance Nights are tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A No-Host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.

Performances

**Sony Holland:
 A Tribute to
 Linda Ronstadt**

Tuesday, May 16
 — LSE493
 7:00 PM, Ballroom (OC)
 Premium Reserved
 Seating \$25
 Standard Reserved
 Seating \$22



Featuring hits including such Grammy-honored classics as “You’re No Good,” “When Will I Be Loved,” “Poor Poor Pitiful Me,” “Desperado,” and “Blue Bayou.” Also featured are some of Ronstadt’s favorite Jazz Standards and a piece or two from her foray into Spanish-language ballads. Sony Holland is a warm, inviting performer whose unaffected style has endeared her to a loyal circle of fans locally, nationally, and internationally. She has toured Asia, performing in prestigious jazz festivals and premier nightclubs such as The Blue Note, Yoshi’s, Catalina’s, The Dakota, The Rrazz Room, and many more.

**KS Comedy Night:
 Gina Stahl-Haven**

Tuesday, May 23
 6:00 PM, P-Hall (KS)
 — LSE494
 8:00 PM, P-Hall (KS)
 — LSE495



Reserved Seating \$17
 From America’s Got Talent, Gina Stahl-Haven has been performing in the comedy and improv world for over 15 years, featured at the Un-Scripted Theatre Company, SF Improv Festival, Hawaii Improv Festival, and various comedy spots throughout the Bay Area. She is a 2nd Place Winner of the San Francisco International Comedy Competition (the first woman to place this high since Ellen DeGeneres 34 years ago) and winner of the 2nd Annual Marin Comedy Amateur Competition. Gina’s real take on life, motherhood, dating, and navigating Costco, combined with her intoxicating stage presence, make her irresistible on stage.

LH Players Club Presents
"Twelve Angry Jurors"
 Thursday, June 8 — LSE499
 7:00 PM, P-Hall (KS)
 Friday, June 9 — LSE500
 7:00 PM, P-Hall (KS)
 Saturday, June 10 — LSE501
 2:00 PM, P-Hall (KS)
 Sunday, June 11 — LSE502
 2:00 PM, P-Hall (KS)
 Reserved Seating \$18



Twelve Angry Jurors is a courtroom drama that takes place in a jury room following a young person's trial for the murder of his father. A seemingly open and shut case at the outset quickly becomes exceedingly complex as jurors begin to probe more deeply, often engaging in heated exchanges that reveal a variety of personalities in conflict. Twelve Angry Jurors will challenge the audience's intellect as you're drawn into a courtroom drama complete with suspense and lessons in the American trial system that promises everyone a fair trial and the presumption of innocence. Get ready for a surprise ending!

***The Big Jangle:**
A Live Tom Petty Experience
 Wednesday
 June 14 — LSE515
 7:00 PM
 Ballroom (OC)
 Premium Reserved Seating \$25
 Standard Reserved Seating \$22



The Big Jangle Band is the San Francisco Bay Area group dedicated to playing all things Tom Petty. Their sound is pure, unadulterated fun! They often mixed music from other greats like The Traveling Wilburys, The Byrds, Van Morrison, Stevie Nicks, and James Brown. Formed by Paul Cotruvo, he is joined by seasoned musicians from throughout the Bay Area, including Dan Hertlein, Kevin Scott Kroner, Bruce Brophy, John Gajan, and Vocalist Kiki Stack, who has recorded with the likes of Steve Miller, Journey, and Eddie Money, earning her a gold record along the way.


***Happy Birthday USA! 4th of July Concert**
 Tuesday, July 4
 — LSE521
 2:00 PM
 Ballroom (OC)
 Reserved Section Seating \$13
 General Admission \$10



In keeping with tradition, the Roseville Community Concert Band (RCCB) is back to celebrate the 4th of July in our community. Considered one of the best symphonic bands in the area, they perform throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Tickets are required for all guests, including children of all ages.

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

Thursday, July 13
— LSE514

7:00 PM

Ballroom (OC)

Reserved Seating \$18

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, has performance credits that 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. 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 the Principal Cellist of the American University Orchestra. His father, Dr. Calmes, will also accompany them on select arrangements.



***The Golden Revue**

Vaudeville

Thursday

July 20

— LSE516

6:00 PM

P-Hall (KS)

Friday, July 21 — LSE517

6:00 PM, P-Hall (KS)

Saturday, July 22 — LSE518

2:00 PM P-Hall (KS)

Saturday, July 23 — LSE519

2:00 PM, P-Hall (KS)

Reserved Seating \$15

The Vaudeville Troupe will present their annual variety show with acts ranging from song and dance to comedy, plus much, much more. This show is geared toward a variety of acts that will guarantee to entertain every member of the audience. Get your tickets early. The show is sure to sell out!



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*Indicates on sale May 17

Day Trips

– Destinations –



An Afternoon in San Francisco!
Tina - The Tina Turner Musical -
Golden Gate Theater/Ferry Building
Additional date - Saturday, August 19
\$165 — LST461

“Tina - The Tina Turner Musical” is an uplifting comeback story like no other. This is the inspiring journey of a woman who broke barriers and became the Queen of Rock n’ Roll. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. After the show, head down to the Ferry Building for a bite to eat and some shopping. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return approximately 9:00 PM.

***California Capital**
Airshow - VIP
Experience
Mather Airport
Sunday
September 24
\$199 current/retired
military with ID
\$219 — LST457



Enjoy the day at one of California’s largest air shows and watch the USAF Thunderbirds from our VIP tent. The day will include a full BBQ buffet lunch with reserved shaded tables and seats for

the entire show. To show our appreciation to those who have served or currently serve, we are offering active and retired military a \$20 discount (must show military ID and register in person). Trip includes: Roundtrip motorcoach, admission in VIP tent, full buffet lunch, reserved shaded seating with full view of show and a souvenir to take home. Wheels roll from OC at 8:00 AM ~ Return 5:00 PM.

– Performances –

Broadway At Music
Circus – Premiere
Beautiful: The
Carole King Musical

Tuesday, June 13
\$130 — LST440



“Beautiful – The Carole King Musical” tells the Tony and Grammy Award-winning inspiring true story of King’s remarkable rise to stardom, from being part of a hit songwriting team to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music; she wrote the soundtrack to a generation. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

Broadway At Music Circus
Rodgers & Hammerstein’s
Cinderella

Tuesday, June 27
\$130 — LST441



The Tony Award-winning musical from the creators of “The Sound of Music” and “South Pacific” continues to delight audiences of all ages. A contemporary take on the classic tale, it features some of Rodgers and Hammerstein’s most beloved songs, including “In My Own Little Corner,” “Impossible/It’s Possible,” and “Ten Minutes Ago.” Broadway At Music Circus premiere. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

Broadway At Music Circus
The Music Man

Tuesday, July 11
\$130 — LST442



One of musical theater’s most beloved works, this tribute to small-town

America's optimism, warmth, and stubbornness has been charming audiences of all ages for decades. There's trouble in River City when traveling salesman Harold Hill comes to town and causes disruption. Featuring the classic songs "Seventy-Six Trombones," "Goodnight My Someone," and "Till There Was You." Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**Broadway At Music
Circus - Premiere
The Addams Family**
Tuesday, July 25
\$130 — LST443



This "deliciously dark and superbly funny" musical comedy embraces the wackiness in every family. The award-winning show is based on some of the characters created by *The New Yorker* cartoonist Charles Addams in his single-panel drawings, which depict a ghoulish American family with an affinity for all things macabre. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**Broadway at
Music Circus
Ragtime the
Musical**

Tuesday, August 8
\$130 — LST444



"A triumph for the stage," according to *Time Magazine*, this sweeping musical portrait of early twentieth-century America tells the story of three families in the pursuit of the American Dream. An award-winning creative team brought E.L. Doctorow's distinguished novel to life on Broadway, winning universal acclaim, including four 1998 Tony Awards and five Drama Desk Awards. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**Broadway At Music
Circus - Premiere
Rent**

Tuesday, August 22
\$130 — LST445



Set in the East Village of New York City, the Pulitzer Prize-winning musical that shaped a generation of audiences is about falling in love, finding your voice, and living for today. Featuring songs that rock and a story that resonates with audiences of all

ages, "Rent" has become a pop cultural phenomenon. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

MARTINA
McBRIDE



***Martina McBride - Gallo Center Modesto**
Sunday, September 10
\$159 — LST458

Multiple Grammy nominee Martina McBride has sold over 23 million albums to date, which includes 20 Top 10 singles and six #1 hits. She has earned more than 15 major music awards, including four wins for Female Vocalist of the Year from the Country Music Association and won three Academy of Country Music for Top Female Vocalist. Martina has been awarded 14 Gold records, nine Platinum honors, three Double Platinum records, and two Triple Platinum awards. Wheels roll from OC at 2:00 PM for a 5:00 PM Show ~ return approximately 10:30 PM.



***Broadway Sacramento**
Season Tickets
Discounted Package
\$945 — LST460

Save big on the entire Broadway Sacramento 2023/2024 season! Purchase the entire seven-show season for a lower overall price, at a discount of \$15 per show, for a total savings of \$105. This is a limited-time offer and must be purchased by July 16. (See dates below.) Single-show tickets will go on sale July 17.

Broadway Sacramento brings the best Broadway shows to the SAFE Performing Arts Center in

downtown Sacramento. With the purchase of this season ticket, you are guaranteed the same seat for all performances. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM (except for the matinee for "How the Grinch Stole Christmas".)

September 19 - Hadestown

October 24 - Les Miserables

November 7 - Ain't Too Proud

December 29 - Dr. Seuss' How the Grinch Stole Christmas!*

(Bring the Grandkids, Matinee: Wheels roll from OC at 12:15 PM for a 1:30 PM Show ~ Return 5:00 PM)

February 6 - Six

April 16 - Annie

May 14 - Jagged Little Pill

– Sports –

**Oakland A's vs.
New York Yankees**

Thursday, June 29

\$199 — LST438

Watch all the action of America's pastime from our private suite while you munch on our included game day buffet. Sit in either indoor seating or sit with the wind-in-your-hair attached outdoor seats in the crowd. Either way, you are sure to have a Grand Slam time watching the game. Trip includes round trip deluxe motorcoach, suite tickets, buffet lunch including non-alcoholic drinks (alcohol available for purchase), and driver tip. Wheels roll from OC at 9:30 AM ~ return 6:30 PM.



**Sacramento Rivercats vs.
O.K.C. Dodgers**

Bring the Grandkids

Friday, July 14

\$99 — LST450

Take me out to the ballpark! Enjoy an evening ballgame with your grandkids as the Rivercats take on the OKC Dodgers, which includes the post-game fireworks. Included bonus in the trip price is that each guest will receive a Rivercats hat and a voucher for a hot dog, chips, and soda. Seats will be in the infield reserved section (some shade). Limit two grandchildren per resident. Please, no children under six years of age. Wheels roll from OC at 5:15 PM for a 6:45 PM first pitch ~ return 11:00 PM.



**S.F. Giants
vs. Boston**

Red Sox

Sunday, July 30

\$195 — LST449

Watch the Giants take on one of baseball's most historic teams when they face off against the Boston Red Sox. See the action from our group Club-level seating. Price includes roundtrip motorcoach transportation, Club-level seating, and driver gratuity. Wheels roll from OC at 9:00 AM for a 1:05 PM first pitch ~ return 6:45 PM.



S.F. Giants vs.

L.A. Dodgers

Sunday, October 1

\$195 — LST455

We saved the best for last. Root for your favorite team in one of baseball's best rivalries on Fan Appreciation Day! See all the action from our group Club-level seating. Price includes roundtrip motorcoach transportation, Club-level seating, and driver gratuity. Wheels roll from OC at 8:30 AM for a 1:05 PM first pitch ~ return 7:15 PM.



Overnight/Extended Travel

Five days, four nights!

Ashland, Oregon

Theater Excursion

Monday, June 12 through

Friday, June 16 — LST451

\$1,225 per person

double occupancy

\$1,675, single

Join Scott, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world! Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Romeo and Juliet"
- Reserved seating at Allen Elizabeth Theater for evening shows of Shakespeare's "Twelfth Night" and Alexander Dumas' "The Three Musketeers"
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own



- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates, and Ledger David Winery
- Visit the Harry and David Outlet Store in Medford
- Stop at Mt. Shasta Park (Mt. Shasta Spring headquarters location) with included box lunch
- Lunch at Sierra Nevada Brewery on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary, menus, and signed liability waiver are required for each participant. No online sales. Wheels roll from OC at 8:00 AM, June 12 ~ return 6:00 PM, June 16.

***Laguna Beach Pageant of the Masters Art Festival and Huntington Library**

Monday, August 28 through Thursday August 31 — **LST452**

\$1,259 double occupancy; \$1,699 single

Join your Trip Coordinator, Scott, on an amazing trip to the world-famous arts festival in Laguna Beach as they celebrate their 90th Anniversary. This year's theme is "Art Colony: In the Company of Artists." See famous paintings recreated in full detail right before your eyes. We will also enjoy an afternoon at the Huntington Library and Gardens. Please advise, upon registration, your preferred food choice for Terra Laguna: Chicken, Salmon, or Vegetarian. Trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite), including daily breakfast
- Complimentary hotel evening reception at Ayres Hotel
- Lunch at Harris Ranch on the way to Laguna Woods
- Free time to enjoy the beach/shopping/lunch in Newport Beach on your second day
- Reserved lower-level ticket to Pageant of the Masters Show
- Admission to Art-A-Fair at the Festival of the Arts
- Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds prior to the show
- Entrance to the Huntington Library, Art Museum, and Botanical Gardens on the third day
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip (Breakfast on your own at the hotel)
- Lunch at Hilmar Cheese Factory on the return trip



Driver gratuity and service charge for all included lunches and dinners. Total Meals included: two breakfasts, two lunches, and one dinner. Detailed trip itineraries, menus, and a trip insurance provider list are available at the Lifestyle Desk. A signed liability waiver is required for each participant. Registration is exclusive to in-person sales at the Lifestyle Desk, no online sales. Wheels roll from OC at 8:00 AM, August 28 ~ return 4:30 PM, August 31.

***Great Italian Festival by Train**

Peppermill - Reno, NV
Saturday, October 7 through Monday October 9 — **LST459**

\$465 double

occupancy; \$659 single

Enjoy a relaxing scenic ride through the Sierra Mountains to Reno for the 41st Great Italian Festival. Downtown Reno transforms into Little Italy with a sauce cooking contest, lots of pasta, an Italian farmers market, food booths, and incredible free live entertainment. Relax in your deluxe room at the Peppermill for two nights. Our motorcoach will provide multiple transfers to downtown Reno on October 8 for the Festival. We will return on Monday, October 9, by motorcoach. Trip includes:

- One-way Amtrak service from Roseville to Reno
 - Two nights Peppermill Tower deluxe room
 - Transfers to/from Italian Festival
 - One-way return motorcoach
- Wheels roll from OC at 10:30 AM return ~ 2:30 PM.



SOLD OUT!

Day at the Races – May 21 — LST453

Sights and Sips Cruise – May 27 — LST437

S.F. Giants vs. Padres – June 22 — LST448

Cirque du Soleil – Corteo – August 5 — LST447

Tina - The Tina Turner Musical – August 12 — LST454

Donna Hartigan
Lifestyle Class Coordinator
Donna.Hartigan@sclhca.com



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

*Indicates on sale May 17

Dance

*Belly Dance Class – L1

Fridays, June 9-30
1:00 to 2:00 PM (KS)
\$28 (four sessions)
— LSC4373



Designed for new and returning students who want to learn and review the basics of Middle Eastern dance, "Belly Dance." Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun! Limited space. Instructor: *Ellen Hirvela*.

*Clogging – Introduction/ Foundations - L1

Thursdays, June 1-29
9:30 to 10:00 AM (KS)
\$50 (five sessions) — LSC4447



Come sit and clog if you need to, but come join in the fun. We work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. No special shoes required. Be sure to bring your water. Instructor: *Janice Hanzel*.

*Clogging – Beginners/Easy - L2

Thursdays, June 1-29
10:00 to 11:00 AM (KS)
\$50 (five sessions) — LSC4472

Review of all foundation and beginner steps. We'll continue to work on easy steps. Still working at a relaxed pace. Continue learning new steps and dances. Dust off those clogging shoes and come back to class. If you've been away for a while, this is the class for you. Instructor: *Janice Hanzel*.

*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, June 6-27
9:00 to 10:00 AM (KS)
\$40 (four sessions) — LSC4441

We will be working on some solid intermediate-level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We'll continue with low intermediate dances to start with and progress rapidly to some more challenging dances. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

*Clogging – Step Workshop

Tuesday, June 20
10:00 to 11:00 AM (KS)
\$10 — LSC4471

Come learn or review: Chug Kentucky, Flatland/Hard Step, Bad Stamp, Bonanza, Hoedowner, Kick, and Strum, to name a few. Instructor: *Janice Hanzel*.

*Clogging –Technique and Advanced – L4/L5

Tuesdays, June 6-27
11:00 AM to 12:30 PM (KS)
\$40 (four sessions) — LSC4467

June's focus will be review. Here's your chance to spend a lot of time reviewing and working on some different styling techniques of clogging. The first 45 minutes will be review. The last 45 minutes will continue with intermediate plus to advanced level dances that will feature both styles in the same dance. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

*Country Couples Western Dance – L3/L4

Mondays, June 5-26
6:00 to 7:00 PM (KS)
\$28 (four sessions)
— LSC3909



Join us for a fun-filled hour of Country Couples pattern dancing. Similar to Line Dancing, but with a partner. Featuring a variety of "old" popular dances, as well as fun new dances. Many of the dances are done in a circle, and some are done in lines. This class is intended for those that have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.



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***Hula - L1-L3**

Thursdays, June 1-29
1:00 to 2:00 PM (KS)
\$65 (five sessions)

— **LSC3920**

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 Performance – L2-L4**

Tuesdays, June 6-27
1:00 to 2:00 PM (KS)
\$36 (four sessions)

— **LSC3942**

The dancers will be working toward learning a fun, jazzy new dance for the Vaudeville Show in July. The class is an intermediate class geared toward performing in various shows throughout the year. Must be a strong technical dancer with good coordination and the ability to memorize new dance steps. Our dancers enjoy being on stage and performing for our wonderful Lincoln Hills audiences. Instructor: *Dancer/choreographer Becky Nicholson*.

***Line Dance, Absolute Beginner- L1**

Thursdays, June 1-29
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4218**

Instructor: *Yvonne Krause-Schenck*

OR

Mondays, June 5-26
4:00 to 5:00 PM (KS)
\$28 (four sessions) — **LSC3954**
Instructor: *Cathy Paris*

This class is an introduction to line dance. Basic steps will be taught to a variety of fun music. The focus is on having fun while learning to dance. *About the instructor:* A Lincoln Hills resident and coming from a musical family, *Yvonne Krause-Schenck* started dancing at an early age and has been line dancing since the 90s. She loves teaching

and finds joy in seeing her student's progress. She knows the importance of movement and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner - L2**

Thursdays, June 1-29
10:00 to 11:00 AM (KS)
\$35 (five sessions)

— **LSC4093**

Instructor:

Yvonne

Krause-Schenck

OR

Thursdays, June 1-29
3:30 to 4:30 PM (KS)
\$35 (five sessions) — **LSC4023**
Instructor: *Cathy Paris*

OR

Fridays, June 2-30
2:00 to 3:00 PM (KS)
\$35 (five sessions) — **LSC4048**
Instructor: *Sandy Gardetto*

Level 2 is for those who have some line dance skills or are moving up from Level 1 and wish to learn more steps and rhythms like cha cha, waltz, and rumba. *About the instructor: Sandy Gardetto* is an excellent line dance instructor with over 18 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (L2) as well as her High Beginner/Improver (L3) class. She is also offering an Easy Intermediate Class (L4) for those who want easier dances with good music.

***Line Dance, Beginner-Intermediate - L2-L4**

Mondays, June 5-26
5:00 to 6:00 PM (KS)
\$40 (four sessions)
— **LSC4278**

Learn it! Love it! Dance it! Steps, Styles, & Music make each class come alive based on genres of R&B, Funk, Latin, Oldies, & Country. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor: Anna Woods* love for dance



goes back to her childhood tap, jazz, & ballet. This led to a professional dance career of 15 years as an instructor & performer spanning the country from LA to DC. Check out her YouTube Channel: "Anna Woods Just Dance" and/or email annawoodsjustdance@gmail.com.

*Line Dance, Improver - L3

Mondays, June 5-26
9:00 to 10:00 AM (KS)
\$28 (four sessions) — LSC4082

Instructor: *Yvonne Krause-Schenck*

OR

Wednesdays, June 7-28
9:00 to 10:00 AM (KS)
\$28 (four sessions) — LSC4059

Instructor: *Sandy Gardetto*

Level 3 ranges from high beginner to easy intermediate. The dancer will be offered additional exciting steps, combinations, and rhythms.

*Line Dance, Intermediate - L4

Mondays, June 5-26
5:00 to 6:00 PM (KS)
\$28 (four sessions) — LSC4012

Instructor: *Cathy Paris*

OR

Wednesdays, June 7-28
10:00 to 11:00 AM (KS)
\$28 (four sessions) — LSC4070

Instructor: *Sandy Gardetto*

Level 4 focuses on challenging step combinations as well as teaching at a faster pace and keeping current with what is popular and danced around the world. **Prerequisite:** L3.



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*Line Dance, Advanced - L5

Thursdays, June 1-29
5:30 to 6:30 PM (KS)
\$35 (five sessions) — LSC3990

Level 5, with more difficult dances featured, is suitable for the experienced dancer. More turns, combinations, rhythms, and challenges will be mastered. Come join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3 or L4. Instructor: *Cathy Paris*.

*Line Dance, Country – L1-L4

Fridays, June 2-30
3:00 to 4:00 PM (KS)
\$35 (five sessions) — LSC4037

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.



*Line Dance For Fun

Thursdays, June 1-29
4:30 to 5:30 PM (KS)
\$35 (five sessions) — LSC4001

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. About the instructor: *Cathy Paris* is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her dance background began in the early 80's when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

*Line Dance, "Wake Up and Warm Up"

Tuesdays, June 6-27
8:00 to 9:00 AM (KS)
\$28 (four sessions) — LSC4458

Start your day with this "dance jam" style Line Dance class, less instruction and more dancing. Each week we dance a mix of classics and popular line dances (L2-L4) that are danced in the main ballrooms at major line dance events internationally, such as American Kids, Champagne Promise, Cold Heart, Havana Cha, Islands in the Stream, Late Night Habits, Lonely Drum, Pontoon, Señorita

La, La, La, Sugar Honey I.T., Tush Push, and much more. Prerequisite: L-1. About the instructor *Ellen Hirvela* has taught all levels of line dance in senior communities since 2012.

*Tap – L1

Mondays, June 5-26

11:00 AM to Noon (KS)

\$44 (four sessions) — **LSC4118**

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



*Tap - Technique

Mondays, June 5-26

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4104**

OR

Tuesdays, June 6-27

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4132**

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

Music

*Folk Guitar for Fun Folks – Beginning

Tuesdays, June 6-27

1:00 to 2:00 PM (KS)

\$40 (four sessions)

— **LSC4399**

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s-'70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *About the instructor: Darrell Effinger* is a long-time teacher, songwriter, and performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Questions? Call Darrell at 916-989-8532.



*Folk Guitar – Intermediate

Tuesdays, June 6-27

2:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4423**

This class is an intermediate class with an 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 and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. See Beginner Folk Guitar for Darrell's bio. Questions? Call Darrell at 916-989-8532.

*Guitar - Beginner – New Class

Thursdays, June 1-29

1:30 to 3:00 PM (KS)

\$75 (five sessions)

— **LSC4464**

Enjoy learning to read and make music with your guitar, whether it's the blues, pop/rock, jazz standards, or the classics from absolute beginner to an intermediate-level musician. You'll be introduced to elements of all genres while gaining knowledge and technique through a modularized course curriculum. Prior guitar skills or an understanding of music theory is not required: new students' skills are assessed and started at an appropriate module level. Module lessons are self-paced with a combination of individual/group instruction, individual study, and group participation. Instructor: *Rodger Mohme*.



Visual Arts & Crafts

*Card Making – Beginning, Introduction

Fridays, June 9 & 23

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC4308**

Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you. (L1/L2 = introduction/beginning levels) This class will teach you all 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. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: May 22.

***Card Making**
 – Intermediate/Advanced
 Mondays, June 5 & 19
 9:00 AM to Noon (KS)
 \$30 (two sessions)
 — LSC4293



OR
 Wednesdays, June 14 & 28
 9:00 AM to Noon (KS)
 \$30 (two sessions) — LSC4301

This class is the intermediate/advanced level (L3/ L4) of card making and offers more complex and challenging projects and papercraft techniques. This class is not designed for the 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: May 22

***Ceramics – L1-L3**
 Thursdays, June 1-29
 9:00 to Noon (OC)
 \$80 (five sessions)
 — LSC4364



OR
 Tuesdays, June 6-27
 1:00 to 4:00 PM (OC)
 \$64 (four sessions)
 — LSC3852

This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, demonstrating both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

***Ceramics – L4/L5**
 Thursdays, June 1-29
 1:00 to 4:00 PM (OC)
 \$80 (five sessions)
 — LSC3864



OR
 Tuesdays, June 6-27
 9:00 AM to Noon (OC)
 \$64 (four sessions)
 — LSC3840

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*.

***Chalking – “Stars”**
 Monday, June 5
 11:00 AM to 1:00 PM (KS)
 \$25 — LSC4395
 \$30 supply fee paid to instructor



Learn how to use silk screen transfers and chalk paste to create Patriotic Stars. These wooden stars measure 9”, 7”, and 5” by 3/4” thick and stand up making perfect pieces for a tiered tray, a shelf sitter or a centerpiece. Instructor: *Christy Frank*. Registration deadline: May 31.



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***Chalking –
“Tote Bag”**

Monday, June 5
2:00 to 4:00 PM (KS)
\$25 – LSC4398

\$10 supply fee paid to instructor

In this class we will use a silk screen transfer and chalk ink to decorate a canvas tote bag. The bags measure 16”x13.4”x3.9” and have a zipper closure. These cute bags are perfect for using on vacation! Instructor: *Christy Frank*. Registration deadline: May 31



***Fused Glass Jewelry -
Cancelled**

Monday, June 5-26
9:00 AM to Noon (KS)
\$80 (four sessions)
— LSC4477

\$45 supply fee paid to instructor on first day of class

In this fun, creative class, beginning students will use both regular and dichroic glass to learn the fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. You’ll learn finishing techniques and various findings to complete your designs. Students can create several pieces, including pendants, earrings, bracelets, and more. Sign up early, class size is limited. Supplies include glass, bails, earring findings, copper inclusions, stringer, and other materials. Students bring paper and pencils, and tweezers; optional: camera. Instructor: *Kate Uppal*.



***Mixed Media Art Journaling**

Tuesdays, June 13 & 27
9:00 AM to Noon (OC)
\$45 (two sessions) — LSC3804
\$5 supply fee paid to instructor

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*.

***Needle Felting: Painting
with Wool - Beginner**

Monday, June 5
Noon to 3:30 PM (OC)
\$35 — LSC4318

\$15 supply fee payable to Instructor

Using wool fiber and special needles, we’ll create this colorful Lavender Field “painting” in this one 3 to 3.5 hour workshop. All supplies are provided including the embroidery hoop for framing (not the easel). Most people find the repetitive motion of poking the fiber to be relaxing but it can aggravate conditions such as arthritis. And occasional finger pokes are possible. Instructor: *Donna Miller*. Email donnamillerfelt2410@gmail.com for questions.



***Needle Felting: Soft
Sculpture - Beginner**

Mondays, June 19 & 26
Noon to 3:00 PM (OC)
\$35 (two sessions) — LSC4356
\$15 supply fee payable to Instructor

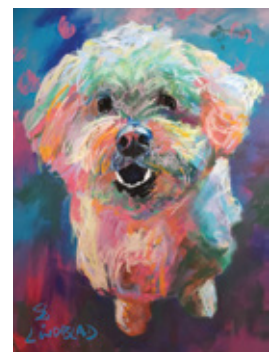
Using wool fiber and special needles we’ll create this adorable Hedgehog over the course of two classes. All supplies will be provided but you’ll likely need to finish inserting the yarn quills after class on your own (it’s easy but time consuming). Most people find the repetitive motion of poking the fiber to be relaxing but it can aggravate conditions such as arthritis and finger pokes are possible. Instructor: *Donna Miller*. Email donnamillerfelt2410@gmail.com for questions.



***Oil and Acrylic Painting –
L4/L5**

Wednesdays, June 7-28
9:00 to 11:30 AM (OC)
\$80 (four sessions) — LSC3816

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on





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a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Visit www.sandylindblads.com. Email Sandy at sandski2@yahoo.com prior to class regarding supplies. Instructor: *Sandy Lindblad*.

***Sip and Paint:
"Sutter Buttes"**

Friday, June 30
5:00 to 8:00 PM (OC)
\$65 — LSC3828



This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstroke, 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 unniart.com.

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***Class Schedules may not always be included in Compass, please see Punch Pass Section.**

WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how the fitness centers work and how to use equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at fitness desks or online enrollment on the Resident Website.

Fitness Floor (OC)

- **Tuesday, June 6**
4:00 to 5:00 PM
- **Tuesday, June 13**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, June 7**
12:00 to 1:00 PM

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

Events go on sale on the 17 of each month at 8:00 AM. Register at the fitness center desks or online enrollment on the Resident Website. Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups. All classes, times, and locations are

subject to change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.

Mindful Movement

Introduction to Meditation

Wednesdays, June 21 & 28

4:10 to 5:10 PM

Aerobics Room (OC)

\$36 (two sessions)

The essence of meditation is to bring your awareness into the present moment and reconnect with life as it is happening right now. So many of us miss out on our life experiences by living in a world of our thinking mind, caught up in fantasies of the future or memories of the past. The problem is life is ever only happening now. Join Sheri for this two-part series designed to give you all the practical tools you will need to set up your personal meditation practice and begin to transform your life. Instructor: *Sheri Mandell, HHC.*

Mind-Body Balance

Wednesday, June 7

4:10 to 5:10 PM

Aerobics Room (OC)

\$20

We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of rejuvenation? We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much-needed gift of relaxation. This class is offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC.*



Mindfulness and Meditation

Thursdays, June 1-29

4:30 to 5:30 PM

Aerobics Room (OC)

\$90 (five sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins, Serotonin, Oxytocin, and Dopamine)



in the brain, which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.

***All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-ins, also known as Wellness Pass: \$15. *All passes, and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes. Purchase at fitness center desks or through online enrollment under class passes on the Resident Website.**

Tai Chi / Qigong L1

Fridays, June 2-30

2:00 to 3:00 PM

Aerobics Room (OC)

\$65 (five sessions)

OR

Tuesdays, June 6-27

2:00 to 3:00 PM

Aerobics Room (OC)

\$52 (four sessions)

*See above

Tai Chi is a centuries-old practice focusing on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Siegel-Wamsat*.



Tai Chi 24 Form L1-L3

- Outside

Thursdays, June 1-29

2:00 to 3:00 PM

Amphitheater (OC)

\$65 (five sessions)

*See above

Open to all levels, come join in for an enjoyable time learning the Tai Chi 24 form in a beautiful outdoor setting. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang style Tai Chi, which 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. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi L2/3

Fridays, June 2-30

3:05 to 4:05 PM

Aerobics Room (OC)

\$65 (five sessions)

OR

Tai Chi / Qigong L3

Tuesdays, June 6-27

3:10 to 4:10 PM

Aerobics Room (KS)

\$52 (four sessions)

*See above

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

Walking Meditation

Wednesday, June 14

9:00 to 10:00 AM

Meet at Fitness Floor

(OC)

\$20

Have you wanted to explore meditation, but the idea of sitting still is keeping you from trying? Then a walking meditation may be for you. It blends the perks of physical activity with mindfulness, creating a powerful win-win. It is the practice of becoming more aware of your surroundings by walking in silence and keeping your thoughts in the present moment. There will be a discussion before and after the walk. Take the time to enjoy our Wetlands Trail and connect with nature and your body in a whole new way! Meet at the Fitness Floor lobby (OC). Instructor: *Sheri Mandell, HHC*.



Nutrition

Nutrition 101

Wednesday, June 7
11:00 AM to Noon
Multimedia (OC)
\$20



Ever wonder how to read a nutrition label? Do you know what foods are carbohydrates, protein, or fat? Do you know how to calculate the calories in foods correctly? Join this class to get those answers! This class will teach you the basics of macronutrients and how to properly fuel your body each meal. Bring a food label from your favorite food, a notebook/pen, and your questions! Instructor: *Eva De Mars*.

Summer Cleanse

Monday-Friday, June 19-23
4:00 to 5:00 PM, Computer Room (OC)
\$245 (five sessions)

Guided 5-Day ProLon Cleanse includes all food/drinks and support during your 5-day cleanse for a successful restart! Backed by science, some of the benefits include cellular rejuvenation, fat-focused weight loss, changes in your relationship with food (breaking bad habits), improved mood, enhanced mental clarity, healthier- younger looking skin, convenience ~ everything you need is provided. So what is holding you back? Please reach out to the instructor for questions at Nina.Baldi@sclhca.com. Instructor: *Nina Baldi*. Registration deadline: June 14.

Sugar Detox

Tuesdays, June 6-27
11:30 AM to 12:30 PM
Multipurpose (OC)
\$72 (four sessions) + \$10 materials fee paid to instructor the first day of class



Science has discovered that sugar is keeping Americans overweight, sugar is the leading cause of heart disease, and sugar begins premature aging. The good news is you can eliminate processed sugar from your diet and lose unwanted pounds, have a more radiant appearance, and feel better. The benefits of joining the group are to have comradery, as well as receive recipes, food tastings, and tips to keep you going, and have a little fun along the way! Instructor: *Sheri Mandell, HHC*. Registration deadline: June 2.

Thriving with Grace, All About Type 2 Diabetes

Wednesdays, June 7-28
1:00 to 2:00 PM
Heights (OC)
\$72 (four sessions)
+ \$10 material fee paid to instructor first day of class



This class is focused on behavior change and setting goals. We will be tasting diabetes friendly recipes, learning about how to keep your diet whole foods-based, learning about meal spacing, identifying stressors in your life that lead to unhealthy choices, assessing your sleep habits, and starting an exercise routine. This class is not intended to be medical advice. Instructor: *Grace Smith, RRT, CSWC, CHC, CLC*. Registration Deadline: June 4.

Thriving with Grace, Desserts inspired by Aphrodite

Friday, June 23
1:00 to 2:00 PM
Placer Room (KS)
\$20
+ \$10 materials fee paid to instructor the first day of class



What is an Aphrodisiac? Join Grace in this class to learn about the myths, the legends and the folklore while sampling a variety of treats all revolving around Aphrodisiacs and their history. Finish by enjoying a Chocolate Cardamom Torte paired with a glass of deep Red Wine. Take with you recipes and pairing ideas to help inspire us to embrace the Aphrodite in our lives. Instructor: *Grace Smith, RRT, CSWC, CHC, CLC*. Registration Deadline: June 20.

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



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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

Training Services

- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$34 per person. Each billed for shared session.
- **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, medical history, talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.
New Packages: One client and one trainer. One-hour session. Package of 3, \$54 each. \$162 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is very affected by posture. One-hour session \$59.

ONLINE: SCLHRESIDENTS.COM

- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$59.

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

Personal Improvement

Balance and Gait Training

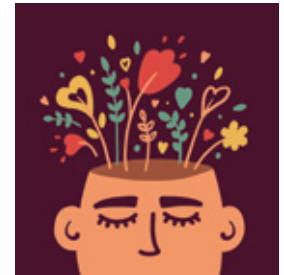
Mondays &
Wednesdays, June 5-28
12:30 to 1:30 PM
Indoor Track (OC)
\$136 (8 sessions)



Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Instructor: *Eva De Mars.*

Brain Gain

Wednesday, June 14
9:30 to Noon
Multipurpose Room (OC)
\$40

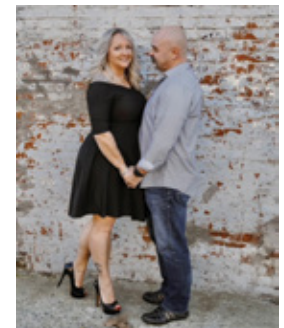


Come experience “Neurobic” fun interactive brain exercises that give your brain a creative workout beyond crossword puzzles and Sudoku. Join educational physiologist Dr. Alice Jacobs as we learn about the hemispheres of the brain and their predominant functions. We will then engage in hemisphere-dominant exercises that provide both hemispheres of the brain with 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, ED.D, MBA, MS, MA, MCHES. Director Brain Gain www.braingain.info.*

Couples Date Night New!

Friday, June 2
5:30 to 8:00 PM
Secret Garden + Front
Ballroom (OC)
\$170 per couple

Includes Champagne Toast, Starter, Dinner, Dessert, and more. Come and experience a unique evening featuring





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Child Advocates of Placer County trains volunteer mentors to walk alongside children in foster care, at risk youth, and struggling families. Our goal is to reunite families and surround them with the skills and support they need to thrive.

Of particular importance are at-risk boys who face many challenges, including poverty, neglect, physical and emotional abuse, societal barriers, and a lack of access to positive adult male role models. Studies have shown that a positive male role model profoundly affects a child's future.

Are you looking for a way to make an impact in your community? We invite you to attend a brief informational session where you will learn more about our mission to be the bridge between the most vulnerable in our community and caring volunteers who make a difference.

CONTACT US FOR THE NEXT SCHEDULED INFO SESSION DATE.

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www.casaplacer.org

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Sexual Wellness Coach Grace Smith while enjoying a stunning three-course dinner crafted by our own Chef MJ. Each delectable course will feature a new, fun, and flirty topic! Instructors: *Grace and Michael Smith*. Registration Deadline: May 30.

Eight Week Wellness Challenge *New!*

Mondays, June 5 - July 31
(no class July 17)
11:00 AM to Noon
Computer Room (OC)
\$144 (eight sessions)



Ever want to get in shape, lose weight, reduce stress, eat healthier, or perhaps add muscle mass or just make a change? This is your chance to be held accountable for YOUR goal! This class will meet weekly for eight consecutive weeks to discuss if you're on the path to meeting your goals. You will be given a general nutritional guideline and a basic exercise regime. If you need someone by your side and perhaps a little personal challenge, this is your chance to accomplish your goals. Instructor: *Eva De Mars*.

Hypnosis for a Good Night's Sleep

Thursday, June 1
9:30 to 11:30 AM
Computer Room (OC)
\$20



Are you frustrated with your sleep? Are you having trouble falling asleep, staying asleep, or going back to sleep? Join this restful and helpful class to find out how Hypnosis can help. This class is designed to take multiple times to increase your prior results exponentially. Instructor: *Kelley Moreno CPH*.

Karate - Traditional Shotokan

Saturdays, June 3-24
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$20 (four sessions)



The instructor *Al Trimarchi* is a member of the International San Ten Karate Association and has over 48 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit santenkarate.com.

Living with Hip Pain

Fridays, June 23 & 30
10:00 to 11:00 AM
Computer Room (OC)
\$45 (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. Learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.



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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 contact Danielle.Merrill@sclhca.com.

Prerequisite: If you have not taken Reformer before, all Pilates Reformer classes require completion of the Introductory Reformer Session (purchase at fitness centers) or completion of a session-based wellness class: Introduction to Movement on the Pilates Reformer – offered every other month.

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody by logging in to their account once it has been created. Class schedules can be found on the Resident Website or at the fitness centers. Online class scheduling is from 7:00 AM to 10:00 PM every day. New month's scheduling always opens on the 15 of the month at 7:00 AM.

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 non-reformer member, \$20 per class.

Drop-in for guests accompanied with resident, \$25 per class.

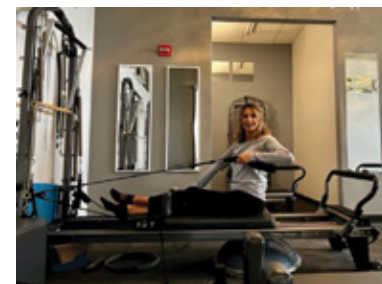
Introductory Reformer Session L1
Continuous dates scheduled with Reformer Specialists Reformer Studio (OC) \$40 (one hour)



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 after getting an account. You can purchase this introduction at the fitness centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

Pilates Reformer - Introduction to Movement

Wednesdays
June 7-28
2:30 to 3:30 PM
Fitness Center - Reformer Studio (OC)
\$72 (four sessions)



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

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. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

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

Pop Up Classes

Try It Out!
Wednesday, May 31
10:45 to 11:45 AM
Aerobics Room (KS)
\$8



This Pop Up will feature six different instructors with six different formats to try out! Get a little taste of Matwork Pilates, Zumba, Yoga Stretch, Cardio Combat, Sticks, and Tai Chi. You will work every inch of your body and mind in this collaborative class. Instructors: **TBA.**

Punch Pass - Now called Group Ex Pass Fast Pass & New! Wellness Pass Classes

New! Punch passes are now called Group Ex Pass. We now also offer a Wellness Pass. Group Ex Pass, Wellness 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 Sports Plaza & OC pools. You may arrive and sign in up to one hour before the start time of the class. Good for one session each.

*Group Ex Passes are \$5.50 for 55 minutes.

*Wellness Passes are \$15 for 60 minutes.

*Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes.

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or fitness center front desks. There are no refunds for class passes, and all passes expire one year after purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

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

***Group Ex, Fast & Wellness Passes expire one year after the purchase date.**

NOTE: Group Ex/Punch Passes purchased before December 1, 2019, will never expire.

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

**For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Group Ex Pass Classes](http://sclhresidents.com/WellFit/GroupExPassClasses), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera. Class schedules may not always be in *Compass*.



SCAN QR CODE TO DOWNLOAD
AND HAVE SCHEDULE ON YOUR PHONE

Small Group Training (SGT)

Small group training classes run for 55 to 60 minutes and are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class.*

Balance and Fall Prevention L1

Mondays & Wednesdays
June 5-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$136 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Gina Turner*.



Bootcamp – Progressive L2/L3

Mondays & Wednesdays
June 5-28

3:05 to 4:05 PM

Aerobics Room (KS)

\$136 (eight sessions)

Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.



Boxing – Rock Steady

Tuesdays, June 6-27

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *Craig Wasley***OR**

Friday, June 9-30

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *Gina Turner*

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

**“Fun”ctional Fitness L3**

Tuesdays & Thursdays, June 6-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits.

This team-oriented class focuses on “FUN”ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, and mobility, and prevent injuries. Mixing up the workout keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels is encouraged. *This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin*.

**ParkinsonStrong Combo**

Mondays, June 5-26

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, June 8-29

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

\$68 (four sessions)

Interested in the Parkinson's Cycle class, but don't you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson's Indoor Cycling and

Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

Posture, Core and Balance L1/L2

Mondays & Wednesdays, June 5-28

12:55 to 1:55 PM, Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *Renae Schmidt***OR**

Tuesdays & Thursdays, June 6-29

10:45 to 11:45 AM, Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *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.

**TRX Circuit L2**

Tuesdays & Thursdays

June 6-29

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructors: *Craig Wasley/MaryAnn DePietro***OR**

Wednesdays, June 7-28

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

Instructor: *John Ramos*

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

**TRX, Strength and Stretch**

Mondays & Wednesdays, June 5-28

11:50 AM to 12:50 PM, Aerobics Room (KS)

\$136 (eight sessions)

The perfect blend of intensity and restoration. This innovative take on strengthening and lengthening fuses strength movements and stretching with the amazing recovery ability of breathwork, alignment, and balance. Instructor: *Gina Turner*.

Walk on the Wild Side L3- Pick Up The Pace! (Seasonal)

Tuesdays, June 6-27

9:30 to 10:30 AM

\$68 (four sessions)

First class meets at OC
Fitness Center



This class will focus on exploring the more challenging trails of Lincoln Hills with a goal of walking 2.5 miles each class. Be ready with a kick and extra pep in your step as we incorporate warm-up strength training and conditioning, balance and coordination, as well as stretching. Grab a friend, and let's pick up the pace together. Instructor: *Lisa Fisher*.

Water Exercise – Therapeutic L1/L2

Fridays, June 2-30

10:45 to 11:45 AM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Lisa Fisher*

OR

Wednesdays, June 7-28

10:45 to 11:45 AM and also 11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*



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. Do not forget your towel.

Sports Plaza - Lessons

Athletic Conditioning and Agility L2/L3

Tuesdays, June 6-27

8:15 to 9:15 AM

Multi-Court

\$60 (four sessions)

Start with movement prep and dynamic stretching warm-up to increase



your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities! Instructor: *Lisa Fisher*.

Pickleball – Introduction

Wednesdays Bi-Monthly

9:00 to 10:30 AM

Multi-Court

Free



This class is for any resident interested in learning about Pickleball. All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class, which is held bi-monthly. Eight spots are available. Email Carol Judd at welcometopickleball@gmail.com to register for the class.

Pickleball - Intermediate Clinic

Thursday, June 22

8:00 to 9:30 AM, Multi-Court

\$45

Skill Level 3.0-3.75

Minimum/Maximum: 8 students

The focus of this clinic will be "NetPlay," strategic placement of your dinks and identifying opponent openings. Must have a "Soft Game" to get to the next level. Personalized feedback during game time play portion of the clinic will be provided. Instructor: *Ian Dickson, Pickleball Pro*.

Pickleball Training Services – Purchase at fitness centers or through Online Enrollment on the Resident Website.

- **Buddy Training:** Two clients and one trainer/pro. It is more fun to train with a friend. One-hour session \$59 per person. Each billed for shared session.
- **One-on-One Training:** One client and one trainer/pro. One-hour session \$98.

**Pickleball Training Policy: There are no refunds, and all training expires one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to*

reschedule. If you do not give 24-hour cancellation notice, you may be charged in full for the training, and no make-up will be provided.

How to Set Up One-On-One or Buddy Training Services with the Pickleball Professional

1. Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.

2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.

3. Show up at the multi-court in the Sports Plaza for your training session.

Please note: Once you have purchased a training service, it is your responsibility to reach out to Ian for scheduling. Ian is not able to book your session until it has been purchased.

Small Group Training: 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase.

For clinics or camps, please see online enrollment – WellFit or inquire with Ian.

For questions, email Danielle.Merrill@sclhca.com.

Tennis - Introduction

Saturdays

11:00 AM to Noon

Tennis Courts

Free



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

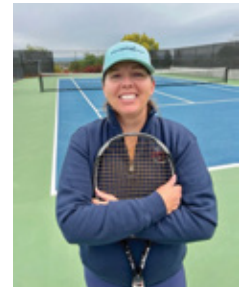
Tennis Small Group Training – Beginner

Tuesdays, June 6-27

7:00 to 8:00 AM, Multi-Court

\$112 (four sessions)

Practice volleys, forehand, backhand, and serving techniques. You will learn the basic fundamentals of tennis strokes and scoring. All players will receive personalized feedback. Instructor: *Eva De Mars, Tennis Coach*. Minimum of three students, maximum of six.



Tennis Small Group Training - Intermediate

Tuesdays June 6-27

9:30 to 10:30 AM, Multi-Court

\$112 (four sessions)

This class is for those who can carry on at a minimum 4-ball rally and have knowledge of various strokes and scoring. You will be given drills to enhance your stroke technique and improve all aspects of your game. By the end of the four sessions, your individual game will have improved enough for you to compete in both singles and doubles. Instructor: *Eva De Mars, Tennis Coach*. Minimum of three students, maximum of six.

Wellness Life Coaching

Why A Wellness Coach?

A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path,

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clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

What Can I Expect?

Discerning “the why” is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

What Does It Cost?

Each one-on-one session runs sixty minutes \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.

Invest in Yourself.

We presently have four dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit fitness center. Their Bio’s can be found at the fitness centers or on the Resident Website under the WellFit drop-down menu. Contact Danielle Merrill for more information about this exciting new program.

Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.

Reach out to a Coach to schedule:

- Alice.Vestergaard@sclhca.com
- Grace.Smith@sclhca.com
- Nina.Baldi@sclhca.com
- Sheri.Mandell@sclhca.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	Membership Desk MON–FRI: 9:00 AM–5:00 PM
Lifestyle Desks (OC/KS) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Meridians Restaurant SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 PM
WellFit (OC/KS) MON–FRI: 5:30 AM–8:30 PM SAT–SUN (OC): 7:00 AM–8:00 PM SAT–SUN (KS): 5:30 AM–6:00 PM	SPORTS BAR: SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	Kilaga Cafe MON–FRI: 8:00 AM–3:00 PM SATURDAY: 8:00 AM–1:00 PM

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FOOD & BEVERAGE

Meridians Restaurant..... MeridiansRestaurant.com
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Kilaga Cafe To-Go Orders & Info: 916-408-1682
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Catering Sales..... OrchardCreekLodge.com
Don Giles916-625-4043 Don.Giles@sclhca.com

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Lifestyle Desks
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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
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Willie Mayberry.....916-645-4501 Willie.Mayberry@sclhca.com

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LH Golf Club916-543-9200 lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood Watch SCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
Lodge Library Contact..... Sarah Kevin: 408-858-0880

COMMITTEES

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