

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



17 The Boys and Girls of Summer

19 211 – Your Non-Emergency Call for Help



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

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SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

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

ELK GROVE

(COMING SOON!)

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Placer
your connecting point

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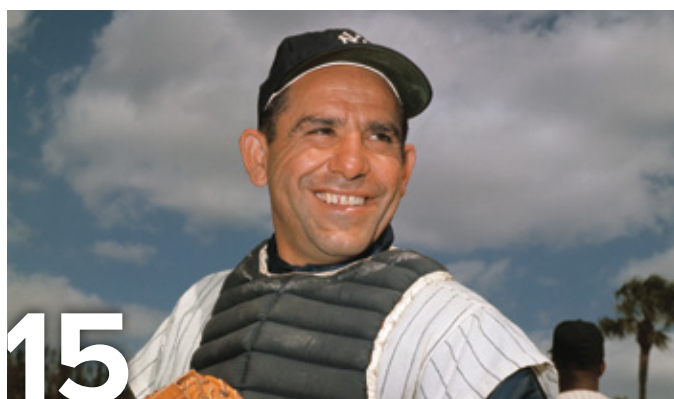
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On the Cover
Coed Senior Softball League
practicing the double play.
Photo by David Wright.
See article page 17.

Calendar of Events

June 19 - July 14

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

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SIGN UP FOR ENEWS



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

Upcoming Association Meetings: June 15 – July 13

Finance Committee	Thursday, June 15, 9:00 AM
Board of Directors	Thursday, June 22, 9:00 AM
Board of Directors Executive Session	Thursday, June 22, 11:30 AM
ARC/Architectural Review Committee	Monday, June 26, 9:00 AM
Compliance Committee	Wednesday, July 5, 9:00 AM
CCOC/Clubs and Community Organizations Committee	Wednesday, July 5, 1:00 PM
Properties Committee	Thursday, July 6, 9:00 AM
Election Committee	Friday, July 7, 9:00 AM
ARC/Architectural Review Committee	Monday, July 10, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, July 11, 10:00 AM
Accessibility Committee	Wednesday, July 12, 1:00 PM
Board of Directors Workshop	Thursday, July 13, 10:00 AM
Board of Directors Executive Session	Thursday, July 13, 1:00 PM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

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

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.



Board of Directors' Report

Craig Fraser, President

Every year, the Board President presents the 'State of the Association.' I can assure our residents that our Association has never been in better shape. Our financial position is solid. The operating budget and reserves are sound. The changes and additions to our staff have brought together a group of talented and dedicated team members that will continue to keep our Association and residents as their number one priority. We must remember that the Board sets policy and direction, while the real work is done through our staff. As we move forward with the new Board, I believe they have all the tools to continue this effort and improve on what has been accomplished.

So, what has been accomplished? Let's review.

- Encouraged more resident involvement in the budget starting earlier in the year with more open meetings.
 - Finance Committee is more heavily involved in budget development.
 - Kept budget increase at the rate of inflation while identifying additional savings.
- Updated Reserves with replacement value and estimated life while meeting new policy to ensure the Reserves fund is solid.
- Completed internal audit and implemented the recommended changes.
 - Updated our accounting policies to address those changes.
- Significant accessibility improvements. (Amphitheater, OC pool, parking lots.)
- Updated information to the IRS regarding 501-C4 tax status to align with present policies.
- Established Landscape Cost Reduction Committee
 - The Committee implemented 10% savings in the main landscape contract vs. The budgeted amount.
- Initiated and worked with the Executive Director

to bring in house some of the Human Resources Department duties

- Improved the hiring process to ensure compensation is competitive and to ensure staff performance.
- Changed the Legal team for Association with a focus on improved communication.
- Improved/increased documents attached to Board Meeting Agendas and Finance—thereby providing clarity and transparency to the residents.
- Added a governing document amendment to the Board of Directors election for the first time.
- Implemented a new capital projects process with leadership from Finance and Properties Committee.
 - Approved a series of capital projects catching up on a backlog.
- Continued to schedule Board workshops to support additional resident input.
- Encouraged the Executive Director and the Communications and Community Relations Committee to coordinate on an editorial calendar to improve communication.

Concerns moving forward.

- The Community Enhancement Fund has no funding source except via the budget, used mainly for Health and Safety.
 - Accessibility and projects with significant savings or increased revenue unless additional funding is identified.
- Lack of a strategic plan.

The efforts of the Board, staff, and residents continue to make Lincoln Hills a wonderful community and an active adult destination for people throughout the Country. I am proud of the direction of our Association and look forward to many more years of prosperity and growth. Please join me in celebrating our Community and our Association.

HOLIDAY HOURS - TUESDAY, JULY 4

Lifestyle Desk OC/KS – 8:00 AM - 1:30 PM | Administration & Membership – Closed
 WellFit OC/KS – 7:00 AM - 5:00 PM | Spa at Kilaga Springs – Closed
 Kilaga Springs Café – 8:00 AM - 3:00 PM | Meridians Restaurant – 7:00 AM - 3:00 PM

HOLIDAY HOURS - WEDNESDAY, JULY 5

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



Properties Committee

May Meeting Report

Bill Szabo, Chair

Executive Director's Report -

Completed Projects: OC skylight repair/replacement, OC WellFit strength equipment and flooring replacement, Pilates room, Angler's Cove parking lot seal and stripe. In-Progress Projects: Post and cable/concrete rail fencing, Meridians Restaurant refresh design, Pickle Ball courts 1-6 and Tennis Courts 1-4 resurfacing, water features conversion to raw water. Proposed/Pending Projects: Sports Plaza LED light conversion, Softball and facilities parking lot resurface, Kilaga Café enhancement, Orchard Creek Lodge storage, Ballroom, and Presentation Hall AV upgrade.

Facilities Maintenance Update – Work included: South entry waterfall, all sliding door projects completed, gutter cleaning for OC and KS, open space six feet courtesy cut along houses, grazing starting, waterway dam clearing on Hidden Hills and Orchard Preserve, ongoing trail maintenance due to the storms, bocce court stairs - rails installed.

Unfinished Business - Inspection reports – Orchard Creek Fitness Center and outdoor pools and Orchard Creek Lodge Liaisons Reports – Accessibilities – Comments on April meeting including Dial-A-Ride Program and next meeting on June 14. Finance – Proposals forwarded to Finance were accepted and sent to the Board for approval.

New Business - OC WellFit strength area exterior blinds - Replace blinds with exterior blinds. Reserve replacement. OC WellFit assisted chin/dip machine - Replace damaged machine. Reserve Replacement OC Fitness hot water circulating pump – Will provide hot water on demand Capital Enhancement Fund Expenditure.

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



Accessibility Committee

The Accessibility Committee and Residents

Judie Panneton, Chair

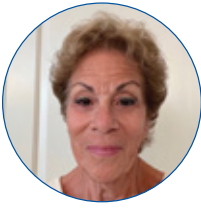
My eyes can not help but notice the many changes at our facilities that make life safer and more accessible. Some examples include hand railings at steps at the outdoor pools, wider steps at the bocce courts, and handrails to guide people down them. In addition, there is an electronic door opener at the Orchard Creek women's locker room that had been requested by a resident who had been on crutches and had trouble getting out by herself. Now, there are also electronic doors at the Orchard Creek Ballroom, thanks to a resident filing a reasonable accommodation form.

A pilot project for a resource connector for people who may be in a health, mental, or financial crisis, etc., is being discussed by a committee task force. Accessibility Committee member Marcia VanWagner leads this task force and has shared ideas about how residents could access information and whether family members could be contacted when residents

have emergencies. The task force includes representatives from the Accessibility Committee, the Board and Staff, Neighbors InDeed, Neighborhood Watch, and the Lincoln Hills Foundation. The task force's work is expected to be done in June. The full committee will decide whether to recommend any proposed pilot project to the Board for its consideration.

Currently, Neighbors InDeed provides information like caregiver names and alternative living facilities it has on file and offers handyman services and medical equipment loans in Lincoln Hills. Check out the Accessibility Committee link on the Resident Website for more information, including how Placer County's non-emergency, 2-1-1 phone program can help you find services you may need.

The Accessibility Committee's next meeting is scheduled for July 12 at 1:00 PM in the Multimedia Room (OC) and on Zoom. We encourage your attendance to help make a difference.



Compliance Committee Creating a Culture of Compliance

Lynne White, Chair

Compliance Committees are very beneficial to communities, protecting and enhancing home values and preserving community aesthetics. In Lincoln Hills, the Compliance Committee is one of seven resident-led committees the Board of Directors relies on to provide important input and recommendations. The Compliance Committee focuses on the standards and restrictions outlined in the CC&Rs and Design Guidelines. The committee's commitment is to safeguard the integrity of the community by ensuring that all members are held to the same established standards.

A written complaint by a resident can include contact information or be submitted anonymously. If the complaint form is signed and includes telephone or email information, the person submitting the complaint might be contacted for additional information. All homeowners are entitled to complete confidentiality regarding their home and property.

The Committee holds regular meetings where residents can attend and ask questions. This is a great way to clarify possible misunderstandings and to address issues directly. When problems and concerns are discussed, it helps keep open lines of communication between the Compliance Committee, residents, and the Board of Directors.

Our community has 6,783 homes. With over 11,000 residents, this is a large 55+ active adult community. Everyone who lives in Lincoln Hills can do their part to maintain the beauty and value of homes and ensure that the architectural and landscape standards are maintained.

Compliance Committee members are volunteers and residents with the common goal of communicating and offer resources to help each resident understand what they agreed to when buying a home in Lincoln Hills. The Design Guidelines, CC&Rs, Bylaws, and Compliance Committee information can be found on the Resident Website or email the Chair at Compliance.Committee@sclhca.com.



Clubs and Community Organizations Committee Benefits and Recognition

George Herrmann, Vice Chair

The Clubs and Community Organization Committee (CCOC) reviews and recommends to the Board of Directors action to be taken with respect to club applications. Clubs formed by residents of Lincoln Hills and officially recognized by the Association result in benefits to the clubs.

What are the benefits of being a Recognized Club? Facilities and rooms provide a variety of uses for activities. Through the Room Booking and Club Coordinator, clubs can request the use of meeting facilities at no or minimal costs. The Orchard Creek Lodge display windows, located in the social hallway, can promote club activities and special events. All clubs can submit information to the *Compass*. Clubs receive a yearly invitation to participate in "It's the Lifestyle Expo."

What are the club's responsibilities to maintain recognition status? A minimum of twenty active club members are required to maintain Association

recognition status for a club. A current list of at least two club contacts with phone numbers and email addresses must be submitted to the Room Booking and Club Coordinator. If Bylaws change, which define how the club will function, the new Bylaws must be approved by the club membership, submitted for review by the CCOC, and approved by the Association's Board of Directors.

How does CCOC assist clubs? CCOC and the Association staff are available to assist clubs with any concerns or issues. CCOC works to educate Recognized Club representatives about Association rules and policies. CCOC is the initial contact for a club in its relationship with the Association.

We welcomed two new members to the CCOC in June. If you would like to volunteer, look on the Resident Website for an application or pick up an application at the membership desk at Orchard Creek Lodge.



Finance Committee

April Report

Fred Raach, Chair

At the end of March, the Association’s net income for the year was \$2,000 better than what had been expected in the 2023 budget, i.e., the basis for this year’s dues. In the month of April, net income was \$154,000 over what was expected that month, raising the year-to-date positive total to \$156,000. Future months’ performance is not likely to match April, but there are signs that continued better than budget results can be attained.

The chart included in this month’s article shows the results just in April for each operating department compared to their budgeted amounts. As explained below, some of these positive results can be expected to continue; others result from one-time events or deferred expenses.

The Administration Department’s better than budget performance was primarily the result of having four open positions through April. Two of the positions were filled in May, and recruiting efforts continue for the remainder.

Much (\$8,000) of Communications and IT’s positive financials came from an April event and deferral of planned purchases. However, Compass printing costs were and can be expected to continue to be better than budgeted.

Lifestyle’s negative number reflected under budget revenue from events and trips. However, the summer concert series began in May and is expected

to produce much improved net results.

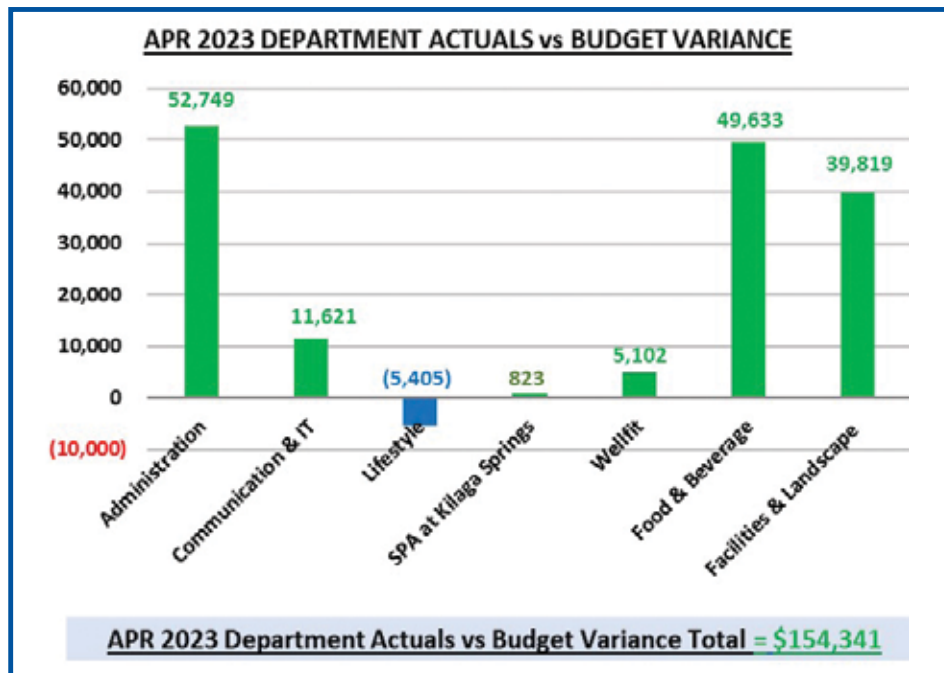
The Kilaga Springs Spa continued to suffer from open positions for massage therapists, limiting its capacity to generate revenue. Efforts to fill those positions are ongoing.

WellFit revenue from personal training was behind budget in April, but more than offset by over-budget revenue from wellness classes and small group training, allowing this department to continue it’s better than budget performance.

One very positive element was the bottom line for the Food and Beverage Department. This net income reflected continued revenues in Meridians and catering exceeding plan. The cost of sales, i.e., food and beverage purchases and personnel expenses, were a lower percentage of revenue than planned. Although expecting continued results at the April level is unrealistic, the achievement this month is a positive sign that the department will be able to deliver the positive results for the year that were included in the 2023 budget.

April’s weather benefitted Facilities and Landscape, causing deferral of landscape maintenance projects and lower water usage, partially offset by increased electricity expense from lower solar production and increased expenditure for natural gas.

Detailed financial information by department and function is posted on the Resident Website.





Congratulations to Our Newly Elected Directors!

Marie Barnes | Robert Copp | Denny Valentine | Jack Harris

Thank you to our Lincoln Hills Members for your participation!

- Sun City Lincoln Hills Members submitted 3377 valid ballot envelopes for counting, which is 49.7% of the homeowners.
- Candidate Forum #1 was attended in person and via Zoom Livestream by about 50 residents, and afterward, the video recording was viewed 175 times.
- Candidate Forum #2 was attended in person and via Zoom Livestream by 50 residents, and afterward, the video recording was viewed 126 times.
- Members submitted 25 questions which the Elections Committee then used to develop the 12 questions asked at the Candidate Forums.
- Videos of the Candidate Statements were viewed an average of 35 times.
- There were not enough ballots for a quorum on the Amendment. Of the count for the by-laws we had 3373 valid ballots (3 had extra marks or marked both "yes" and "no"). Of the 3373 votes, 2271 were yes votes, and 973 were no votes, with 129 abstaining.
- A special thank you to all the candidates who ran!



There are openings to serve on the Elections Committee for the 2024 Election. Applications are on the Resident Website and at the Orchard Creek Membership Desk. For more information, contact: elections.committee@sclhca.com.



Lifestyle News & Happenings For Boys and Girls of All Ages

Allison Sertic, Lifestyle Manager

Summer brings longer, hotter days, travel and vacations, and opportunities for grandchildren to visit. There are many things to keep you and your grandchildren busy and entertained in Lincoln Hills. Amenities like Angler's Cove for fishing, miles of beautiful roads and trails for biking and exploring, the Sports Plaza and Tot Lot for games and play, and the two pools at Orchard Creek Lodge for swimming and cooling down.

New this year, Lifestyle is offering different activities through the month of July. In past years, a week-long "Grandkids Camp" was offered the first week of August, but we wanted to offer more opportunities for a longer duration, knowing that not all grandchildren visit in one week. You will also find that we have different activities that suit grandchildren of different ages, even those grandchildren that are now grown.

In the ad below, you will find the list of five classes and three trips that will not only be fun for your grandchildren but also for you. The best part will be sharing those experiences! Look to the Lifestyle Classes and Trips sections for full details, including the appropriate ages for each. Your older grandchildren, and their parents, will love to attend the outdoor Amphitheater Concerts, the resident Vaudeville production, as well as the shows offered in the Ballroom and Presentation Hall For more information on those and other great offers, please see the Entertainment section. Watch eNews for Community Perks, including movies for littles and story times in the Kilaga Springs Library. Get lunch at Kilaga Café beforehand and enjoy eating in the Zen Garden. You can also plan to have a nice lunch at Meridians after you shop at the Farmers Markets on Wednesdays. Oh, the fun to be had!

Summer Activities for Boys and Girls

Lifestyle is offering Classes and Trips for you and your grandkids all through the month of July!

Classes:

Chalking

Monday, July 10
11:00 AM TO 1:00 PM
LSC4403

AND

Monday, July 10
2:00 to 4:00 PM
LSC4404

Beginner Needle Felting: Painting with Wool

Monday, July 10
Noon to 2:00 PM
LSC4319

Beginner Needle Felting: Soft Sculpture

Two-day Workshop:
Mondays, July 24 & 31
Noon to 3:00 PM
LSC4357

Sip & Paint: Turtle and Friend

Thursday, July 6
1:00 to 4:00 PM
LSC3829

Mixed Media Art Journaling

Tuesdays, July 11 & 25
9:00 AM to Noon
LSC3805

Trips:

Sacramento Rivercats vs. O.K.C. Dodgers

Friday, July 14
LST450

Old Town Sacramento and MOSAC (Museum of Science and Curiosity)

Monday, July 17
LST462

Broadway At Music Circus - The Addams Family

Tuesday, July 25
LST443

SEE COMPLETE INFORMATION IN TRIPS AND LIFESTYLE CLASSES SECTIONS OR ON THE RESIDENT WEBSITE.



The Spa at Kilaga Springs

Ultimate Evening Skincare

KarriLynn Keith, Spa Manager

Using the same skincare products in the morning as you do in the evening is not the best way to maintain a youthful complexion. Certain skincare ingredients work their best in the evening when the skin is in repair mode. In addition, there are some skincare ingredients that sun exposure can cause skin sensitivity and lead to irritation, so those should be reserved for the evening.

Here are some great tips on why you will want to have separate nighttime skincare. The evening is perfect for treating your skin with active ingredients like retinol and gentle exfoliants. Seeking the advice of our fabulous estheticians is always the best way to create a skincare routine, but here are some important steps to keep in mind:

Your basic evening skincare routine should include a cleanser, moisturizer, and serum. Investing in specialized hero products will genuinely transform your skin. Triple Acid Peptide Peel has a gentle

blend of hydroxy acids and peptides. The unique home treatment softens and plumps the skin while fading dark spots. Add it to your nighttime skincare routine 2-3 times a week, along with the HydroPeptide Hydro Lock Sleep Mask for a deep hydrating and nourishing home treatment.

This month we are featuring it in our Specialty Facial! HydroLock Moisture Infusion Facial for \$189. Drench your skin in lasting moisture with this hydration-focused treatment with potent ingredients like hyaluronic acid, peptides, and antioxidants. Amplify your results with LED light therapy over the mask to maximize potency and boost hydration even further. Your skin will be left feeling firmed and deeply nourished, with a noticeable reduction in the appearance of fine lines and wrinkles. Receive a free Full-Size HydroLock Moisturizer when you book this facial (value \$111.00). We look forward to seeing you at the Spa.



Transform Your Summer Skin!

Hydro-Lock Moisture Infusion Facial

\$189 \$248 VALUE

Drench your skin in lasting moisture with this hydration-focused treatment. Recharge dull, dehydrated skin while you sleep with a soothing blend of HydroO18™ Activated Water™ and calming licorice root. Wake up to a deeply nourished, softened, and smooth complexion.

RESULTS

- + Deeply hydrates skin overnight
- + Encourages healthy cell turnover
- + Protects and brightens the appearance of skin over time.

Book your facial today and receive your very own Hydro-Lock Sleep Mask Care Kit FREE!!!!



1187 Sun City Blvd, Lincoln, CA 95648 | 916.408.4290 | KilagaSpringsSpa.com



WellFit News

Mindfulness, Meditation, and Wellness Practices are Important

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Think of mindfulness and meditation as an exercise of the mind that can support physical and cognitive wellness throughout your lifespan. By regularly incorporating these practices into daily life, individuals can improve their sleep and a positive attitude, which along with regular exercise, nutrition, well-balanced diets, social interaction, learning, and doing new things, are essential for brain and body health. Meditation can be done by anyone, anytime, anywhere, and for as long as the person feels comfortable.

Meditation is a practice. Mindfulness is more a quality of living in the moment. Being mindful is being aware of what is going on around us and our reactions to what is happening. This is one form of meditation. Attention-based and active-based meditation has an impact on brain areas involved in self-control, social, speech, and motor function. It also eases anxiety, reduces negative responses to stress, boosts the immune system, improves sleep, increases focus, and lowers blood pressure. As active aging professionals, we encourage everyone to include mindfulness

and meditation in their daily lives. We can help you discover and adopt practices by providing guidance through our wellness classes. A whole range of easy-to-implement approaches are outlined below.

Wellness offerings include **Mindfulness & Meditation**. Experience the power of meditation with this class. We also provide active movement meditation/wellness classes such as **Yoga Nidra** that activates delta brainwaves, allowing your mind and body to rest while awake. **Tai Chi** is a centuries-old practice focusing on soft, gentle movements that enhance balance and coordination. **Mind Body Balance** is a gentle, mindful, total body stretch and guided meditation. **Hypnosis for Sleep**. Having trouble falling asleep or staying asleep? Join this class to find out how Hypnosis can help. The newest class offering is **Thriving with Grace**. Her classes revolve around healthy eating and couple's dinner that increase wellness experience with your partner. These are only a few classes that WellFit offers. Take a look in the WellFit section to see a complete listing of classes and descriptions.

DON'T WORRY, BE HAPPY!

HAPPY HOUR

AT THE FUN POOL

JUNE 15-AUGUST 31
4:30PM-7:30PM

SEATING MAY BE LIMITED, FEEL FREE TO BRING A CHAIR.

MERIDIANS FOOD & DRINK POOLSIDE MENU

DANCING, DRINKING, AND DIPPING!

DJ ENTERTAINMENT EVERY THURSDAY!



Protect Your Skin



Boys and Girls of Summer Searching For the Fountain of Youth

Shirley Schultz, Roving Reporter



Fountain of Youth

Summer tends to bring out the desire to get out of the house, enjoy the sunshine, travel, and generally experience life anew. The spirit of fun and youthfulness pervades. While St. Augustine, Florida, claims to have the Fountain of Youth, few of us will travel there to sample its sulfur-smelling well

water. Although there is no actual fountain of youth anywhere, at least we can seek out experiences and a lifestyle that will make us feel reinvigorated. Here are some tips for a healthy, happy summer.

1. Stay hydrated - Most seniors need six to eight ounces of water or more daily. Carry your water or drink with you to avoid heat exhaustion leading to heat stroke. Alcohol does not count toward hydration.

2. Enjoy fresh fruits and vegetables - Fruits and vegetables of the season help support your health and boost your immune system. Who does not like watermelon?

3. Keep your food safe - Avoid food poisoning, keep perishable foods unrefrigerated for less than two hours, use separate cutting boards for cutting raw meat and vegetables, cook meat to the

correct temperature, and wash your hands, cutlery, and grill thoroughly between uses.

4. Exercise and do muscle-strengthening activities - “Use it or lose it,” the saying goes. Seek the help of a trainer or Physical Therapist if you need to.

5. Enjoy the sun, but protect your skin - The American Academy of Dermatology recommends using sunscreen with an SPF of at least 30 to block the sun’s UVB rays. The higher the SPF, the higher the protection. Wear a hat or use an umbrella. Tanning booths are not recommended.

6. Get adequate sleep - Older adults need seven to nine hours of sleep a night. Volumes have been written about good sleep practices, so do research or seek professional help if needed.

7. Avoid bites - Around here, mosquitoes carrying West Nile Virus and ticks carrying Lyme disease are high on the list of bites to avoid. Among active ingredients in skin applications for bite prevention, according to the Environmental Protection Agency, are DEET, Picardin, and Oil of Lemon Eucalyptus. Lookout for snakes.

8. Eat some ice cream (writer’s personal recommendation). You cannot buy happiness, but you can buy ice cream. Ice cream is cheaper than therapy.



Ice Cream Covered Hands



ANSEL PARK

INDEPENDENT LIVING

Don't just live, thrive

Ansel Park Independent Living is more than just a community – it's a lifestyle.

With inclusive amenities like chef-prepared dining, weekly housekeeping and dozens of daily social activities, we're here to help you savor every moment of retirement. At Ansel Park, we've created an environment where you can thrive each and every day.

**Come see the Ansel Park difference for yourself!
Call us or visit us online to schedule a tour!**

(916) 713-5434 | AnselPark.com

 A Sagora Senior Living Community

1250 Orchid Dr., Rocklin, CA 95765



PIIONEER

COMMUNITY ENERGY

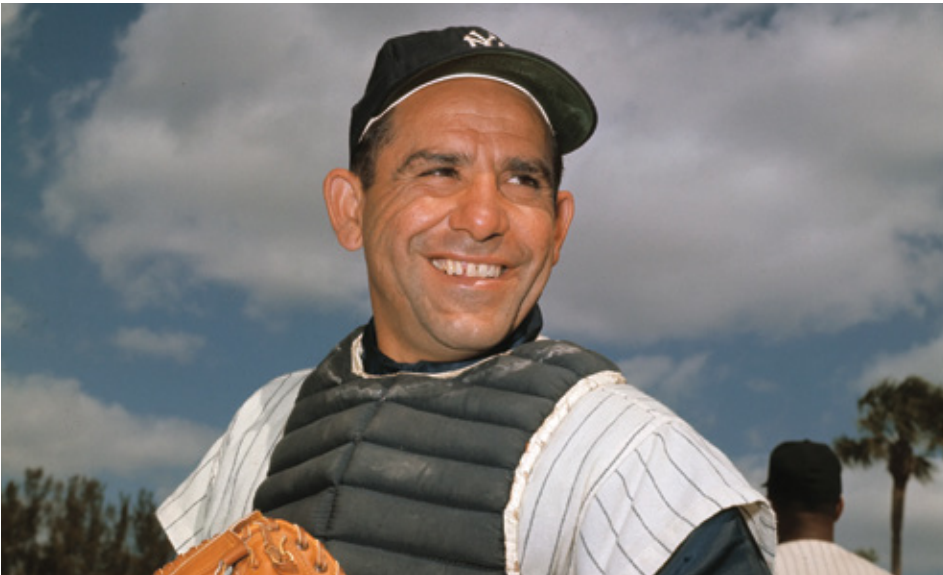
Pioneer fights to keep your electricity rates as low as possible, saving most customers 15% or more.

Pioneer guarantees savings for 100% of its E1 residential customers and for more than 85% of its residential solar customers.

Learn More

Call **(916) 758-8969** or visit pioneercommunityenergy.org.

Your Power. Your Choice



Yogi Berra – Catcher Behind Sluggers, Originator of Sayings



Life Lessons from a Yogi

Linda Lucchetti, Roving Reporter



Graduation is a Rite of Passage

After the boys and girls of summer are gone, memories remain. One reminiscence is a rite of passage – graduation.

Who could forget the robes, tasseled hats, and the march, “Pomp and Circumstance?” Graduates are honored, congratulated, and advised about the future during the ceremony by commencement speakers – civic and political leaders, athletes, and celebrities.

What better speaker could there have been for such occasions

than one of the early “boys of summer” from decades ago—the beloved ballplayer Yogi Berra.

Deceased in 2015, the colorful baseball icon for the New York Yankees and the New York Mets was elected into the Baseball Hall of Fame in 1972. In 2007, he was invited to give a graduation address and accept an honorary degree at St. Louis University.

Although well known for his scores of skills on the field as a major league catcher and later as a manager and coach, Yogi gained unexpected notoriety as an author and architect of aphorisms, throwing hundreds of quirky sayings about baseball and life in general into our culture.

Yogi never finished high school and thought it was amusing that he was frequently quoted. “College people use something I said, or maybe never said, to make a point,” he once quipped. Yogi’s words, though “out of

whack,” possess a touch of truth and humor that still endure. His catchphrases bring joy and chuckles. Here are some notable Yogiisms that he might have pitched to a graduating class today.

On baseball — “**It ain’t over till it’s over.**”

On paying attention to the game — “**You can observe a lot just by watching.**”

On sun conditions on the field — “**It’s getting late early.**”

Planning ahead — “**If you don’t know where you are going, you’ll end up someplace else.**”

Giving directions — “**When you come to a fork in the road, take it!**”

On the changing times — “**The future ain’t what it used to be.**”

Live for today — “**No matter where you go, there you are.**”

Today’s economy — “**A nickel ain’t worth a dime anymore.**”

On education — “**I’m not going to buy my kids an encyclopedia. Let them walk to school like I did.**”

In November 2015, Yogi was posthumously awarded the Presidential Medal of Freedom by Barack Obama, who quoted the Yogi-ism, “If you can’t imitate him, don’t copy him.”

What a legacy! To this, Yogi might have said about himself: “He must have made that before he died.”



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The Boys



The Boys and Girls of Summer

David Wright, Roving Reporter

In the words of Yogi Berra, “It’s like déjà vu all over again.” While high school graduation turns boys and girls into men and women, one Lincoln Hills club strikes out to reverse the process. Every summer, the members of the Senior Softball League come home to touch bases with their youthful past.



The Girls

Del Webb Field is a sensory time machine. The sight of a lighted scoreboard, the smell of a new glove, the smack of the ball in the mitt, or the feel of the bat’s sweet spot squarely connecting

with a perfectly-placed pitch triggers a walk down memory lane. Even a bad hop to the chin is a kiss of nostalgia.

The players may look 75, but on the dirt diamond, they see themselves as 12-year-olds—imitating their Fenway, Wrigley, or Candlestick Park idols. Their thoughts drift to a simpler time in their lives when baseball was as much a part of growing up as having a family pet. Those “say hey” days of feeling their oats and eating their Wheaties were not so much for the cereal as for the baseball cards on the back of the box. They knew the lineups of every Major League team and could calculate a player’s batting average with slide-rule precision. They learned to keep score while watching from the outfield bleachers or listening to transistor radio broadcasts of “their

team.” They spent summer vacations shagging flies in the school ballfields, dusty vacant lots, or hose-soaked backyards from the time they finished their chores until it got too dark to see the ball. During Little League tryouts, they quietly hoped to be “drafted” by the team named after their favorite Big League club.

Even fielding nine coed teams and an all women’s division, the senior league has no problem keeping its rosters filled. The softballers keep coming back season after season. Maybe it is for the camaraderie. Maybe it is for the exercise. Or maybe it is for visitation rights with their stymied childhood dreams. Regardless, the ballpark figures play with a kid-like zip that sets them apart from the rocking chair crowd.

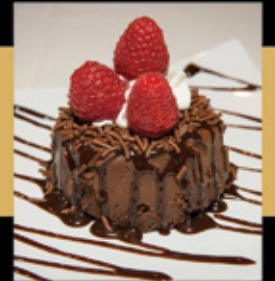
Sure, they may be hitting the Tylenol afterward, but these age-defying renegades “haven’t got time for the pain.” The next game is only a few days away. Their lives might be approaching the seventh-inning-stretch, but for the 200 members of the Senior Softball League, “It ain’t over ‘til it’s over.”



David Hughes, Heidi Mazzola,
Jay Sheets and David Steele:
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Teresa Tanin, Neighborhood Watch, with the support of Kyle Bodyfelt, Association Executive Director, for helping to promote this important 211 information.

Need information? Not sure who to call in a non-emergency crisis? Help could be only a phone call away!

Dial 2-1-1 from your home or mobile phone. Talk directly to a specialist 24 hours a day, 365 days a year—Free—Confidential. Language interpretation is available.

- Information regarding local services includes food programs (local pantries, food delivery services, and food assistance programs).

- Help is also provided for disaster preparation and relief resources.

- Senior services include non-emergency transportation,

utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal and fiduciary, plus help connecting to tax preparation services.

- More connections are, but 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.

Coming soon to Lincoln Hills will be a special presentation to promote *Placer 211, your connecting point*.

Established in July 2020, Placer 211 is the most comprehensive

source of information in Placer and neighboring counties. Dial 2-1-1 for Placer County 24/7 assistance, or text your zip code to 898211 to be connected by text to 211. Also, connect through the Placer 211 website 211connectingpoint.org or click the “211” quick link on the Neighborhood Watch website sclhwatch.org. Connect today and get the answers you need—help is only 2-1-1 away!



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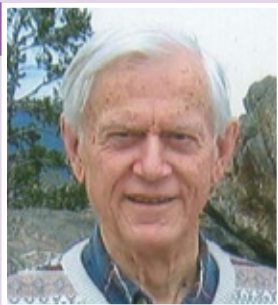
Marilyn Grenaux

Marilyn grew up on a ranch East of Los Angeles. She had her own horse and enjoyed playing many sports. She was also a Girl Scout and Mariner Scout. She met her husband, Don, at Cal Berkeley. After moving here from the Bay Area, she enjoyed singing with the Chorus and square dancing with the Sun City Squares, the Whirl-A-Ways, and the Mavericks. When her health declined, they moved to Walnut Creek, where she could get more help. She leaves her husband Don of 62 years, her three children, and many relatives and friends.



Tom Hanlon

Born in New York, Tom took a troop train with his Mother and siblings to California when he was very young. He lived in the Bay Area and then Penn Valley. After retirement, he moved here with his wife. He loved playing golf here and in Hawaii. Tom was a member of the men's golf club and other golf groups within the club. He was an avid Giants and 49er fan! Tom is dearly missed by his wife, Pennie, of 52 years, five children, and five grandchildren.



Reverend Dr. Richard Hutchison

A farm boy, Richard grew up in Pennsylvania, and his first job was dipping ice cream at the family dairy store. He went on to college and realized his need to share his Christian faith. He eventually received several degrees in Ministry and was ordained at the First Presbyterian Church in Indiana, Pennsylvania. Richard was a world traveler, and enjoyed football and fishing. He is survived by his loving wife, Joy, brother Max, five children, three grandchildren, and many others.



Bernard Leon Laezman

Bernie graduated from medical school at UCLA. He served as a medical officer in Korea in the United States Army. He traveled the world and had many interests and hobbies. He had a private practice in Arizona and then the San Francisco Bay Area. Bernie was a warm, comforting presence to anyone who knew him. He was born in Pennsylvania but grew up in many places. He met his wife of 50 years in Tucson, and she preceded him in death. He is missed by his three daughters, one son, six grandchildren, and three great-grandchildren.

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



presents:

BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, June 22.

Note: there will be NO Bingo in July. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30, and games begin at 1:00 PM. Email lincolnhillsfoundation@gmail.com to reserve a table for eight.



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When: Saturday, June 24 11:00 AM thru Sunday, June 25 2:00 PM

Where: Near the Lincoln Hills Sports Pavilion

Why: The objective of Field Day is to contact as many Field Day radio stations as possible on all amateur bands and to learn how to operate in abnormal situations in less than optimal conditions. This practice of reaching across the U.S. simulates our emergency capabilities.

Please stop by and see us in action!



Amateur Radio

The Group learned to install Anderson Power Poles and other connectors thanks to John, NQ6Q. Art, KI6GY contributed his talents in preparing laminated Club business cards and Field Day Section data. We welcome all to visit us near the Sports Plaza for Field Day on June 24. Our Hams and Amp 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 Group conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: www.lharg.us



Ballroom Dance

On April 29, we held our Springtime in Paris potluck. Luck is a key word describing this potluck because attendees found good fortune as they were able to feast on delicious salads, entrees, and desserts.



Tom Breckon, Ruth Wehner, Sunny and Don DeSantis, Emma Blanton

Tables were attractively decorated with a pink tablecloth and were centered with a figurine of the Eiffel Tower on a purple scarf with a Paris theme. A spring mural along the front wall of the Multipurpose Room (KS) set a seasonal tone for the evening. Congratulations and thanks to all the participants and contributors that made the Springtime in Paris potluck and dance a success. The tango will be taught in June. Plan to join us and learn how to tango.

Contact: Sal Algeri 916-408-4752



Big History

We return on September 11 with The Evolution of Cities. We will meet



every Monday on Zoom from 10:00 to 11:30 AM. Bill Gates and David Christian co-founded the Big History Project to “attempt to understand, in a unified way, the history of Cosmos, Earth, Life, and Humanity.” It combines the interdisciplinary viewpoints of history, science, and humanities to explore human existence in the context of the bigger picture. In conjunction with the Renaissance Society of Sacramento State, we explore concepts ranging from the Big Bang to the physical and cultural evolution of humans. We use a variety of formats, including PowerPoint, professional videos, informed speakers, informal discussions, and book reviews. Topics will be sent out weekly. Join us for peer-to-peer learning.

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



Billiards

The last Lifestyle Expo held in the Ballroom (OC) was very successful. A number of visitors to our booth are now participating in our mentoring program. Many of the new participants are ladies. Billiards is not just a Man’s sport, and we welcome

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May ladies tournament winners

them. Our mentoring program is for beginning, intermediate, and advanced players. It takes place at KS on Tuesdays at 9:15 and 10:30 AM, with signups at 9:00 AM for the first session and 10:15 AM for the second session. We also offer a variety of tournaments for every level of play (See the website for schedules). All tournament play is at KS. OC is always available for open play during lodge hours. Be sure to visit our website for information.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
Website: www.lhbilliards.com

Bird

It was another beautiful spring day for our Spenceville Wildlife Management Area trip. First was a sighting of a Bald Eagle nest with an adult feeding two chicks. The Osprey nest that we have observed for years at that campground entrance is now abandoned. We did find another Osprey nest aways up



White-breasted Nuthatch at Spenceville Wildlife Area

the road toward the lake and still another nest below the dam. Both had chicks in them, and adults were visible. We also found a Great Blue Heron Rookery in a tree below the dam. Other sightings of interest were Say's Phoebe, Yellow Warbler, and Lawrence's Goldfinch. The Group meets the second Monday of the month (except August) at P-Hall (KS). Everyone is welcome!

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

Bocce Ball, Mad Hatters

Do you bocce? Whether you're a long-time player or brand new to the game, we welcome you to join us on Thursday mornings at 8:00 AM. This is recreational



A little levity to start your day

play, and random teams of four players are formed each week. When one game finishes, the two winners from one court move over to play with the two losers from the next court. We switch up the partners, and a new 20-minute game begins. All equipment is provided, and we even have a spare "chicken foot" if you need help picking up a bocce ball. If mornings are getting too hot for you, there's also a fun drop-in bocce group called the Night Owls. They play on Tuesday evenings at 7:00 PM.

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

Book

April brought us two wonderful book talks and intimate small group discussions. Club member Donna Krasnow presented her book, *Daniel Lewis A Life in Choreography and the Art of Dance*. Richard MacLeod, Lincoln Hills Resident and friend of Author Reg Henry presented *Love in the Late Edition*. May's book selection was, *The Woman They Could Not Silence* by Kate Moore. June's selection is, *All Creatures Great and Small* by James Harriot. July's selection is *The Personal Librarian* by Marie Benedict. Meetings are in the Multipurpose



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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 ocbokgroup@gmail.com.

Contact: Maureen Deal,
Modeal2010@gmail.com



Bridge, Duplicate

Our Meet-Ups after bridge continue to be much fun. Our latest ones have been at Orchid Thai and Casa Ramos. Check our website for future dates and locations. Our educational programs and hand analysis sessions continue to be popular. Check our website for future dates. Games are Wednesdays starting at 12:30 PM in Multipurpose Room (KS).



Enjoying an after-bridge "Meet Up" at Orchid Thai

Reservations need to be made at least two days ahead of game with Elise Homer (see contact info below). Open and limited sections are Saturdays starting at 12:30 PM in Sierra Room (KS).

Open section only. For further information, go to our website shown below. Partnership chairman: Sharon Duley at 916-253-3885.

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



Bridge, Partners

Call for reservations or drop in to the Sierra Room (KS) by 5:15 PM Thursday. Play begins at 5:30 PM. The hosts for June are Chris Jacobson/Chuck Dietz 916-408-8709. April 20 winners: first-Geri/Park Miller; second- Byron Hansen/John Butler; third-Patty/Tom Mack; fourth- Carla/Mark Green. Sharon Kluball/John Woodbury had high round 1710. April 27: first- Kay/Ben Newton; second- Ray Henry /Harry Collings with high round 1940; third- Bob Calmes/Jay Southard; fourth-Barbara/Tom Moran. May 4: first- Bev/Allan Blaine; second- Joanna/Alan Haselwood; third- Carla/Mark Green; fourth-Dee Cole/Ed Hartnett. Nancy Turrini/Lydia King had high round 1530. May 11: first- Rose Phelan/Kurt Wolff; second- Sharon Kluball/John Woodbury; third-Nancy Rice/Carol Mayeur; fourth-Barbara/Tom Moran. High round

tied Kluball/Woodbury with Hansen/Butler at 2220.

Contact: July Hosts Tom & Barbara Moran 916-434-8520.



Bridge, Social

Call John Woodbury at 760-522-8758 for information on Beginner Bridge. Intermediate lessons are going strong. Come and join us in the Card Room (OC) at 10:00 AM Wednesdays to hone up on your skills. Congratulations, Lois Burke and Jay Southard, for bidding and making a Grand Slam on April 14. April 21: first- Bob Wehner; second-Russ Grover; third- Chet Winton; fourth -Mary Leung. April 28: first- Francis Kamienski; second- Jay Southard; third- Patty Van Oosbree; fourth- Joanna Haselwood. May 5: first- John Butler; second- George Hubbard; third- Jay Southard; fourth- Phil Sanderson. May 12: first- George Hubbard; second- Phil Sanderson; third- Jay Southard; fourth- Jean Beyer. Play begins at 12:30 PM Fridays. Arrive by 12:15 PM. Sign up by calling Linda.

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



Bunco

In April, the Card Room (OC) was full of laughter and fun! There were lots of

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buncos called, and the traveling bear was all over the room. Only one roll-off for 50/50. After Bunco play, the Group moved to the Sports Pavilion for our annual potluck and farewell get-together for Shirley Mohler, as she is moving out of state. Bunco play is on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. April Winners: Buncos - Diane Lundin, Wins - Karen Anderson, Losses - Pat McGough, 50/50 - Cindy McCain, Traveler - Norma Cammilleri. Future Thursday Bunco Dates are June 15 and July 20.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Ceramic Arts

Mike Daley is in our Spotlight this month. He started his endeavors in high school, and his first pottery teacher, Dick Ketelle, instilled in him that design and structure are the "keys" and very important when creating pottery.



Mike Daley at the wheel

This gave him the proper foundation for his return to pottery after a 45-year "sabbatical." It wasn't until Mike and his wife retired to Lincoln Hills in 2005 that he jumpstarted his clay experience once again. Mike's style is influenced by the clay. Each piece starts out as a ball of clay, and then it gets thrown into a functional piece or an artistic piece. He's been exploring Raku firing, and his work has that Oriental influence. So many pieces, so little time!

Website: www.cagsclh.net



Chorus

Having recently presented its highly successful Spring concert series, the Chorus members are enjoying a break until September, while the Steering Committee continues to meet throughout the summer to begin planning its next concerts coming up in December. Headed up by newly elected President Doug MacAdams, the Committee will select music, establish a concert theme, develop marketing and production plans, and work to continue the Chorus' positive momentum. Residents interested in joining the Chorus are invited to contact Membership Chair Mari Long for more information. As a recently



The Chorus poses before its May Spring concert series

designated 501(c)(3) organization, the Chorus will also be developing community outreach programs and fund development strategies to enrich our community and enhance our organization. Stay tuned for more information on this front!

Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net

Website: www.lincolnhillschorus.org

Computers

Apple Users



Our club meetings are held in person in P-Hall (KS). If you are not able to attend, we generally video our meetings, and you will find them on our club website. Presenters often have a handout and that is also available on our website. Monday, June 26, Ken Silverman and Doug Thom present "What to Expect from Apple's Worldwide Developers Conference." Apple's yearly conference is expected to include updates to operating systems

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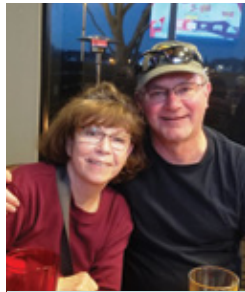
and possibly new computers and devices. Who knows what other surprises await? Ask the Tech begins at 10:15 AM, and the program starts at 10:30 AM. For July meetings, check our club calendar.

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



Country Couples

We would like to introduce our 2023 President, John Bibby. John comes to us not only with valuable career experience but also with experience as past President of the Airstream Club. It was in this club that John and his wife Lori met our past President, Jim Christie, and his wife, Deb. Thankfully, the Bibbies tried Country Couples, enjoyed it tremendously, and joined! They've been taking line dance classes, which prepared them to enroll in Country Couples Western Dance classes on Monday evenings. In addition to thanking John for all his hard work, we also thank Lori for her many hours volunteering! We are grateful to them for their dedication



Lori and John Bibby

and enthusiasm. They are a great asset to our club!

Contact: April Cederburg
916-390-3931, aprilced@sbcglobal.net
Website: www.sclhcc.com



Cribbage

It's June already, and it's getting hotter every day. Gone are the pleasant 70s, the nice 80s, and we have the "we must plan a vacation" 90s. All Cribbage players are looking for 121, not degrees but points. Victory! Better yet, 131 points. If you "skunk" your opponent, you get ten bonus points. On April 18, Dory Maske tied Paul Winters and Pat McGough. Dory won again on April 25. Jean Stefani won on May 2, and Jodi Deeley dethroned her on May 9—skunks galore! Quick, call Animal Control! Cribbage is on Tuesdays in the Card Room (OC) at 8:30 AM. Turn up the "heat" on your neighbors, have a few laughs, and "Pepe' Le Pew" them on your way to victory.

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



Cyclists

The Group had its "Fun in the Sun" potluck in May at the Sports Pavilion. We will have another member event in July. Check out the website and Ride Calendar for details. One of our ride groups is the Cyclepaths. Greg Sandusky leads the Group on Monday and Friday. Distances

range from 20-27 miles, with an average speed of 14 to 16 mph in the flats. The total climb for most rides is 800 to 1,500 feet, with an occasional flatter ride. E-bike/pedal assist and standard road bikes are welcome. Terrain will be predominately rolling hills with an occasional steeper leg. Greg has a "no drop" policy, so if you go slower, you won't be left behind. Check out the website for other Ride Groups.

Contact: Diane McLaughlin
530-386-1590,
dmclaughlin100@yahoo.com
Website: www.lincolnhillscyclists.com



Euchre

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

Contact: SCLHEuchreClub@gmail.com

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Lavender Friends Club

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The Lavender Friends Club is a group of LGBTQ residents and those in friendship. Club goals are to create social activities for its members, to extend members support and to offer service to the wider community. Some of our recent social events have included a Mardi Gras party, a Holiday Dinner/Dance, Salt Mine service project, BBQ mixer, Lincoln Walking Tour, Bocce Ball event, Mandarin Ranch visit, Wine Tasting and more!

www.lavenderfriends.com



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Food Adventures

The first 25 members to sign up by email to the club for a lunch at Saladworks Restaurant in the Raleys shopping center in Lincoln will be invited to join other club members for lunch at member expense. On July 24 at 2:00 PM, please join us in P-Hall (KS) for a club meeting where we will elect new club officers, to be followed at 3:00 PM in the KS Kitchen with free desserts prepared by our club members.

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



Club Cornucopia



Garden

Don't have much space? No Problem! Greg Gayton will share his tips on how to enjoy growing berries, citrus, and fruit trees in a limited space-including espalier (living fence) techniques and using multi-grafted varieties. "How to Have an Edible Landscape in a



Berries, Citrus and Fruit Trees

Small Amount of Space" will be the presentation for the Garden Group General Meeting on June 22, 2:00 PM, KS. Greg is a California Certified Nursery Professional and Certified Plant Nerd. Manager of the Green Acres Nursery Supply for over 30 years, Greg has specialized in Community Outreach, Garden Talks and answers garden solution emails for all seven locations. Before this meeting, there will be brown bag sales, door prize tickets for members, and Master Gardeners available for Q&A's.

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



Genealogy

"To forget one's ancestors is to be a brook without a source, a tree without a

root," Chinese Proverb. Don't be root-less! Come to our Genealogy Club meetings! The June meeting is Friday, June 16, at 10:00 AM at KS. Our presenter is Pamela Bell Dallas. She has conducted personal and client research for more than 30 years. Pamela has presented genealogy lectures at national and regional conferences and seminars. Her topic is "Carved in Stone: Cemetery Research." Afterwards we will meet in the Café or, weather permitting, in the courtyard for a Social. In June, the workshops will resume in the computer lab and are open to all members on Mondays from 1:00 to 3:00 PM for photo scanning and research.

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



Golf

Ladies XVIII

As spring comes to a close, the ladies are enjoying the courses and improved conditions. Fond memories of the Spring Fling and Interclub Scramble remain with us. Our Annual Guest Day is June 15, when non-members may be invited to join us for a round. This event has been arranged by members Ilene Marshall and Nancy Gadsby. It is themed "Friends Don't Let Friends Three

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Putt." Other special dates to mark on your calendars are July 6 and August 10 for the Red, White & Blue, and Captains Cup tournaments. Our May Net Chix winner will be announced next month, as poor weather prevented us from playing, and the event had to be rescheduled.

Contact: Linda Chappellear
 916-409-0151,
 linda_chappellear@sbcglobal.net
 Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

Our Spotlight is on Lincsters tournaments! The Interclub Scramble was on April 24. Jane Hall will post the results next month. Bring a Friend was May 10. Annual Step-aside Scramble and lunch hosted 54 Lincsters and 18 guests. Low Net scores were: first (21) – Shuey, Waitz, Hallums, Graham; second (22) – Steffes, Peterson, Shipley, Josse; third (24) – Salmon, Cannon, Patrick, Bossert; fourth (25) – Cyphers, Ahrens, Eckstrom, Nelson. CTPP – Hastings at 8.25 inches! Red, White, and Blue is June 21. Alyce Stanwood manages this event. Contact her to volunteer. The Breast Cancer Tournament is Oct 5 and is our biggest event of the year. Ladies XVIII group is the lead, with Kim Schutz as Lincsters Liaison and

Patty Owens as Chair. To volunteer, let Kim know.

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

Men's

Hopefully, by now, you are signed up for the June 20 Men's Club event, the June Jitters. Time is running out if not. Don't forget the starting times are 8:00 AM. The next tournament the Men's Golf Club will feature is the Red, White and Blue on June 20. This tournament is a four-Man Stroke Play event being played on both courses. Starting time for this tournament is 7:30 AM, so please make note of the time change due to summer weather.

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



Hiking & Walking

A delightful breakfast was enjoyed by the hikers and walkers on May 11 at the Secret Garden (OC). It was followed by a beautiful walk led by Tess through the Canyon Oaks area. Not only do we walk and hike together, but we also gather for social times. There are usually two hikes per month and walks every Wednesday. In June, walks will start at 7:30 AM. There are two walking groups-Walk for



Canyon Oaks hike after brunch

Wellness and the regular faster-pace walking group. Check the website for the starting locations of the walks, updates on hikes, and social events.

Contact: Dan Cortinovia
 Website: www.lincolnhillshikers.org



Investors' Study

We do not meet in July. The next meeting is August 3. We have more on the August meeting in the next Compass. Investor Study is information only with no investing advice. There is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investor Study.

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



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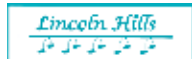
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our free *Compass* ad for clubs. The timing is perfect since June is the month to honor LGBTQ communities. Paula Kregel, a retired web developer and programmer who designed both ads, began with a goal. "I wanted the ad to let residents know a little more about our club and our activities," she says. "Just like other clubs here, we are a social club with fun events and service to the community." She didn't want it to be seen as a political message, "but something to raise awareness of our club and celebrate that June is Pride month." Paula's favorite part: the brightly colored abstract of the iconic rainbow flag. Now, go look for it!

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



Line Dance

Our Spring Dance Social was great. We had over 70 dancers from all levels enjoy the afternoon with line dances taught by our instructors. We will have another social in August. Other events include the largest line dance event in the country, The Las Vegas Dance Explosion, coming up in November. Last year there were over 1,200 line dancers for an entire week of dancing. Another event in December is a line dance cruise sponsored by a well-known

choreographer, Ira Weisburd. So far, there are over 150 dancers enrolled. Call Yvonne for more details on these two events.

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



Mah Jongg, Chinese

Need a reason to get out of bed on Monday mornings? Then why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but we accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

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



Mah Jongg, National

We meet every Tuesday of the month from 12:30 to 4:00 PM in the Card Room (OC). Please join us for a friendly game of National Mah Jongg, where you'll meet fellow residents who love the game. We have lots of



Come see what the buzz is all about.

fun as we challenge our minds and socialize too. We welcome visitors if you'd like to observe us play. If you're new to the game and want to learn, Penny teaches free lessons in her home. Penny's contact info is below. We look forward to seeing you on Tuesdays. May the jokers be with you.

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



Mixed Media

June 21 at 12:30 PM, our Club is having our long-awaited Summer Fling Party! There will be refreshments, a time to socialize, and a fun white elephant art gift exchange. More information will be sent out to members before the date. Every month, voluntary art challenges are given. Let the challenge take you to wherever you are led, and then share it at

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that month's club meeting. The July prompt challenge is "The Bees Knees," and the August one is "Dog Days of Summer." The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. An email is sent out before each meeting with information about the meeting.

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



Movie Lovers

We select 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 May 11, we had a lively discussion about *The Quiet Girl* and *Air*. During our June 8 meeting, we selected the movies for the July 13 meeting and discussed *The Lost King* and *Are You There God? It's Me, Margaret*. If you like movies and enjoy discussing them, we encourage you to join us.

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



Music

Our Group songs "To Know Her is to Love Her" and "Get Me to the Church On Time," as well as all individual performances, sounded great, thanks to Laurie and Kevin's intensive improvements to the equipment. Come on down to KS and join the fun. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website: www.lincolnhillsmusicgroup.org



Needle Arts

Our general meeting earlier this week was the last general meeting for the next two months. Our next general meeting will be on September 12. Our members gathered in the patio area of KS after the meeting



What Happens at a Quilt Retreat Stays at Quilt Retreat

for refreshments and socializing before we headed into our summer hiatus. Breakout groups, workshops, demonstrations, and classes will continue throughout the summer. Make sure to check our website for current schedules. Don't forget to visit the window displays outside the sewing room at OC. Projects worked on during the Mercy Auburn retreat are on display. Community Service is still in need of individuals with long-arm quilting capabilities to top-quilt larger quilts meant for teens and adult recipients. Many board positions will be open for 2024.

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



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Have a safe and happy vacation.

challenge was to paint something inspired by a fairy tale. It was fun to see what we came up with from our imaginations and celebrate everyone's efforts. Next challenge is August, and the subject is "Flame," which could be interpreted in many interesting ways. June's meeting and Show & Tell will be at the Turkey Creek Bar & Grill at 11:30 AM. We meet on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year.

Contact: Linda Minor 707-235-0777, lindaminorNW@gmail.com
Website: www.sclhwatch.org

Painters



We strive to bring together painters of all levels and means of expression. From watercolors, pastels, oils, and acrylics, we inspire and invigorate each other to face that blank canvas and fill it with something that expresses our world experience. May's



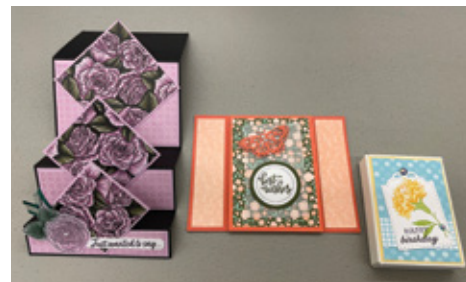
Tom Watson's oil painting: "Afternoon Jazz"

Contact: Linda Shields 916-488-7220, linda_c_s@yahoo.com
Website: <https://www.facebook.com/groups/958148364841531>

Paper Arts



Our May guest project leader, Marie Schell, presented two cards and a gift box at our meeting, which was very well attended. Thank you to Marie for joining us! At our June general meeting, we presented a "Fancy Fold" workshop to share different



May project

techniques and versions of folded cards. At our July meeting, Susan Long will present our project – decorative and unique gift tags to create. Don't miss it! More information to come. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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



Pedro

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



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Photography

Every year, migratory birds travel from Alaska to Patagonia both in spring and in fall, heading to breeding grounds or wintering sites. The path goes over the Sacramento Valley, where many birds stop for the winter. Our May featured speaker, Michele Dodge, shared some of her spectacular photographs of seasonal bird migration and the Pacific Flyway! We held another Show and Tell Extravaganza in May. Our photographers share not only field trip photos but any photo-centric topic, such as post-processing software or new techniques. After viewing multiple beautiful images from our vast Group of photographers, we wrapped up the event with an ice cream social! Photographers of all skill levels are welcome to our Club. To become a member, check out our website.

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



Pickleball

Despite the rain, our Second Annual Pickleball Palooza was a success, thanks to the work of Sue Reeves and all the volunteers. The Palooza was held in the Sports Pavilion with food,

games, music, vendors, and homemade pickleball cookies enjoyed by over 170 people! If you have heard about the explosion of pickleball and want to take part, we have options for you. Our Pro, Ian Dickson, offers private, group, and camp-style lessons. Reservations can be made on the WellFit site. Ian's next camp is June 22 on the Multiuse court from 8:00 to 9:30 AM. To register, go to: <https://sclhresidents.com/group/pages/wellfit-classes>. The Club also offers a free Intro to Pickleball class bi-monthly. To make reservations, send an email to welcometopickleball@gmail.com.
Contact: Molly Morris 408-386-9054, mollyfmmorris@gmail.com
Website: www.lhpbclub.com



Mr. Pickleball at Pickleball Palooza



Players

With a successful run of four performances of Twelve Angry Jurors, the crew and cast can now take a break. Next up is Readers Theater on August 5 and 6, and we'll have more news of that in the July *Compass*. Plans are underway for a musical play in Ballroom



Players Steering Committee: Doug B., Ann S., Jennifer C., Craig S., Sarah L.

(OC) in November. Jane Patton will be directing "70, Girls, 70," a high-spirited musical that played on Broadway in 1971. It's the perfect theme for Lincoln Hills, as it features a group of seniors in an apartment complex in New York City. With hilarious twists and delightful songs, the play promises to be a hit. All are welcome to come to Players meetings. The next is on Monday, July 10, at 4:00 PM in P-Hall (KS).

Contact: Craig Stults 916-543-6782, craigstults@sbcglobal.net
Website: 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 as long as they



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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



RV

June 1-7 each year is National CPR and AED awareness week, spotlighting how lives can be saved if more Americans know CPR and know how to use an AED. Many RV Group members have taken this class which is taught here in Lincoln Hills. We also have our own AED machine and take it on all rallies. We are prepared! Check the *Compass* or KS Gym front desk to find out when the next class is. Whose life will you save? Our current rally is taking us to Black Oak Casino RV Park in Tuolumne. Meetings are every



Some serious game playing on Plymouth rally

second Thursday of the month, held in the Placer Room (KS) at 4:30 PM. Call Maggie for info at 707-963-2350 or malibumarg@gmail.com.

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



SCHOOLS

Now is a good 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 next year, let that teacher know. If volunteering is new to you, a very rewarding experience is in store for you. Volunteer for grades K-5 or tutoring for Phoenix Continuing High School. You need not have had experience. The time commitment is whatever you feel comfortable with, and the hours are up to you. Many volunteers spend three hours a week. Some spend more or less time. The annual meeting for SCHOOLS will be on September 13 at P-Hall (KS) at 10:00 AM. For Phoenix High, contact Irma atjmeidm@aol.com. For K-5, contact Cyndi.

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



Scrabble

Scrabble players meet every Monday at 1:00 PM in the Card Room (OC). We welcome any interested residents to join us a for a game or two or more of Scrabble. All games materials are provided. No reservations or advance notice is needed. It's a drop-in game. Come and try it out.

Contact: Anne McMaster



Shuffleboard

Schedule changes: our regular weekly play sessions are Tuesday and Saturday mornings from 8:30 to 10:00 AM and 10:00 to 11:30 AM, and Wednesday evenings social play from 6:30 to 9:30 PM. Bring food and beverages to the picnic area near the courts at the rear bocce area. First time players are always welcome. For open play, reserve a court at WellFit Reservations/Bocce-Shuffleboard Court. Get the equipment locker key at the OC Fitness desk. For



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evening play, there is good lighting over both courts until 10:00 PM. Email us for the basic game rules. Members at the May 10 Annual Board Meeting voted for new Officer/Directors: Nancy Turinni, Secretary; Wanda Sherrill and Ivan Hesson, Directors. Thanks to retiring Directors Teresa Henderson, Millie Lelio, and Ron Bogue.

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



Singles

Tickets will be on sale soon for our Annual In and Out party, which will be held on Wednesday, June 28, at 6:00 PM at the Sports Pavilion. Save the date for this one. It is a great party and an opportunity to thank our Board members for their hard work this past year! The second Saturday breakfast will be held at 9:00 AM on Saturday, July 8, in the Sports Bar (OC). Note the date change for the July Birthday Celebration. It will be held on Sunday, July 9, at 4:00 PM on the Sports Bar Patio. Also, there is a date change for our Business Meeting. It will be on Wednesday, July 12, 6:00 PM in the Ballroom (OC). Enjoy your summer!

Contact: Sarah Lambrose 916-543-0035



Ski

Even though there was (and is) plenty of snow still in the mountains, the Club held its annual End-Of-Season party in April. Kat Kepus hosted the party in her gorgeous backyard, and 51 members and guests enjoyed a Club-provided buffet. Alas, spring skiing is giving way to other warm-weather activities, but we are already planning our annual getaway trip for next winter.



Spring Party Happy Attendees

We are happy to be returning to Whistler, British Columbia. Membership and Whistler trip applications can be found on the Club website. Enjoy the summer, and watch your email for notices of our Start-Of-Season party in early Fall.

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

Website: www.LHSkiClub.com



Softball

Attention softball and hot dog enthusiasts! Mark your calendars for an

action-packed weekend of tournament softball as the Coyote 75's will host local area teams on June 24/25. Come down to the field and root for the home team! Also, save the date for our annual Independence Day Celebration on Monday, July 3. This event will feature two All-Star Games, a Women's Division Exhibition Game, and a Hall of Fame Ceremony. Our delicious Hot Dog Meal Deal will be available for purchase at both of these events. In other news, the Women's Division recently celebrated Mother's Day with a Family Day softball game and picnic. The game featured a 16-inch softball and no gloves. It was a delightful experience for everyone.

Contact: Heidi Mazzola

916-716-5086,


Heidimaz72@gmail.com

Website: www.LHSSL.net



Sports Car

Our Group is really rocking this year with lunch and dinner day trips, overnights, impromptu trips to local venues, and special events. To review where we've just been: Lockford Sausage and Theresa's Restaurant (April 21), Hillenbrand Farmhaus Brewery (May 12), the Empire Mine State



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Wine, dinner, a mystery theater, and friends - fabulous

Park (June 2), the Feather Falls Casino at Oroville (June 8), and an overnight trip to the Ehrman Mansion at Lake Tahoe (June 13/14). Coming up is a dinner trip to The Willo Restaurant in Grass Valley, a perennial favorite (June 29), and two overnight trips in August. Got a sports car and want to have fun? Check out our website for participation details.

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



Sun City Squares

It's been just over a year since 18 new dancers joined the first new Square Dancing class since COVID. We graduated from beginners (social square dancing) to the Mainstream level. The "Angels" or Advanced dancers help teach the new Group along with the Caller, who instructs the dancers on what steps to take to complete the dance. Beginners meet at KS on Mondays from



Sun City Square Dancers

1:15 to 3:30 PM. Advanced Level dancers meet at KS on Thursdays from 1:00 TO 3:30 PM. If you are an experienced dancer, stop by and join us. The cost is \$8 per class. Interested in future classes? Contact us, and we will add you to the list for upcoming classes.

Contact: Jackie Carlson 925-207-9415, jackiec3po@icloud.com



Swimmers & Water Walkers

It is a busy summer for our Club. Sierra Splash started June 1, and residents are swimming and water walking to Lake Tahoe (93 miles) from



Swimmers and water walkers having fun out of the pool.

our Lincoln Hills pools. The top mileage male and female swimmer and water walker will be honored at the Hot August Splash event on August 6, 4:00 TO 6:00 PM above OC pool. This event will feature water demonstrations in the OC outdoor lap pool, with a pizza party afterward. Some pool rules to remember: wear water shoes in the pool only, not from the parking lot to the pool. Stay hydrated and reapply sunscreen when you get out of the pool. Have a great swimming, water walking summer!

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



Table Tennis

Our club offers opportunities to improve Table Tennis skills. We have a robot ball serving machine on Fridays. We play at the Multipurpose Room (KS) on seven tables, beginner to advanced. Play times are Sundays, 8:00 AM to 5:00 PM (the first Sunday of the month starts with three tables until 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. Please wear non-marking court shoes. Loaner paddles are available. We are planning a wide variety of events, including socials, ladder play, tournaments, singles and doubles play, home/away invitationals, and skill training

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sessions. To join, sign up on the new member sheet at play sessions. There are no membership dues. You will stay informed by joining our email list.

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



Tap Company

The Steering Committee is updating our membership roster. To be a member, you must pay an annual dues of a whopping \$5.00! If you haven't already done so, you can give Mary Adamson your \$5.00 in an envelope with your name, email, and phone number inside. If you are not taking a class, you can mail in your money along with your current contact information to Jennifer Carroll. Checks should be made payable to The Lincoln Hills Tap Company. FYI, in July, there will be no tap classes scheduled, but Saturday practice from 8:00 to 10:00 AM will continue except for no practice on July 1 as it falls on the Fourth of July weekend.

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



Tennis

Tennis players are out this month at the break of dawn, avoiding the hotter days

of summer. Prime time means impacted tennis courts, and as they say, "the early bird really does get the worm." Thankfully we do have other options. Upon finding wait times of over an hour, our tennis groups will try Jimenez Park, Lincoln High School, and Whitney High School. The Tennis Club applauds our dedicated players who play such a rigorous sport through the hot summers. Our bi-annual membership meeting, "Wimbledon," will be held this July 1 and promises to be a unique, fun-filled format. Catch Ball Machine practice is Saturdays from 8:00 until 9:20 AM, where all levels are welcome. Check our website for new events!

Contact: Pam Flaherty 915-531-0142, pamflaherty@gmail.com
Website: www.sclhtg.com



Vaudeville

Rehearsals are underway for our July Vaudeville Show, and everyone is working hard to put on a very entertaining show for you. Tickets have gone on sale in this edition of the Compass and will surely sell out. Among our regular show veterans, we want to welcome several new acts that you will definitely enjoy. We have two evening shows and two

afternoon shows. The dates are July 20, 21, 22, and 23.

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



Veterans

Members and guests gathered on June 14 at the Sports Pavilion for the Group's annual Flag Day barbecue. Special thanks go to Renée Clark, who coordinated this year's event. The Group's next social activity will be an ice cream social on Saturday, August 12, in the California and Placer Rooms (KS). Sign-in will begin at 1:00 PM, and ice cream will be served at 1:30 PM. The cost is \$10 per person. For more information, contact Richard Fuller at 916-409-9209. Remember to fly your American flag on Tuesday, July 4, Independence Day. The Veterans Group sells high-quality American flags in the OC lobby on the 15 of every month from 8:00 AM to 4:00 PM.

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



Water Volleyball

Welcome Summer! To celebrate Father's Day, let's play Water Volleyball. Want to try it out? Join us on Free Play Saturdays at the KS Indoor Pool at 9:00 AM. Don't know how to play? We provide Training and

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Team Members cheer at the start of their game

Skills classes offered once per month. We provide you with a Mentor when you join our club. We plan to play outdoors at the OC Pool on June 25 and July 23 at 5:30 PM. We also have a higher level of competitive play, with tryouts held frequently. Join now to be a part of the fun in and out of the pool. We welcome all levels of interested players. See

our website or Call Jerry Grisler at 209-648-9534 for more info.

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



Woodcarvers

Heatwave coming! Shoot, now you will be stuck indoors with nothing to do. That's one of the many beauties about woodcarving. Most aspects are done indoors, rain or shine, hot or cold. We would love to have you stop by and see all the wonderful things that we are creating. One of our members loves rabbits and bunnies. This month's photo is one of his latest creations. It caught the eye of several members, and he is now going to do a hands-on class on how to carve one. New members



A wonderful little creation recently finished.

have instant access to instruction and tools, so stop on by and get out of the heat. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

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

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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, Barbara Greenfield (916-202-6963), and Mary Lou Taverna (415-606-2201). We are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC). All caregivers are welcome. The Wednesday, June 28 speaker is Denise Davis, Program Coordinator for the Alzheimer's Association of Northern California. The Women's Group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa at 916-759-8760 for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is June 22 at 10:00 AM. Contact Ernie Drake at 916-543-3482.
Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each month. You are invited to join us Wednesday, July 12, at

Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*. This Group is grateful for support from the Lincoln Hills Foundation.
Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

Our June speaker was Caron Russell, Senior Development Manager for the American Cancer Society, who gave us information on "The Relay for Life," a cancer research fundraiser. This "Relay" has been run for almost 110 years and has raised several billion dollars. This year, it will be held across from the Placer Fairgrounds in Auburn on August 12. Bosom Buddies will be there. In July, we'll host a "Special Support Person" luncheon at the Sports Pavilion to honor those



Kim Van Ysseldyk, from Sutter Health, spoke at May meeting.

who've helped us along our cancer "journeys." Each member can invite one special person; however, all members are invited even without that person. Much of what we do to support our ladies is because of the generosity of the Lincoln Hills Foundation. Thank you!
Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com



Gam-Anon

If you are affected by someone else's gambling, Gam-Anon can help. We understand as perhaps few can. Our meetings are held on the first and third Fridays of every month from 7:00 to 8:30 PM in the Issei Chapel at the First United Methodist Church at 6414 Brace Road in Loomis. A Gambler's Anonymous meeting begins at the same time in another room if your gambler also wants to attend a meeting. You may call the Northern California Gam-Anon Hotline at 510-407-3898 between meetings for support. Text our contact person for questions about our meeting.
Contact: Kay F. 916-204-1624
Website: www.gam-anon-loomis.com



Glaucoma Support Group

We will meet on July 12 (second Wednesday) at 4:00 PM in the Multimedia Room (OC).

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Has living with Glaucoma caused some challenges? Are you able to use your drops properly? Do dry eyes cause you discomfort? Do you need to know what to ask at your appointments? We can share our personal answers to these and other questions. For more information, contact Bonnie.

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



Hearing Support Group

Our speaker for our May meeting was Tomer Aharoni, who discussed his app, Nagish, which provides accurate captions for iPhone communications. For our June meeting, our speaker, once again, was Dr. Gaeta of the Sacramento State Audiology Program, and she discussed clear speech. Our meetings are on the first Friday of the month at 10:00 AM in the Multipurpose Room (OC).

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



Just Caregiver Support - Parkinson's

This support group is only for the caregivers of those who have Parkinson's. The Group meets on the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Community Church-950 E. Joiner



Parkway. Please enter through the office.

Contact: Charlotte James
916-316-1351,
cjames4528@sbcglobal.net



Low Vision Support

Our June 6 meeting topic was "Understanding Neighbors InDeed." Pat Togstad, President of Neighbors InDeed, was our speaker. Pat reviewed the services of Neighbors InDeed, including Handy Helpers, Medical Equipment Loans, and Information and Referrals. She also described how the Neighbors InDeed list of resources is constructed and maintained. We will not meet in July. Because the first Tuesday of the month is July 4 and Orchard Creek Lodge closes at 2:00 PM. Enjoy the holiday with family and friends. Our meetings are open to all residents.

Contact: Stu Singer 703-864-8161,
stuartinger3@gmail.com



Multiple Sclerosis

After a terrific year emerging from Lock Down to a Crown, Team Trailmixers is in second place in Folsom MS Walk fundraising. We worked so hard to be Crowned Number One and support many MS Causes, including the Navigator Referral Program, 800-344-4867. You can help by making a check to National MS Northern California. In the memo, add Lincoln Trailmixers. Mail to Captain Joni Deutsch. We could use a Corporate Sponsor! The June 20, 1:00 PM Zoom Meeting will be on Bladder and Bowel Concerns. Email us for the link. Set aside July 13, at 7:00 PM, in the Ballroom (OC) to enjoy our member, Neurologist Dr. Calmes joining his sons in a Guitar-Cello Concert.

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



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Patient and Caregiver Support - Parkinson's

This Group is for those who have Parkinson's and their caregivers. We meet on the third Tuesday of each month (except for December) from 10:00 to 11:30 AM at the Lincoln Community Church- 950 E. Joiner Parkway.

Contact: Christine Grmolys 916-316-1351, christine@seniors.com



Polymyalgia Rheumatica and/or GCA Support

Are you suffering from pain and stiffness in your hips, thighs, arms, shoulders, and neck? Having trouble getting in and out of bed? Sitting down and then getting up? Been blaming it on "old age?" Maybe it's PMR, and there is help for that. We meet the first

Wednesday of each month, except for December, from 1:00 to 3:00 PM, at the Lincoln Community Church, 950 E. Joiner Parkway (across from the front gate). For more information, please contact Adrian Felice. If you email, please put "PMR/GCA" in the subject line.

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

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Cloggers

It's warming up outside, but we cloggers are staying cool with our lively, foot-stomping, beloved American folk dance. Our "coolness" burns off calories, too, because we dance up a storm with our energetic dancing to rocking country and contemporary music. We make lots of noise with our four metal taps on each shoe, and we just can't get enough of dancing the double-toe, the triple step, the whiplash, the stomp double, the Kentucky, the... Well, you get the idea. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

We heard Dr. Kenneth Moore discuss electric cars at its May meeting. Dr. Moore has taught various classes in history and the humanities for OLLI at Sierra College and has a lifelong interest in cars. We presented a scholarship to LHS senior Zoey Hatten, this year's club scholarship winner. We continue to regularly volunteer at the Placer Food Bank and maintain

an ongoing interest in the remediation of the Lincoln Titan Missile Site. For more information about our club, please visit our website at <https://democraticclublincolnca.org>. New members are always welcome. Join us!

Italian Club

The annual Inaugural is set for July 9. We will go back in time as we celebrate with a Sock Hop in the Ballroom (OC). Check out the website for more information. While you're on the website, catch "Rosa and Carmela Making Pizza," from the Campania regional event in April. It is now on YouTube. It's sure to make you smile! To learn more about this social club and our exciting activities, visit our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department Volunteer Program

The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer for our Patrol Division (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership to the Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the

number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Club

Happy Memorial Day! Thank you VETS! Well attended May 18 "Hoedown" with western fixins' was a 'hoot! See the website for photos, upcoming events, and Club Calendar. Tuesday, June 20, Guest Speaker Morgan Gire, Placer County DA, P-Hall (KS) doors at 6:00 PM, starts 6:30 PM. A Republican with 23 years as a prosecutor, Gire is leading the fight against the Opioid Crisis. He is committed to keeping Placer Safe. NPP and independents are welcome. Saturday, July 15, Ice Cream Social. Lending Library list on the website. Contact: biomom1@sbcglobal.net. New to Lincoln Hills? Check us out! \$15/per person, per year. www.RepublicanClubSCLH.org.

Shalom Social Group

Everyone there had a blast at the Shalom Social Group picnic! Our Women Together enjoyed a fashion show and makeup demonstration at Nordstrom. Several of us enjoyed a springtime hike. We look forward to our June 25 membership meeting. It will be a breakfast rather than an evening meeting. We look forward to our October 25 Bingo and Pizza Event. We still volunteer at the Placer Food Bank. Our club is based on Jewish history, culture, and food, but membership is open to all. For more information about our activities, please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.



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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.



Weekly Farmers Market

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

Support the Lincoln Hills Farmers Market every week 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 for 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. (*Markets are subject to cancellation with short notice. Watch eNews for current information.*) Interested in being a vendor? For information, email Entertainment@sclhca.com. (*All vendors must have a business license.*)



KS At The Movies: Lincoln (2012)

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

With the nation embroiled in still another year with the high death count of the Civil War, President Abraham Lincoln brought the full measure of his passion, humanity, and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. Having great courage, acumen, and moral fortitude, Lincoln pushes forward to compel the nation, and those in government who oppose

him, to aim toward a greater good for all mankind. Rated PG-13. 150 minutes. Biography. Drama. History.



Town Hall with the Mayor and Executive Director

Tuesday, June 20, 8:30 to 10:00 AM, P-Hall (KS) Zoom

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



Neighbors InDeed – Community Forum

Handy Helpers are back!

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

Handy Helper Coordinators are back once again to present information-packed tips on home maintenance, including advice on smoke alarms, CO detectors, furnace filters, thermostats, sprinkler controllers, garage door maintenance and programming, electrical issues, and much more! 10-year replacement items will be addressed, and you will learn how to reduce energy

consumption with light bulb replacements. A question/answer session will follow the presentation. Check out our website: www.neighborsindeed.org.

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Lincoln Community Blood Drive

Friday, June 23. 10:45 AM to 2:30 PM

Located at the Vet's Hall – 541 5th St. Lincoln

To make an appointment, log onto: Donors.vitalant.org and enter blood drive code SMFM036 or call Gayle at 916-416-9922. All participants will be entered into a drawing to win 1 or 2 \$10,000 prepaid gift cards.* This is for all blood drives in June.



What a Fiduciary Can Do for You – Community Forum

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

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



KS At The Movies for Grandkids: Bee Movie (2007)

Friday, July 7, 1:30 PM, P-Hall (KS)

A hit comedy from comic icon Jerry Seinfeld, an ambitious young worker bee Barry B. Benson (Seinfeld), soars out into the world in search of nectar and adventure. But when he breaks one of the cardinal rules of beedom and speaks to humans, including Vanessa Bloom (voiced by Renée Zellweger), Barry sets off an un-bee-lievable chain of events that proves even a little bee can make a big difference. Rated PG. 91 minutes. Adventure. Comedy. Animation. Family.



It's Saudi Duty Time – Community Forum

Tuesday, July 25, 9:30 AM, P-Hall (KS)

Resident Marcia VanWagner served in the First Gulf War, 1990-1991, as the Chief Nurse of the 1000-bed 50th General Hospital in Riyadh, Saudi Arabia. Her presentation details her experiences as a female officer in a command position during the war. Colonel VanWagner will discuss how the Saudi Arabian culture and religion impacted the practice of US Army medicine and nursing and how the unit lived and worked in a chemical environment. She will end with the real story of why the Ground War was delayed!



KS At The Movies for Grandkids: Inside Out (2015)

Friday, July 28, 1:30 PM, P-Hall (KS)

Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions – Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling), and Sadness (Phyllis Smith). The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. As Riley and her emotions struggle to adjust to a new life in San Francisco, turmoil ensues in Headquarters. Rated PG. 95 minutes. Adventure. Family.



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

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

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

CONTACT US FOR THE NEXT SCHEDULED INFO SESSION DATE.

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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.

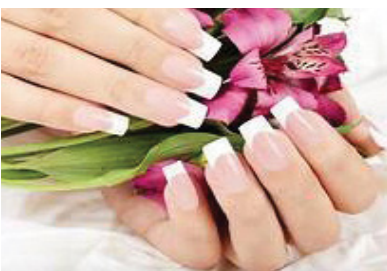


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extended massage, and Buff & Polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*

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

Gates/doors, food concessions, and bars open an hour prior to each concert. 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, 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.



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

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

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



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

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

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



Forejour — A Tribute to Foreigner and Journey

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

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



Hip Service — Award Winning World Class Dance Band

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

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



Fleetwood Mask — The Ultimate Tribute to Fleetwood Mac
 Friday, August 18, 7:30 PM, General Admission \$25 — **LSE509**

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



The Everly Brothers Experience Featuring the The Zmed Brothers
 Friday, September 1, 7:00 PM, General Admission \$25 — **LSE510**

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



Vybe Society — An Exquisite Blend of Old School Funk, R&B, Rock, and Contemporary Favorites
 Friday, September 15, 7:00 PM, General Admission \$25 — **LSE511**

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



Jared Freiburg featuring SPINOUT — The Early Years of Rock & Roll from Elvis to Sinatra to Jerry Lee Lewis...and more!
 Friday, September 29, 7:00 PM, General Admission \$25 — **LSE512**

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

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*Indicates on sale June 17

Events

***Tuesday Dance Night**

Tuesday, July 25
 — **LSE522**
 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.



Performances

Happy Birthday USA! 4th of July Concert

Tuesday, July 4
 — **LSE521**
 2:00 PM
 Ballroom (OC)
 Premium Reserved Seating \$13
 Standard Reserved Seating \$10

In keeping with tradition, the Roseville Community Concert Band (RCCB) is back to celebrate the 4th of July in our community. Considered one of the best symphonic bands in the area, they perform throughout the greater Roseville and South Placer communities. The concert will offer just the right combination



of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the city of Lincoln’s fabulous firework display with your family. Tickets are required for all guests, including children of all ages.

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

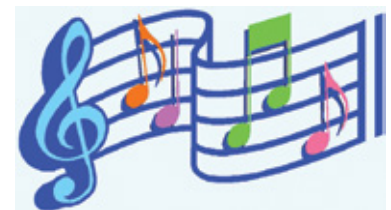
Thursday, July 13 — **LSE514**
 7:00 PM
 Ballroom (OC)
 Reserved Seating \$18

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



The Golden Revue Vaudeville

Thursday
 July 20 — **LSE516**
 6:00 PM
 P-Hall (KS)
 Friday, July 21 — **LSE517**
 6:00 PM, P-Hall (KS)
 Saturday, July 22 — **LSE518**
 2:00 PM P-Hall (KS)
 Sunday, July 23 — **LSE519**
 2:00 PM, P-Hall (KS)
 Reserved Seating \$15



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

***San Francisco's "Phantom" Returns.**
Franc D'Ambrosio In Concert.
 Wednesday
 July 26
 — LSE523
 7:00 PM
 Ballroom (OC)
 Premium Reserved Seating \$25
 Standard Reserved Seating \$22



Spend an evening with the incomparable Franc D'Ambrosio, Broadway Star of "Les Miserables," as he takes you on a journey behind the curtain and revisits some of his favorite songs from the Broadway stage. In addition to the unforgettable tunes that made him one of the world's most beloved Phantoms, Franc invites his audience to a celebration that spans from Broadway's golden age to today's hit sensations, including beloved classics like "Oklahoma," "Hello Dolly!" and "Carousel," and a spirited collection of favorites from the Elvis Presley songbook musical "All Shook Up."

***Surf's Up: America's Premiere Beach Boys Party Band The Beach Boys... and More!**
 Friday, August 11
 — LSE524
 7:00 PM
 Ballroom (OC)
 Premium Reserved Seating \$25
 Standard Reserved Seating \$22



Back by popular demand and bringing the beach tunes inside! Surf's Up is one of the first true Beach Boys tribute bands in the world. They have been perfecting and recreating the Beach Boys sound for 25 years. Keeping it in the family - the band consists of a combination of generations, including Donny Goldberg and his father, Don Goldberg Sr., who founded the group. Their family harmonies capture the authentic blend of the Beach Boys like no other. Not just another "tribute band," these veterans naturally bring the magical "Sound of Summer" to the stage.

***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.



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*Indicates on sale June 17

Day Trips

– Destinations –

*Old Town Sac/ MOSAC Museum

Bring the
Grandkids!
Monday, July 17
\$79 — **LST462**



Enjoy a fun-filled afternoon with the grandkids as you explore Old Town Sacramento. Ride the riverfront Ferris wheel, have a nice lunch, or just enjoy the sights and sounds of Sacramento's historic district. After a few hours at old town, we will head to the SMUD's MOSAC. The SMUD Museum of Science and Curiosity is the perfect place to spend time with your family. MOSAC is filled with interactive exhibits, live demonstrations, and events for all ages. Wheels roll from OC at 9:30 AM ~ return approximately 4:30 PM.



An Afternoon in San Francisco! Tina - The Tina Turner Musical - Golden Gate Theater/Ferry Building

Additional date - Saturday, August 19
\$165 — **LST461 - SOLD OUT**

"Tina - The Tina Turner Musical" is an uplifting comeback story like no other. This is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Set to the

pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. After the show, head down to the Ferry Building for a bite to eat and some shopping. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return approximately 9:00 PM.

California Capital Airshow - VIP Experience

Mather Airport
Sunday, September 24
\$199 current/retired
military with ID
\$219 — **LST457**

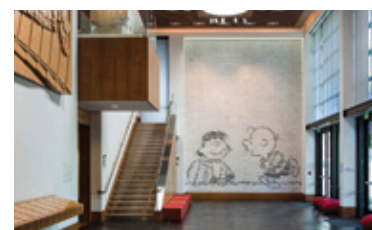


Must Register at the Lifestyle Desk, Not available online

Enjoy the day at one of California's largest air shows and watch the USAF Thunderbirds from our VIP tent. The day will include a full BBQ buffet lunch with reserved shaded tables and seats for the entire show. To show our appreciation to those who have served or currently serve, we are offering active and retired military a \$20 discount (must show military ID and register in person). Trip includes roundtrip motorcoach, admission in VIP tent, a full 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.

*K-9 Companions Graduation/Schultz Museum

Santa Rosa, CA
Friday, November 3
\$125 — **LST466**



Canine Companions graduation ceremonies represent the culmination of many people's hard work, love, and dedication, including breeder caretakers, puppy raisers, instructors, volunteers, staff members, and graduates. Join the Schultz 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. Schultz (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.

– Performances –

**Broadway At Music Circus
Rodgers & Hammerstein's
Cinderella**

Tuesday, June 27
\$130 — LST441

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


**Broadway At Music Circus
The Music Man**

Tuesday, July 11
\$130 — LST442

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


**Broadway At Music
Circus - Premiere
The Addams Family**

Tuesday, July 25
\$130 — LST443

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


**Broadway at
Music Circus
Ragtime the
Musical**

Tuesday, August 8
\$130 — LST444

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


***Donny Osmond**

Hard Rock
Sacramento at
Fire Mountain
Wednesday
August 9
\$140 — LST463



Winner of Best Production Show, Best Headliner, and Best Family-Friendly Show for the 2022 Best of Vegas awards, Osmond’s show is a dynamic, energy-filled musical journey of his unparalleled life as one of the most recognized entertainers in the world. Fans are treated to Osmond’s engaging performances throughout the show, including the fan favorite and showstopping “Auto-rap-ography” – a rap song accompanied by milestone photos and videos from his impressive career of six decades. Enjoy dinner or gaming before the show. Wheels roll from OC at 5:00 PM for an 8:00 PM Show ~ return 11:00 PM.

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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

MARTINA
McBRIDE



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



Broadway Sacramento Season Tickets Discounted Package

\$945 — LST460

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

ONLINE: SCLHRESIDENTS.COM

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

September 19 - Hadestown

October 24 - Les Miserables

November 7 - Ain't Too Proud

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

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

February 6 - Six

April 16 - Annie

May 14 - Jagged Little Pill



*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.

Speaker Lineup

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

– Sports –

**Oakland A's vs.
New York Yankees**
Thursday, June 29
\$199 — LST438



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

**Sacramento Rivercats
vs. O.K.C. Dodgers**
Bring the Grandkids
Friday, July 14
\$99 — LST450



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

**S.F. Giants vs.
Boston Red Sox**
Sunday, July 30
\$195 — LST449
SOLD OUT



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

**S.F. Giants vs.
L.A. Dodgers**
Sunday, October 1
\$195 — LST455



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

Overnight/Extended Travel

**Laguna Beach
Pageant of the
Masters Art
Festival and
Huntington
Library**
Monday, August 28
through Thursday
August 31 — LST452



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

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

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite), including daily breakfast
- Complimentary hotel evening reception at Ayres Hotel
- Lunch at Harris Ranch on the way to Laguna Woods
- Free time to enjoy the beach/shopping/lunch in Newport Beach on your second day
- Reserved lower-level ticket to Pageant of the Masters Show
- Admission to Art-A-Fair at the Festival of the Arts
- Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds prior to the show

- Entrance to the Huntington Library, Art Museum, and Botanical Gardens on the third day
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip (Breakfast on your own at the hotel)
- Lunch at Hilmar Cheese Factory on the return trip

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

Great Italian Festival by Train
Peppermill - Reno, NV
 Saturday October 7 through Monday October 9
 — LST459



\$465 double occupancy;
 \$659 single

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

- One-way Amtrak service from Roseville to Reno
- Two nights Peppermill Tower deluxe room
- Transfers to/from Italian Festival
- One-way return motorcoach

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

SOLD OUT


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

Cirque du Soleil – Corteo
 August 5 — LST447

Tina the Musical – August 12 – LST454

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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 June 17

Dance

*Belly Dance Class – L1

Fridays, July 7-28
1:00 to 2:00 PM (KS)
\$28 (four sessions)
— **LSC4374**



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

*Clogging – Introduction/ Foundations - L1

Thursdays, July 13-27
9:30 to 10:00 AM (KS)
\$24 (three sessions)
— **LSC4487**



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

*Clogging – Beginners/ Easy - L2

Thursdays, July 13-27
10:00 to 11:00 AM (KS)
\$30 (three sessions)
— **LSC4486**



Review of all Foundation Steps 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, July 11-25
9:00 to 10:00 AM (KS)
\$30 (three sessions) — **LSC4442**

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

*Clogging – Step Workshop

Tuesday, July 25
10:00 to 11:00 AM (KS)
\$10 — **LSC4478**

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

*Clogging – Technique and Advanced – L4/L5

Tuesdays, July 11-25
11:00 AM to 12:30 PM (KS)
\$30 (three sessions) — **LSC4488**

July’s focus will be review. Here’s your chance to spend a lot of time reviewing and working on some different styling techniques of clogging. We’ll just continue on. The first 45 minutes will be review. The last 45 minutes will continue with Int Plus to Advanced Level Dances that will feature both styles in the same dance. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

*Country Couples Western Dance – L3/L4

Mondays, July 3-31
6:00 to 7:00 PM (KS)
\$35 (five sessions)
— **LSC3910**



Join us for a fun-filled hour of Country Couples pattern dancing. Similar to Line Dancing but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many of the dances are done in a Circle, and

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

***Hula - L1-L3**

Thursdays
July 6, 13 & 27
1:00 to 2:00 PM (KS)
\$39 (three sessions)
— **LSC3921**



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, July 4-25
1:00 to 2:00 PM (KS)
\$36 (four sessions) — **LSC3943**

This class will be open to new students starting in April. The dancers will be working toward learning a fun, jazzy new dance for the Vaudeville Show in July. 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. New Instructor: *dancer/choreographer Becky Nicholson.*



***Line Dance, Country – L1-L4**

Fridays, July 7-28
3:00 to 4:00 PM (KS)
\$28 (four sessions) — **LSC4038**

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 and Jeanie Keener.*



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

Mondays, July 3-31
4:00 to 5:00 PM (KS)
\$35 (five sessions) — **LSC3955**
Instructor: *Cathy Paris*

OR

Thursdays, July 6-27
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC4219**
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 the instructor:* A Lincoln Hills resident and coming from a musical family, *Yvonne Krause-Schenck* started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student's progress. She knows the importance of movement, and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner - L2**

Thursdays, July 6-27
10:00 to 11:00 AM (KS)
\$28 (four sessions)
— **LSC4094**

Instructor: *Yvonne Krause-Schenck*

OR

Thursdays, July 6-27
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC4025**
Instructor: *Cathy Paris*

OR

Fridays, July 7-28
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC4049**
Instructor: *Sandy Gardetto*

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



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

Mondays
July 10-31
5:00 to 6:00 PM
(KS)

\$40 (four sessions) — **LSC4279**

Learn it! Love it! Dance it! Steps, Styles, and Music make each class come alive based on genres of R and B, Funk, Latin, Oldies, and Country. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor: Anna Woods* love for dance goes back to her childhood tap, jazz, and ballet. This led to a professional dance career of 15 years as an instructor & performer spanning the country from LA to DC. Check out her YouTube Channel: “Anna Woods Just Dance” and/or email annawoodsjustdance@gmail.com.



***Line Dance, Improver - L3**

Mondays, July 3-31
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4083**

Instructor: *Yvonne Krause-Schenck*
OR

Wednesdays, July 5-26
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC4060**

Instructor: *Sandy Gardetto*

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

***Line Dance, Intermediate - L4**

Mondays, July 3-31
5:00 to 6:00 PM (KS)
\$35 (five sessions) — **LSC4013**

Instructor: *Cathy Paris*
OR

Wednesdays, July 5-26
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC4071**

Instructor: *Sandy Gardetto*

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

***Line Dance, Advanced - L5**

Thursdays, July 6-27
5:30 to 6:30 PM (KS)
\$28 (four sessions) — **LSC3991**

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

***Line Dance For Fun**

Thursdays, July 6-27
4:30 to 5:30 PM (KS)
\$28 (four sessions) — **LSC4002**

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.



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***Line Dance, "Wake Up and Warm Up"**

Tuesdays, July 11-25

8:00 to 9:00 AM (KS)

\$21 (three sessions) — **LSC4459**

Start your day with this "dance jam" style Line Dance class, with less instruction and more dancing. Each week we dance a mix of classics and popular line dances (L2-L4) that are danced in the main ballrooms at major line dance events internationally. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher, and she loves to dance. In the '80s and 90's, Ellen studied Belly Dance, and she enjoyed performing with a troupe. In 2002 she became "hooked on" line dance ("back when we all danced in jeans and boots.") Ellen has taught line dance in senior communities since 2012.

Education***iPhone Essentials Workshop******NEW**

Tuesday, July 25

10:00 AM to Noon (OC)

\$45 — **LSC4480**

Want to learn how to utilize your iPhone best? Need to brush up on the iPhones features and capabilities? Start with the essentials and take a deeper dive. Discover amazing apps such as FaceTime, Siri, Safari, Apple Mail, text messaging, and more. This workshop will review the technology of iPhones as well as basic settings and features, exploring and review of a variety of apps. (*Note: This Workshop is only available for iPhone X or greater using iOS 16.4 or greater. Bring your iPhone fully charged and connect it to Sun_City Public wi-fi in Orchard Creek.*) Instructor: **Andy Petro**.

Music***Folk Guitar for Fun Folks – Beginning**

Tuesdays, July 11-25

1:00 to 2:00 PM (KS)

\$30 (three sessions)

— **LSC4417**

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, and Mary. Questions? Call Darrell at 916-989-8532.

***Folk Guitar – Intermediate**

Tuesdays, July 11-25

2:00 to 3:00 PM (KS)

\$30 (three sessions) — **LSC4424**

This class is an intermediate class with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class as long as the student feels comfortable and they have met the prerequisites. Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: **Darrell Effinger**. See Beginner Folk Guitar for Darrell's bio. Questions? Call Darrell at 916-989-8532.

***Guitar - Beginner**

Thursdays, July 6-27

1:30 to 3:00 PM (KS)

\$60 (four sessions) — **LSC4490**

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**.

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Visual Arts & Crafts

***Ceramics – L1-L3**

Thursdays, July 6-27
 9:00 AM to Noon (OC)
 \$64 (four sessions)
 — **LSC4365**

OR

Tuesdays, July 11-25
 1:00 to 4:00 PM (OC)
 \$48 (three sessions)
 — **LSC3853**



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

***Ceramics – L4/L5**

Thursdays, July 6-27
 1:00 to 4:00 PM (OC)
 \$64 (four sessions)
 — **LSC3865**

OR

Tuesdays, July 11-25
 9:00 AM to Noon (OC)
 \$48 (three sessions)
 — **LSC3841**



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

***Chalking - Grandparent/Grandchild T-Shirts**

Monday, July 10
 11:00 AM to 1:00 PM (KS)
 \$30 — **LSC4403**
 \$10 Supply fee paid to instructor

OR

Monday, July 10
 2:00 to 4:00 PM (KS)
 \$30 — **LSC4404**
 \$10 Supply fee paid to instructor



Bring your grandchild and each of you can make a t-shirt! Choose from several designs and colors to customize your shirts - this class is perfect for guys and gals alike! Learn how to use silk screen transfers and chalk ink to create a pair of t-shirts, one for your grandchild and one for you. You will need to supply the t-shirts (cotton or cotton blend), instructor will provide the ink and tools. Minimum age for grandchild is 7. Instructor: *Christy Frank*.

***Fused Glass Jewelry**

Thursdays, July 13-27
 1:00 to 4:00 PM (KS)
 \$60 (three sessions)
 — **LSC4144**



\$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, July 11 & 25
 9:00 AM to Noon (OC)
 \$45 (two sessions) — **LSC3805**
 \$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



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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. Minimum age for grandchild is 10. Instructor: *Kerry Dahlin*.

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

Monday, July 10
Noon to 2:00 PM (OC)
\$35 — LSC4319
\$15 supply fee payable to instructor



This class is open to grandparents with their grandkids or adults on their own (as always). Using wool fiber and special needles, we'll create small landscapes that will be adhered to the lids of keepsake boxes. The photo is one suggested scene, but creativity is encouraged. All supplies are provided, including the box. 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. Minimum age for grandchild is 12. Instructor: *Donna Miller*, donnamillerfelt2410@gmail.com.

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

Mondays, July 24 & 31
Noon to 3:00 PM (OC)
\$35 (two sessions)
— LSC4357
\$15 supply fee payable to Instructor

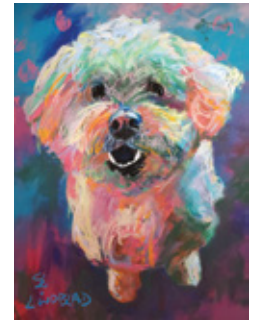


This class is open to grandparents with their grandkids or adults flying solo. Using wool fiber and special needles, we'll create this adorable Baby Seal over the course of two classes. All supplies will be provided. We may not need all of the allotted time. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis, and finger pokes are possible. Minimum age for grandchild is 12. Instructor: *Donna Miller*, donnamillerfelt2410@gmail.com.

***Oil and Acrylic Painting –
L4/L5**

Wednesdays, July 5-26
9:00 to 11:30 AM (OC)
\$80 (four sessions) — LSC3817

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. Beginning stages of “how to” all the way to the finish is shown on a regular basis. 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 www.sandylinndblad.com. You can also email Sandy with your questions at sandski2@yahoo.com. Instructor: *Sandy Lindblad*.



***Sip and Paint with Your
Grandkids: Turtle and Friend**

Thursday, July 6
1:00 to 4:00 PM (OC)
\$40 — LSC3829

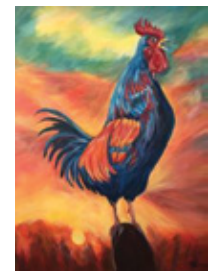
Enjoy a fun and creative afternoon painting. Each participant will receive an under painted 12"x16" canvas to create their masterpiece while sipping lemonade and nibbling cookies and fruits. Step-by-step instruction, acrylic paint supplies, and lessons on color mixing and brush strokes will be provided during class. All art supplies and snacks are included in the cost. No art experience is required. Minimum age for grand-child is 6. Instructor: *Unni Stevens*.



***Sip and Paint: “Proud Rooster”**

Friday, July 21
5:00 to 8:00 PM (OC)
\$65 — LSC4484

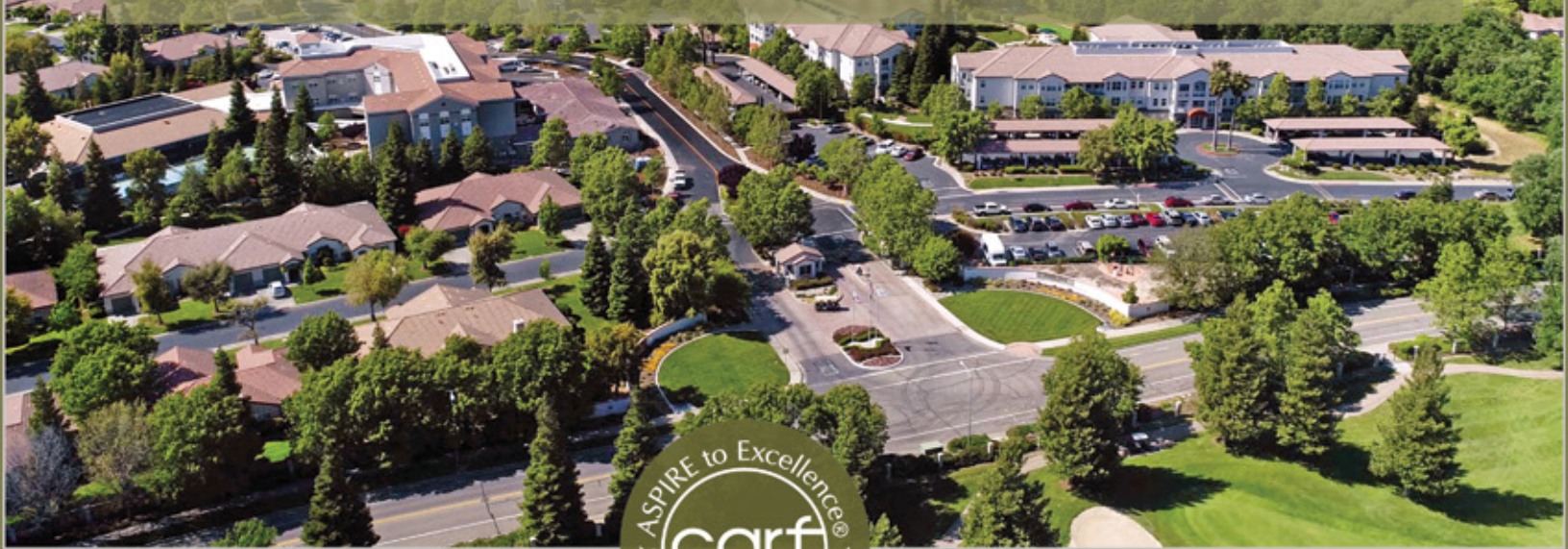
This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of 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.





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



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Fitness Floor (OC)

- **Tuesday, July 11**
3:00 to 4:00 PM
- **Wednesday, July 12**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, June 21**
1:00 to 2:00 PM

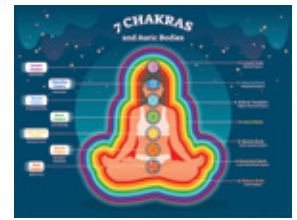
WellFit Services Available to Assist You in Furthering Your Health & Wellness

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

Mindful Movement

Awaken Your Chakra Energy

Wednesday, July 26
4:10 to 5:10 PM
Aerobics Room (OC)
\$20



Originating in India, chakras have been used for millennia as a spiritual healing modality to keep your emotional and physical well-being in balance. Chakras are energy centers in our bodies. There are seven major chakras running from the base of your spine to the top of the head. Each chakra is associated with a specific physical, mental, emotional, or spiritual aspect of how we experience life. In this course, we will increase your awareness of what chakras are and then settle into a guided chakra-toning meditation. Instructor: *Sheri Mandell, HHC.*

Mind-Body Balance

Wednesday, July 5 or 19
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.*

Mindfulness and Meditation

Thursdays, July 6-27
4:30 to 5:30 PM
Aerobics Room (OC)
\$72 (four sessions)



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

Yoga Nidra

Tuesdays
4:10 to 5:10 PM
Aerobics Room (OC)
\$15 each, Wellness Pass, Drop-in

Yoga Nidra activates delta brainwaves, allowing your mind and body to rest while you're awake. Yoga Nidra also activates the pineal gland - this is basically your computer chip! Now don't you think your computer is due for a little upgrade? Come join Nina as she guides you through this Restorative, relaxing, and self-healing process. Wear comfortable clothing, and bring a blanket, cushion, or pillow. Instructor: *Nina Baldi*.



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

Tai Chi / Qigong L1

Fridays, July 7-21
2:00 to 3:00 PM
Aerobics Room (OC)
\$39 (three sessions)

OR

Tuesdays, July 11-25
2:00 to 3:00 PM
Aerobics Room (OC)
\$39 (three 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, July 6-20
2:00 to 3:00 PM, Aerobics Room (OC)
\$39 (three sessions)

***See above**

Open to all levels, come join in for an enjoyable time learning the Tai Chi 24 form in a beautiful outdoor setting. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang-style Tai Chi, which enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi L2/3

Fridays, July 7-21
3:05 to 4:05 PM, Aerobics Room (OC)
\$39 (three sessions)

OR

Tai Chi / Qigong L3

Tuesdays, July 11-25
3:10 to 4:10 PM, Aerobics Room (KS)
\$39 (three 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*.

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Thriving with Grace: Easy Summer Supper

Monday, July 10

1:00 to 2:00 PM

Placer (KS)

\$20

+ \$10 material fee paid to

instructor beginning of class (cash or Venmo)

Continue on a journey of thriving with healthy eating and tasty cuisine; this month, let's say goodbye to BBQ and savor Orange Apricot Chicken Wings and fresh Pineapple, Carrot, and Cabbage Slaw. You'll love these easy summer recipes. Instructor: *Grace Smith, RRT, CSWC, CHC, CLC*. Registration Deadline: July 7.



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or online on the Resident Website

Personal and Clinical Training

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

Training Services

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

- **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

Thursdays, July 6-27 (no class on July 20)

12:55 to 1:55 PM

Aerobics Room (OC)

\$39 (three sessions) or \$15 each, Wellness Pass, Drop-In

Due to rising heat and rising demand, we're moving this class indoors. We start with movement prep and dynamic stretching warm-up to increase your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities! Instructor: *Lisa Fisher*.

Brain Gain II

New! By popular demand

Wednesday, July 19

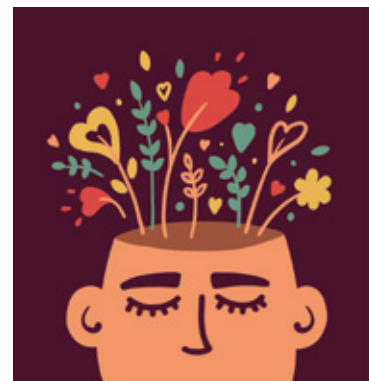
9:30 AM to Noon

Multipurpose Room

(OC)

\$40

Have you participated in a previous Brain Gain workshop and want to experience more of the neuron growth-stimulating and fun interactive brain exercises? Engage in hemisphere-dominant exercises that provide both hemispheres of the brain with a good neurobic workout that includes meeting new people and thinking in new ways. This workshop is designed to fully engage participants as you work in small groups. Feel free to bring friends and neighbors, as the more the merrier in terms of growing new neurons and leading a brain wellness lifestyle. Instructor: *Alice Jacobs, ED.D, MBA, MS, MA, MCHES. Director Brain Gain www.braingain.info*.



Couples Date Night

August – TBA
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: July 11.

**Hypnosis for a Good Night's Sleep**

Thursday, July 6
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, July 1-29
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$25 (five sessions)

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.

**Living with Foot and Ankle Pain**

Wednesdays
July 19 and 26
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. Class is interactive, and pain patching samples will be available while supplies last. Learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.

**Pilates Reformers and Towers**

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

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

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

Our Reformer packages are as follows:

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

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

Drop-in non-reformer member, \$20 per class.

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



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Mailing: PO Box 1810
Lincoln, CA 95648

Introductory Reformer Session L1

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

This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody after getting an account. You can purchase this introduction at the fitness centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

Pilates Reformer - Introduction to Movement

Wednesdays
July 5-26
2:30 to 3:30 PM
Fitness Center -
Reformer Studio (OC)
\$72 (four sessions)



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

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

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

Pop Up Classes

Stretch by the Pool

Tuesday, June 20
Noon to 1:00 PM, Fun Pool (OC)
\$8

This is the perfect pop of summer sun, stretching, seltzers, and snacks! If you want to cool off before or after, wear your suit or your coverup and join us for this poolside Wellness class. Please sign up in advance to help us prepare. Instructor: *Danielle Merrill.*

Punch Pass - Now called Group Ex Pass Wellness Pass and Fast Pass

New! A Punch Pass is now called a Group Ex Pass. We also offer a Wellness Pass. Group Ex Pass, Wellness Pass, and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the Sports Plaza 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 [sclhresidents.com/WellFit/Group Ex Pass Classes](https://www.sclhresidents.com/WellFit/GroupExPassClasses), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera. Class schedules may not always be in *Compass*.

SCAN QR CODE
TO DOWNLOAD
AND HAVE
SCHEDULE ON
YOUR PHONE



Small Group Training (SGT)

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

Balance and Fall Prevention L1

Mondays and Wednesdays
July 3-26
2:00 to 3:00 PM
Aerobics Room (KS)
\$136 (eight sessions)

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



Balance and Gait Training

Mondays and Wednesdays
July 3-31 (no class July 17 & 19)
12:30 to 1:30 PM
Indoor Track (OC)
\$119 (seven sessions)

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. Instructor: *Eva De Mars*.



Bootcamp – Progressive L2/L3

Mondays and Wednesdays
July 3-26
3:05 to 4:05 PM
Aerobics Room (KS)
\$136 (eight sessions)

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



Boxing – Rock Steady

Fridays, July 7-28
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$68 (four sessions)
Instructor: *Gina Turner*

OR

Tuesdays, July 11-25
2:00 to 3:00 PM
Aerobics Room (KS)
\$51 (three sessions)

Instructor: *Craig Wasley*

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
July 6-27
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$119 (seven 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*.

Parkinson Strong Combo

Mondays, July 3-24

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

\$68 (four sessions)

OR

Thursdays, July 6-27

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

\$68 (four sessions)

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

Posture, Core and Balance L1/L2

Mondays and Wednesdays, July 3-26

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

\$136 (eight sessions)

Instructor: *Renae Schmidt*

OR

Tuesdays and Thursdays, July 6-27

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

\$119 (seven sessions)

Instructor: *MaryAnn DePietro*

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



TRX Circuit L2

Wednesdays, July 5-26

4:10 to 5:10 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *John Ramos*

OR

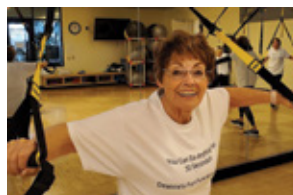
Tuesdays and Thursdays, July 6-27

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

\$119 (seven sessions)

Instructors: *Craig Wasley/MaryAnn DePietro*

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, July 3-26

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

\$136 (eight sessions)

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

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

Tuesdays, July 11-25

8:30 to 9:30 AM

\$51 (three sessions)

First class meets at OC

Fitness Center



This class will focus

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

Water Exercise – Therapeutic L1/L2

Wednesdays, July 5-26

10:45 to 11:45 AM and

also 11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

OR

Fridays, July 7-28

10:45 to 11:45 AM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work



to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Do not forget your towel.

Sports Plaza - Lessons

Pickleball – Introduction

Wednesdays Bi-Monthly
9:00 to 10:30 AM
Multi-Court
Free



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

Pickleball - Intermediate Clinic

Thursday, July 20
8:00 to 9:30 AM, Multi-Court
\$45
Skill Level 3.0-3.75
Minimum/Maximum: 8 students

The topic for this clinic is “How to get out of trouble”. When you are compromised, better to reset than hit low percentage shot. Students will participate in competitive drills, learning to level the playing field and stay in the point. Personalized feedback during game time play portion of the clinic will be provided. Instructor: *Ian Dickson, Pickleball Pro.*

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

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

**Pickleball Training Policy: There are no refunds, and all training expires one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to reschedule. If you do not give 24-hour cancellation notice, you may be charged in full for the training, and no make-up will be provided.*

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

1. Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.
2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.
3. Show up at the multi-court in the Sports Plaza for your training session.

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

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

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

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

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Tennis - Introduction

Saturdays
11:00 AM to Noon
Tennis Courts
Free



This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however,

we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.

Tennis Small Group Training – Beginner

Thursdays, July 6-27

(no class July 20)

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

\$84 (three sessions)

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



Tennis Small Group Training - Intermediate

Thursdays, July 6-27 (no class July 20)

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

\$84 (three sessions)

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

Wellness Life Coaching

Why A Wellness Coach?

A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path, clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

What Can I Expect?

Discerning “the why” is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary

to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

What Does It Cost?

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

Invest in Yourself.

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

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

Reach out to a Coach to schedule:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

Nina.Baldi@sclhca.com

Sheri.Mandell@sclhca.com

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

HOURS SUBJECT TO CHANGE

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

ADMINISTRATION

Executive Director
Kyle Bodyfelt.....916-625-4060 Kyle.Bodyfelt@sclhca.com
Executive Assistant/Office Manager
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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
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Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
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Crown Princess ~ 3080 Passengers	Jan 7, 2024	\$1,198	\$1,464	\$2,698
	Mar 9, 2024	\$1,198	\$1,464	\$2,698
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
7 DAY CALIFORNIA COASTAL From SFO! PRINCESS		*LINCOLN SHUTTLE TO SHIP AVAILABLE!		
Crown Princess ~ 3080 Passengers	Oct 22, 2023	\$498	\$598	\$948
Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.				
10 DAY ALASKA From SFO! PRINCESS	Jul 6, 2023	\$899	\$1,034	\$1,749
Ruby Princess ~ 3080 Passengers	Aug 15, 2023	\$778	\$895	\$1,827
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
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	Mar 25, 2024	\$698	\$848	\$1,298
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 DAY PANAMA CANAL PRINCESS	Oct 22, 2023	\$1,599	\$1,899	\$2,999
Ruby Princess ~ 3080 Passengers	INCLUDES SHUTTLE FROM LINCOLN TO SHIP & RETURN FLIGHT!			
Sail from San Francisco to Ft. Lauderdale, Florida visiting Cabo San Lucas, Mexico; San Juan del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Columbia; Ft. Lauderdale, Florida.				
14 DAY SOUTH AMERICA HOLLAND AMERICA	Dec 2, 2023	\$1,209	\$1,409	\$2,009
Oosterdam ~ 1964 Passengers	Feb 20, 2024	\$1,059	\$1,309	\$1,859
Sail from San Antonio (Santiago), Chile to Buenos Aires, Argentina around Cape Horn, visiting Puerto Montt, Chile; Puerto Chacabuco, Chile; Strait of Magellan; Punta Arenas, Chile; Cockburn Channel; Beagle Channel; Ushuaia, Argentina; Cape Horn; Stanley, Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina. DONT MISS OUT ON THIS AMAZING DEAL!				
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Shuttle from Lincoln to the ship in San Francisco is \$200 per person. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.



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