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**15** The Canine Connection to Sultry Summers

**17** Plunging Into the Dog Days of Summer



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**On the Cover**  
*Dog Days of Summer.*  
Photo by Klara Kleman.  
See article page 17.

# Calendar of Events

August 15 - September 15

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

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Upcoming Association Meetings: August 15 – September 14	
Finance Committee	Thursday, August 17, 9:00 AM
Board of Directors	Thursday, August 24, 9:00 AM
Board of Directors Executive Session	Thursday, August 24, 1:00 PM
ARC/Architectural Review Committee	Monday, August 28, 9:00 AM
CCOC/Clubs and Community Organizations Committee	Tuesday, September 5, 9:00 AM
Compliance Committee	Wednesday, September 6, 9:00 AM
Properties Committee	Thursday, September 7, 9:00 AM
Elections Committee	Friday, September 8, 9:00 AM
ARC/Architectural Review Committee	Monday, September 11, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, September 12, 10:00 AM
Accessibility Committee	Wednesday, September 13, 1:00 PM
Board of Directors Workshop	Thursday, September 14, 10:00 AM
Board of Directors Executive Session	Thursday, September 14, 1:00 PM

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

### 211 Your Non-Emergency Call for Help!



Connecting Point is your trusted source for information and connections in Placer and neighboring counties.

Dial 2-1-1 for referrals to local services, including food programs, non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal/fiduciary, plus help connecting to tax preparation services. Additional connections are but are not limited to home repair and safety, in-home services for seniors, assistance When you need information about local services, disaster readiness, or recovery assistance, Placer 211 with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.

### Holiday Hours | Labor Day | Monday, September 4

OC/KS Lodge .....	9:00 AM - 7:00 PM
OC/KS Lifestyle Desk.....	8:00 AM - 6:00 PM
Administration & Membership .....	Closed
OC/KS WellFit .....	5:30 AM - 5:00 PM
The Spa at Kilaga Springs .....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar .....	7:00 AM - 3:00 PM



## Board of Directors' Report

*Don Bowden, Treasurer*

Since joining the Board of Directors, I have been asked questions about our Homeowners Association operations, how projects get approved and funded, and how we keep Lincoln Hills maintained and looking beautiful. I thought I would give a summary of how we plan for future maintenance through our reserves.

Lincoln Hills reserves refer to funds set aside for future maintenance and repairs of common areas and shared facilities in our community. These reserves are important to our financial management, as they provide the necessary funds to handle unexpected expenses and protect property values.

Our reserves are funded through monthly assessments paid by homeowners. It is important for the Association to clearly understand our expenses and regularly review our budget and funding needs to ensure that we are collecting sufficient funds to cover expenses. As it stands

today, \$27.00 of our monthly dues goes directly into our reserves account.

It is also important for the Association to invest our reserves in a manner that balances safety and growth. Some HOAs may choose to invest their reserves in low-risk investments, such as savings accounts or money market funds, while others may opt for investments with higher potential returns. Our investment strategy is extremely conservative. We only invest in held-to-maturity securities, as the number one stated goal of our investment policy is the safety of the principal.

The Association has a clear and well-documented plan for our reserve funding. This plan includes a budget for projected expenses, a timeline for when we will need to use the reserves, and a plan for how we will replenish the reserves over time. Regularly reviewing and updating the reserve funding plan can help the Association stay financially stable and avoid any unexpected costs for the homeowners.



## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

*In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius, the Dog Star, in mid-to-late summer contributed to the extreme weather of the season.*

The 'dog days of summer' are also often associated with the end of the baseball season, especially for the teams out of the pennant race and just riding out the season. In Lincoln Hills, the month of August is also associated with the development and refinement of next year's annual budget. The process begins in April, with our accounting team providing budget templates and support to our directors and managers. While supporting the busy operations of summer, our team is also actively preparing the budget.

As stated in the July Board Resolution, the development of this year's budget is impacted by the extensive payroll compensation study conducted by our Director of Human Resources, Christina McClung. We believe that the results of this

compensation study will significantly benefit our operation, improving employee retention and cost savings in recruiting and training. The Homeowners' Association industry is notorious for non-competitive salaries, and we look forward to making Sun City Lincoln Hills an employer of choice. This will not only aid in staff retention but will also improve our ability to attract top-level talent in all positions of our multi-faceted operation.

While the proposed salary structure for the 2024 budget will have an impact on raising assessments, we have some budget offsets that we believe will offset the personnel increase besides the savings in staff turnover. Our adjustments in landscaping are expected to result in over \$150,000 in savings, and we look forward to electricity savings from the conversion to LED lighting at the Sports Plaza. We continue to look for other cost-saving measures while understanding that due to inflation and utility cost increases, assessments will still likely go up every year.



## Properties Committee

### July Meeting Report

*Bill Szabo, Chair*

#### Executive Director's Report: Completed Projects:

Pickleball Court work. **In-Progress Projects:** Raw water –city approval. Rebarbing - crews will be placing bark in landscape areas throughout the community this week. South entrance irrigation conversion, algae, and azolla cleanup. Meridians redesign – information received. **Proposed/Pending Projects:** A/V update project and OC Ballroom control room. Sports Plaza parking area – scope of work being developed.

**Facilities Maintenance Update** – Pickleball and tennis resurfacing, Waterway dam removal, grazing completed. Waiting for the report on core drilling and survey for the shop parking lot by the Sports Plaza. Automatic door installation – Ballroom and multi-completed. Sports Plaza LED project details and implementation is starting. Outdoor pool flags installation was completed. OC hot water circulating pump was installed.

**Unfinished Business** - Inspection Reports – KS lodge, Amphitheater, outdoor pools, and OC lodge entryways inspection reports delivered. Parking in the main entrances at OC lodge and Meridians is not allowed. These areas are for pedestrians only. Liaisons Reports: Accessibility – 211 Presentation. Finance – No report.

**New Business:** Accepted the following proposals: Landscape staff equipment purchase, Hire OC Ballroom control room designer, AV equipment replacement, OC outdoor pool cover – blinds replacement, Food and Beverage: portable bars replacement purchase two Clavinova pianos (one for each lodge), Sports Plaza blind replacement.

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



## Accessibility Committee

### A Look Forward and Back

*Judie Fertig Panneton, Chair*

After serving two years as chair of the Accessibility Committee, I am stepping down and feeling proud of the accomplishments that have been achieved. Following are a few successes that will continue to benefit the residents.

A survey was conducted, updating demographics and identifying several impairment categories, including vision, hearing, physical, cognitive, etc. In addition, several committee members researched various HOAs regarding accessibility accommodations for residents as they age in place and monthly HOA fees.

Resident comments resulted in community forum topics such as transportation, assisted-living-type options, 211 information, and referral programs. We also received regular communication from residents who wanted information and requested accommodations like easier access to the Sports Plaza, locker room floor mats, more handicapped parking, and transportation options.

The committee collaborated with Association committees, Neighbors In-Deed, Neighborhood Watch, and the Lincoln Foundation to share information and ideas.

The Accessibility Committee website link offers a list of resources, including Neighbors InDeed, 211 Referral and Information Services, home pickup and return of garbage cans, home delivery, and mail pickup, Lincoln Hills Library services for those with disabilities, personal appointments for finding the right event listening devices, designating lodge locations for providing helpful and printed resource information.

There have also been physical changes, including automatic doors in the ballroom, emergency alarm cords in the locker rooms, and standardized, written communications that include Association letters/emails/posters/signs and bills at Meridians with user-friendly fonts and contrasts between the background and words.

A big thanks to the dedicated committee members and the Executive Director, staff, Board, and committee liaisons for their brainstorming and support. I am also grateful for the residents who worked to make this great community even more inclusive. It has been a privilege to be on the committee and serve as chair.



## Compliance Committee

### Keep It Simple

*Lynne White, Chair*

All homes in Lincoln Hills are required to comply with the Design Guidelines. The Design Guidelines, including the Acceptable Plant list, is ninety-one pages. This can be an overwhelming amount of material to read.

Homeowners can submit an ARC front yard landscape plan for approval using a design for the simplest yard and be in compliance. A good start is a minimum fifteen-gallon or larger single-trunk tree, with a minimum planted height of six feet and able to reach twelve feet at maturity. If you desire a lawn area, the next step would be grass or artificial turf with a maximum amount of fifty percent of the landscape area.

With or without turf, the rest of the yard on both sides of the driveway is referred to as a plantable area, essentially the remaining dirt area, which must have required coverage. The plantable area

must be a minimum of fifty percent living material, such as shrubs and groundcover plants when they grow to maturity. In addition, decorative rocks, a maximum of twenty five percent and boulders square footage, a maximum of five percent can be incorporated. The remaining bare ground shall be covered with landscape bark and/or chipped wood. All landscaped plants shall be maintained by a fully automatic underground watering system and a timer. Simple does not mean the process is easy, but it is the easiest path to follow to meet our HOA requirements.

For a simple yard, you must maintain it. If you trim your tree, institute weed abatement, trim bushes and shrubs to appropriate heights, refresh your bark periodically, and keep your irrigation system in good repair, you will enjoy how planning and implementing your desired yard helps from feeling overwhelmed with so many choices.



## Clubs and Community Organizations Committee Handbook

*George Herrmann, Vice Chair*

Last month in this column, we discussed how to form a new club.

While preparing that article, it became apparent that the Club Information and Guidelines Handbook (Handbook), which has not been updated since December 2021, needed major revisions. Besides the pandemic, much has changed in the last six years. The CCOC has formed a task force to revise the Handbook. When done, this task force will present a redlined Handbook to the full CCOC for discussion, review, and approval. Once the CCOC gives full approval, the redlined Handbook will go to the Board of Directors for their review. The Board will discuss it and may post it for 30 days for comments or send it back, asking for additional revisions. As this process unfolds, a final

revised Handbook will be available.

While the task force is having meetings, the CCOC can use the help of existing, sanctioned clubs. While some changes are obvious, the clubs that meet regularly can really help the revision of the Handbook. We would like to revise it to properly reflect the needs of the clubs and the Association. Clubs know of issues that impact them and where changes to this governing Handbook will help. Please send your recommendations and requests to the attention of the CCOC at [CCOC@sclhca.com](mailto:CCOC@sclhca.com). Alternatively, you are always welcome to attend our regular meetings on the first Tuesday of each month at 9:30 AM in the Solarium or attend a posted task force meeting. Hope to see you there.



**Finance Committee**

**June Report**

*Fred Raach, Chair*

At the end of June, the Association remained in a very favorable financial position. The budget, the basis for this year's dues, anticipated that expenses would exceed revenues by almost \$100,000 for the first six months. In fact, actual revenues exceeded expenses by \$123,000, which produced net results of \$221,000 better than budgeted.

Almost half of this positive result came from revenues larger than projected in four departments, Administration, Lifestyle, WellFit, and Food and Beverage, which more than offset the deficit in the Kilaga Springs Spa. Expense savings from lower personnel costs primarily from budgeted-but-unfilled positions in the Administration, Kilaga Springs Spa, and Facilities and Landscaping Departments, along with the negotiated reduction in the cost of the Bianco Landscape contract and deferral of some planned landscape maintenance projects, were able to offset the higher than planned expenses for repairs and outside custodial services.

The chart below shows for each department how actual year-to-date net results compare to what was expected in the budget. Ninety percent of the Administration Department's better than planned performance was from budgeted-but-vacant positions, which were largely filled in June. The Facilities and Landscaping positive results included

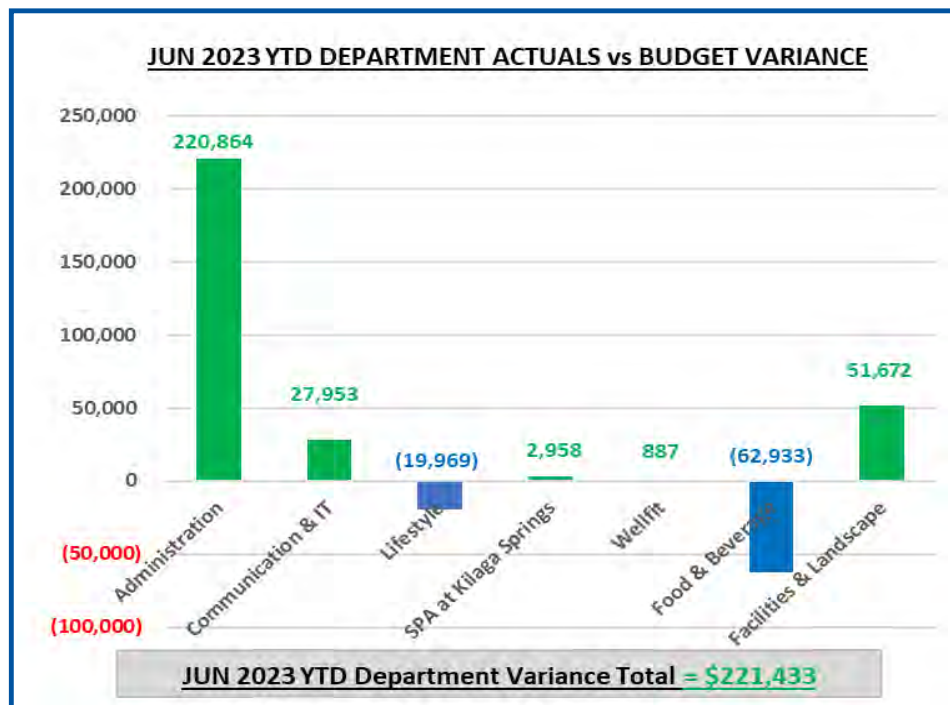
\$93,000 of deferred landscape maintenance expenditures that are likely to be spent in later months. In June, Food and Beverage produced its fourth consecutive month of positive net revenue, which continues to reduce its negative variance.

At the end of June, the reserve fund balance was \$12.5 million after this year's reserve expenditures of \$793,000. Several large projects this year, already approved or being considered, make it likely that actual spending this year will be close to the \$1.7 million projected in the reserve study.

In June, \$56,000 was spent from The Community Enhancement Fund (CFE) to improve access to Orchard Creek Lodge meeting rooms, renovate the Pilates Room at Orchard Creek Lodge, and to enhance the Kilaga Springs Café. The remaining amount in the CFE at the end of June was \$578,000.

Association management and members of the Finance Committee and the Board of Directors continue to work on updating the Reserve Study and on preparing the plans and budgets for 2024. Residents will have opportunities in early September to preview and comment on the proposed plans and budgets before the Board review and approval scheduled for September 28.

Meeting schedules and detailed financial data for the first six months are posted on the Resident Website.







## Lifestyle News & Happenings

### A Bus Trip for the Dogs

Allison Sertic, Lifestyle Manager

You have probably noticed that every *Compass* has an overall theme, which Editor Theresa Renken asks us to weave into our articles each month. In these last 16 months, I have managed to do it every time because we have that much going on in our Lifestyle department. This month's theme is "Dog Days" and I have the perfect tie-in!

Many of you have had the opportunity to travel with our wonderful trip coordinator, Scott Cason. Those of you who have spent some time with him know that he is, by far, one of the most caring and good-intentioned people. He always thinks of residents and his trip attendees first and always strives to provide a great experience. Sometimes he can find unique events or destinations to offer – he has one of those coming this fall.

Scott has planned a day trip to Santa Rosa that

is all about dogs, real and made-up. On Friday, November 3, you have the opportunity to attend a very special graduation...for dogs. Canine Companions, a national nonprofit that trains service dogs for people with disabilities, will walk their newest graduates through the ceremony and then into the arms of their new best friends, whom they will assist throughout their lifetimes.

After the graduation ceremony, folks will head into the Charles M. Schulz Museum for a docent-led tour. Charles Schulz was the creator of the Peanuts comic strip, which included one of the most famous "made-up" dogs around: Snoopy. I grew up with Snoopy and the entire Peanuts gang. Snoopy was my absolute favorite, and I wish I still had those twin-sized Snoopy bed-sheets. If there is room left for me on this trip, count me in!

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**The Spa at Kilaga Springs  
Summer Detox for Radiant Skin**

*KarriLynn Keith, Spa Manager*

We truly are living in the Dog Days of Summer!

With the sweltering heat and soaring temperatures, your skin can feel ravaged and wrecked. This is the perfect time to introduce a little TLC and self-care to your skincare regime.

Let us introduce you to an amazing Summer Skin Detox. Detoxing your skin allows you to transform your skin by gently cleansing, hydrating, and regenerating collagen and elastin. Here are a few tips that will leave your skin feeling radiant and nourished.

**Tip 1: Drink Lots of Water.** Drinking water helps flush your pores of toxins and promotes healthy, clearer skin. You should drink around 91 ounces or about ten glasses of water a day. Swap out your morning cup of coffee for hot water and lemon; your body will adjust, and you will feel healthier and more hydrated.

**Tip 2: Double Cleanse** your skin. The first cleanse removes makeup, dirt, excess oils, and pollution from your skin, while the second uses a gentle exfoliating formula to remove pore-clogging agents while protecting you from skin damage.

**Tip 3: Time to Hydrate.** Choose a hyaluronic acid serum designed to help lock water into the skin to reach optimum hydration levels. Do not forget your Boosters and Serums. Vitamin C, especially, is a great detoxing agent that protects from fine lines, wrinkles, dull skin, and other premature signs of aging to occur on the skin.

**Tip 4: Do Not neglect SPF!** Your moisturizer and sunscreen keep your skin protected from sun damage throughout the day.

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## WellFit News

### Dog Days of Summer

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Have you heard the phrase “Dog Days of Summer” in Baseball? Everyone gets tired, and it seems like every day is over 100 degrees. It is not like we need any more excuses, but when the temperature is in the 90-100 range, it brings out the laziness in all of us. Here are some steps to break out of this slump.

Evaluate your current level of intensity. It is a good idea to evaluate your workout intensity and ask yourself, am I really working hard at this, or am I just going through the motions? Just as we need to change up our routines, there are times we need to kick-start our efforts at regaining control of our health as well. It is easy to be compliant, especially this time of year.

On a scale of 1-10, rate your current level. Be honest, as there is a direct correlation between your intensity and your results. Try something new. Add

variety to your workout. We tend to get bored doing the same thing over and over, and our bodies adapt to it quickly, and we stop seeing results. Adjust your current routine. If you are a runner/walker, go longer or try to cover the same distance in a shorter period of time. Change your workout course and add some hill climbing routines. Increase your repetitions or change your weight and go up by two pounds. If you are just stuck, reach out to one of our personal trainers. You can hire a trainer for just one or two visits. They will discuss your goals and develop a plan/workout just for you. Then revisit them in six weeks to get a new workout. This way, it is safe and is designed specifically for you.

Still looking for ways to change up your routine? WellFit has other programs like our Small Group, Wellness, and Group Ex classes.

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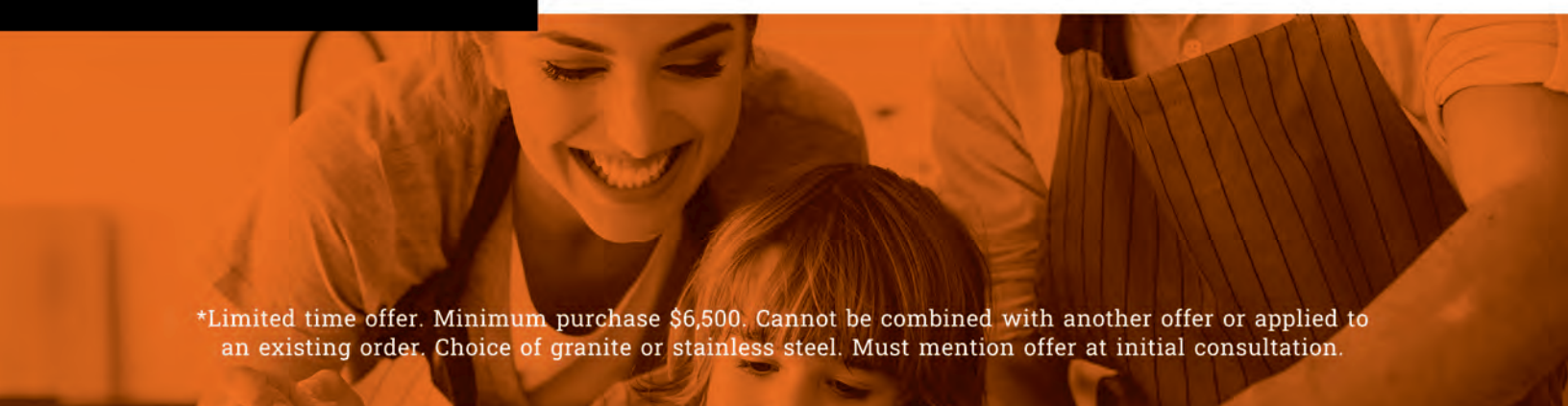


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## 2-1-1 Special Presentation

*Teresa Tanin, Neighborhood Watch*

This Special Presentation for 2-1-1 is slated for September 13, 2:00 to 4:00 PM, including questions/answers and handouts, Ballroom (OC). Learn how Dialing 2-1-1 connects you directly to a specialist 24/7. Calls are confidential and free. Language interpretation is available. This Special Presentation will cover the following plus much more:

- Information regarding local services includes food programs (local pantries, food delivery services, and food assistance programs)
- Help with disaster preparation and relief resources
- Senior services include non-emergency transportation, utility assistance, moving resources, health and dental referrals, including Social

Security, Medicare, insurance benefits, legal and fiduciary, plus help connecting to tax preparation services.

- More connections are, but are not limited to, home repair and safety, in-home services for seniors, help with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.

Mark your calendar for this special presentation. Information will be presented by, Manager for 2-1-1 Contact Center, Ulysses Palencia, Neighborhood Watch Executive Director Linda Minor, and Association Executive Director Kyle Bodyfelt will host this Presentation.

Additional event(s) reminder: August 19, "Kickoff" for the

upcoming National Night Out, Potluck 6:00 to 8:00 PM, MP Room/Kitchen (KS), \$5 per person; National Night Out, October 3, neighbors getting to know neighbors during neighborhood get-togethers and/or attend the Special NNO event, Sports Pavilion, 4:00 to 7:00 PM. For more information, please email NNO Coordinator at [nno-coordinator@schwatch.org](mailto:nno-coordinator@schwatch.org). Visit the Neighborhood Watch website [schwatch.org](http://schwatch.org) for more information.





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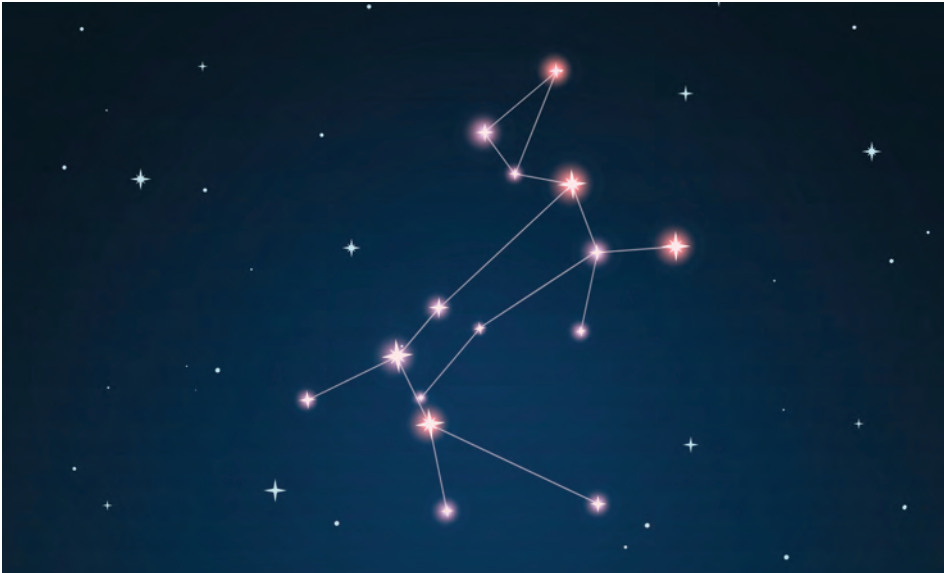
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The constellation Canis Major star (Latin for “Greater Dog”)



## The Canine Connection to Sultry Summers

*Linda Lucchetti, Roving Reporter*



Pooches in the pool

If you think that the saying “the dog days of summer” is about man’s best friend plunging into a pool to cool off, you could be “barking up the wrong tree.”

Actually, the “dog days” adage, popular during this time of year when temperatures soar and sunshine overflows, has more to do with ancient history and astronomy than our furry friends.

To sort out the tale and learn more about the astronomical

connection of “dog days,” this Roving Reporter didn’t have to look any further than the Lincoln Hills Astronomy Group, one of the many popular clubs within our community. President Bill Weaver was kind enough to enlighten me – not only about the summer slogan but also about the group of stellar stargazers right here in our own backyard.

Bill explained that “dog days of summer” refers to the ancient Greek association between the brightest star in our night sky named, Sirius (literal for “burning” or “scorching”) and our Sun. The Greeks observed that as the warm season approached, the Sun and Sirius rose and set together over a period of about 40 days (from July 3 to August 11) and believed this relationship created higher Earth temperatures that we know as summer.

In addition, the ancient Romans

called Sirius the “Dog Star,” the most prominent star in the constellation of Canis Major (Latin for “Greater Dog”), and believed its emissions adversely affected the abnormal behavior in dogs. As the Sun and Sirius came together, the Romans referred to this period as “dies caniculares” or the “days of the dog star,” later to be called, in the English world, the “dog days of summer.” (So, there is a canine connection, after all!)

The Lincoln Hills Astronomy Group encompasses some 110 members and two subgroups – the Cosmology Interest and Telescope Interest groups. Participants’ backgrounds range from novice to expert. A monthly general meeting covers what’s new in astronomy, presents guest speakers from both outside and within the membership, and offers Q&A sessions.

President Bill Weaver’s background is in fire service. In high school, he built his own telescope. “When I retired, I wanted to return to astronomy,” Bill said. The group has been the perfect place to do so.

To learn more about what the Astronomy Group has to offer, check out their website at [www.lhag.org](http://www.lhag.org). You just might thank your lucky stars that you did.



Astronomy Group’s Ron Yelton with Group President, Bill Weaver

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Having a swell time at “Happy Hour by the Pool”



## Plunging Into the Dog Days of Summer

*David Wright, Roving Reporter*



Synchronized noodling helps maintain fluid motions

“Ruffing it” outdoors through the triple-digit dog days of summer can be quite treacherous. But that is no reason to let those lazy, hazy, crazy days make us lazy with our fitness goals. Two indoor pools, one outdoor lap pool, and an outdoor fun pool allow us to water down our workouts while still diving headfirst into the Lincoln Hills lifestyle.

Well-trained staffers pool their resources to offer 19 weekly aqua-aerobics classes. All courses are professionally choreographed by certified instructors specializing in working with seniors. Classes range from beginner Therapeutic Water Exercises all the way to advanced Power Waves.

WellFit Program Manager Danielle Merrill explains, “Residents work on cardiovascular fitness, muscular strength, and range of motion stretching, all while enjoying the buoyancy of the water with less impact on their joints. If you are just getting started, I recommend Fluid Moves Level One to get the feel of it, then work your way up to Splash Level Two and beyond! Don’t forget your towel!”

Meanwhile, freestylers can swim or water walk on their own

during open timeslots or reserve a private lane through the WellFit Reservation System. For those craving the competition of team sports, the Water Volleyball Club welcomes new members to join in one or more of its five-day-a-week floating matches. Afterward, weary players can liquidate their aches with a muscle-soothing soak in the steamy jacuzzi.

DJ Steve brings his tunes to the Thursday “Happy Hour by the Pool.” Dance to the beat while beating the heat with a dunk in the cement pond. Then, wet your whistle at the poolside bar and enjoy culinary delights prepared by Chef MJ.



No spiking temperatures in Water Volleyball

Kids Swim takes over the pool for two hours every afternoon. Residents can join their young guests in a game of Marco Polo or just watch from the deck and reminisce about their own youthful days when “pruning-up” only meant being in the water too long.

On the last day of the season, the outdoor fun pool literally goes to the dogs with Dog Swim. Residents can bring their paw-paddling pals for a day of doggy dips and canine quips. To avoid making waves, after the fur-soaking experience, the pool is drained and sanitized before the next opening day.

Whether it be to exercise, to socialize, or to just let the dogs in, our aquatic amenities make a big splash with Lincoln Hills residents during these dog days of summer.

## In Memoriam



**Sandra Joy Datzman**

Sandy grew up in San Francisco. She was working as a bookkeeper when she met her husband, Jim. She was an active Mom, involved in her boys' activities and PTA, South San Francisco Women's Club, Marriage Encounter, and Police Activities League. For twenty years here, she enjoyed local cultural events, new friends, and traveling, including Hawaii and cruises. She especially enjoyed cooking for and visiting with her three grandsons. Sandy will always be remembered as one who treated everybody with kindness and respect. She is dearly missed by her husband, Jim, of 56 years, two sons, and three grandsons.



**Victor Freeman**

As a very active community member, Vic served on the Association board and was a co-founder of the Lincoln Hills Foundation. He was born in China but grew up in the Bay Area. After graduating from USF with a major in Business, he served as a Second Lieutenant in the US Army. Vic worked in Real Estate in San Francisco and was a partner at Southampton Company in Benicia, California. He was an avid 49ers and Giants fan! Vic also served on the City of Lincoln Planning Commission, and he joined Rotary. He loved traveling but especially riding his bike. Vic leaves his loving wife, Mary Lou, four children, three grandchildren, and one great-granddaughter.



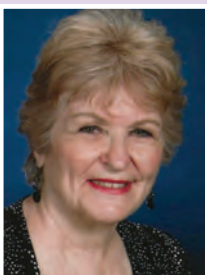
**Peace C. Jorgensen**

Born in Worcester, Massachusetts, Peace grew up in El Cerrito, California. For most of her adult life, she lived in Danville, where she and her husband, Dan, raised their daughter, Marina. As a licensed cosmetologist, she operated a hair salon in San Ramon before moving here. Peace enjoyed traveling, attending plays, and just being with her grandkids. She leaves her husband, daughter, son-in-law, and three grandchildren.



**Greta Lehto**

Greta moved to San Francisco after growing up in Eureka, California. She loved to sew, cook and raise her three daughters, especially those years she lived in Hawaii, a highlight of her life. She owned a travel agency, and a health food store, did community theater, volunteered, and worked very hard building an oasis of a backyard. Living here, she enjoyed singing in the choir and working with ceramics. Most of all, she enjoyed her grandchildren. Greta was a warm, friendly lady and will be missed by her daughters, family, and friends.



**Alice Aurora Martig**

Alice grew up in the Bay Area, graduating from Antioch High School. She worked as an administrative assistant as well as in banking collections for First Savings, First Interstate Bank, GTE Mobilnet, and Ohlone Junior College. Her passions were traveling, dancing, and skiing. She was involved in Country Couples and was a member of Lincoln Community Church. Alice is greatly missed by her husband, Al, three daughters, one stepdaughter, and six grandchildren. She also leaves her brother and four sisters.

## In Memoriam



### Ronald Hubert Robinson

The older of twin boys, Ronald grew up in Detroit, Michigan. After high school, he enlisted in the US Air Force, serving in Spain, Germany, North Africa, and Vietnam for three years. Soon after he moved to Silicon Valley, where he studied at San Jose State and had a career in the IT industry. He traveled the USA and retired from Fijutsu Network Services. Ron joined his life partner, Velma, here in 2008. He was active in the LHAUG and the DAV of Sacramento Valley. Ron was known for his positive attitude and bright smile and was an inspiration to all who knew him. In addition to his devoted partner, he leaves a brother, two sisters, and many friends.



### Kathleen Susan Woodward

Kathy grew up in Iowa and went to Iowa State, where she met her husband, Richard. They moved around with the Air Force, but she finished college and got her master's in adult education. She enjoyed art with her watercolor paintings. A woman of faith, Kathy was active in Bible Study Fellowship and became a leader for both adult and children's programs. She started a ministry for recovery and helped many people. Kathy also enjoyed family trips when her girls were growing up. After moving here, she was active in Bosom Buddies, PEO, and the Art League. Kathy is dearly missed by her husband of 55 years, two daughters, four grandchildren, and many friends.

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

## VOLUNTEER OPPORTUNITIES

### Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings. Committee applications are available at the Lifestyle desks (OC/KS) and online ([sclhresidents.com](http://sclhresidents.com)>Library>Forms>Resident Forms).

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





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### Amateur Radio

Five members set up near the Playground, and three worked from home for Field Day 2023. We contacted 436 Ham Operators from 43 states and two Canadian Provinces. Mark, KM6HDI; Judy, KM6HDH; and Art, KI6GY, supplied us with coffee, desserts, and sandwiches. Thanks to all who participated. Our Hams & Coffee get-togethers held at KS Café are fun and educational. Consider coming on down to rag chew. Meetings are held at the South Tower every Monday at 6:30 PM. Our Club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



### Ballroom Dance

Our Club held its Ballroom Saturday Night Party on Saturday, August 5 at

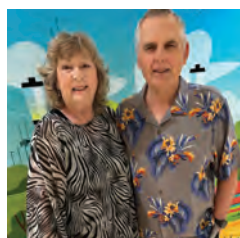
KS. The theme for this party was Hot August Nights. Not only was dancing the featured activity but games and ice cream were included as part of the fun. August's instruction for the month is the Nightclub Two Step. The Nightclub Two Step was developed in the 1960s by a 15-year-old West Coast Swing dancer from Whittier, Illinois, named Buddy Schwimmer. He developed the Nightclub Two Step while practicing with his sister as he searched for a way to popularize slow ballad music. Annual membership dues are only \$10 a person and are open to all residents. Lessons are offered in the Multipurpose Room (KS) each Tuesday.

Contact: Sal Algeri 916-408-4752, [sr64danz@sbcglobal.net](mailto:sr64danz@sbcglobal.net)

### Big History



Join us on Zoom every Monday morning from 10:00 to 11:30 AM beginning September 11, as we start our new semester exploring, The Evolution of Ancient Cities and Their Shared Characteristics.



Yvonne Krause and Dick Halsey



Despite their geographical and cultural differences, ancient cities shared several key characteristics that set them apart from earlier human settlements. In this presentation, we explore these similarities, such as the development of urbanism; the emergence of specialized economic, social, and political institutions; and the extensive physical infrastructure of cities versus settlements. In Honor of September 11, 2001, at 5:14 AM PDT: Despite our shared grief in the aftermath of 9/11, hope, resilience, and unity lifted us up as a nation. Twenty-two years later, these lessons are more important than ever (9/11 Memorial and Museum).

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



### Billiards

Now that the weather has returned to its normal summer pattern – hot and very hot, maybe it's time to think about indoor activities like billiards. We offer mentoring classes at KS on Tuesdays, with the first session beginning at 9:15 AM and the second session starting at 10:30 AM. These sessions are

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Bob, Dave, and Scott

free for beginning, intermediate, and advanced players. During the week at KS, we also have a variety of tournaments available for club members, from rookie to advanced players. Open play is always available at OC during lodge hours. This month's highlighted tournament is CueMasters/nine ball which is played on Wednesday afternoons and features advanced players. This month's winners were Bob Moze, Dave Rasmussen, and Scott Artigo. Congratulations to all.

Contact: Mike Greaney  
925-890-3034,  
michael\_greaney17@yahoo.com  
Website: www.lhbilliards.com



**Bird**

Summer weather is giving our Club a break. We are preparing a schedule of interesting speakers for the meetings and for next year's schedule (starting in September) of local and remote outings. Kicking it off at 1:30 PM, September 11 at P-Hall (KS) will be Ed Harper.



Juvenile Wood Ducks in Lincoln Hills  
by Larry White

He is a past president of the Sacramento Audubon Society and a past board member of the Western Field Ornithologists. He currently serves on the Montana Bird Records Committee and is an accomplished photographer. Ed taught both mathematics and birding classes over a period of 34 years at American River College. We are also looking forward to resuming our potluck picnics on October 25. The next season will be busy and fun!

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



**Bocce Ball, Mad Hatters**

Despite the heat of summer, our bocce club is going strong. Our weekly games are on Thursday mornings at 8:00 AM. All skill levels are welcome. Teams of four players are formed on-the-fly each week, so just show up! The focus is on recreation, not competition. We rotate players and teams with each 20-minute round. Our players



Bocce Players Having Fun  
Despite the Heat

usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. As new players arrive each week, we look to our experienced players to welcome the newbies and offer guidance when needed. If mornings are too hot for you, there's also a fun drop-in bocce club called the Night Owls. They play on Tuesday at 7:00 PM.

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



**Book**

Readers come enjoy the August 17 Potluck Social at the Sports Pavilion (note location change). Please bring a salad for eight with your name on the bowl and utensils, \$5 for Pavilion rental and supplies, and your name badge. Beverages, plasticware, and paper supplies will be provided. In September, we will discuss, *The Magnolia*

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*Palace* by Fiona Davies. Unless otherwise noted, meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to [ocbo-okgroup@gmail.com](mailto:ocbo-okgroup@gmail.com). See you at the Potluck!

Contact: *Maureen Deal*,  
[Modeal2010@gmail.com](mailto:Modeal2010@gmail.com)



**Bridge, Duplicate**

Elise Homer and Sharon Duley are two tireless workers who keep our Club running smoothly. Players call Sharon Duley if they need a partner. Elise receives the sign-ups before each game and sets up the seating. She then checks everyone in before each game, giving them their table assignment. Thank you, Elise and Sharon! Contact our Partnership chairman, Sharon Duley at 916 253-3885. For Game reservations, contact Elise Homer (see below) at least two days ahead of the game.



*Elise Homer and Sharon Duley*

Games are Wednesdays starting at 12:30 PM in Multipurpose Room (KS). Open and limited sections are Saturdays starting at 12:30 PM in Sierra Room (KS). For further information, see our website shown below.

Contact: *Elise Homer* 916-303-0751,  
[elisehomer@gmail.com](mailto:elisehomer@gmail.com)  
Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



**Bridge, Partners**

Call to sign-up or come to the Sierra Room (KS) by 5:15 PM Thursdays. August's hosts are Carol Mayeur/Nancy Rice, 916-408-4022. June 15 winners: first-Harry Collings/Jay Southard with high round 2110; second - Carla/Mark Green; third - Dee Cole/Ed Hartnett; fourth - Jyoti/Viren Sitwala. June 22: first-Ray Henry/Harry Collings; second - Jay Southard/Bob Calmes; third-Patty/Frank Kamienski; fourth - Linda McDermott/Patty VanOospree. Dee Cole/Ed Hartnett had high round 1840. June 29: first-Rose Phelan/Kurt Wolff with high round 1990; second - Barbara/Bud Hunt; third-Joanne Quermann/Wally Zahnd; fourth - Chet Winton/Phil Sanderson. July 6: first - Frank Kamienski/Ralph Madsen; second-Gail Ramsden/Bette Dow with high round 2440; tied

for third - Bev/Allan Blaine and Chet Winton/Phil Sanderson. July 13: first-Patty/Tom Mack with high round 2090; second - Maureen Scarpetti/Francis Kamienski; third - Kay/Ben Newton; fourth - Ralph Madsen/Harry Collings. Reminder: Both couples verify scoring before leaving table!

Contact: *September host: Dee Cole*  
916-587-3149,  
[kbnewton@sbcglobal.net](mailto:kbnewton@sbcglobal.net)



**Bridge, Social**

Beginning Bridge lessons continue with John Woodbury on Wednesdays at 8:30 AM in the Card Room (OC). Intermediate lessons follow at 10:00 AM to Noon. We really appreciate both John Butler and Alan Haselwood's striving to make us better players. June 16 winners: George Hubbard, Viren Sitwala, Russ Grover, and Rosanna Jensen. June 23 winners: Joanne Quermann, Alan Haselwood, Bob Belknap, and Park Miller. June 30 winners: Tom Mack, Joan Darroch, George Hubbard, and Joanne Quermann. July 7 winners: Russ Grover, John Butler, Jay Southard, and Anne McMaster. July 14 winners: Joan Darroch, Phil Sanderson, Frank Kamienski and Patty Mack. Play begins at 12:30 PM Fridays at

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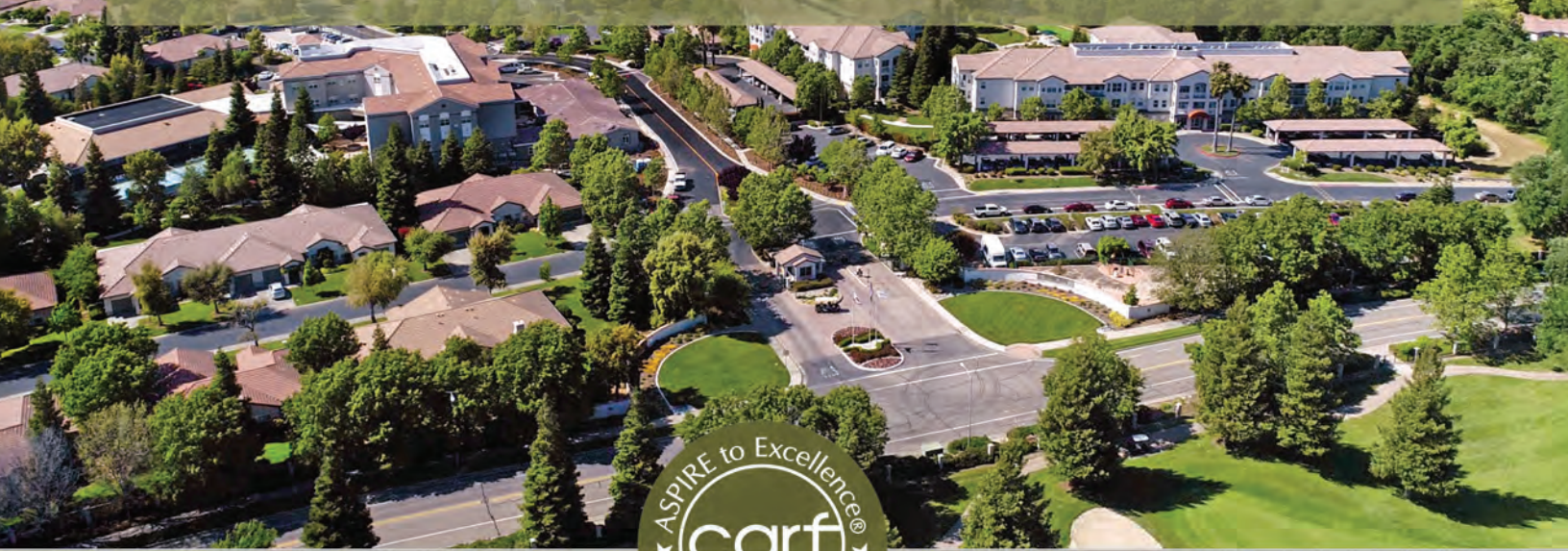
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KS. Please arrive by 12:15 PM. August's sign-up contact is Janet Pinnell, 916-408-7825.

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



### Bunco

In June, the Card Room (OC) was full of laughter and fun! Our Club welcomes new players anytime. Join us for a fun morning of laughter and friendship whenever your schedule permits. The traveling bear is generally all over the room down to the last game. Bunco is a non-membership club with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. We play on the third Thursday of the month in the Card Room (OC). June Winners: Buncos - Susie Reese, Wins - Sharon Shook, Losses - Diane Lundin, 50/50 - Anita Santos, Traveler - Jean Abelle. Future Thursday Bunco dates are August 17 and September 21.

Contact: Kathy Sasabuchi,  
ksasabu@icloud.com



### Ceramic Arts

Mark your calendar for two upcoming social events you won't want to miss. First, Wednesday, October 18, at 11:00 AM will be our Fall meeting and lunch at the Sports Pavilion. The meeting will be brief, and the food will be delicious. Second,

our annual Holiday Party will be on Tuesday, December 5, from 5:00 to 7:00 PM in the Placer Room (KS). It will be an appetizer potluck with a no-host bar. The exhibit of ceramic works by Black American artists will be at the Crocker Museum until August 21. See it if you can. Their permanent collection of ceramic works is very impressive and includes Asian art and Native American Pueblo pottery. It definitely will be worth your time.

Contact: Linda Lougy,  
lalougy@sbcglobal.net  
Website: [www.cagsclh.net](http://www.cagsclh.net)



### Chorus

While the dog days of summer may have us wishing for gentler temperatures, we are anxiously looking toward the cooler season as rehearsals for its December holiday concert series begin on September 5. Seasonal favorites such as "Ave Maria," "Silent Night," "Joy to the World," and "O' Holy Night" are slated for the concert program, along with a variety of other holiday and winter songs



A fabulous selection of holiday songs await December concert audiences

that will put you in the holiday spirit. The Chorus welcomes residents who enjoy singing and performing on stage and who can commit to attending weekly rehearsals to join its ranks as new members. Tenors and basses are especially welcome to join! Contact Chorus Membership Chair Mari Long for more information. We ho-ho-hope to see you in September!

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

### Computers



### Apple Users

Party time! We will be celebrating our 21st year with a banquet on Monday, September 11. Members will enjoy a delicious buffet dinner along with many prize opportunities. Details are on our website. Monday, August 28, Bill Smith continues his discussion with Part Two of "Fraud Aimed at Seniors." Be aware and educate yourself with preventative measures. Ask the Tech at 10:15 AM with program at 10:30 AM in the P-Hall (KS). Check the calendar at our website for upcoming open labs where members may bring their Apple device



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and meet with one of our techs.  
**Contact: Ken Silverman**  
 916-913-6833,  
 LHAUGinfo@icloud.org  
 Website: www.lhaug.org



**Country Couples**

This summer, our tireless Special Events Coordinator, Rich Pick, organized a unique event for our Club at the Sports Pavilion. He set up three Cornhole games and a giant Jenga set, plus several table games such as Mahjong, Liars Dice, and Yahtzee. We had lively competitions among our members—always infused with many laughs! Everyone brought their own picnic lunch and drinks, and music was played throughout the afternoon by our own Dennis Dawson. Our members love to dance, and we also love to do other activities together. Dance practice is held on Friday mornings in the Fine Arts Room (OC). We enthusiastically invite you to observe a practice, and then we hope



Cornhole Competition

you'll join our Club!  
**Contact: April Cederburg**  
 916-390-3931, aprilced@sbcglobal.net  
 Website: www.sclhcc.com



**Cribbage**

We're off to play some Cribbage, the wonderful game with Nobs. We know it is a wiz of a game if ever a game there was. If ever, oh ever a game it was, the Game of Cribbage is one because, because, because, because, because, because of the wonderful things it does! We're off to play some Cribbage, the wonderful game with Nobs! It's easy to play, and the rules haven't changed since your grandpa taught you to play way back in 19???. Recent Winners: June 13, Grant Lee; June 20, Paul Winters; June 27, Cyril Kalbach; July 4, Brian Burns; July 11, Jack Poshepny. "There's no place like home," but the Card Room (OC) on Tuesday mornings at 8:30 AM is a close second.

**Contact: Mel Switzer 510-589-7658,**  
 Melectrics@aol.com



**Cyclists**

It's no joke that the weather here in the valley is hot in the summer. Our ride leaders are starting earlier, shortening the rides, and canceling them when the heat is too much. Every rider must keep themselves hydrated and know the signs of heat exhaustion and

heat stroke. Members receive emails to remind them of the symptoms and resulting risks of dehydration. Rides are two to four hours long, so in this heat, dehydration is a real risk. Keep hydrated by drinking water before you ride, take sips of water every 10-15 minutes, and include electrolytes and carbs on any breaks. Club members gathered at Moska Barrel House in Roseville in July and enjoyed a good time and respite from the heat.

**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.trickstercards.com/home/euchre/, if you are new to the game or need to brush up. Look for the option "play to 10, 9-Ace." We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday's play. All are welcome. Please wear your name tag.

**Contact: Clyde McFadden,**  
 SCLHEuchreClub@gmail.com

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**Food Adventures**

Summer is here, and the “livin’ ain’t easy.” Club members are flocking to cooler places in droves or flocks. On July 24, we met in P-Hall for our July monthly meeting, where the main topic was a discussion of the Club’s general status. Our membership numbers are higher than they’ve ever been, our bank account is at its highest (\$3,500) for mid-summer, and we completed a successful second quarter.

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



Club cornucopia



**Garden**

Foggy Dew Fungi is a small farm in Newcastle specializing in gourmet mushroom cultivation. Brendan Linnane will be our guest speaker at the August 24, 2:00 PM, KS, General Meeting. His topic is “Unleashing Nature’s Healing Power: The Magic of Medicinal



Brendan Linnane-Foggy Dew Fungi

Mushrooms.” He will talk about the different mushrooms he grows, the health benefits of mushrooms, and how to cook with them. Brendan says, “Being able to offer the highest quality mushrooms to our local community and engaging with our customers is very important to us. He will bring fresh mushrooms, dried mushrooms, and mushroom “grow kits” to sell. These were very popular last year at his presentation. Brown Bag Sales, Master Gardeners, and door prizes will be available.

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



**Genealogy**

Have you taken a DNA test? Do you want to learn more about your results? Join us on August 18 at KS at 10:00 AM with OLLI instructor Susan Rogers, presenting “How I Found Our 10Gen Common Ancestor from Two mtDNA

Matches.” After our meeting, we have a barbecue planned for members at the Sports Pavilion. The price is under \$20 with the meal and soda or water included. RSVP by email to Rita Perada (see below). Genealogy Workshops are offered on some Mondays. If you are not a member, contact Kate McCarthy at starkayak@icloud.com to see what is coming up. Past workshops were Introduction to Ancestry, Understanding DNA, and Searching Military Records. She can also send you slide shows on past topics.

**Contact: Rita Perada** 510-710-5704,  
ritaperada@gmail.com  
Website: www.suncitylhgc.com



**Golf**

**Ladies XVIII**

Our Annual Red, White & Blue tournament was held on a beautiful summer day celebrating the USA. We began with words from




Red/White/Blue Chairpersons  
Donna St. Peter, Pat McNiff  
& Lani Dodd

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Lani Dodd, Mistress of Ceremony, about the history of the event, which was started by Bev Ansbro 15 years ago. Barbara Grant led us in the Pledge of Allegiance, Yeong Hur sang beautifully and led us in The Star-Spangled Banner, and team captains (Red-Nancy Jenkins, White-Mikie Briggs, and Blue-Gretchen Hansen) composed and led their team in a group cheer. Congratulations to the Red team for having the highest score and to Karen Thom for having the best individual score of the day in the Stableford format event! The ladies are preparing for the two-round September Club Championship. Who will be our 2023 Champion?  
**Contact: Linda Chappellear**  
 916-409-0151,  
[linda\\_chappellear@sbcglobal.net](mailto:linda_chappellear@sbcglobal.net)  
**Website: [www.lincolnhillsladiesgc.memberplanet.com](http://www.lincolnhillsladiesgc.memberplanet.com)**

**Lincsters**

The Red, White, and Blue Tourney drew a field of 72. The first-place team posted a net 75! Prizes were awarded for Best Costume and Best Decorated Cart. The new date for the Tin Cup Tournament is August 30. Sign-ups end on August 23. On tournament day, Breezeway check-in is at 6:45 AM, with a shotgun start at 8:00 AM on HB9. Use 7-iron and putter only on #12, 15, and 18. The Awards Luncheon

starts at 11:00 AM. The Breast Cancer Tourney gift basket donation drive closes on September 15. Past donations include event tickets, spa treatments, cooking classes, golf gear, and pre-filled baskets stocked with craft beers or wines or games and puzzles. Patti Tilton and Donna Sanderson (LHLGXVIII) have details and ideas.

**Contact: Nancy Hastings**  
 935-337-9391, [nhast38@yahoo.com](mailto:nhast38@yahoo.com)  
**Website: [www.Lincsters.com](http://www.Lincsters.com)**

**Men's**

The Summer Heat tournament sign-ups are closing soon, so hopefully, you're all signed up. This is a Two-Man Better Ball on the Hills and Orchard starting at 7:30 AM, just so we can Beat the Heat. Next is the Event of the Year, the all-new Member-Guest Invitational. The Tournament will be held over two days, Monday and Tuesday, September 11 and 12. Two events will be held on September 11 - A putting Contest and a Horse Race for Members and Guests. The Putting Contest will go from 2:00 to 3:30 PM. Steve Treadway has "volunteered" to run the contest, and he will set up the course and rules. Please see Linkletter for more details.

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



**Hiking & Walking**

Imagine these beautiful mountains were covered in huge amounts of snow just a few months ago! The hikers had a gorgeous day exploring Pt. Mariah in the Truckee area. Become a member and join us for weekly walks and hikes twice a month. Not only do we walk and hike, but we will have social events such as a pizza party and guest speaker, Bruce Quick, at our annual meeting, on September 26. On November 30, we will have a Holiday Happy Hour in the Solarium (OC). Check the website for updates! Extreme heat will cancel hikes. Happy walking and hiking!

**Contact: Dan Cortinovis,**  
**Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)**



*Pt. Mariah*



**Investors' Study**

The next meeting is Thursday, September 7 at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker

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and present their playbook of market information. The Club 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 if you have questions regarding Investor Study.

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

**Lavender Friends**

Members and their guests spent a pleasant afternoon recently at Dora Dain Winery in the Lincoln countryside. We sat in the shady open-air "Vino Veranda" as we socialized and enjoyed picnic lunches. The owner and vintner told us a little about the wines and the winery.



Joan Lacktis samples one of Dora Dain's offerings

Several of us bought a bottle of our favorite. Among summer's other planned outings: Red Hawk Casino to enjoy the games, the new activity center, and the buffet. This month, we are trying out ax throwing at Get Axed in Lincoln. Lavender Friends is a club for LGBTQ residents and allies. Check out our website.

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

**Lincoln Hills Line Dance**

On July 4, Ellen Russell, one of our new line dance instructors, held a class to celebrate the holiday. The class was well received by many line dancers from her class, other classes, and some new dancers as well. We learned several new dances, and the snacks were good too. On August 20, we will be having our second social of the year. We're working it a little differently by having open dancing from Noon to 1:00 PM,



Fourth of July Dance Party

then our instructors will take over and teach. We had around 70 dancers back in the Spring and anticipate that we will have a good crowd again. There are many line dance classes and levels, so please check your *Compass* for details.

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



**Mah Jongg, Chinese**

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

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

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**Mah Jongg, National**

All are welcome to join us to play the intellectually stimulating tile game of Mah Jongg. It's fun and a great way to meet new people too. We meet every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. If you know how to play, just bring your card and join a table. You're also welcome to stop by and observe to find out what all the buzz is about. If you're interested in learning how to play, Penny offers free lessons in her home. Please see Penny's contact information below.

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



**Mixed Media**

Club yearly dues of \$25 will be collected starting in September. Our club year starts in September and goes through August 2024. We are ready to meet on September 20

with a great group art activity. Details will be emailed to club members. The September art challenge is to use a picture of a chair in your art piece. Get creative and bring your art challenge piece to the September meeting. The October art challenge prompt is "Trick or Treat." We are always excited to have new people come and join us. The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information, contact our President, Chris Fetter.

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



**Motorcycle**

Membership is up, and our Club is once again enjoying monthly dinners after our stated meeting every fourth Thursday of the month. Our Saturday ride, July 8, took us over Carson and Monitor Pass into Nevada, where we ate lunch at the Topaz Lodge/Casino. We made our way up to Pollock Pines via Highway 50 and then worked our way over to the Mormon Emigrant Trail connecting onto Highway 88. On our way home, we went over Kingsbury Grade, down into South Lake Tahoe, and



Great friends, good food, and a safe ride home

Highway 50 over Echo Summit Pass. The ride was approximately 305 miles. Member Mark Garner said, "This ride was the best one-day motorcycle ride I have ever been on." Join us next time! For more information, contact Manny.

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 at 6:30 PM in the Multipurpose Room (OC). On July 13, we had a great discussion about *You Hurt My Feelings*, *BlackBerry* and *Rams*. During our August 10 meeting, we discussed *Oppenheimer* and *Dark River*. If you like movies and enjoy

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discussing them, we encourage you to join us.

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



**Music**

Our Club songs for the July meeting were, "Love Potion #9" and "Then I Kissed Her." Whatever level of play you are at, please come by, and you will find a very supportive and encouraging audience. 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 at OC. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 1:00 to 3:00 PM at OC. Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Contact: *Dan Lehrer 916-587-3419,*  
dlehrer72@gmail.com  
Website:  
www.lincolnhillsmusicgroup.org



**Needle Arts**

Our summer break ends next month, and general meetings return on

September 12 at 1:00 PM in P-Hall (KS). Join us as we welcome Melissa Lee, an illustrator and surface pattern designer. You can learn more about Melissa on her website, www.melissaleedesign.com. Show and tell will follow the general meeting. Make sure to bring your summer creations. Demonstrations and workshops have returned and are open to all NA members. The workshop schedule is available on our website. The fall retreat at Mercy Auburn is scheduled for September 25 through 28 at the bargain price of \$380. Full details are available on our website. Sign up soon, as space is limited. More in-house weekend retreats are being planned.

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



**Neighborhood Watch**

We all know 9-1-1, but do we know 2-1-1? Those three numbers provide essential information seniors should know. There will be a special 2-1-1 Presentation on September 13, 2:00 to 4:00 PM, including questions/answers and handouts in the Ballroom (OC). This program, hosted by Neighborhood Watch Executive Director Linda Minor and presented by 2-1-1 Contact

Center Manager Ulysses Palencia and Association Executive Director Kyle Bodyfelt, will give information on services such as food deliveries and assistance programs, health references, home repairs and safety-in-home, independent and assisted living, tax preparation, questions about social security, help with disabilities and much more. Placer 2-1-1 connects you to a specialist 24/7, and all calls are confidential. You won't want to miss this presentation. For more information, visit our website.

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



Vital information for seniors at 2-1-1 Presentation



**Painters**

Call to Artists: The OC Lobby Show is September 1-30. Look in your emails for the details and if you can't find your email, be sure and check your spam folder! Also, look for the Artisans at the Lodge (October 8) prospectus, which should be coming to your email soon, or you can download the file on our Facebook page. Our June 20 luncheon on

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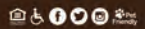
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Joan Musillani's Lincoln Sheep at the OC display case

the patio at Turkey Creek Bar & Grill was a pleasantly cool event, with several artists participating in an informal Show and Tell of their recent efforts. The Simple Pleasures group show will remain at the cafe until October 2.

Contact: Linda Shields 916-761-4549, linda\_c\_s@yahoo.com

Website: <https://www.facebook.com/groups/958148364841531>



**Paper Arts**

Thank you to Sarah Kevin and Betsy Miller for leading our August project -- several items with a summer barbeque/cookout theme. Demo Day rolls out on September 7 during our regular monthly meeting time and location. This annual event helps us learn more about a variety of tools and techniques demonstrated by club members. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM



Maureen Morton shows cards using washi tape

for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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



**Pedro**

Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets on the first and third Friday from 9:00 to Noon in the Card Room (OC). For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



**Photography**

Arik Gorban, our July featured speaker, has over 40 years of experience in the complete photographic process. He walked us through Creating a Personal Photography



Photo by Ron Parker

Project, which impressed, inspired, and motivated us! Our August meeting will be in the Ballroom (OC). Truman Holtzclaw will lead another member favorite hands-on session. This meeting will focus on portraiture and advance to wherever Truman takes us. Bring your cameras or smartphones! In mid-July, members gathered at High Hand Nursery, where spectacular photo opportunities abound. Mid-August will see us at the Lincoln Rodeo! This rodeo will feature Classic Barrel Racing. For more information and to participate, please check out our website.

Contact: Diane Margetts 915-955-1809, dmargett@yahoo.com  
Website: [www.lhphotoclub.com](http://www.lhphotoclub.com)



**Pickleball**

Winner! Winner! Winner! Congratulations to LeRoy Weighall for winning a Triple Crown in the APP Newport Beach tournament! LeRoy won in Singles, Men's Doubles, and Mixed

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LeRoy Weighall, Mark Henrickson winning in Newport Beach

Doubles. With each victory, he earned a golden ticket (automatic entry) in those events in the USA Pickleball National Championship in Dallas. Congratulations also to Mark Henrickson, who earned a golden ticket in the Men's Doubles event and is also going to Dallas! You don't have to win tournaments to play pickleball! The Club offers a free Intro to Pickleball class bi-monthly. You will learn the game and know how to be involved in the Club when you leave class. To make a reservation, send an email to [welcometopickeball@gmail.com](mailto:welcometopickeball@gmail.com). Please wear tennis shoes and bring water.

Contact: Molly Morris 408-386-9054, [mollyfmorris@gmail.com](mailto:mollyfmorris@gmail.com)  
Website: [www.lhpbclub.com](http://www.lhpbclub.com)



**Players**

The Players are in the early planning stages for their Fall play, the hilarious *Shame of Tombstone*, in Ballroom (OC), November 16-19.



November 16-19, 2023

LH Players' hilarious melodrama in November

Audiences will be treated to a side-splitting "Wild West" melodrama featuring the villainous Mortimer Harshly, comely Peachy Jamm, manly US Cavalryman Pete Bogg, soothsaying Wing Tip, and the mysterious Masked Canary performing in Tombstone's famous Birdcage Theatre. Add seven more characters, singing minstrels, and beguiling dancers for foot-stomping merriment at the OK Corral! Mark your calendar to join the fun! Director Julie Africa and Assistant Director Karen Pinomaki will hold auditions on September 6 and 7, 5:30 to 8:30 PM. For details, visit the Players website (see below). All are welcome to attend the next Players meeting Monday, September 11, at 4:00 PM in P-Hall (KS).

Contact: Craig Stults 916-543-6782, [craigstults@sbcglobal.net](mailto:craigstults@sbcglobal.net)  
Website: [www.lhplayers.org](http://www.lhplayers.org)



**Poker**

We play a variety of poker games Mondays from 1:00 to 4:30 PM, Tuesdays, from 1:30 to 5:00 PM, and Fridays from 1:00 to 4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated provided they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcorelle  
925-658-2404,  
[pmarcorelle@hotmail.com](mailto:pmarcorelle@hotmail.com)



**SCHOOLS**

Fall is almost here, school starts on August 17, and it's time to be thinking about volunteering in our Lincoln Schools for the 2023-2024 school year. If you've volunteered before and want to help the same teacher this year, let her know. If volunteering is new to you, a very rewarding experience is in store. Teachers are asking for volunteers for Grades K-5 and tutors for Phoenix Continuing High School. You need not have had

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experience, and the hours are up to you. The annual meeting for SCHOOLS will be on September 13 at P-Hall (KS) at 10:00 AM. Kerry Callahan, Superintendent, will be there with information on the Lincoln Schools. For Phoenix High, contact Irma at jmeidm@aol.com. For K-5, 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. Join us any Monday afternoon and try it out. *Contact: Anne McMaster, wiltonanne@yahoo.com*



**Shanghai**

The room is cool. The people are friendly. The game is entertaining. What's more to want? Join us Friday a few minutes before 5:00 PM at the Card Room (OC). Shanghai is an easy to learn rummy-style card game played with different combinations of sets and runs. We welcome beginners as well as experienced players. Join us soon. *Contact: Mary Ales 916-434-8017, emilysbaba@hotmail.com*



**Shuffleboard**

Weekly play continues Tuesday and Saturday: 8:30 to 10:00 AM and 10:00 to 11:30 AM. Come early to beat the heat. Whenever you arrive, we will fit you into a game in progress. Our social gathering session is Wednesday from 6:30 to 9:30 PM. Bring your food and beverage to the picnic area adjacent to the courts. Socialize before and after you play a game. Bring a folding chair for extra seating. For open play, reserve a court for one to two hours up to seven days in advance at Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. There is good lighting over both courts until 10:00 PM. Equipment is stored in the croquet locker behind the bocce courts. Get the key at the OC Fitness desk.

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



Evening Shuffleboard - under the lights



**Singles**

Hot days are here again! That doesn't stop singles from socializing.

Our Dining Out Event will be on August 17 at 4:30 PM. Our Social Meeting on August 24 at 6:00 PM in the Ballroom (OC) will have our annual Casino Game Night. Be sure to sign up in advance for which table you wish to play on. On September 3 at 4:00 PM on The Patio (OC), we have our Birthday Celebration. Singles with birthdays get a free drink. On September 5 at 4:15 PM in the Ceramics Room (OC), we have our Activities Meeting. On September 9 at 9:00 AM in the Sports Bar (OC), join us for our second Saturday Breakfast. Join in on all the fun.

*Contact: Sarah Lambrose 916-296-6906, kathyshaddox@gmail.com*



**Softball**

Despite the scorching heat, a large crowd gathered for the league's annual Independence Day Celebration. The All-Star games saw victories for Team Greeno and Team Wenzler, and Team De Simone emerged triumphant in



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the Women's Exhibition game. Regardless of the results, everyone enjoyed themselves. Surrounded by family, friends, and fellow players, Karl Wenzler and Charlie Bryant received well-deserved recognition as they were inducted into the League's Hall of Fame. Looking ahead, Co-ed Division playoffs commence Friday, August 18. The tournament follows a double elimination format with games scheduled for Mondays, Wednesdays, and Fridays. The championship game is slated for Wednesday, August 30. Be sure to join us at the field to cheer on your favorite team. For schedule information and updates, please visit our website.

Contact: Heidi Mazzola  
916-716-5086,  
heidimaz72@gmail.com  
Website: www.LHSSL.net



**Sports Car**

Early August saw a trip to Lake Almanor, and in mid-August, the Club participated in the Catta Verdera car show. August 22 and 23 will see a two-night trip to Occidental and various points of Sonoma County. The Club will also participate in the Lincoln Airport Open House on August 26, joining our Club's sports cars with the Rods & Relics and exotic



Ready to Ride in the Fourth of July Parade

cars for an aviation and auto show. Coming up is a day trip to the Monte Vista Inn (in Dutch Flat just off Highway 80), then an informal trip to Henningsen Lotus Park, located on the south fork of the American River. We'll have two Fall social events and end the year with a December Holiday Party.

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



**Sun City Squares**

We offer three classes for experienced dancers. The Mainstream square dance class is held at KS from 1:00 to 3:45 PM. The cost is \$5 per person/per class. The Plus level dancers meet at KS Thursdays from 1:00 to 3:30 PM. The cost is \$8 per person/per class. Round Dancing is held on Thursdays from 11:30 AM to 1:00 PM. A caller directs the movement of the dancers by saying the cues as the dancers move around the floor. The cost is \$5

per person/per class. Beginning class information will be in the *Compass*, or contact Charlotte.  
Contact: Charlotte Knutson  
408-706-4558,  
caeknuts06@gmail.com



**Swimmers & Water Walkers**

The Hot August Splash and pizza party event was held on August 6, in the OC outdoor lap pool and alcove area that honored all Sierra Splash participants. According to Jim Klein, president, "Almost fifty Lincoln Hills residents participated in the first Sierra Splash event, which encouraged swimming and water walking as many lengths of the pool as possible. We congratulate them for exercising more and hope to see them for Sierra Splash 2024!" Top mileage swimmers and walkers were Jack Lopez, Diane Haley, Kathy Carpenter, and Connie Hoetger. The next club meeting will be on August 21, in



Top Sierra Splash swimmers and walkers

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the Fine Arts Room (OC) at 3:00 PM. We will be giving away a gift card from Dick's Sporting Goods in Roseville.

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



**Table Tennis**

Table Tennis offers a wide variety of benefits: exercise, social, fun, lots of laughter, and diversion. The hot summer months result in yet another plus, a nice cool environment. All skill levels are welcome, and loaner paddles are available. Play times are Sundays, 8:00 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. Please wear non-marking court shoes. You can stay informed by signing up on the new member sheet at play sessions. There are no membership dues. While on our email list, you will receive updates on a wide variety of club activities and events. You may withdraw from the email list at any time.

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



**Tennis**

"Tennis is the sport for a lifetime," by Rod Laver. Kudos to Paula Griffin's 7.0 team for a big Home Win! It was a sweep winning all three



SATA 7.0 Women's Doubles Team members

matches. These "older" women are truly enjoying the long-term benefits of tennis. You, too, can jump into this wonderful game by joining us for beginner/refresher free classes offered by Steve at stevebringman@yahoo.com and Saturday morning ball machine practice from 8:00 until 9:20 AM on Court Six. Club orientations are held by Val at vlaugtug@gmail.com. For a full calendar of events, visit our website listed below. See you on the courts!

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



**Veterans**

Lincoln Hills resident and Air Force veteran N. A. "Gary" Schloss, whose military service kept him traveling nearly nonstop on sensitive missions around the world, will be the featured speaker at the August 17 meeting at 1:00 PM in the P-Hall (KS). Gary served

as an aircraft navigation equipment repairman, assigned to the 55th Weather Reconnaissance Squadron at McClellan AFB. He found himself TDY more than 95 percent of the time, supporting the unit's classified missions over much of the world, including a nine-month stint at Christmas Island in the Pacific. If your American flag is showing some wear, you can pick up a bright, new one for \$20 on the 15 of the month in the Lobby (OC), 8:00 AM to 4:00 PM.

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



**Water Volleyball**

Hello summertime blues! Join us for Water Volleyball and chase those blues away. We will play in the OC outdoor pool on August 27 for the last time this summer. Come out and join in the fun. Don't know how to play? We provide training, mentors, and a fun time learning



Lincoln Potters Men's Baseball Team vs. SCLHWVB. Great fun!

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how to play with a focus on fun. Want to try it out before joining? Come on out to Free Play Saturday every Saturday at the KS pool at 9:00 AM. Join now to be a part of the fun in and out of the pool. Join us in October for our Fall Festival at the Sports Pavilion. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more information.

Contact: Diane Ferrari 916-412-9599, [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com)  
Website: [www.LHWaterVolleyball.com](http://www.LHWaterVolleyball.com)



**Woodcarvers**

How is wood burning implemented in wood carving? Wood carving involves cutting with knives and chisels. Wood burning intensifies the color of the wood and transforms the surface. Woodcarvers start a project by carving the wood. Pyrography pens are used to add detail and dark designs on the wood. Another

technique of pyrography is to use the pens and create a drawn image on the wood. An amazing example is shown on the picture below, or better yet visit the woodcarver's display at OC where that pyrography is on display along with many examples of carvings. If you would like to see and talk to the carvers, we meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman 916-253-9534, [lrainman1414@yahoo.com](mailto:lrainman1414@yahoo.com)



Pyrography by Joanne Carroll



**Writers**

Lincoln Hills, with its open space and 6,786 homes, seems vast until driving the Midwest's seemingly infinite prairies. One item which helps

navigate Sun City Lincoln Hills and its miniscule purlieu is our monthly *Compass*. As with compasses from a box of Cracker Jacks or a backpack, our *Compass* guides our plans for future events or Club meetings. Our Club provides a wonderful way to give and receive direction and exceed the ambit of one's skills. We meet monthly on the second and fourth Mondays, from 5:00 to 7:00 PM, in the Computer Room (OC). Though most would rather celebrate National Vanilla Ice Cream Day, expand your sphere of associates, and join us. Bring 12 copies of your less-than 1,200 words of prose or poetry.

Contact: Anne Constantin Birge 909-965-3556, [raybirge@aol.com](mailto:raybirge@aol.com)



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

Our Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's Group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's Group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. August's speaker is Felicia Juntunen, MA, CMC from Elder Care Management. Her subject is "Caregiving Today." At all meetings, you will find a welcoming community ready to hear your questions and concerns. **Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.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, September 13, 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

Because of July's heat, we had to postpone the "Special Person's Luncheon" until October. More information will be coming. Earlier this month, we held the "Officers' Luncheon" to recognize our officers for their service to Bosom Buddies: Patty McCuen, President; Peggy Ryan, Vice-President; Mary Shelton, Secretary; and Verity Gould, Treasurer. We also thanked our support volunteers. One of our lucky ladies won a beautiful pink lap blanket made by member Sandy Adame. Another of her



*We're grateful to have Patty McCuen continue as our President*

crafted blankets will be a prize at the "Special Person's Luncheon." Our next meeting is Thursday, September 14, at 1:00 PM in the Multipurpose Room (OC), where we will hear from Hicap, an organization that will speak on Medicare and long-term insurance and answer our questions about those important decisions.

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



### Glaucoma Support

We will meet on September 13 (Second Wednesday) at 4:00 PM in the Multimedia Room (OC). Regular exercise is important for those who have Glaucoma. Keeping healthy helps, too. There are several opportunities for exercise here. We have two well-equipped gyms along with Personal Trainers available to assist you. There are classes offered to get you moving. We also have a variety of dance classes from beginning to the more advanced. Everywhere you turn, there is an opportunity to be active. What is your favorite way to exercise? Let's share our ideas on fun ways to get moving.

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



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### Hearing Support Group

Our last meeting was a social and discussion session. Of note was the recently passed regulation by the Federal Communication Commission, which now requires all captions to meet standards of 95-98 percent accuracy, regardless of whether they are provided as a convenience or a disability accommodation. This means that routine captions provided by Zoom will have to meet this standard. This achievement came about largely through the efforts of the Hearing Loss Association of America.

Contact: Joanne Mitchell  
916-408-0533, [pipa1@prodigy.net](mailto:pipa1@prodigy.net)



### Just Caregiver Support - Parkinson's

Caregiver Support Group for those caring for someone with Parkinson's. This Group meets the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church- 950 E. Joiner Parkway. Please enter through the office.

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

### Parkinson Support



Parkinson's Caregivers



### Low Vision Support

At our Tuesday, September 5 meeting from 2:00 to 4:00 PM in the Fine Arts Room (OC), Jeff Thom, an

attorney at law and a board member of the Society for the Blind, will discuss how the Americans with Disabilities Act (ADA) can help individuals with low vision. On Tuesday, November 7, from 2:00 to 4:00 PM, Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will speak to the Group about advances in medical treatments for people with low vision. Dr. Yiu will be bringing along some of his young colleagues to share their insights as well. Our October speaker will be announced soon. Our meetings are open to all residents.

Contact: Stu Singer 703-864-8161,  
[stuart.singer3@gmail.com](mailto:stuart.singer3@gmail.com)



### Multiple Sclerosis

Our Tuesday, September 19, 1:00 PM meeting will feature Fitness Supervisor Rex Owens, who will guide us with



Almost Number One!

techniques that help improve core strength and reflexes to prevent falls. Additionally, he will share ways to improve walking and balance. Also, at this meeting, we plan to discuss your role to play in the last round of the Folsom MS Walk fundraising. We are so close to the number one spot! In the meantime, call Joni Deutsch at 916-398-0349 to help us get over this last hurdle. We look forward to seeing you on September 19, 1:00 PM, Multimedia Room (OC).

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



### Polymyalgia Rheumatica and/or GCA Support

If you have been diagnosed with polymyalgia rheumatica (PMR) or GCA and think you are out there all by yourself, well, you're not! Our support group would be more than happy to share their knowledge and experiences with you. We meet on the first Wednesday of each month, except 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 email, please put "PMR/GCA" in the subject line.

Contact: Adrian Felice 916-408-4332,  
[adrianfelice55@gmail.com](mailto:adrianfelice55@gmail.com)



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### A Course in Miracles

This on-going study group meets on Sunday afternoons to read and discuss the book called A Course in Miracles. It is a psychological/spiritual study which teaches us to shift our perception from fear and judgment to love and forgiveness in order to experience peace of mind. The workbook, which accompanies a text outlining its theory, contains 365 lessons which are designed to bring about an understanding and experience of our true spiritual nature. Call 916-409-5253 for more information.

### Cloggers

Want to stay cool? (rhetorical question) It's time to join the real cool Cloggers! Clogging is not only "cool" as in fashionable – it's healthy for our bodies and our brains as we dance away calories and gain balance. At the same time, we

dance to great music and make great friends. Did you see our dance in the July Vaudeville show? You can do those amazing steps, too, and create the clacking sound we make with our taps, four on each shoe. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0668.

### Democratic Club

Community service, education, and good government are the pillars of the Lincoln Democratic Club. Members marched in the 4th of July parade and volunteered at the Placer Food Bank and, during elections, for the Placer County Clerk. At our August 17 meeting (at 7:00 PM at P-Hall (KS)) we will hear Jennifer Hanson of the Nevada Irrigation District discuss what the recent heavy rains mean for us and the possibility of a water rate increase. In July, we heard state Controller Betty Yee

discuss current events at a dinner meeting. For more information, please visit our website, <https://democraticclublincolnca.org>.

### Italian Club

During July's "Sock Hop," the club's slate of elected officers and appointed positions for 2023-2024 was introduced. They are President, Russ Baldo; Vice President, Rita Rush; Secretary, Pam Moura; Treasurer, Mario Tantillo; Activities, Lilly LaPira and Karen Zimmerman; Membership, Sandi Graham; Publicity, Linda Lucchetti; Officer-at-Large, Jerry Mairani; Photographer, Barbara Greenfield; Historian Carolyn Magliulo; and, Webmaster, Al Soares. Stay tuned for our Spaghetti Sauce Contest results, and in September, a visit to a local winery. To learn more about our social club, visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

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**Lincoln Police Department Volunteer Program**

The program is open to Lincoln residents 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 at bigline38@icloud.com.

**Shalom Social Group**

The group is starting a new activity: shuffleboard! A group is

forming now and will be playing very soon. Our other activities are varied: we volunteer at the Placer Food Bank (next session is August 29); we attended a Lincoln Potters game; our Men's Group and Women Together heard talks on the political chaos in Israel and personal safety, respectively. At our August 28 membership meeting, we'll hear Placer County Supervisor Shanti Landon and Lincoln News Messenger Managing Editor Carol Feineman discuss the Titan 1 Missile Site cleanup. For membership information, please contact Margie Gulko at 916-543-5303.

**Social Activities for Men**

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the third Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman, at 916-408-4764 or Jay James, Big Sir, at 408-533-3132.

SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit [www.wearesir.com](http://www.wearesir.com) or [www.sirbranch13.com](http://www.sirbranch13.com). Come join us for a free lunch.

**Travel Group**

We meet three times a year to highlight future trips. Presentations on selected travel destinations are shown by Professional Travel Managers. Membership is not required to attend. Everyone is welcome! The next meetings will be held on October 24 and 25 at Via Roma Pizzeria, 2270 Nicolaus Rd, at 3:30 PM. RSVP to [travelgrouplh@gmail.com](mailto:travelgrouplh@gmail.com) to attend one of these meetings. See our website for detailed information about our trips, or email for more information. All trips include airfare and roundtrip transportation to/from Lincoln Hills to the airport. Travel Group members are not travel agents. [www.lincolnhillstravelgroup.com](http://www.lincolnhillstravelgroup.com).



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### 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](http://lincolnca.gov).



### Weekly Farmers Market

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

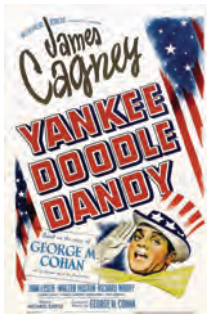
Support the Lincoln Hills Farmers Market weekly by purchasing your produce, flowers, meats, fish, and other locally-made food items. Other businesses and crafters will rotate throughout the weeks/months, so be sure to shop for yourself or your loved ones. The more participation and support, the more vendors will want to come and serve our patrons. The Market is open to the public, so spread the word throughout our Lincoln community. Interested in being a vendor? For information, email [Entertainment@sclhca.com](mailto:Entertainment@sclhca.com). (All vendors must have a business license. Markets are subject to cancellation with short notice. Watch eNews for current information.)



### Town Hall with the Mayor and Executive Director

Tuesday, August 15, 8:30 to 10:00 AM, P-Hall (KS) Zoom

To learn more about what is happening in the City of Lincoln, join Lincoln's Mayor, Paul Joiner, and Lincoln Hills Executive Director, Kyle Bodyfelt, at this informal coffee get-together. Pick up a cup of coffee from the Kilaga Springs Café' prior to the meeting. This is a great opportunity to get to know the Mayor and Kyle and share your comments and questions with them.



### KS At The Movies: Yankee Doodle Dandy (1942)

Monday, August 21, 1:00 PM, P-Hall (KS)

Immerse yourself in the patriotic and toe-tapping world of "Yankee Doodle Dandy," a musical biographical drama that celebrates the life of renowned entertainer George M. Cohan. This timeless film portrays Cohan's rise to fame as a songwriter, playwright, and performer, showcasing his enduring contributions to American theater. Starring James Cagney in an unforgettable performance, "Yankee Doodle Dandy" captures the essence of Cohan's showmanship and spirit. Directed by Michael Curtiz, this classic movie is a joyous celebration of music, dance, and the indomitable American spirit.

Rated G. 126 mins. Biography. Drama. Musical.



### Transportation and Mobility Issues for Placer County – Community Forum

Tuesday, August 22, 9:30 to 11:30 AM P-Hall (KS)

Mike Costa from the Placer County Transportation Planning Agency (PCTPA) is excited to present to Lincoln Hills the agency's lead role in addressing transportation and mobility issues for Placer County. PCTPA coordinates with a variety of local agency partners, like the City of Lincoln and Placer County Transit, as well as federal and state agencies, to plan, secure funding for, and deliver important transportation projects, programs, and services in the Placer region. The presentation will highlight some current planning and funding efforts, key projects, and other initiatives that PCTPA is spearheading to address regional transportation needs.

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### KS At The Movies: A Beautiful Day in the Neighborhood (2019)

Monday, August 28, 1:00 PM, P-Hall (KS)

Step into the world of Fred Rogers, the beloved children's television host, in this heartfelt drama based on a true story. "A Beautiful Day in the Neighborhood" follows journalist Lloyd Vogel as he is assigned to profile Rogers for an article. Through their interactions, Vogel's perspective on life and forgiveness is profoundly transformed. Tom Hanks delivers a remarkable performance as Fred Rogers, capturing his kindness and wisdom. Directed by Marielle Heller, this touching film reminds us of the power of empathy and the importance of genuine connections. Rated PG. 109 mins. Drama.



### Wildlife Of Sun City Lincoln Hills – Community Forum

Thursday, September 14, 2:00 to 4:00 PM, P-Hall (KS)

Join Truman Holtzclaw for a photographic tour of the presence of our native and non-native wildlife, which will include mammals, birds, fishes, reptiles, and insects. Sit back and enjoy stunning photography with music and educational narration about the wide variety of species that they share with our community. Truman Holtzclaw is a Lincoln Hills resident, retired biology teacher, photography business owner, photographic tour leader, and California State Park Naturalist.



### Wildlife Heritage Foundation and the Lincoln Hills Preserve – Community Forum

Tuesday, September 26, 9:30 AM P-Hall (KS)

Gaylene Tupen, Wildlife Heritage Foundation's (WHF) Senior Biologist and Stewardship Coordinator, will present the diverse habitats and resources of the Lincoln Hills Preserve areas and WHF's role as the Preserve Conservator. The Preserve was established in 2004 to provide permanent protection of associated plant communities, wetlands, and wildlife, including some federal and state-protected species. The presentation will provide background on the conservation areas, various management activities, and common and unique wildlife species of the open space areas.



### Meet the Author Lecture Series: Dorothe Kress

Wednesday, September 27, 2:30 PM, P-Hall (KS)

Repeating by popular demand, Dorothe D. Kress was born and raised behind the Iron Curtain in East Germany. Following a degree in education, she worked as a teacher for more than 20 years. After she applied for marriage to an American citizen, she had to endure harrowing experiences with the East German Secret Police, which became the topic of some of her books.



### The Tudors: Art and Majesty in Renaissance England – Community Forum

Friday, October 6, 9:30 to 11:30 AM P-Hall (KS)

Anne Burns Johnson will discuss how Henry VIII to Elizabeth I, the monarchs of England's Tudor Dynasty, have captured the public imagination for 500 years. Recently The Legion of Honor showcased the Tudors masterworks. Featuring paintings, sculptures, tapestries, and stained glass by some of the finest European craftspeople of the sixteenth century. This talk will take you back to the lavish court of the Tudors and show how the arts flourished under their patronage. Do not miss

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**Harnessing the Resource of Your Waste – Community Forum**

Thursday, October 12, 2:00 PM, P-Hall (KS)

Emily Hoffman from Western Placer Waste Management Authority (WPWMA), will discuss how in Placer County, you toss all your waste in “One Big Bin” and different materials – like recyclables and food scraps – get sorted out at the Materials Recovery Facility (MRF). (WPWMA) has been recycling for all western Placer County residents, businesses, and visitors for nearly 30 years. Plus, learn how new investments are continuing to harness the resource of Placer County’s waste through innovation and economic development.



**Save The Date! Holiday Market**

Sunday, October 22 (OC)

The Annual Holiday Expo is being renamed, revamped, and renewed! Mark your calendars to attend the Holiday Market, where you will find a better shopping experience than in years past. We are increasing the space for vendors and shoppers by using more of the lodge, adding places for purchasing and sitting to enjoy beverages and bites while you rest, listen to live music, and re-energize. More unique vendors will offer handcrafted wares, artisan originals, and edible treats. *Interested in being a vendor? Contact Cindy Davis at [Cindy.Davis@schca.com](mailto:Cindy.Davis@schca.com) for information and an application.*

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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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**Men's Manicure**

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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.*

**Men's 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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# 2023 SUMMER AMPHITHEATER CONCERT SERIES



Just four concerts left in the 2023 Summer Amphitheater Concert Series! Three out of the four concerts are favorites that are returning by popular demand, and one, Vybe Society, will make its Lincoln Hills debut on September 15. All groups are top-notch, and we are confident Vybe Society will earn their way onto the favorites list!

Gates/doors, dinner food concession, and bars will open an hour prior to each concert. Handel's Ice Cream will also be available for sale! No outside food or beverages are permitted, with the exception of factory-sealed bottled water. (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](http://sclhresidents.com/guidelines), for your safety and enjoyment. See ticket prices and showtime 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.) In-person ticket purchases on the day of the concert is only available at the OC Lifestyle Desk.



## **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. Visit [www.fleetwoodmask.com](http://www.fleetwoodmask.com)

for a preview of what's to come.



## **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. Go to [www.TheEverlyBrothersExperience.com](http://www.TheEverlyBrothersExperience.com) for more!



## **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 with some of the best musicians in the Bay Area. 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. Log on to their website at [www.VybeSocietyBand.com](http://www.VybeSocietyBand.com) to get a sample of what they are bringing to our stage. You do not want to miss this show!



## **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 the popular trio Spinout to add to the fun. Visit [www.JFreiburg.com](http://www.JFreiburg.com) today.

**Cody Meikle**  
 Entertainment Coordinator  
 Cody.Meikle@sclhca.com



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

**\*Indicates on sale August 17**

**Events**

**\*Tuesday Dance Night**

Tuesday, August 22

— LSE531

Tuesday, September 5

— LSE534

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, September 7

— LSE533

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**

From TV’s “America’s Got Talent”...Branden and James: “Rock The Opera”

Monday, August 21

— LSE525

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$25

Standard Reserved Seating \$22



A musical mash-up celebrating the songs and music of Elton John, Andrea Bocelli, The Eagles, Lady Gaga, Puccini...and more! From “America’s Got Talent,” Branden and James will blow you away with their unique charm and classic style, playing intergenerational pop and rock songs from across the decades. Branden and James, described by NPR music as a duo with “dazzling cello and soaring tenor vocals,” brings the soulful timbre of James on his cello combined with Branden’s emotional and powerful vocals, creating a sound that leaves audiences feeling moved and inspired.

**Anthony Hernandez Illusions**

Tuesday, August 29 — LSE529

7:00 PM, P-Hall (KS)

Reserved Seating \$18



Get ready to go on an exciting magical adventure with Dawn and Anthony! They are a magical duo that will change how you feel about magic, taking you on a fantastic, comedy-filled, interactive journey. Anthony and Dawn will inspire you with the most intimate magic and bring you to your feet with some of the largest illusions. The show is filled with moments of awe and wonder and moments that will touch your heart. This show is one you should not miss!



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**\*A Jazz Experience with Colin Ross, Mig O'Hara and Niall McGuinness Afternoon Presentation and Evening Concert**  
 Friday, September 8  
 — LSE537



4:00 PM and 7:00 PM, P-Hall (KS)  
 Reserved Seating \$25

Colin Ross plays an inventive range of styles and instruments with joy and virtuosity. He returns to Lincoln Hills with his Jazz repertoire, featuring vocalist Mig O'Hara and woodwind and percussionist Niall McGuinness. Included with the concert is an afternoon presentation by Colin and Mig on the history and evolution of Jazz vocals. This interactive talk/performance/discussion will highlight how changes in style and technology informed the world of jazz vocals through the ages. The presentation is in Presentation Hall from 4:00 to 5:00 PM, and registration is included with the purchase of the concert ticket. Plan to attend both.

**Made Up Theatre – Improv Shows**  
 Monday, September 18  
 5:30 PM, P-Hall (KS)  
 — LSE528  
 7:00 PM, P-Hall (KS)  
 — LSE530



Reserved Seating \$20

The Award-Winning Improv Comedy Show brought to you by Made Up Theatre's Touring Company, Laugh Track City, is similar to the television series "Whose Line Is It Anyway?" In the show, audience suggestions are used to create fully improvised scenes, games, and musical numbers. The audience yells out suggestions, and the improvisers create the material right on the spot. Audience participation makes this show a unique interactive experience!

**The Broadway Star of "Les Misérables" Ivan Rutherford In Concert: "More than Broadway"**  
 Friday, September 22 — LSE527  
 7:00 PM, Ballroom (OC)  
 Premium Reserved Seating \$25  
 Standard Reserved Seating \$22



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

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**\*Lincoln Highway Band: A Night of Honky Tonk**  
 Friday, October 13  
 — LSE526  
 7:00 PM, P-Hall (KS)  
 Reserved Seating \$22



Spend an evening with the popular, award-winning, premier classic country group. All four band members have been inducted into the prestigious Sacramento Western Swing Society Hall of Fame, and the group has five CDs to its credit. They will take you back to Bakersfield in the '50s and 60's, the mecca of honky-tonk music. Enjoy the number-one hits of superstars Buck Owens and Merle Haggard, Wynn Stewart, Lefty Frizzell, George Jones, Roger Miller, and others. Don't miss this memorable, enjoyable, and entertaining show.

**\*Mads Tolling: Solo Mads**  
 Wednesday, October 18  
 — LSE535  
 7:00 PM, P-Hall (KS)  
 Reserved Seating \$25



Get ready for a mind-blowing musical experience, unlike anything you've seen before! Join phenomenal violinist and composer Mads Tolling as he unveils his innovative Looper Show and takes you on a captivating journey extending the boundaries of musical expression, seamlessly blending classical virtuosity with cutting-edge looping technology. With only his violin, he creates mesmerizing layers of sound, transforming solo performances into full-bodied orchestral experiences right before your eyes.

**\*Dance Concert with Hipper than Hip**  
 Friday, October 27  
 — LSE536  
 7:00 PM  
 Ballroom (OC)  
 General Admission  
 – Lounge Style \$25



Hipper than Hip is a local band that delivers industrial-strength funk and a healthy dose of classic R&B and soul that is sure to keep you dancing all night! Playing the music of iconic artists and horn bands like Tower of Power, Earth, Wind and Fire, James Brown, Stevie Wonder, Chicago, Bruno Mars, Aretha Franklin, Tina Turner, and more, with stellar vocals, a powerful horn line and on point percussion. Don't be surprised if some ghosts and goblins join in on this funky night, with Halloween just around the corner. Any attire, whether spooky or not, is welcome.

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Lifestyle Trips Coordinator  
Scott.Cason@sclhca.com



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\*Indicates on sale August 17

## Day Trips

– Destinations –

### California Capital Airshow - VIP Experience

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Sunday, September 24

\$199 current/retired  
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\$219 — **LST457**

Must Register at the Lifestyle Desk – Not  
Available Online

Enjoy the day at one of California's largest air shows and watch the USAF Thunderbirds from our VIP tent. 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, a full BBQ buffet lunch, reserved shaded seating with a full view of the show, and a souvenir to take home. Wheels roll from OC at 8:00 AM ~ return 5:00 PM.



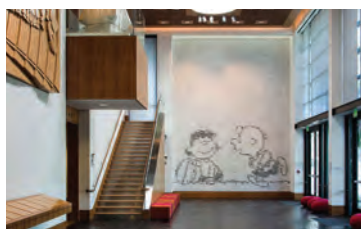
### Canine Companions Graduation and the Schulz Museum

Santa Rosa

Friday, November 3

\$125 — **LST466**

This ceremony represents the culmination of many people's hard work, love, and dedication, including breeder, caretakers, puppy raisers, instructors, volunteers, staff members, and graduates. Join the Schulz Museum in acknowledging their generous community as they appreciate their efforts to fulfill the mission of enhancing the lives of people with disabilities



by providing expertly trained service dogs and ongoing support completely free of charge. After the ceremony, we will head to the Charles M. Schulz (creator of Peanuts) museum for a docent-led tour and time to visit the gift shop. Wheels roll from OC at 9:30 AM ~ return approximately 6:30 PM.

### \*San Francisco

#### Shopping

#### \*2 Dates Available

Saturday

December 2

\$65 — **LST479**

Saturday

December 16

\$65 — **LST480**

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



### \*Nevada City

#### Victorian

#### Christmas -

#### Weekday or

#### Weekend

#### Available

Wednesday

December 6

\$55 — **LST475**

Sunday, December 10

\$55 — **LST476**

The aroma of roasted chestnuts fills the air, along with cries of street vendors hawking their wares and lamp-lit streets filled with Christmas treasures. It's the one & only Victorian Christmas. It's a magical setting of hilly streets with authentic gas lamps, wandering carolers dressed in Victorian attire, and visitors sharing holiday cheer and good tidings. There are holiday activities for all ages, including live entertainment, yuletide treats and libations, and Father Christmas! **Wednesday 12/6** Wheels roll from OC at 4:00 PM ~ return 10:00 PM. **Sunday 12/10** Wheels roll from OC at 12:30 PM ~ return 6:30 PM.



## – Performances –

**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 -  
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.

**Hadestown  
SAFE Credit Union**

Arts Center  
Tuesday  
September 19  
\$150 — LST467



Welcome to "Hadestown," where a song can change your fate. "Hadestown" intertwines two mythic tales — that of young dreamers Orpheus and Eurydice and that of King Hades and his wife Persephone — as it invites you on a hell-raising journey to the underworld and back. Mitchell's beguiling melodies and Chavkin's poetic imagination pit industry against nature, doubt against faith, and fear against love. Performed by a vibrant ensemble of actors, dancers, and singers. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

**Les Misérables**  
SAFE Credit Union  
Arts Center  
Tuesday  
October 24  
\$150 — LST468



Set against the backdrop of 19th-century France, "Les Misérables" tells an enthralling story of broken dreams and unrequited love, passion, sacrifice, and redemption – a timeless testament to the survival of the human spirit. The magnificent score of "Les Misérables" includes the songs "I Dreamed a Dream," "On My Own," "Bring Him Home," "One Day More," "Master of the House," and many more. "Les Misérables" is undisputedly one of the world's most popular musicals. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~return approximately 11:00 PM.

**Ain't Too  
Proud – Life  
and Times  
of the  
Temptations**

SAFE Credit Union Arts Center  
Tuesday, November 7  
\$150 — LST469



This is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. "Ain't Too Proud" tells the thrilling story of brotherhood, family, loyalty, and betrayal, as the group's personal and political conflicts threatened to tear them apart during a decade of civil unrest in America. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

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**\*Mannheim Steamroller  
Gallo Center for the Arts  
- Modesto**

Wednesday, November 29  
\$165 — LST477

Mannheim Steamroller Christmas by Chip Davis has been America’s favorite holiday tradition for over 35 years! Grammy Award-winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound. The program celebrates the group’s recent Anniversary of 35 years since the first Christmas album and includes dazzling multimedia effects performed in an intimate setting. Experience the magic as the spirit of the season comes alive with the signature sound of Mannheim Steamroller. Wheels roll from OC at Noon for a 3:00 PM Show ~ Return 7:00 PM (Stop on return.)



original animated special. Max the Dog narrates as the mean and scheming Grinch, whose heart is “two sizes too small,” decides to steal Christmas away from the holiday loving Whos. Wheels roll from OC at 12:15 PM for a 1:30 PM Show ~ return approximetly at 5:30 PM.

**– Speaker Series–**



**Sacramento Speaker Series 2023/2024**  
SAFE Performing Arts Center  
\$635 — LST464

Join us for the 19th season of the Sacramento Speaker Series. The season includes six evenings of topical insight from today’s newsmakers in government, entertainment, education, and more. Must purchase as a package, no single tickets will go on sale. Seating will be reserved in the gold seating section (Orchestra Q-BB). Wheels roll for all speakers from OC at 5:45 PM for a 7:00 PM speaker ~ return 10:30 PM.

**\*Disney’s  
The Lion King  
Orpheum Theater  
San Fransisco**

Wednesday,  
December 13  
\$175 — LST478

Winner of six Tony Awards®, including Best Musical, this landmark musical event brings together one of Broadway’s most imaginative creative teams. Tony Award®-winning director Julie Taymor brings to life a story of hope and adventure set against an amazing backdrop of stunning visuals. Also featuring some of Broadway’s most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ Return 8:00 PM (Stop on return.)

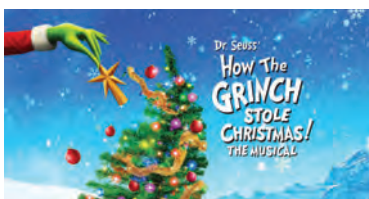


**Speaker Lineup**

<b>October 11</b>	Dr. Anthony S. Fauci
<b>November 15</b>	Walter Isaacson
<b>January 17</b>	Steve Young
<b>February 28</b>	Thomas Friedman
<b>March 27</b>	Ruth Reichl
<b>May 1</b>	Cristina Mittermeier

**Dr. Seuss’  
How the Grinch  
Stole Christmas!  
The Musical**

SAFE Credit Union  
Arts Center  
Friday, December 29  
Matinee – Children ages 6+ welcome  
\$150 — LST470



This record-setting Broadway holiday sensation features the hit songs such as “You’re A Mean One Mr. Grinch” and “Welcome Christmas” from the

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## Overnight/Extended Travel

### 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 - SOLD OUT!**

\$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 in Peppermill Tower deluxe room
- Transfers to/from the Italian Festival
- One-way return motorcoach

Wheels roll from OC at 10:30 AM return ~ 2:30 PM.



# SOLD OUT!

### S.F. Giants vs. LA Dodgers

October 1 — LST455

### Tina the Musical

August 19 — LST461

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Below are a list of classes that are offered. Please see the page number to learn more about the class.

Athletic Conditioning and Agility.....84	Living with Back Pain .....86
Balance and Fall Prevention .....88	Mind Body Balance.....81
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Karate.....85	Wellness Life Coaching.....91
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**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 August 17

## Dance

### \*Belly Dance Class – L1

Fridays, September 1-29

1:00 to 2:00 PM (KS)

\$35 (five sessions)

— LSC4376

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! Instructor: *Ellen Hirvela*.

### \*Clogging – Step Workshop

Tuesday, September 26

10:00 to 11:00 AM (KS)

\$10 — LSC4506

Layover, Brenda Swivel, Ida Red, Gregory, Half Tappin to name a few Instructor: *Janice Hanzel*.



### \*Clogging – Introduction/ Foundations - L1

Thursdays

September 7-14 and 28

9:30 to 10:00 AM (KS)

\$24 (three sessions)

— LSC4450

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. Instructor: *Janice Hanzel*.

### \*Clogging – Beginners/Easy - L2

Thursdays, September 7-14 and 28

10:00 to 11:00 AM (KS)

\$30 (three sessions) — LSC3879

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 class is for you! Instructor: *Janice Hanzel*.

### \*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, September 5, 12 and 26

9:00 to 10:00 AM (KS)

\$30 (three sessions) — LSC4437

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 – Technique and Advanced – L4/L5

Tuesdays, September 5, 12 and 26

11:00 AM to 12:30 PM (KS)

\$30 (three sessions) — LSC3890

September's focus will be reviewing dances that have been learned. Plus, loads of review of steps before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

### \*Country Couples

Western Dance –

L3/L4

Mondays

September 4-25

6:00 to 7:00 PM (KS)

\$28 (four sessions)

— LSC3912



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 in lines. This class is intended for those that have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.

**\*Hula - L1-L3**

Thursdays  
September 7-28  
1:00 to 2:00 PM (KS)  
\$52 (four sessions)  
— **LSC3923**



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, September 5-26  
1:00 to 2:00 PM (KS)  
\$36 (four sessions)  
— **LSC3945**



The class is an intermediate 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. New dancers are welcome with the instructor's approval. Come learn jazzy new dances and perform in front of our wonderful Lincoln Hills audiences. Instructor: *dancer/choreographer Becky Nicholson*.

**\*Line Dance For Fun**

Thursdays, September 7-28  
4:30 to 5:30 PM (KS)  
\$28 (four sessions) — **LSC4004**

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 80s 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, September 5-26  
8:00 to 9:00 AM (KS)  
\$28 (four sessions) — **LSC4461**

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 at major line dance events and internationally, such as American Kids, Cold Heart, Havana Cha, Late Night Habits, Pontoon, Sugar Honey I.T., Tush Push, and much more. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher and loves to dance. Ellen studied Belly Dance and enjoyed performing with a troupe. In 2002 she became "hooked on" line dance. Ellen has taught all in senior communities since 2012.

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

Mondays, September 4-25  
4:00 to 5:00 PM (KS)  
\$28 (four sessions) — **LSC3957**  
Instructor: *Cathy Paris*

**OR**

Thursdays, September 7-28  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC4221**  
Instructor: *Yvonne Krause-Schenck*

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 instructor Yvonne Krause-Schenck:* A Lincoln Hills resident and coming from a musical family, she 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, staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

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**\*Line Dance,  
Beginner - L2**

Fridays  
September 1-29  
2:00 to 3:00 PM (KS)  
\$35 (five sessions)  
— **LSC4051**

Instructor: **Sandy Gardetto**

**OR**

Thursdays, September 7-28  
10:00 to 11:00 AM (KS)  
\$28 (four sessions) — **LSC4096**

Instructor: **Yvonne Krause-Schenck**

**OR**

Thursdays, September 7-28  
3:30 to 4:30 PM (KS)  
\$28 (four sessions) — **LSC4028**

Instructor: **Cathy Paris**

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.

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

Mondays  
September 11-25  
4:00 to 5:00 PM (KS)  
(New Times)  
\$30 (three sessions) — **LSC4281**

Learn it! Love it! Dance it! Steps, styles, and music make each class come alive based on R&B, Funk, Latin, Oldies, and Country genres. 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 and performer spanning the country from LA to DC. Check out her YouTube Channel: “Anna Woods Just Dance” and/or email [annawoodsjustdance@gmail.com](mailto:annawoodsjustdance@gmail.com).



**\*Line Dance, Improver - L3**

Mondays, September 4-25  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC4085**  
Instructor: **Yvonne Krause-Schenck**

**OR**

Wednesdays, September 6-27  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC4062**

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, Country – L3-L4**

Fridays, September 8-29  
3:00 to 4:00 PM (KS)  
\$28 (four sessions) — **LSC4040**

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, Intermediate - L4**

Mondays, September 4-25  
5:00 to 6:00 PM (KS)  
\$28 (four sessions) — **LSC4015**  
Instructor: **Cathy Paris**

**OR**

Wednesdays, September 6-27  
10:00 to 11:00 AM (KS)  
\$28 (four sessions) — **LSC4073**  
Instructor: **Sandy Gardetto**

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

**\*Line Dance, Advanced - L5**

Thursdays, September 7-28  
5:30 to 6:30 PM (KS)  
\$28 (four sessions) — **LSC3993**

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**.

**\*Tap - Technique**

Tuesdays, September 5-26

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4135****OR**

Mondays, September 11-25

10:00 to 11:00 AM (KS)

\$33 (three sessions) — **LSC4107**

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

**\*Tap – L1**

Mondays, September 11-25

11:00 AM to Noon (KS)

\$33 (three sessions) — **LSC4121**

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*.

**Education****\*History of Rock and Roll (Part 1)**

Wednesdays, August 23 and 30

and September 6 and 20

1:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4495**

Break out your poodle skirts and Brylcreem! Join us in rediscovering the times, people, and music that is “Rock and Roll.” Explore the American music that has become the soundtrack of our lives. Learn how Country, Pop, Gospel, and Rhythm and Blues came together to inspire the world’s youth to take to the dance floor. Together we will meet “Fats” from New Orleans, country boy Jerry Lee, Richard the Georgian dishwasher, a West Texan gentleman called Buddy, and a truck driver who would change the world...Elvis. Instructor: *Ray Ashton*.

**\*History of Rock and Roll (Part 2)**

Wednesdays, September 27

and October 4, 18, and 25

1:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4497**

Continue the History of Rock and Roll following the “Day the Music Died.” Rock has been left for dead and will find rebirth in places like Motor City, the beaches of Southern California, and a poor port city on the West Coast of England. The Second Generation of Rock will rewrite the musical rules to take Rock and Roll to even greater heights. Rediscover a turbulent time, a protest movement, a Fab Four, and a young Robert Zimmerman from Minnesota who creates poetry that will move a generation and change the nature of Rock lyrics forever. Instructor: *Ray Ashton*.



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## Music

### \*Folk Guitar for Fun Folks – Beginning

Tuesdays, September 5-26  
1:00 to 2:00 PM (KS)  
\$40 (four sessions)

— LSC4419

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, September 5-26  
2:00 to 3:00 PM (KS)  
\$40 (four sessions) — LSC4426

This is an intermediate class emphasizing 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*. *About the instructor:* See Folk Guitar for Fun Folks. Questions? Call Darrell at 916-989-8532.

### \*Guitar – Beginner

Thursdays, September 7-28  
1:30 to 3:00 PM (KS)  
\$60 (four sessions) — LSC4492

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

Friday, September 15  
9:00 AM to Noon (KS)  
\$25 — LSC4501

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: September 24.



### \*Card Making – Intermediate/Advanced

Monday, September 11  
9:00 AM to Noon (KS)  
\$25 — LSC4508

**OR**

Wednesday, September 13  
9:00 AM to Noon (KS)  
\$25 — LSC4500

This class offers more complex and challenging projects and papercraft techniques. It is not designed for beginner or intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline: September 24.



### \*Ceramics – L1-L3

Tuesdays, September 5-26  
1:00 to 4:00 PM (OC)  
\$64 (four sessions) — LSC3855

**OR**

Thursdays, September 7-28  
9:00 AM to Noon (OC)  
\$64 (four sessions) — LSC4367

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 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**

Tuesdays, September 5-26

9:00 AM to Noon (OC)

\$64 (four sessions) — **LSC3843**

**OR**

Thursdays, September 7-28

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3867**

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*.



**\*Fused Glass**

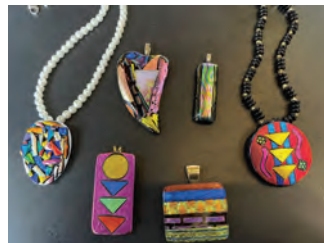
Mondays, September 11-25

1:00 to 4:00 PM (KS)

\$60 (three sessions)

— **LSC4146**

\$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, September 12 and 26

9:00 AM to Noon (OC)

\$45 (two sessions) — **LSC3807**

\$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:**

**Beginner**

**Painting with Wool, Hedgehog**

Monday, September 11

Noon to 3:30 (OC)

\$35 — **LSC4321**

\$20 supply fee payable to instructor



We'll create this sweet "Hedgehog by Moonlight" project using wool fiber and special needles. All supplies are provided, including special hedgehog fabric and a stained frame. 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*, [Donnamillerfelt2410@gmail.com](mailto:Donnamillerfelt2410@gmail.com).

**\*Needle Felting:**

**Intermediate**

**Soft Sculpture, Sleeping Fawn**

Mondays

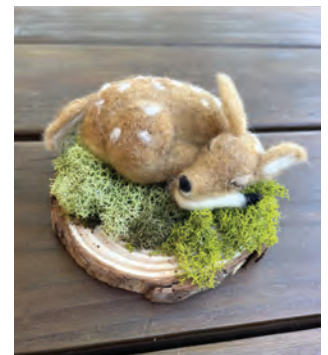
September 18 & 25

Noon to 3:30 (OC)

\$35 (two sessions)

— **LSC4357**

\$20 supply fee payable to instructor



Using wool fiber and special needles, we'll create this adorable sleeping fawn over the course of two classes. All supplies will be provided including the wood round and moss. I'm suggesting this course will be best for those who've gotten comfortable with basic felting techniques and wrapping wire. 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*, [Donnamillerfelt2410@gmail.com](mailto:Donnamillerfelt2410@gmail.com).

### \*Oil and Acrylic Painting – L4/L5

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

\$80 (four sessions) — **LSC3819**

This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created upon class needs. The beginning stages of “how to” to the finish are shown regularly. Lots of individual instruction! Class critiques are done toward the end of the class. Sporadic projects are offered and of course, optional! If you don’t know what to bring, please go to [www.sandylinblad.com](http://www.sandylinblad.com). You can also email Sandy with your questions at [sandski2@yahoo.com](mailto:sandski2@yahoo.com). Instructor: **Sandy Lindblad**.



### \*Quilting – Beginner

Mondays, September 11-25  
9:00 AM to Noon (OC)

\$50 (three sessions)

— **LSC4504**

\$10 supply fee payable to instructor

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



### \*Quilting - Creative Borders for Quilts

Fridays, September 8-15, and 29  
1:00 to 4:00 PM (OC)

\$40 (three sessions) — **LSC4479**

\$10 supply fee payable to Instructor

We will cover how to make several different borders for a quilt. You will review simple to more complex borders and experiment with a variety of pieced borders. Students will bring a 12” (12 ½” unfinished) pieced block to class along with 5-6

coordinating fabrics, 1/2 yard each, plus 1 yard for the final border. You will practice adding borders to your center block, study color, scale, fabric choices, and coping strips while adding several borders to the center block. This is a Medallion-type quilt. Supply list available when registering for the class. Instructor: **Betty Kisbey**.

### \*Sip and Paint: “Vineyard”

Friday, September 22  
5:00 to 8:00 PM (OC)

\$65 — **LSC3831**

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 underpainted and ready to hang. The fee includes a glass of wine, a selection of cheeses, 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](http://unniart.com).



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**Danielle Merrill**  
WellFit Program Manager  
Danielle.Merrill@schca.com



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



## Mindful Movement

### Grounding, Stretch, and Alignment - *New!*

Tuesday, September 12

9:00 to 10:00 AM

Meet at OC Fitness  
Center lobby

\$20



Grounding, also known as Earthing, allows people to directly connect their bodies with the Earth and use its natural electric charges to stabilize them. This practice involves walking barefoot outdoors. Grounding has been known to strengthen the immune system, help with sleep, reduce inflammation, and support mood. We will be walking barefoot on the grass outside Orchard Creek gym to learn about this amazing process. We will also be incorporating stretching and balance exercises. Please bring a towel. Instructor: *Andee Lund*.

\*Class Schedules may not always be included in Compass, please see Group Ex Section.

## WellFit Orientations

### Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how 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, September 12**  
3:30 to 4:30 PM
- **Tuesday, September 19**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Thursday, August 24**  
2:00 to 3:00 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.*

### How to Manifest Your Best Life

Wednesdays

August 23 & 30

4:10 to 5:10 PM

Aerobics Room (OC)

Second class Multipurpose  
Room (OC)

\$38 + \$10 supply fee paid to the instructor first day of class.

The first class will discuss how to create the life you deserve. You will receive a 30-day action plan on how to manifest your deepest desires. Then we will settle in and meditate on how to bring this about. In the second class, we will be making a vision board so that you may manifest your best life! Students must supply personal manifestation materials. Instructor: *Sheri Mandell, HHC*. Registration deadline August 18.



### Mind-Body Balance

Wednesdays

September 6 & 20

4:10 to 5:10 PM

Aerobics Room (OC)

\$20 each

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.*

**Monday Meditation**

Mondays, September 11-25

4:10 to 5:10 PM

Aerobics Room (OC)

\$51 (three sessions)

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

**Self-Defense Workshop – New!**

Friday

September 8

1:00 to 2:30 PM

Aerobics Room

(KS)

\$20



This class will concentrate on situational awareness, where we will discuss many points to consider, which include trusting your instincts. Learn the difference between concealment and cover if confronted with an active shooter. We will learn how to defend ourselves against being choked and numerous other “physical what if’s” that can happen to us. Instructor: *Al Trimarchi.*

\*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.

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<p style="text-align: center; font-weight: bold; margin: 0;">WINDOW CLEANING</p> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;">Exterior &amp; Interior Window Glass, Screen Cleaning, Window Frames, Sill, Storefronts &amp; Glass Doors</p> </div>	<p style="text-align: center; font-weight: bold; margin: 0;">PRESSURE WASHING</p> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;">Home Siding, Stucco, Brick, Fencing</p> </div>
<p style="text-align: center; font-weight: bold; margin: 0;">GUTTER CLEANING</p> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;">Gutter Declogging, Gutter Brightening</p> </div>	<p style="text-align: center; font-weight: bold; margin: 0;">CONCRETE, PAVER AND DECK CLEANING</p> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;">Patios, Decks, Driveways, Walkways, Pavers &amp; Concrete</p> </div>

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**Tai Chi / Qigong L1**

Tuesdays, September 5-26

2:00 to 3:00 PM

Aerobics Room (OC)

\$52 (four sessions)

**OR**

Fridays, September 8-29

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**

Thursdays, September 7-28

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

\$52 (four 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 / Qigong L3**

Tuesdays, September 5-26

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

\$52 (four sessions)

**OR****Tai Chi L2/3**

Fridays, September 8-29

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

\$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*.

**Nutrition****Nutrition Coaching One-on-One**

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**Cost?**

\$84 for 60-minute session

\$45 for subsequent 30-minute sessions

(Additional sessions are up to the resident and are not required.)

*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:****Eva.DeMars@sclhca.com**

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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, discuss medical history, and 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.
- **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

### Athletic Conditioning and Agility L2/L3

Fridays, September 8-29  
8:00 to 9:00 AM, Multi-Court  
\$68 (four sessions) or \$15 each  
Wellness Pass, Drop-In



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, all while on the court!  
Instructor: *Lisa Fisher.*

### Balance and Gait Training

Mondays and Wednesdays  
September 6-27  
12:30 to 1:30 PM  
Indoor Track (OC)  
\$119 (seven sessions)



Sign up for this one-of-a-kind wellness class to learn simple stretches, exercises, and techniques that will help improve walking, balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Some exercises will challenge not only your mind but your coordination as well. This class is limited to 10 students. Instructor: *Eva De Mars.*

### Couples Date Night

Wednesday, September 13  
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 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: September 8.

### End of Life Options: Preparing for Death

Wednesday, October 11

9:00 AM to Noon

Multimedia Room (OC)

\$28

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

### Getting Your Stuff Together

Tuesday & Wednesday, September 26 & 27

9:00 AM to Noon

Multimedia Room (OC)

\$45 (two sessions) + \$30 supply fee paid to instructor on the first day of class.

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

### Health and Fitness Challenge

Mondays and Wednesdays

September 6-27

11:00 AM to Noon

OC Gym Floor

\$126 (seven 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! Come ready to work out, and be prepared to write down your progress. 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. First class will meet in Computer Room to go over fitness and nutritional guidelines. Class is limited to 8 participants. Instructor: *Eva DeMars*.



### Hypnosis for a Good Night's Sleep

Thursday, September 7

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

September 2-30

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$5.50 (each session)

About 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](http://santenkarate.com).





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## Living With Back Pain

Wednesdays

August 23 & 30

1:00 to 2:00 PM

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. The class is interactive. 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.



## Wellness Retreat at SCLH

- New!

Friday, September 29

7:30 AM to 6:00 PM

WellFit and Kilaga Springs

Spa

\$269



If you would like to step out of your usual routine for just one day and experience complete well-being, then this Retreat is for you! This one-day Wellness event combines a Mindful Nature Walk, light breakfast, Stretching and Grounding, Meditation, Therapeutic Water exercise, Poolside Lunch, Yoga Nidra, Gua Sha massage, and many more surprises. Enjoy a luxurious mini Spa treatment featuring Essence One Aromatherapy, then finish with dinner and refreshments at the healing springs of Kilaga Zen Gardens. Registration limited to 24. Contact [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com) for more information. Registration Deadline: September 1.

## 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](mailto: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.

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## 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

### Reformer Workshop for Newbies - Pop Up

Wednesday, August 30

4:00 to 5:00 PM

OC Reformer Studio and OC Aerobics Room

\$20

Are you ready to focus on the importance of posture, flexibility, core strength, and balance? The Pilates Reformer is a great tool to help you accomplish these goals. Come and learn from our Specialists at this beginners' workshop and discover why the Reformer is a key component to any person wanting to improve their overall fitness. Registration limited to twelve. Instructors: *Reformer Specialists*.

## Group Ex Pass – Wellness Pass – Fast 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 and 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, and Wellness Passes expire one year after the purchase date.**

**NOTE: Group Ex 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 [schresidents.com/WellFit/Group Ex Pass Classes](http://schresidents.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*.

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## 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 and Wednesdays  
September 6-27  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$119 (seven 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: *Gilmer LaTorre.*



### Bootcamp – Progressive L2/L3

Mondays and Wednesdays  
September 6-27  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$119 (seven 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, September 5-26  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *Gilmer LaTorre*

### OR

Fridays, September 8-29  
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 and Thursdays  
September 5-28  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, 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.*



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**Parkinson Strong Combo**

Thursdays, September 7-28

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

\$68 (four sessions)

**OR**

Mondays, September 11-25

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

\$51 (three 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**

Tuesdays and Thursdays

September 5-28

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

\$136 (eight sessions)

Instructor: *MaryAnn DePietro***OR**

Mondays and Wednesdays

September 6-27

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

\$119 (seven sessions)

Instructor: *Rena Schmidt*

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 and Thursdays

September 5-28

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro***OR**

Wednesdays, September 6-27

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 and Wednesdays

September 4-27

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*.

**Water Exercise –****Therapeutic L1/L2**

Wednesdays

September 6-27

10:45 to 11:45 AM and

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi***OR**

Fridays, September 8-29

10:45 to 11:45 AM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher***OR**

Mondays, September 11-25

9:40 to 10:40 AM

Indoor Pool (OC)

\$51 (three sessions)

Instructor: *Lisa Fisher*

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



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## Sports Plaza - Lessons

### Pickleball – Introduction

Wednesdays  
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](mailto:welcometopickleball@gmail.com) to register.

### Pickleball – Intermediate Clinic

Thursday, September 21  
8:00 to 9:30 AM, Multi-Court  
\$45

The topic for this clinic is “Double communication and court positioning.” In addition to the challenging drills, learn “when and how to lob.” Analysis and suggestions for improvement during game time play portion of the clinic. Personalized feedback during game time play portion of the clinic will be provided. Prerequisite: Skill Level 3.0-3.75. Minimum/Maximum: 8 students. 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](mailto: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](mailto: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](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.

### Tennis Small Group Training - New!

Once you have your group together, reach out to Eva directly to schedule. She will give you a code to take to the Fitness Center front desks to purchase. Eva. [DeMars@sclhca.com](mailto:DeMars@sclhca.com). Instructor: *Eva De Mars, Tennis Coach.* Minimum of three students, maximum of four.



## 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,

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.

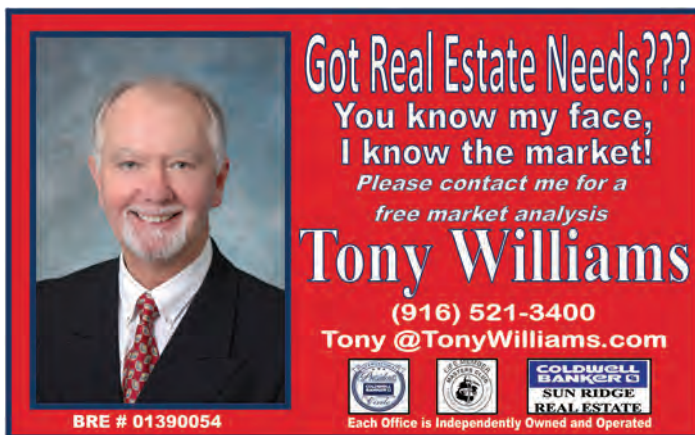
**Invest in Yourself.**

We 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
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**Orchard Creek Lodge** ..... 965 Orchard Creek Lane  
 Main Phone: 916-625-4000  
**Kilaga Springs Lodge** ..... 1167 Sun City Boulevard  
 Main Phone: 916-408-4013  
**Resident Website** ..... SCLHResidents.com  
**Public Website** ..... SunCity-LincolnHills.org  
**Help Desk** ..... Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	<b>Membership Desk</b> Mon–Fri: 9:00 am–5:00 pm
<b>Lifestyle Desks (OC/KS)</b> Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	<b>Meridians Restaurant</b> Sun–Thu: 7:00 am–8:00 pm Fri–Sat: 7:00 am–9:00 pm
<b>WellFit (OC/KS)</b> Mon–Fri: 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:00 pm	<b>Sports Bar:</b> Sun–Tue: 7:00 am–8:00 pm Wed–Thu: 7:00 am–9:00 pm Fri–Sat: 7:00 am–10:00 pm
<b>The Spa at Kilaga Springs</b> Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm	<b>Curbside:</b> 11:00 am–7:00 pm <b>Delivery:</b> 4:00 pm–7:00 pm
	<b>Kilaga Cafe</b> Mon–Fri: 8:00 am–3:00 pm Saturday: 8:00 am–1:00 pm

**ADMINISTRATION**

**Executive Director**  
 Kyle Bodyfelt.....916-625-4060 ..... Kyle.Bodyfelt@sclhca.com  
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**Director of Finance**  
 Jared Avis .....916-625-4045 ..... Jared.Avis@sclhca.com  
**Director of Human Resources**  
 Christina McClung ..916-460-9896.. Christina.McClung@sclhca.com  
**Membership**  
 Lisa Hammons .....916-625-4068 ..... Membership@sclhca.com

**FOOD & BEVERAGE**

**Meridians Restaurant**..... MeridiansRestaurant.com  
 Reservations & Info: 916-625-4040 ..... To-Go: 916-625-4044  
**Kilaga Cafe** ..... To-Go Orders & Info: 916-408-1682  
**Director of Food & Beverage**  
 Jim Trondsen .....916-625-4049 ..... Jim.Trondsen@sclhca.com  
**Catering Sales**..... OrchardCreekLodge.com  
 Don Giles .....916-625-4043 ..... Don.Giles@sclhca.com

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 Jack Harris.....Director..... Jack.Harris@sclhca.com

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**Lifestyle Desks**  
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 Allison Sertic.....916-625-4073 ..... Allison.Sertic@sclhca.com  
**Lifestyle Assistant Manager**  
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**Lifestyle Class Coordinator**  
 Donna Hartigan .....916-408-7859 .... Donna.Hartigan@sclhca.com  
**Lifestyle Entertainment Coordinator**  
 Cody Meikle.....916-408-4310 ..... Cody.Meikle@sclhca.com  
**Lifestyle Trip Coordinator**  
 Scott Cason .....916-625-4002 ..... Scott.Cason@sclhca.com  
**Room Booking & Club Coordinator**  
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**WELLFIT**

**WellFit Desks**  
 Orchard Creek: 916-625-4030 .....Kilaga Springs: 916-408-4683  
**Director of Lifestyle, WellFit & Spa**  
 Deborah McIlvain ...916-625-4031 . Deborah.Mcilvain@sclhca.com  
**Assistant Director of Lifestyle, WellFit & Spa**  
 Jonathan Leung.....916-258-8289 .... Jonathan.Leung@sclhca.com  
**WellFit Program Manager**  
 Danielle Merrill .....916-625-4032 ..... Danielle.Merrill@sclhca.com  
**WellFit Fitness Supervisor**  
 Rex Owens.....916-408-4825 ..... Rex.Owens@sclhca.com

**THE SPA AT KILAGA SPRINGS**

**Spa Concierge**..... KilagaSpringsSpa.com  
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**FACILITIES**

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 Erik Rosales .....916-645-4500 ..... Erik.Rosales@sclhca.com  
**Landscape Supervisor**  
 Willie Mayberry.....916-645-4501 ..... Willie.Mayberry@sclhca.com

**GENERAL NUMBERS**

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

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