

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



SPRING FUN in LINCOLN...page 11

2018 SUMMER CONCERT SERIES...page 54

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Board of Director's Report

Why do I want this job?

Marcia VanWagner, President, Board of Directors

I wanted this job. Really! I've served as a Director on the Board for six years now, and I actively campaigned among my fellow Directors to be the President. Perhaps some of you are wondering why.

Here's why. I'm speaking for myself, but surely my motivations mirror every resident of this community who has raised a hand and said, "Pick me, I want the job." When I first saw Lincoln Hills, I was entranced...with the gestalt of the concept of an active adult community, with the landscaping, with the opportunities to continue to grow, with the sense of knowing a community well and being able to contribute.

I have lived in Lincoln Hills since May 2001 and have seen the community evolve in multiple ways. The community continues to change as we approach our 20th birthday next year. If we were in our 60's when we moved here, we're now in our 80's. Our needs have changed, but those who are moving here now in their 60's have different needs and desires. If I am in my 80's now (well, not quite!), then I must make sure that this community is ready for the new people who drive into our entrance in the next few years, so the community will be as good for them as it was for me.

I want to take this community from an administrative focus to well-being focus. We have, for years, talked about the dearth of volunteers willing to step up. We don't have a lack of volunteers: we have a lack of understanding about how a community association works and what our volunteer jobs really are.

I want to lead this community through this next evolution. I plan to help us all understand what's different about living in a Community Association and how each of us can be a successful citizen of Lincoln Hills. This community is blessed with a professional, talented, dedicated staff, committees of fellow residents who work hard at what they have chosen to do, and a Board who really wants the best for the community. Let's try to channel our passion for what is good for the community and the community's future into working together, complementing our diverse skills, abilities, and ideas. I hope you will agree that this vision and direction are positives for our community, and you will join me on this journey.

Calendar of Events

April 20, 2018 - April 15, 2018

Date	Event	Page #
4/20	A Salute to Ella	57
4/20	Asparagus Festival Trip.....	64
4/20	Trail Walk on the Wild Side	50
4/21	Movie – The King’s Speech.....	50
4/22-24	Movie Music Memories	56
4/23	Revocable Trust Seminar	47
4/23	Amazon Echo Date Class.....	85
4/23	Document Destruction	50
4/24	Interest Rates Class	92
4/24	Listening Post.....	50
4/25	Eskaton Village Seminar	47
4/25	Giants Game	64
4/26	Museum of Art at U.C. Davis Trip	59
4/26	Chromebook Class	86
4/26	Coffee with the Mayor	50
4/27	Community Hearing Aid Center Seminar ..	47
4/27	Sip and Paint Class	74
4/27	Pet Fair and Parade	50
4/28	Parking Lot Sale	56
4/28	Beale AFB Air Show Trip	64
5/1	Multiple Sclerosis Meeting	51
5/3	Financial Principles Simplified Seminar ...	47
5/3	Spring Fashion Show Luncheon	56
5/3	Android Smart Phone Basics	86
5/5 & 5/7	Movie: Murder on the Orient Express.	51
5/6	Lodi Street Faire Trip	65
5/8	You’ve Got a Friend	57
5/8	Tips & Tricks for Windows 10 Class	85
5/9	Oakland A’s Game	63
5/9	Getting More from your Android Phone ..	86
5/10	Nautilus Society Seminar	47
5/10	CHP Museum Tour Trip	65
5/11	YouTube TV Class	85
5/15	Preparing is Caring Seminar	47
5/15	Richard Glazier	57



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the April edition of the COMPASS magazine. Spring is a special time in our community. The explosion of color in our landscape provides a great reminder of how beautiful our community really is. We are proud to recognize the efforts of our Landscape Supervisor Paula Horsley, and all of the dedicated staff who work for BrightView.

April is a big month for our preserve areas as well. We have 487 acres of preserve areas within the community, and spring is when we typically see the highest levels of activity in these areas. Star Thistle spraying takes place, and we bring the grazing herd on site to help reduce the combustible fuel levels in the preserves. Crews will also provide the initial fire-break mow.

This month’s unsung hero is Jon Solander. Jon has supported the performing arts groups for over 15 years, and his wit, wisdom, and humor has been greatly appreciated. I can remember walking into the ballroom several times over the years and seeing staff and volunteers struggling to get the video or sound systems working, and more often than not Jon would pull something out of his bag of tricks, and everything would be working again. Jon has been a great resource for our community and has helped make this a better place to live.

A couple of months ago, our Fitness Director put forth ideas regarding the possible expansion of our fitness programs. The thought was to gather additional ideas that we may not have considered and to incorporate them into a plan to be reviewed through our normal process. Much like the Community Enhancement Fund, the initial meeting was met with a fair amount of disagreement on whether we needed to go down this road. Looking at where we are with the CEF today, I think most folks would agree that this was a prudent and reasonable move. Working through our processes will determine if the idea of expanding fitness programs is reasonable and prudent as well.

In closing, I’d like to put forth the thought that it is an advantage that we have staff that are active, engaged, and are always looking for ways to benefit our wonderful residents. Easy is the road to travel that never changes. It’s much more difficult to travel the road that twists and turns and requires the traveler to expend effort, thoughtfulness, and that most elusive of qualities – vision.



Team Member of the Month Award – March 2018



Our March 2018 “Team Member of the Month” Award is Joan Podesto! Joan joined our Lifestyle team in January of 2016 as a Lifestyle Monitor. Here are just a few words shared by our staff:

“Joan is just an absolute pleasure to work with!” Joan is not afraid to learn new things and is always willing to step up and help!” “She has a warm, genuine manner and is very helpful to the residents and staff here at Lincoln Hills!” “She represents the finest in customer service and satisfaction!” Joan always has a positive outlook and finds joy in everything she does.”

We are fortunate to have Joan as part of our SCLH Team who is an outstanding team player and bestows excellent customer service to our residents and staff. Thank you Joan for your service, dedication and hard work to Lincoln Hills!

Upcoming Association Meetings: April 15 – May 31

CCRC/Communication & Community Relations	Tuesday, April 17, 9:30 AM
Golf Cart Registration	Thursday, April 19, May 3 & 17, 9:00 AM
Finance Committee Meeting	Friday, April 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee	Monday, April 23, 9:00 AM
Listening Post	Tuesday, April 24, 11:00 AM
Board of Directors Meeting	Thursday, April 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 26, 10:30 AM
Board of Directors Executive Session	Thursday, April 26, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, May 1, 9:30 AM
Compliance Committee Meeting	Wednesday, May 2, 9:00 AM
Properties Committee Meeting	Thursday, May 3, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, May 4, 10:00 AM
ARC/Architectural Review Committee	Monday, May 14, 9:00 AM
Finance Committee Meeting	Thursday, May 17, 9:00 AM, P-Hall (KS)
Listening Post	Tuesday, May 22, 11:00 AM
Board of Directors Meeting	Thursday, May 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 24, 10:30 AM
Board of Directors Executive Session	Thursday, May 24, 11:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



**Finance Committee Report
Reserves Update (continued)**

Hans Fokkema, Finance Committee

As mentioned last month, the Browning Reserve Group performs a reserve study for us each year. During 2017 a reserves task force was also established that verified that all the items in the study are reflected correctly, and as a result, the 2017 reserve study was probably the most accurate we have had to date.

To correctly determine the reserves needed, it is essential to know the correct current replacement cost, the useful life, and the remaining life for each item in the study. The SCLH department heads have just completed reviewing all reserve assets in their area and updated their replacement costs and useful/remaining life for each asset as needed. However, this is not an exact science. Useful lives are estimates, and it is not uncommon for items to last longer than their anticipated useful life while other items need to be replaced sooner. That is one reason why the reserve study needs to be updated annually.

The amount that should be reserved for each asset is based on the replacement cost and the useful life. For example, if an asset has a useful life of 10 years, 10% of the replacement cost must be added to the reserves each year. If the remaining life of that asset

is four years (i.e., it has been in operation six years), then 60% of the current replacement cost should be in the reserves. This is called the Fully Funded Balance.

The most common measure of reserve adequacy is the percent funded. This is a simple measure showing for each year how the projected balance in the reserve fund compares to the total Fully Funded Balance, which is the sum of what should be reserved for each of the 1150 assets in the study. Our objective is to try to keep the percent funded generally between 75% and 90%. For an Association the size of SCLH, that level of funding is considered very strong.

Our current level of reserves is very adequate but has fallen below 75%. It was 71.4% as of December 31, 2017, and we prefer this percentage not too fall below 70% although that could occasionally happen depending on how many assets are replaced during a particular year. Similarly, we do not want this percentage to get much over 95%.

February 2018 financial results were \$21,717 worse than budgeted and year-to-date we were \$17,608 worse.

Preliminary Statement of Operations YTD February 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$1,368,334	\$1,368,341	(\$7)	\$8,261,646
Administration (Expense)	(327,824)	(347,830)	20,006	(1,977,330)
The Spa at Kilaga Springs	(1,261)	(185)	(1,076)	15,010
Fitness	(62,958)	(81,440)	18,482	(479,280)
Activities	(116,829)	(109,980)	(6,849)	(509,370)
Rec. Center / Maintenance	(850,568)	(829,585)	(20,983)	(5,300,730)
Food & Beverage	(102,129)	(74,950)	(27,179)	(35,538)
Net Revenues (Expense)	(\$93,237)	(\$75,629)	(\$17,608)	(\$25,592)
CEF/FMA Net Change YTD Feb 28, 2018	\$41,262	CEF/FMA Balance Feb 28, 2018		\$838,702



Let us serve you with a view
Meridians
 Restaurant & Bar

Welcome New Meridians Manager, David Deering!
Kristy Woodin, Director of Food & Beverage

If you haven't had the pleasure of meeting the new Meridians Front of House Manager David, you are in for a treat! In the short time he has been here, he has already received many compliments from residents for his fun-loving demeanor. David comes from Granite Bay Golf Club, where he was a restaurant manager for ten years. Prior to that, he worked as a restaurant manager at a golf club in Las Vegas. David is originally from Chicago, married, and has a 7-year-old son. He enjoys snowboarding, camping, hiking, and even dabbled in improv comedy at the world renowned "Second City" in San Francisco. His true passion is customer service, and we are excited to have him as part of our Food and Beverage Department.

On Wednesday, April 4, our test phase of Home Delivery started. A "Delivery Only Menu" is available at the flyer stand in front of Meridians, as well as the website. This is a test phase, so the current menu is limited. We deliver on Wednesdays, Thursdays, and Fridays between the hours of 12:00 and 8:00 PM. There is a \$20 minimum order for delivery. All you have to do is call 916-625-4044, place your order, and we will bring it right to your door! After a successful test phase, we will be extending days and hours.

Recipe for the month:

Polenta Fries

Ingredients:

- 4 cups low-fat milk
- 1 1/2 cups coarse ground yellow cornmeal
- 2 tablespoons unsalted butter, softened
- 2 1/2 ounces goat cheese
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoon vegetable oil

Instructions for preparation:

1. Pour milk into a medium saucepan, place over medium heat and simmer.
2. Slowly whisk in cornmeal until fully incorporated, lower heat to low and continue to stir for about 5 minutes.
3. Fold in butter and goat cheese and season with salt and pepper.
4. Stir until no lumps remain, then pour mixture into a lightly greased 9"x13" baking sheet with a 1" lip.
5. Evenly spread and allow mixture to cool for about 20 minutes before placing into the refrigerator. Refrigerate for about 1 hour.
6. Remove polenta from refrigerator and invert onto a clean cutting board. Cut polenta into 1/2"x3" sticks.
7. Place a large skillet over medium-high heat and add oil. Lightly fry polenta stick for 2-3 minutes on each side, in batches, making sure not to overcrowd the pan.
8. Place finished sticks onto some paper towels and season with salt and pepper. Serve fries with basic marinara sauce.

**** 2018 SOFTBALL OPENING DAY ****

LINCOLN HILLS SENIOR SOFTBALL LEAGUE

DEL WEBB FIELD - 1050 DEL WEBB BLVD.

SATURDAY, APRIL 28th - START 9:15 AM - END 2:45 PM

ENJOY THE GAMES, HAVE FUN & STAY FOR THE FOOD



**JOIN OUR FUN CO-ED LEAGUE OF NEARLY 200 MEMBERS.
 REMEMBER WHAT IT'S LIKE TO HIT, FIELD, RUN AND THROW.
 APPLICATIONS AVAILABLE ONLINE NOW AT: lhssl.net**



Lifestyle News & Happenings

The Great Reveal!

Lavina Samoy, Lifestyle Manager

Call your friends, make your plans! Our 2018 Summer Amphitheater Concert Series line up is out! We have an exciting series guaranteed to have you rockin', dancin' and chillin' with hits from yesterday to today perfect for the whole family. We have new bands: **Decades: from Chuck Berry to Katy Perry (June 1); Caravansarei: The Santana Tribute (June 29);** fresh acts: **Whitney: One Moment in Time starring Dee Dee Simon (June 15), Listen to the Music: The Doobie Brothers Experience (July 27), When Vegas Was Vegas! A Rat Pack Tribute (July 13), ForeJour: Foreigner & Journey Tribute (September 7);** and the return of your favorites: **James Garner's Tribute to Johnny Cash (August 10); Garratt Wilkin and The Parrot Heads (August 24) and Dean Colley with Hot August Night: A Neil Diamond Celebration (September 21).** Find out more about these fantastic shows and read the Guidelines (important for first timers) on page 55. Take advantage of the Series Package discount only available until May 14. See you at the concerts!

The new Lifestyle and Membership Desk at Orchard Creek has been revealed! The new design aims to provide a better experience for the guests providing privacy, a quieter experience and better ergonomics

for staff and guests. We appreciate everyone's patience during the renovation. We hope that you will find the new counter experience better than before.

Our department has been referred to as Activities and Lifestyle for the past few years. It's time to embrace one name and remove any confusion. Beginning April, we will officially be the Lifestyle Department. The title embodies the dynamic programs and services we offer.

More discoveries are in store for you with the **Overnight trip to Angel Island and Marin County, September 9-10.** Experience the latest train passenger service between Sonoma and Marin Counties with step-on guide Gary Holloway who will share some of the best-kept secrets as you go through Marin County (page 59).

Our Ceramics classes are busting at the seams! To give our residents more opportunities to learn about this fun hobby, we added a Thursday morning **Ceramics All Levels** class with instructor Taylor Jackson beginning May 3 (page 75). We also have two new Technology classes: **YouTube TV** (page 85) and **Creating Music Using Mobile Devices** (page 86). Take these classes and your children (especially your grandkids) will surely be impressed!



WellFit News

Pillars of Functional Training for Active Aging

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

Over the next couple of issues, I will be writing about the how's and whys of Functional Training and Healthy Aging. *Healthy aging* is more than the absence of disease. Colin Milner founder and CEO of ICAA comments "when looking at the healthy aging market today, the focus is all about function." The World report on Ageing and Health also focuses on function as being a priority. Loss of functional abilities greatly impacts life quality. Having a chronic health issue, like diabetes or high blood pressure is manageable, but if you can't stand up and do the things you love everything changes. Lifelong physical activity, combined with specific functional training, is key to maintaining your independence.

What is Functional Training for Aging? First off think of functional training as an outcome, not a method. Carol Ewing Garber, Ph.D., past president of American College of Sports Medicine says "The idea of functional training is to design a fitness program that mirrors common daily life activities, like getting out of a

chair, making a bed, lifting laundry, going shopping, gardening, etc. In older adults as fitness declines, many find it increasingly hard to do regular tasks or fun activities such as traveling. Functional training is important for all adults because as we decline in physical function over the years, we have lost enough function to notice the changes that have been building up over time. Functional training includes specific goals "The training outcome has to be learning a skill that's important, practical and impacts the quality of life," says Mary E. Sanders, Ph.D. It involves movement patterns such as pushing, pulling, rising, lowering, rotation and more, and it must be progressive, a program that begins where you are at and slowly adds intensity, duration, and complexity. In the next COMPASS issue look for exercises, programs, and machines that are ideal for functional training.

Lincoln PACE Race – Did you sign up? Have you volunteered? If not you still have time go to www.lincolnpacereace.org and sign up, for more information see ad on page 66.



The Spa at Kilaga Springs

Hydrfacial Treatment

Trudy Smith, Spa Manager

Spring has arrived, and with it, it has brought The Hydrfacial treatment system to The Spa. We are ecstatic about this addition. HydraFacial is an invigorating treatment that can be given in as little as 30 minutes. It delivers long-term skin health and can be tailored to meet the specific needs of all skin types. It offers instant, noticeable results with no downtime or irritation. The Hydra-Facial treatment removes dead skin cells and extracts impurities while simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums. The treatment is soothing, refreshing, non-irritating and immediately effective.

The Skin Benefits

Skin Appearance

- Decreased pore size and fine lines
- Decreased hyper pigmentation
- Improved texture and skin tone

Skin Health

- Increased epidermal basal layer activity
- Collagen hyalinization in the dermis
- Increased fibroblast population

Skin Texture

- Reduced skin roughness
- Improved texture and elasticity
- Reduced fine lines and wrinkles
- Improved skin tightness

Our skin care professionals recommend you schedule a facial every three to four weeks; however, it truly depends on your skin, your age and the environment in which you live. Why? Your skin needs to fully heal between sessions, and in order to do that, your skin's full life cycle needs to be taken into consideration. Skin cell growth and exfoliation are crucial. Doing so will help your skin maintain a beautiful glow all year round. It should look clear, clean, toned and smooth.

We have a talented group of Skin Care professional – Julie Willett is our Team Leader. We also have Jinie McComb, Peggy Smyth, and Cassie Powell all here to serve you and your skin care needs.

We are offering promotional pricing on two services with Hydrfacial through May 15th. The Signature Facial, normally \$199, with a promotional price of \$149 and The Deluxe Hydrfacial normally \$250 with a promotional price of \$199.

The Signature treatment deeply cleanses, exfoliates, extracts and hydrates the skin using super serums filled with antioxidants, peptides, and hyaluronic acid.

The Deluxe Hydrfacial treatment includes all the essentials of the Signature treatment while addressing specific concerns through Hydrfacial's boosters and protocols.

Look for our Hydrfacial launch party in May!

We look forward to seeing you in the Spa and as always, we are open to the public so bring your friends!



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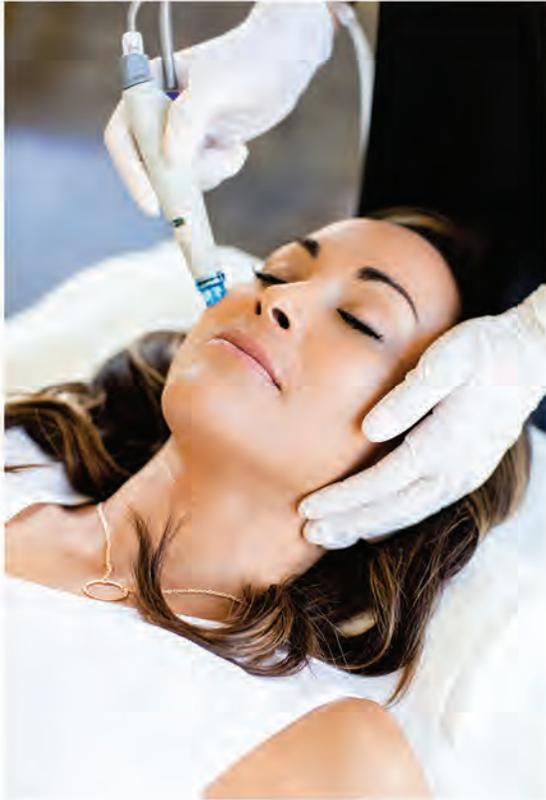
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HOW IT WORKS

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- ✓ **EXTRACT + HYDRATE**
Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.
- ✓ **FUSE + PROTECT**
Saturate the skin's surface with antioxidants and peptides to maximize your glow.

Signature Hydrafacial promotional price \$149 normally \$199

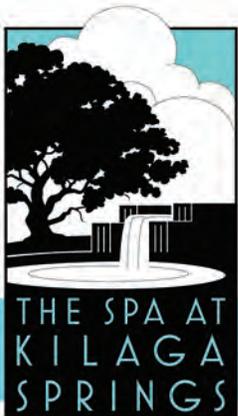
Deeply Cleanse, extract and hydrate the skin through super serums filled with antioxidants, peptides and Hyaluronic acid.

Deluxe Hydrafacial promotional price \$199 normally \$250

This treatment includes all the essentials of the Signature Hydrafacial while addressing specific skin concerns through Hydrafacial's boosters and protocols.

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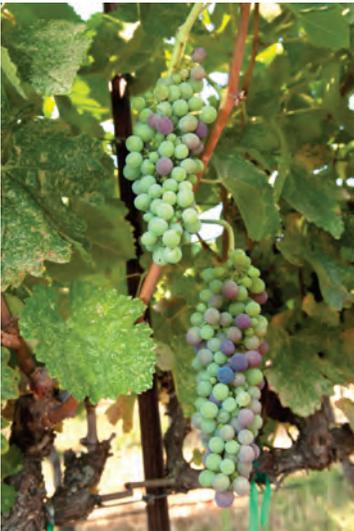


Spring Fun in Lincoln

Al Roten, Roving Reporter

Plan to get out and enjoy two special annual spring events in Lincoln being brought to us by Lincoln Rotary. On Saturday, April 28 all sippers are encouraged to attend the Downtown Lincoln Wine Fest, and on Saturday, May 12 all cyclists are invited to enjoy our beautiful countryside on the Tour de Lincoln. These fun events are Lincoln Rotary fundraisers to support the many service projects of this fine group.

Lincoln Rotary has partnered with the Downtown Lincoln Association and Placer Vintner's Association to bring the Wine Fest to Downtown Lincoln. The Lincoln Wine



Fest will be held on Saturday, April 28 from 1:00 to 5:00 PM. Participants will check in at a booth in Beermann Plaza and get an identifying wrist-band and wine glass. Then you will be free to roam a two-block area — about 20 stores and restaurants — of downtown Lincoln, where products of 17 Placer County wineries, four local craft breweries,



and about 10 Lincoln restaurants will be available for sampling. After your sampling, bottle sales will be available back in the plaza. Advance tickets are \$40 at www.lincolnwinefest.org or \$45 at the event in the plaza.

The 17th annual Tour de Lincoln cycling event will be held on Saturday, May 12 with 7:00 AM start time for the 40-mile and 100K rides and 8:00 AM for 10 and 20-mile rides. Beginning and ending at McBean Park, all rides take cyclists through



our beautiful scenic countryside. After the ride, there will be a BBQ lunch from 11:00 AM to 2:30 PM. On Friday evening there is a pre-registration dinner at Turkey Creek Golf Club. Maps will be available, and road courses are clearly marked. The longer rides have some challenging climbs, but all rides take you through the bucolic region just outside our downtown.

Cost of the rides vary from \$20 to \$55, which includes lunch. The Friday evening dinner is \$15. Information and registration may be found at www.tourdelincoln.org. Rotary assumed responsibility for this event after the 16 years of great leadership by the Lincoln Volunteer Center.

Enjoy the bounty of fun things to do right here in Lincoln!



Photos of vine to wine cycle by Steve Hubbard.

2018

Mother's Day Brunch

Sunday, May 13
10 AM - 2 PM

Bring your family for a special brunch at Meridians for Mother's Day! Moms will enjoy free champagne or mimosas.

\$33

Plus Tax &
Service Charge

Reservations and pre-payment required.

Meridians
Restaurant & Bar

965 Orchard Creek Lane, Lincoln, CA 95648
916.625.4040 • www.MeridiansRestaurant.com



Please Turn Up the Volume!

Hearing Aids to the Rescue

Richard Pearl, Roving Reporter

I turned 75 last year and guess what my wife gave me for my birthday? Hearing aids!

Well, that's not quite true, but read on.

Some of the great things about living in SCLH are all the things we have in common: active lifestyles, gray hair (all, some, partial, colored), and a dawning realization that we are, or will be, slowing down.

Hearing loss isn't something that comes upon you all at once. It's a gradual decline that becomes more noticeable as you more frequently ask your spouse or friends, "Say again," or "Will you please turn up the volume." In my case, the requests became ever more frequent until my long-suffering wife said: "GO GET A HEARING TEST!" You can imagine my reaction (shocked!) when the results came back that I've become seriously deficient in the higher audio ranges (more typically used by the female gender).

Weeks went by, and I finally resigned myself to talk to the hearing aid specialist. Truth be told, I allowed myself to be coerced into this because many of my friends preceded me. Eventually, I was geared up with the gadgets and re-entered the world.

Incredible the things one now hears with the aids,

which can be set to many volume levels, plus settings for "all-around," or "restaurant" (directionally more forward), or "wife" (mute – just kidding!). The biggest change is the recognition of

higher tonality and the subtle gradations of noise, especially sharp ones. Amazingly, I can now distinctly hear sounds from quite a distance. Without a doubt, everything is sharper.

My hearing aids are linked to my iPhone, so when I'm using it, the sounds are in my ear. Same for listening to music on the iPhone; not as good as Bose earbuds but very acceptable. The only real downside is, as a buddy said, "it sometimes feels like you've got Q-tips in your ears." For all intents and purposes, however, you soon forget that they are there, and they're reasonably inconspicuous.

There's a huge difference between the old and the new models in terms of capability and design. They're not inexpensive, and insurance coverage does vary. If you're holding off, consider that (1) the audiologist says that hearing loss is progressive, and (2) and you'll make your spouse and friends very happy.

Finally, there are hearing-assist devices available at most SCLH concerts. Check out what you might be missing.



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for more details.

MINIMAL MONTHLY FEE

\$49 INDIVIDUAL **\$89** COUPLE

\$25 Golf w/cart after 11:00 am

\$12 Golf w/cart after 2:00 pm

Unlimited Range

12 Month Commitment

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Lincoln Hills Foundation – Support Us, Join Us

Denise Bowden, Lincoln Hills Foundation



**Lincoln Hills
FOUNDATION**

Serving the Lincoln Senior Community

In contrast to many who live here, I am a fairly new resident to Lincoln Hills, at a little less than two years as a resident, but one of the first things I heard about was the Lincoln Hills Foundation. Having just retired, I was looking for a way to continue putting my skills to good use, and my neighbor suggested I look into the Foundation as a way to contribute. What I found in the Foundation was a tremendously dedicated group of volunteers who care deeply about this community and the well-being of its residents.

This small group of volunteer Board and Advisory Board members are responsible for bringing some highly impactful programs to Lincoln Hills. To name just a few:

- Funding for support groups so they can meet for emotional support and education (Bereavement, Bosom Buddies, Multiple Sclerosis, and many more).
- Reduced rate for CPR/AED and First Aid classes for clubs, groups, or individuals that provide emergency skills and knowledge that have saved lives in Lincoln.

- Providing a basic food lifeline to those who suffer from food insecurity due to lack of money or the inability to get out of the house.
- Family caregiver relief, our newest and most needed program, providing services to allow for a break from 24/7 care for loved ones.

The ability of the Foundation to continue its work depends on our residents, family, and friends. An excellent opportunity to show your support is on May 3rd on the Big Day of Giving. On that day, four local counties celebrate the work done by our local non-profits in a 24-hour day of giving. 100% of the money raised goes directly to local programs. Donations can be made in many ways. Log onto our website at www.lincolnhillsfoundation.org to select the best way for you to contribute.

The Foundation is also looking for new Board members interested in being a part of this organization and making a difference in Lincoln Hills. Please contact me at 916-409-2016 if you are interested.



Taming Back and Neck Pain

Shirley Schultz, Health Reporter

If you have ever experienced back or neck pain, then you are with the unlucky 80 percent of adults who have had this displeasure some time in their life. Grandpa used to talk about his “lumbago” referring to back pain. As a child, I thought lumbago somehow referred to chopping wood for the huge wood pile prepared for winter burning! Maybe there is an element of truth to that if one considers the human spine is made up of 30 vertebrae or bones: 7 cervical, 12 thoracic, 5 lumbar, 5 sacral, and one tailbone called the coccyx. Muscles, ligaments, discs in between the vertebrae, spinal column running through the vertebrae, and spinal nerves coming out to the body from the spaces constitute a complex system for potential back or neck pain to occur.

The good news is that 60-year-olds are statistically at lower risk of developing acute low back pain after heavy lifting than 20-year-olds are. The bad news is that 60-year-olds are more likely to incur back pain during sexual activity than 20-year-olds. This is not to be interpreted to mean that seniors should lift heavy things and avoid sex! The risks

for getting back pain include getting older, poor physical fitness, being overweight, heredity, diseases such as arthritis or cancer, jobs that involve lifting, pushing and pulling, and smoking.

Self-care is most often the best treatment for back and neck pain. Restrict back straining activity initially, but then keep moving. Use alternating heat and ice. If tolerated, use for short-term an over-the-counter non-steroidal anti-inflammatory medication (NSAID) such as Ibuprofen, or Naprosyn, or second best, Acetaminophen. Gentle massage may help. Maintain proper posture when standing or sitting, and use squatting or kneeling rather than bending over. More information can be found at Mayfield Brain & Spine: www.mayfieldclinic.com.

Persistent back or neck pain should trigger a medical evaluation. It is important to know that the severity of back pain does not always reflect the extent of the damage. Residents of SCLH will be especially enlightened by attending the Community Forum on April 25, Back and Neck Pain: How to Manage It by Dr. Chris Shin (see page 53).

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Sports in Lincoln Hills – Part 2

Something for Everyone!

Doug Brown, Resident Editor

In the February *COMPASS*, I described five Lincoln Hills sports – those you can readily see driving or walking along Del Webb Boulevard. This month – among our seventy-plus official clubs – what are some further sporting options?



Billiards. Inside both OC and KS lodges, billiards is very visible. Never played before? The Billiards Group offers free lessons at the KS tables, Tuesdays 9:00 - 10:00 AM. Otherwise, take a cue from Tony Felice (atfelice@gmail.com, 916-955-0501): all are welcome, women and men, to “just show up and see what we have to offer.”

Cyclists. Our neon-clad cyclists are also visible on our streets. The 140-member club welcomes newcomers who can choose to ride “from 20 easy miles to 55 challenging miles,” according to spokesperson Steve Valeriote, any Monday, Wednesday, or Friday morning departing from KS parking lot. May is “Bike Month” so come on out! For information, visit www.lincolnhillscyclists.com.



Fishing. The 75-member Fishing Group invites newcomers to monthly meetings every second Monday at 7:00 PM in P-Hall (KS). Activities include planning sponsorships with Kiwanis, Boy Scouts, and fish conservation organizations. Members are delighted to help you become a better angler, as you’ll fall hook, line, and sinker for this club! Contact Henry Sandigo at 415-716-0666, hsandigo@gmail.com.

Skiing. During the skiing season, monthly meetings are every third Thursday at 4:00 PM in the Multipurpose Room (OC), featuring “tales of adventure...and glorious pictures.” Activities include weekly ride-sharing to Sierra resorts, getaway ski trips, and social events. “Bunny slope” novices and experts are all welcome. Contact Mike Hilton at 916-258-2150 or lhskiclub@gmail.com.

Table Tennis. Every Tuesday (6:00-9:00 PM), Friday (8:00-11:00 AM), and Sunday (12:30-5:00 PM), the Multipurpose Room (KS) is a flurry of pinging and ponging table tennis players. Want some excellent exercise, fun, and periodic social events? “Please join us – no appointments necessary, no dues,” says spokesperson Warren Akey, 916-408-1658; akeywarren@att.net.



Water Volleyball. Sidne George, chair of the 120-member water volleyball club (pictured on the October 2016 *COMPASS* cover), welcomes newcomers to “three levels of recreational play for those new to the sport...and three levels of competitive play.” Come on out Monday through Thursday evenings and Saturday mornings at the Kilaga Springs pool. Visit www.lhwatervolleyball.com for information.

Bowling. While not an official SCLH club, bowling attracts a number of residents to Rocklin’s Strikes Unlimited for recreational and competitive play. Contact Strikes Facility League Manager Stacy Pudge at 916-626-6361, or Linda Zierman at 916-408-2397.

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Lincoln Hills Attracts New Residents

Patricia Evans, Neighborhood Watch

Neighborhood Watch supplies two items at the top of every prospective new resident's list of desires: safety and security, and warm, welcoming neighborhoods. Filling these two prerequisites attracts newcomers and enriches the lives of current residents.

Lincoln is the only city in the Sacramento area listed in the top 50 of the Safewise Report for 2017. Lincoln Hills is a prime contributor to this achievement.

The report lists Lincoln as the 33rd safest California city for 2017. Violent crimes (aggravated assault, murder, rape, and robbery) were 0.60 per 1,000 persons. Property crimes (burglary, arson, larceny, theft, and motor vehicle theft) were 73.84 per 1,000 persons.

The bad news is that Lincoln's rank moved from 19th in the state to 33rd in 2017. We need to redouble our efforts to be the eyes and ears of the police.



Residents have the advantage of knowing the usual activities of their neighborhoods. Police Chief Doug Lee emphasizes that the police want to investigate anything out of the ordinary. Do not hesitate to call them at 911 for emergencies or 1-916-645-4040 for non-emergencies! Alert residents are a key to solving crimes and maintaining a safe environment.

Lincoln Hills residents enjoy walking or jogging at any time of the day or night. We attend evening concerts knowing that our parking lots are safe. By working together with the police, we can preserve these privileges. A stitch in time saves nine.

Please turn to page 40 for a Club News tribute to Neighborhood Watch secretary, Pauline Watson.

Contacts: Linda Minor, lindamminor@sbcglobal.net or 707-235-0778; Pauline Watson, frpawatson@sbcglobal.net or 916-543-8436.

Board of Directors Meeting March 22, 2018

Draft Resolution 2018.04

Civil Code 4515 Petition and Assembly Rights

Approved for a 30-day period to receive resident comment. Copies can be obtained from the resident website and the Orchard Creek Lifestyle desk. Send comments via email or letter to Chris O'Keefe, Executive Director.

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Library News

Sandy Melnick, Library Volunteer

Thank you to everyone who donates magazines. If you have a current magazine to donate, please put it on the magazine shelves. If you are donating an earlier edition, please put the magazine in the basket next to the enlarging machine. Any magazine in the basket is for you to take home. Again, a big thank you for all your donations.

Did you know that we have puzzles in the Orchard Creek Living Room? They may be taken home for you to work on at your leisure. When you have completed them, please re-box and return them to OC so someone else will have the opportunity to use them.

Another good book by Jojo Moyes is *The Ship of Brides*. She is the author of *Me Before You*, which was very heartwarming. *The Ship of Brides*, one of Moyes's earlier novels, is the story of 600 Australian brides in 1946 who boarded a ship to meet up with their British husbands after WWII. Lots of intrigue and surprising twists and turns to her stories. You can find this book in the hardbound novels section.

Contacts: Sandy Melnick at 916-408-1035 for donations, Ruth Poehlmann at 916-408-4419 for investment materials, and Bobbie Swenson at 916-543-6362 for the Community Living Room (OC).

In Memoriam

James M. Arnest

Born and raised in New York, James attended Westchester Community College before joining the Army. He worked for Phelps Dodge Copper Products Corp. and was transferred to the San Francisco Office. He had married Joan Witte, and they raised three children in Cupertino, California. Jim coached Little League baseball, soccer and loved taking his daughter to horse shows. They vacationed at Lake Berryessa where the family water skied, swam, fished and enjoyed life. After moving here, Jim enjoyed golf with the men's club. He will be greatly missed by his wife, children, grandchildren and great-grandchildren.

John P. Flaherty

John grew up on a farm in Illinois where he learned the value of hard work. Highly educated, he received a Ph.D. in Physics from the University of Wyoming where he met his wife, Pam. They moved to Yuba City, California where John taught College Physics and Astronomy. He shared his passion for knowledge with his family, friends, and students. John also owned a motorcycle dealership and then designed and built houses. He was always helping someone in need. After moving here, John was President of Neighbors InDeed, President of the Tennis Club, and served on the Board of the Lincoln Hills Foundation. John is dearly missed by his wife, three children two granddaughters, and many others. To view the John Flaherty memorial remembrance page, go to <https://www.forevermissed.com/john-patrick-flaherty>.

Darleen Sanderson

A California native, Darleen was born and raised in California. She spent four years in Texas but lived most of her life in Northern California. After a divorce, she met Phil, and they were married in 1981. Darleen was employed in medical administrative positions during her working career and retired in 1989. Living here since 2002, they enjoyed traveling, especially cruising, and attending various local events. They were also active in the Roseville Area Newcomers (RANN). Darleen is survived by her husband, Phil, two daughters, two grandsons and one great-grandson.

VOLUNTEER OPPORTUNITIES!

Committee Openings

There are several committees that need your volunteer time and expertise. Committees with openings include:

- **Elections Committee**
- **Compliance Committee**
- **Architectural Review Committee (ARC)**
- **Clubs & Community Organizations Committee (CCOC)**
- **Communication & Community Relations Committee (CCRC)**

Committee applications are available at the Lifestyle desks (OC/KS) and online (**Resident Website>Committees**).

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Club News



Amateur Radio

The Amateur Radio Group is the emergency communications group for Lincoln Hills and the City of Lincoln. Last month the LHARG gave a ham radio equipment demonstration at the Club Expo and answering questions for those interested in amateur radio and emergency communications. To provide emergency communications, the LHARG operates a repeater at 443.225 MHz with a PL code of 167. Radio operators are available if there is a natural disaster, terrorist attack or whenever effective communications are critical. If you are an amateur radio operator or want to become one, join LHARG members on Monday at



Walt Woodward, Jim Darby,
Claire Schloenvogt

6:30 PM at the South Gate Entrance to Sun City Lincoln Hills to learn about the LHARG communications network.

Contacts: Jim Darby 916-408-8599;
Clare Schloenvogt 916-253-9155
Website: www.lharg.us



Antiques Appreciation

May 7 will bring a program on musical instruments or items of all sorts that make music. Bells, whistles, violins, and music boxes are on the agenda for the presentation. If you have a similar object that "makes music," please bring it to the meeting. One item per member.

Tickets are on sale now for our Summer Solstice Soiree on June 21. Dinner starts at 5:30 PM in the Placer Room (KS). Dessert, prizes, and fun are included with a \$10 ticket. Guests are welcome. Tickets are available from Ann Renyerat 916-408-7008, or at the next meeting.

Meetings are in the Heights and Gable Rooms (OC), the first Monday of the month from 10:00 to 11:30 AM. Visitors are always welcome.

Contacts: Jo Quirarte 916-408-7140
Pat LePage 916-543-9564



Astronomy

Monday, April 16
Cosmology Interest Group (CIG), Don Wilson will give a presentation on "Bubble Balance - Structure "As you Like it" Fine Arts Room (OC) 6:45 PM Contact Morey Lewis at eunmor@pobox.com for more information.

Thursday, April 19, Telescope



Alzheimer's-Dementia Caregiver's Support

Keeping with our regular schedule of alternating monthly meeting formats between discussions and formal presentations, our guest speaker on April 25 will be Dr. Beverly Chang, who practices geriatric psychiatry in Roseville. She will highlight medical and



Dr. Beverly Chang

mental health issues for us to be aware of as in-home family caregivers of the cognitively impaired. Getting clinical insight from a medical practitioner – absent befuddling Latin jargon - on caring for the caregiver is another spin on our quest for useful knowledge in these often bizarre health challenges. Join us on the 25 at 1:00 PM in the MultiPurpose Room (OC). Heads up for the Senior Café on May 1 in the Solarium (OC). Sign up to reserve your spot for this fun caregiver-caregiver couples social event.

Contact: Jeff Andersen
916-434-6009, 2jeffa@gmail.com

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Interest Group (TIG) Observing at the Sports Pavilion 7:00 PM. Contact Bob Collins at bobpcoll@community.net for more information.

Wednesday, May 2, LHAG General meeting 6:45 PM in the P-Hall (KS). Carla LaFave will give a presentation on the Sun, followed by Ron Yelton showing astrophotos.

Contacts: Ron Yelton 559-289-8792; Barbara Swerdlow 916-253-3301
Website: www.lhag.org



Ballroom Dance

After our successful St. Patty's Day dance in March, we look forward to our Spring Ice Cream Social in the Ballroom (OC), Monday, April 30 from 6:00 to 9:00 PM. The theme is "April in Paris." New members are always welcome to join in our fun. Membership



Socializing at St. Patty's Day Dance

is only \$7 a year, and open to SCLH residents, sponsored guests, couples, and singles, who want to learn or refresh ballroom dance steps while mingling with friendly people. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. East Coast Swing lessons continue April 17 and 24. The Cha Cha will be taught May 1, 8 and 15.

Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00

www.sclhresidents.com

PM at Joan Logue's home. The next support meeting will be May 9, no meeting in June. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Lazy Dog on Tuesday, April 24, at 11:30 AM. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue joanlogue@sbcglobal.net



Big History

Breaking news: Big History will meet one-time only on Monday, April 16 at 3:30 to 5:00 PM in P-Hall (KS) for a special guest talk from Ivy Hendy on her new book, *Almost Like Us: Peoples of the Stone Age*.

Ivy is a Big History enthusiast from Sacramento who also is on the



Ivy Hendy in front of a mural she painted replicating ancient cave drawings she saw in Spain

board of the Renaissance Society program for older learners. Her book begins with Australopithecus, circa four million years ago, and ends with the New Stone Age, circa about 12,000 years ago. "I just think it is extremely important to learn about where we came from," Ivy explains. "It's the foundation of our humanity." Visitors are welcome to this free presentation.
Contact: Sandi Dolbee 619-861-0734, sandidolbee@yahoo.com; Website: www.bighistorysclh.com



Billiards

The Women's Tournament is every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women) you do not need anything to play. Just show up and see what we have to offer. Remember it's free.

Contact: Tony Felice 916-408-4332, atfelice3@gmail.com



Co-ED Tournament winners with 6 games
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Bird

Our Friday, April 27 bird walk will be along the Canyon Oaks Trail just off Hidden Hills Lane here in Lincoln Hills. The area includes open fields and lovely oak woodlands. This walk will be a great time to check out spring arrivals.



Usually in groups of 10 or less, this large flock of American White Pelicans were seen during our March trip to Vic Fazio Wildlife Refuge.

May 11 we travel to the Spenceville Wildlife Area which is north of Lincoln just beyond Camp Far West. During this drive, we usually see Osprey, Yellow-breasted Chad, and Lazuli Buntings.

Monday, May 14 at 1:30 PM is our general meeting in P-Hall (KS). Jaylene Tupen, wildlife biologist, for the Wildlife Heritage Foundation will speak about the history and management of the wetlands here in Lincoln Hills. Please check our

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Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce group was formed to acquaint the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. The only physical requirement is that you be able to bend over and pick up the balls. We also have a handicapped accessible court.

Contacts: Paul Mac Garvey 916-543-2067, pmac1411@aol.com; Bob Vincent 916-543-0543



Bocce Buddies

Book, OC



On Friday, April 20 in the Fine Arts Room (OC) we discuss *A Full Life*, by Jimmy Carter. (Note date and location change this month.)

Schedule for remainder 2018:

May 17: *Snow Falling on Cedars*, by David Guterson

June 21: *Where'd You Go Bernadette*, by Maria Semple

July 19: *The Martian*, by Andy Weir

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson



October 18: *The Underground Railroad*, by Colson Whitehead

November 15: *The Winter of Our Discontent*, by John Steinbeck

December 20: Holiday Luncheon

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

For more information, check out our Website.

Contacts: Darlis Beale 916-408-0269, Penny Pearl 916-409-0510, Dale Nater 916-543-8757;

Website: LHocbookgroup.blogspot.com/
Wiki: ocbookgroup.pbwiki.com/



Bosom Buddies

Being a caregiver for a brain impaired adult and/or frail elder is a challenging task. Our April speaker, Ashley Morse (MSW and Family Consultant) with the Del Oro Caregivers Resource Center, explained the assistance Del Oro offers to improve the well-being of families and individuals who are caregivers for those who need their help. This non-profit agency offers services that include respite care, family counseling, support groups and education and training.

Our May meeting will be the ever-popular annual luncheon. More information will be coming, be sure to save the date.



Dr. Yona Barash, our March speaker, with member Sharon Peck.

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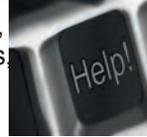
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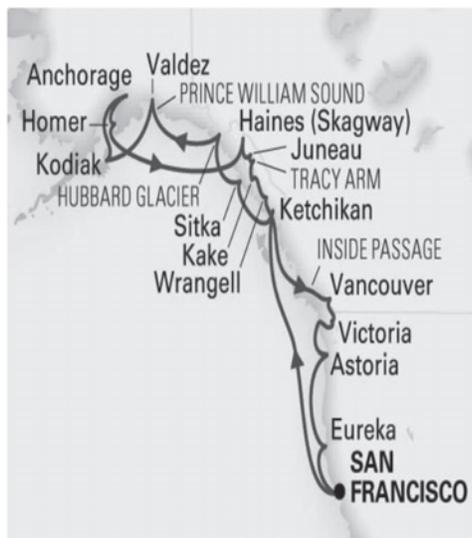
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Bosom Buddies, funded by a generous grant from the Lincoln Hills Foundation, welcomes breast cancer survivors and those will undergoing treatments. We provide speakers on different subjects and also manage to have fun.

Contacts: Marianne Smith
916-408-1818,
Patty McCuen 916-408-4185,
Val Singer 916-645-8553;
Website: www.sclhresidents.com.



Bridge, Duplicate

May 9 is our next social event. All bridge players are invited. Duplicate and Social Bridge players. To be held in Orchard Creek (OC) with a brunch at 10:30 AM and bridge to follow. Reserve a spot by calling Joanna for Social Bridge at 916-209-3392. Alice for Duplicate Bridge at 916-543-0038

Our Bridge Club participated in the Lifestyle Expo. We can't thank our Association enough for a great opportunity to reach out to the community. Our Committee, Lynne White, Sharon Duley, Sue Schmidt and Sandy Sullivan



Expo Committee

worked hard to organize our table and worked even harder to introduce our Club.

Games are played at Kilaga Springs (KS), Wednesdays/ Saturdays at 12:30 PM.

Friday evenings at 5:00 PM. Partners or questions, please visit our website. Join us!

Contact: Lynne White 916-253-9882,
lynnewhite2000@yahoo.com
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call contacts below for preregistration, or take a chance and show up with your partner in the Sierra Room(KS) by 5:30 PM each Thursday. Play begins at 5:45 PM and finishes by 8:30 PM.

Winners: February 22 – First: Linda Theodore/Janet Pinnell with the high round of 1860 ; second: Jyoti/Viren Sitwala; third: Carolyn/Bob Calmes; fourth: Sharon/Jerry Kluball. March 1 – First: Allan Blaine/Ben Newton with the high round of 2370; second: Johann/Paul Kiesel; third: Reta Blanchard/Gay Gladden; fourth: Janet Pinnell/Linda Theodore. March 8 – First: Nancy Turrini/Lydia King; second: Rosanna Jensen/Kurt Wolff with high round of 1910; third: Linda Theodore/Janet Pinnell; fourth: Erika Wolf/Edith Kesting. March 15 – First: Sue Dumas/Frank Kamienski;

second: Marlene Harner/Basil Molony; third: Carolyn/Bob Calmes with the high round 1830; fourth: Janet Pinnell/Linda Theodore.

Contact: First & Third Thursday:
Kay & Ben Newton 916-408-1819

Second & Fourth Thursday:
Dolores Marchand 916-408-0147,
Judy Olson 916-408-1435



Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:30 PM. Reserve your space in April and May by contacting Pat Mullins at 408-202-1865. March 2 to March 23 Winners: First Place: Bob Free, Nancy Murdick, Harry Collings, & John Woodbury. Second: Donna Moore, Judy Olson, Jay Southard, & Jerry Kluball. Third: Nancy Murdick, Ralph Madsen, Frank Kamienski & John Butler. Fourth: Alan Haselwood, Bob Free, Joe Phelan, & Joan Darroch. Congratulations to eight Grand Slam Winners: Lois Burke & Nancy Murdick (7H's), Joe Phelan & Bob Free (7C's), Harry Collings & Jay Southard (7H's) & Alan Haselwood & John Woodbury (7S's). Free Classes on Wednesdays from 8:30 AM to Noon. Contact us if you are interested.

Contact: Pat Mullins
408-202-1865, pam7nt@gmail.com

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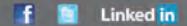


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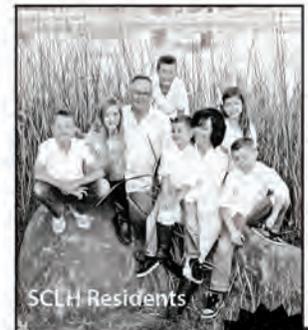
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Bunco

In March, the Bunco group welcomed three new players Kathy Dunn (another Kathy – should we start a Kathy club?), Helen and Jerry Steinman. As beginners luck would have it, Jerry won a prize. Sharlene managed to snag that most popular traveling bear from the clutches of Sharon Chipman arms during the last game.

Please consider joining us for a morning of laughter, fun, and friendship! Bunco is a non-membership group with a \$5 ‘pay to play’ fee. Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM.

March Winners: Most Buncos – Paulette Rhoads; Most Wins – Kathy Sasabuchi, Most Losses – Jerry Steinman; Traveler – Sharlene Christianson.

Next Bunco is Thursday, April 19.
Contact: Kathy Sasabuchi
 916-209-3089, ksasabu@icloud.com



Ceramic Arts

Scraffito! Ever heard of it? That is the Tuesday morning class project. Be sure to check the Ceramic Arts classroom window for examples of this beautiful ancient art. Tuesday and Thursday classes give the opportunity to see what it’s like to “play with clay.” All ability levels are welcome.

CAG workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays

12:00 to 4:00 PM. Earthenware/ Spanish Oils workshops at KS Sundays and Mondays 1:00 to 4:00 PM. Open studio to all residents Fridays at OC from 12:00 to 4:00 PM; Sundays at KS 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes/ closures.

Contact: Mary Clark 916-502-1527
Website: sclhresidents.com



Chorus

Movies have given birth to some of our best-loved songs, like “Over the Rainbow” and “Moon River,” and they have given new life to other favorites written earlier, like “Singin’ in the Rain” and “As Time Goes By.”



Inviting concertgoers and new members at “It’s the Lifestyle!”

You will hear these and many more in our “Movie Music Memories” concerts in the Ballroom on April 22-24. Not just oldies, but more recent musical movie stars like “My Heart Will Go On” from “Titanic” (1997), “Hallelujah” in “Shrek” (2001), and “City of Stars” from “La La Land” (2016).

You’ve heard them all before – but not sung by our 100+ soprano, alto, tenor, and bass voices with professional direction and accompaniment. A few tickets are still available, see page 56 for details and get yours now!

Contact: Suzanne Rosevold
 916-587-3035,
suzannechorus@gmail.com;
Website: lincolnhillschorus.org

Computers

Apple Users



Every month, our Program Committee comes up with terrific topics around which to base our multiple meetings and seminars. For example, last month’s themes were: Home Security; Digital Estate Planning; Managing

Your Stuff on the Mac; and Apple Mail. These were all listed in the LHAUG Calendar so that you could attend them live in the P-Hall (KS). But, in case you couldn’t get there,



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Contact: Vicki White, vickiawhite@me.com
Website: lhaug.org

PC



Main Meeting May 9, 6:30 PM in P-Hall (KS) "Introduction To Medical Web Sites." An overview of how your computer can aid in diagnosing and care of your medical problems. There are good sites and poor ones to get information on medical conditions and advise. Dr. Norman, a Lincoln Hills resident, and fellow Computer Club member will speak to some of his favorites and what to avoid.

Walk-In-Workshop May 15, 1:00 PM to 3:00 PM in the Computer Room (OC).

Ask the Tech: May 25, 10:00



Norman Seidenberg, MD, FACS

AM Informal Q & A session for any and all technical questions Multi-Purpose Room (OC).

Contact: Karl Schoenstein 650-619-9962

Website: www.sclhcc.org



Country Couples

Country Couple's February Mardi Gras dinner dance was filled with plenty of good food, dancing, and fun for all! Dinner included BBQ pulled pork, etc.

DJ Gordon started the evening off immediately by teaching a line dance, and as always, Gordon was fun to watch when he joined us on the dance floor. Nice to see Jim



Ann & Greg Handling

Keener get a break so he and Jeanie could also dance.

Our decorating committee did not disappoint. A mural depicting New Orleans French Quarter covered the entire mirrored wall at (KS). Table decorations, facemasks, and the style of dress worn by attendees also added to the festive spirit of the night.

Be sure to watch for these

upcoming dances. March: Jeanie's "SPRINGTIME,"

April: "SALOON," May: "BALLROOM/COUNTRY."

Contacts: Marsha Brigleb 916-434-5460; Irene Hesson 916-434-6804



Cribbage

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for February were Bill Mortenson, week one, Lynn Bell, week two, Larry O'Donnell, week three, Life Style Expo, week four.

New players are always welcome!

Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 916-599-6530



Cyclists

On March 14, an article appeared in The New York Times indicating that two new studies of older cyclists have added evidence that assumptions

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about aging are outdated. Exercise among middle-aged or older adults is rare. Only about 10% of people over 65 work out regularly. We may have to alter our beliefs about what "normal" aging means. Older men and women (55 - 79) who were active cyclists (400 mi. mo.) were selected. No competitive athletes. These cyclists had reflexes, memories, balance and metabolic profiles that resembled 30-year-olds. Biopsies of leg muscles were taken from 90 cyclists to compare muscle health and function. The conclusion was that older cyclists are healthier and biologically younger. So, the findings are that aging can be slowed down.

Note: Change in website address.
Contact: Steve Valeriot
 916-408-5506, jillsteval@gmail.com;
Website:
www.lincolnhillscyclists.com



Fishing

We had a great speaker at our March meeting - Jim Netzel of TightLines Fishing. He gave us great insight how to fish for Kokanee at Stampede, Boca, Tahoe & the Delta. I hope our members take advantage of his services and offer - The Price IS Right!

Come to our meetings which are held on the second Monday of the month, 7:00 PM KS Lodge Hall. Start your journey to becoming a better angler. Some folks



Sturmer showing Dick & Rob how to cut their food

fish Fuller, Rancho, a local river or pond or some other favorite hole/river in another state.

You can "Google" great videos on fishing - just type "fishing" - you will be amazed at the videos available, pick any fishing subject.

To join, contact Ralph or Henry.
Contacts: Ralph
ralphtonseth@comcast.net, **Henry**
 415-716-0666, hsandigo@gmail.com



Garden

The "Annual Amateur Rose Show" at OC Saturday, April 21, 10:00 AM through Sunday, April 22, 4:00 PM encourages members for a showcasing and competing of roses grown in their yards. Contact: Marian Reeder at 916-408-1730 or Robin Juhasz at 916-899-2382.



Creating Flower Arrangements

Thursday, April 26, 10:00 AM to 2:00 PM, we will feature yards in Lincoln Hills at the Home Garden Tour. A map with descriptions/addresses will be available at 10:00 AM (\$3) outside OC. Contact: Carol Thompson at 916-295-1912. There is no General Meeting this month.

"Blossom Thyme Tea and Garden Auction" is a luncheon social for members (\$18), May 17, 11:30 AM, at OC with an added live auction of donated new or gently used garden items! For tickets, Contact: Annie Herbert at 916-408-0107.

Contacts: Lorraine Immel
 916-434-2918, limmel@gmail.com;
Larry Clark 916-409-5214,
lkclark@surewest.net;
Website: lhgardengroup.org



Genealogy

Mark your calendars and take a breather from filing that last-minute tax return. On April 16 at 6:30 PM in the P Hall (KS), Marian Kile will talk on DNA testing. If you want to know more about the different testing companies and what to do with your results, this is the talk for you.

Members, come a few minutes early to sign in and get your ticket for the door



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Refreshments will be served across the hall, and you will have a chance to network with others who share your interests after the meeting. Always check the website for meeting handouts.

Contacts: Maureen Sausen

916-543-8594, Bob Ringo

916-543-5310, sclhgen@gmail.com;

Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

Our most senior grand dame in our club lives for golf. She often golfs with her daughter, Patti, and is a competitive, regular player. Dell Parker just turned 89 and plays 18 at least two times a week. Dell is the one in shorts, while others are bundled in layers of golf attire. Currently, she has a 30 handicap, and she does not want it any higher. With two aces to her credit in some 50 years of golf, she can still roll it onto most par threes and come close to the pin. She is an inspiration to all.



Dell Parker, swinging at 89.

The Spring Fling is coming at the end of April, and it begins a string of monthly special events.

Our website includes membership information.

Contact: Joyce Hults

Website: lhlgxviii.com

Lincsters

Supporting the City of Lincoln community is an important part of the Lincoln Hills Lincsters. On the first Wednesday of each month, non-perishable food items are collected and donated to The Salt Mine. They are delivered by Marion Munoz, who has been taking care of this for over five years. Also, in December, members purchase and wrap holiday gifts which are presented to each resident of Lincoln Manor, a care facility located in Lincoln. Edna Linville has been overseeing this program for eleven years. Annually, a monetary donation is given to the Placer Breast Cancer Foundation. The Lincsters also host the annual breast cancer tournament every other year. This tournament raises considerable money for breast cancer research and support.

Contact: Pat Shafer 916-408-7174,

gdskd70@aol.com;

Website: lincsters.com

Mens, golf

The March scramble tournament net winning teams were; Jason Hong, Mike Munro, Dennis

Cumiford, Dennis Meddles, Bob Varley, Ron Roberson, Bob McGrath, Jim Pullium, Bob Mccollum, Allan Raynal. Gross winners: Bob Schoenherr, Rob Davies, Les Hanson, Henry Williams, Michael McGuire-Beck, Allan Wong, John Griggs, Mercer Tyson, Roger Corley, Ron Balderston.

Last month projected gross winners, Tony Dipaola, Robert Williams, Gene Andrews, John Michel, Stan Perry, Joe Mcleod, Karl Williams, Jack Drinkard, Paul Apfel, Chuck Edmonds. Net score winners were Tom Horan, Ed Lazarek, Rick Yoshikawa, Paul Yeager, Sandy Merola, Ciro Estremo, Gil Lucas, Joe Mello, Bernie Damele, Al Olivieri. Our Club Championship and Just For Fun Tournament will be April 16-17 on the Hills and Orchard courses.

Contacts: Rodger Oswald

916-543-2032, Roger Cummings

858-736-6966, Doug Hinchey

916-209-3188,

Doughinchey@gmail.net

Website: www.lhmgc.org



Healthy Eating

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If so, **you may be eligible for benefits** under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA).

The EEOICPA provides monetary compensation and medical benefits to individuals who became ill as a result of working in the nuclear weapons industry. Survivors of qualified workers may also be entitled to benefits.

The EEOICPA is administered by the U.S. Department of Labor. For information contact the California Resource Center toll-free at (866) 606-6302, or visit our website at <http://www.dol.gov/owcp/energy/>.


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consume an average of more than 4,000 mg per day and consumption ranging up to 6,000 mg per day is common. Very little sodium comes from our salt shakers, but rather from the processed foods and the restaurant foods so prevalent in our diets these days. More fresh plant-based foods cooked in our own kitchens can help with this problem. Healthy Eating meets monthly on the fourth Monday at 2:00 PM in P-Hall (KS), there is no December meeting.

Contact: Don R. Rickgauer

916-253-3984,

sclh13HealthyEating@gmail.com;

Website:

HealthyEatingClub.wildapricot.org



Hiking & Walking

Thanks to all prospective hikers and walkers who stopped by the Hiking & Walking Group table at the "It's the Lifestyle" Expo held in March. We hope you have visited our website and have joined us on either a Wednesday morning walk around Lincoln Hills or ventured out on a hike. Hikes are typically conducted weekly, on either a Tuesday or



Barb snaps a shot of Vince, Chris, Denny and Jim on Ruck-A-Chucky Trail

Thursday. Recent hikes have been to Hidden Falls, Lake Natoma South Shore and on the Ruck-A-Chucky trail along the Middle Fork of the American River. Upcoming hikes include Gibson Ranch in Antelope and Poorman Creek in the tiny town of Washington. For the best hike experience, check the website for our Hike Guidelines. Remember certain weather conditions may cancel a walk or a hike.

Contacts: Hiking - Art McGrath

916-434-5540, lhhikers@gmail.com,

Walking - Debbie Schryver

916-666-1741,

dshumhaven@earthlink.net;

Website: www.lincolnhillshikers.org



Investors' Study

The Investors' Study Group meets on the first Thursday of the month. Our May 5 speaker is Doug Cote of Voya. Doug has informed and entertained our group for at least three of the last five years. He is always entertaining and answers your questions and enjoys the interaction with our members. Don't miss him. Russ Abbott will continue to update his

Playbook, and this is surely going to be an interesting year if not an entertaining one, depending on your viewpoint. Join us for coffee after the meeting. All residents are welcome.

The Active Investors subgroup meets the second Monday of the month at 3:00 PM in the Multimedia Room (OC). For information about this meeting contact Norm Quattrinat 916-645-4675.

Contact: John Noon 916-645-5600



Lavender Friends

This is Marie Salers' motivation: "I believe what we do for each other we receive back tenfold."

For six years, Marie has led Lavender Friends' charity outreach program, called Lavender Hearts, and has helped raise hundreds of dollars and other donations for people in need.

"Our committee's chosen charity is Stand Up Placer, which supports domestic violence victims, abused children and victims of sex trafficking in



Lavender Hearts leader Marie Salers



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Placer County," explains Marie. The group also supports the Sacramento Women's Chorus and Placer County PFLAG's scholarship program. "Later this year, I will be organizing a group from our club to assist the Salt Mine in distributing food to the needy in Lincoln," she adds. Lavender Friends represents the LGBT community in Lincoln Hills.

Contact: Sandi Dolbee 916-587-3530, sandidolbee@yahoo.com; Website: www.lavenderfriends.com



Line Dance

Our social on March 11 was held in the Ballroom (OC). Over 90 dancers joined in on a great variety of dances. There were a few split floor dances added to the fun. What a great sight to see dancers of all levels on the floor together. A mix of music was played by our DJ, Mike Schenck. Dances from pop, latin, rock, boogie to county were done. We were very lucky to have Christopher Gonzalez and Megan Borsuglia as our special guests. They did a demonstration and also taught us new line dances. Everyone enjoyed them so much. Christopher's



grandmother, Minnie, is a resident and a very proud grandma. Our next social will be held on Sunday, August 19.

Contact: JoAnn Faria 916-434-6813 joannfaria@sbcglobal.net



Low Vision Support Group

Fine Arts Room, (OC), Tuesday, May 1, 2:00 to 4:00 PM "Sharing Knowledge and Challenges of Losing Vision". Kathleen Shevlin, Manager of Senior Programs, and Priscilla Yeung, Instructor, from the Society for the Blind will provide us with valuable information about the Society, its funding and their retail store. They will also discuss what is covered by insurance and the in-home and on-site programs that are available.

Special Meetings – Have significant vision loss? We would like to start a series of special meetings for those impacted to share how they cope with the challenges of daily life. If interested, call Cathy.

Drive to Meetings?

Is a member willing to drive a fellow member to meetings? Please contact Cathy.

Contact: Cathy McGriff 916-408-0169, cathy.mcgriff@yahoo.com



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM,

with arrival time being 10 minutes before 9:00 AM. Play continues until Noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets, and companionship. (No money is involved.) It is not difficult to learn, especially when we teach you! You can master the basics in three hours.

If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance

Contacts: Bruce Castle 916-846-1500, brucecastle101@gmail.com, Marsha Ross 916-253-9551



Mah Jongg, National

All are welcome, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet Tuesday's in the Card Room (OC) 12:15 to 4:00 PM.

If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home at 916-434-7061, she will put your name on the list for the next twelve-week session. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!

Contact: Patti Kingston 916-587-3056, designalm@gmail.com

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Mixed Media Arts

Our April 18 meeting will be a Special Art Journaling demonstration and “round robin experience” led by Chris Fetter.

Our club provides a friendly, fun environment for creative expression using a variety of paints, textures, collage, papers and so much more to produce an impressive range of artistic projects. Come Join Us!

Contacts: Frima Stewart, frimastewart@gmail.com, Nan Griffin, griffinnancy70@gmail.com



Motorcycle

March 10 was the official start of the RoadRunners 2018 riding season. Road Captain Dan Harlander led riders along backroads through the wine country and coastal forests into the small town of Occidental. While in town the club enjoyed a great lunch at Negri’s Original Occidental. Coming up on April 14, Road Captain Dennis Berg will lead riders north along a scenic route to the town of Willows.



Getting ready to ride home

If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) The next meeting will be on April 26. “Ride Safe - Ride With Friends”

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



Movie Lovers

The Movie Lovers Group meets on the second Thursday of each month in the Multi-Media room (OC) 6:30 to 8:30 PM. On April 12, we discussed the movies: Red Sparrow and The Leisure Seeker. These movies prompted stimulating and insightful discussions leading to interesting individual points of view. We welcome all residents to join our group. Future meetings are planned for May 10 and June 14, 2018.

Contact: Cliff Roe 916-409-2049, cliffroe@ix.netcom.com



Music

Play an instrument? Like to sing? All Lincoln Hills residents are welcome at the Music Group meetings! Join us at the April 25 meeting in the Fine Arts Room (OC) from 6:30 to 8:30 PM. Bring your instrument and perform your latest work or come and enjoy the musical presentations. Be sure to

download the 3 group songs from the website. (Password: music-group) The next afternoon Open Mic is on May 31 P-Hall (KS). The performances start at 3:30 PM. Sign-ups start at 3:00 PM. (No Karaoke please.) Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Contact Ron Peck at 916-409-0463 for information. Additional Music Group information can be found at their website. **Contact: Don Smith 916-838-4691, Donsmith6704@frontier.com; Website: LincolnHillsMusicGroup.org**



Needle Arts

The Needle Arts general meetings are the second Tuesday of the month, P-Hall (KS) at 1:00 PM. The programs include great speakers, a show and tell time, and updates on club news. Our spring luncheon will be May 8, taking the place of our regular May meeting.

As a reminder, anyone using the Sewing Room, please tidy up before leaving. The Sewing Room is a wonderful asset, and we want



Colleen Pelfrey spoke at the Needle Arts March meeting

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to keep it as neat as possible for all to use. Do you have sewing goods, knitting materials, or other items to donate? Or questions about the club? If so, you can contact our President Shirli Lent.

For more information on the Needle Arts Group and subgroups schedule visit our website.

Contact: Shirli Lent
shirliknitter@gmail.com;
Website: www.sclhna.com



Neighborhood Watch

There's probably no one who knows Neighborhood Watch as well as Director and Secretary Pauline Watson. Pauline, who originally hailed from the East Coast and the Bay area before moving to Lincoln in 2005, quickly became an integral part of the organization.

Pauline started as a mailbox captain, then was National Night Out Coordinator in 2007. A few months later, she became Neighborhood Watch's first secretary and continued to serve in other positions. Last November, she again was elected secretary



Pauline Watson, one of Neighborhood Watch's most involved and conscientious volunteers.

and director.

Not only does Pauline send out information to mailbox captains and village coordinators, but she also is an essential part of the lost/found pet program. Her knowledge of the workings of Neighborhood Watch has been a big part of the program's success

Contacts: Linda Minor 707-235-0778,
Pauline Watson at 916-534-8436
Website: www.SCLHWatch.org



Painters

Our Art & Craft Tour will open studios and homes in our community on May 19 - 20 from 10:00 AM to 4:00 PM. Bring your friends and visit our gifted artists and crafters to sample the wide variety of their works.

You should all be hard at work on your "Heirloom" Challenge entries. We will be sharing these new masterpieces at our May meeting.

Remember, we now have, for a \$5 fee, access to the Fine Arts Room (OC) every fourth Monday evening from 6:00 to 8:30 PM for an open studio. This is an opportunity to work alongside fellow artists in any medium you choose. Spending time with other creative people can be such a positive and rewarding experience for all.
Contact: Joan Musillani 916-712-4393,
joanmusillani@gmail.com



Paper Arts

"Create-a-Card" took the spotlight at this month's meeting. We brought our card-making kits and card bases, and were supplied design diagrams, ribbon art pieces, other embellishments and voila - it was time to create. Next, "Open Lab" is slated for April 19. Members can drop in to work on their projects, use tools that may not be available to them at home, and learn new tips and techniques. Stop by and check it out.



Instructor Peggy Jo Ackley at the colored pencil workshop in March

Our next club meeting and workshop will be Thursday, May 3 at 9:00 AM in the Terra Cotta Room (KS). We will welcome back Debbie Chronister from Stampin' Up. The cut-off date for sign-up is April 20.

Contacts: Dottie Macken
916-543-6005,
[justdottie@sbcglobal.net;](mailto:justdottie@sbcglobal.net)
Margaret Hornsby 916-543-3804,
lovestampin50@gmail.com

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Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, 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) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones
916-543-3317, djonesea@att.net;
Doris DeRoss 916-253-7164,
dorideross@gmail.com



Photography

Show and Tell was the topic of the March General Meeting. Members are encouraged to show their work and exchange ideas. The sharing includes concepts, processes, new software and even the latest in camera equipment. It's a good opportunity to critique something new for the benefit of the other members. Fifteen members packed our two-hour time slot with artful presentations of their images, videos of vacation locations for photographers and photographic style reviews.

The weather has been altering planned field trips. February's scheduled trip to Yosemite's Firefall was cancelled, and the March trip to our own Ferrari



Dale Petersen, Brad Senn and Patrick Jewell at our Club Expo table

Pond has been delayed until April.

The new Learning SIG continues to be very popular with members. Topics explored at the March workshop included shadows, silhouettes, and simplicity.

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



Pickleball

In pickleball, there is "play," and then there is "play." In 2018, we plan lots of play - as in pickleball games. Our Presidents' Cup tournament just wrapped up with the Club Championships in May and Fall Classic in September. We also plan to play - as in parties. Upcoming events include a pizza night and an ice cream social. Summer, fall and winter socials are ahead.

Want to learn? Free introductory classes most Wednesdays at 1:00 PM. Our next "Welcome Saturday" is 11:00 AM April 28.

Reigning salsa champ John Kirkwood will defend his title during the Pace Race's cook-off challenge May 5.

Players also co-starred in a humorous Skittles candy commercial featuring football star Marshawn Lynch hamming it up on our courts.

Contact: Michael Gardner
916-834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com



Players

Director Becky Nicholson and Producer Craig Stults have now completed auditions for the hilarious play, *Bermuda Avenue Triangle*, coming to P-Hall (KS) June 7, 8, 9, and 10. Get ready for lots of laughs as two New Yorkers are unwillingly transplanted by their daughters into a gaudy Las Vegas retirement condo. The four women, along with a Bermuda-shorts-clad rabbi and Johnny, a con-man who takes a liking to



Becky & Craig discuss "Bermuda" script

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the New Yorkers, will keep you laughing from start to finish. Will Johnny charm his way into the lives and pocketbooks of the newcomers? You'll find out in June! See page 56 for ticket details.

The Lincoln Hills Players welcome new members! Monthly meetings are every second Monday at 4:00 PM P-Hall (KS).

Contact: Ron Hanson 916-434-7112, racketron@yahoo.com;
Website: www.lhplayers.org



RV

February 27, the RV group held their annual recruitment drive at Lincolns Hills Expo. We met about 5 or 6 new residents that are interested in RVing with our group. Some of our members are at Pismo Beach RV Resort on a rally hosted by Bill and Cheryl Bisson and Bill and Dori Duther. We are looking forward to hearing about the rally activities. Next up in April is the Red Bluff Rodeo.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies then we visit with shared appetizers. Residents with interest in RVing are welcome to visit, meet new friends and discuss the joy of RV travel.

Contact: Dean Schumacher 916-223-5182, schumacherdean@sbcglobal.net;
Website: www.lhrvg.com



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The teachers in our elementary schools are still asking for help, and they are looking for volunteers just like you. Your schedule can accommodate your busy lifestyle. You need not have had teaching experience to



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participate. The website has information about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers. Contact a leader listed below who can answer your questions. Crystal Elledge (Elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (Phoenix HS) at jmeidm@aol.com.

Contact: Crystal Elledge 916-587-3056, ceelledge@sbcglobal.net;
Website: schoolssuncity.org



SCOOP

Our newly reorganized club, now Sun City Organization Of Pets continues

with great programs. In March, Gail Bowers brought her golden retriever, Buster, and spoke to us about how the two got certified to make therapy calls to Sutter Hospital patients. Our April meeting centered around a future Canine Companion, Michele Murphy's adorable puppy, October, who is in training to serve some lucky individual.

Going forward our group will meet the first Tuesday of every other month. The next meeting is scheduled for June 5. We will have a wonderful speaker (Joy Smith from Fieldhaven) for cat lovers and anyone interested in animal welfare.

Be sure to attend the upcoming Pet Fair on Friday, April 27 9:00 AM to 1:00 PM OC parking lot.

Contacts: Michele Murphy, zumbalove57@gmail.com;
Ginger Nickerson, gingerlee22@gmail.com



Scrabble

We welcome you to try a game of Scrabble with our loyal group of players. We get together every Monday at 1:00 PM in the Card Room (OC). All materials are provided and no reservations are needed.

Stay for one, two or more games. If you enjoy word games, come and try it out!

Contact: Anne McMaster 916-409-5408, wiltonanne@yahoo.com

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Singles



April 12 the Nominating Committee announced who has an interest in running for our Board officers. Nominations were also opened to the membership.

April 19, 4:30 PM, Lazy Dog Restaurant. April 26, 6:00 PM, Social Singles Auction at KS. Members sign up in advance to offer items that other members can bid on. Items like home cooked dinner, wine tasting, rides to the airport, pet sitting, show tickets, etc. May 3, 4:00 PM Cocktail Time at the Pink Martini. May 6, 4:00 PM, Birthday Celebration in the Sports Bar (OC). May 10, 6:00 PM, Ballroom (OC) will be our Business Meeting/ Poker/Games. May 11, 9:00 AM we have our 2nd Saturday Breakfast at the Sports Bar (OC). For \$15 you can join the Singles Club.

Contact: Kathy Shaddox 916-209-3307, kathyshaddox@gmail.com



Ski

Our snow dances' effects were later than desired, but now we may be skiing well into May. Wonderful conditions and weather helped make the March Mammoth getaway trip a big success for the 24 participants. On April 19, the annual near-the-end of season potluck party will once again be held at the lovely home of Bill and Lillie Smith. Details will be provided to members. If



The Mammoth Group

you are thinking of joining us next season (or even this Spring), this party is a great way to learn about our members and club activities. Contact us if you are interested in attending.

Contacts: Bill Smith or Mike Hilton at 916-258-2150, lhskiclub@gmail.com



Softball

Many of our beautiful trees are blooming, and that means the start of another great softball season is on the horizon.

Our first games this year will be played on April 4, while our "Opening Day" ceremonies will be held on Saturday, April 28 (better chance of good weather).

We invite everyone to join us in the pursuit of our national pastime, whether as a player, a volunteer or a fan.

To "test" your interest in softball, please come out to beautiful Del Webb Field for a fun Sunday morning practice or a batting practice session to be held the last two Wednesdays in March.

If you're thinking about joining us, call me or check out our website. Among other items, the site includes

a membership application and a calendar of events with the dates and times of practice sessions, our entire playing schedule and membership meetings.

Contact: Tom W. Brown 860-490-7799, tomwalkerbrown@gmail.com; Website: lhssl.net



Sports Car

Forty of our members had their sports cars all ready for a memorable three-day adventure to historic Columbia State Park, Ironstone Vineyard, and The Annual Murphy's Irish Days Celebration. Due to rapidly deteriorating weather and predications of freezing rain, and in the interests of the health and safety of our members, and of course their cars, the hard decision was made to cancel this trip. Steve and Anne Beede anticipate re-scheduling this for a later date with better weather. The Lockeford Sausage Factory and Lunch at Therese's went off without a hitch. If you own a sports car and want to join us, contact Tom.

Contact: Tom Breckon 916-434-6989, Tom.Breckon@sbcglobal.net; Website: lhspcars.com



Sun City Squares

Sun City Squares welcomes couples and singles and is happy to announce "all position" dancing concept. If you haven't danced in a long time, or if you have

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lost a partner, we are happy to help you learn again and have a great time. Please come and join us!

Sun City Squares meets at Kilaga Springs

* Monday from 1:00 to 3:00 PM for Plus level dancing

* Monday from 3:00 to 3:30 PM for Advanced level dancing

* Thursday from 1:00 to 3:00 PM for Advanced level dancing

Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com



Swimmers & Water Walkers

Our first official meeting was on March 19, attended by 37 members and three guests. Members contributed ideas for enhancing our swimming and water walking experience. An advisory committee was formed which will meet separately to address issues brought up by members and guests.

In September we will have a potluck. Club members were invited to share resources such as books, videos and youtube links on swimming and water walking techniques. To become a member of the club, please subscribe to our Yahoo Group, subscribe-lhswimmers@yahoo.com. Next meeting will be June 19, Fine Arts Room (OC) at 3:00 PM.

Contacts: Suzan Hunt 916-408-4286, Jean Ware 916-543-6791; lhgroupurlswimmers@yahoo.com



Table Tennis

Have you considered Table Tennis as an option for rainy days (when we are lucky enough to get them) and days that are too hot (they will be here soon)? It's a lot of fun, and you get mental and physical exercise. We all say the same thing when we start – "I haven't played since I was a kid." Guess what – it comes back quick!

We have a "robot" to play against, a great way to practice, on Friday mornings from 8:00 to 11:00 AM. There is also Sunday play from 12:30 to 5:00 PM and Tuesday nights 6:00 to 9:00 PM. Drop in and try one of our different levels of tables from Beginner to Advanced. Lessons can also be arranged.

Contact: Warren Akey 916-408-1658, akeywarren@att.net



Tap Company

"The Show Must Go On!" The show is over and was fun to do, although stressful. "Life happens!" I am in awe of the fortitude of several dancers who soldiered on through serious issues they dealt with during the past few months: death of spouses; health issues of their own and close family members. Dancing helped encourage them through the hard times they had to deal with, and we are so honored that they wanted to continue in their time of concern and



Sea Cruise

sorrow. A personal thank you to Pete who provided the picture for this article. Thanks also go to the audiences who supported the show and hope you had a toe-tapping time. We are now looking forward to our Spring Luncheon in June!

Contacts: Natalie Grossner: 916-209-3804, natalie_g@msn.com; Freddie Dempster 916-253-9734, fredeedee@gmail.com



Tennis

Our St. Patrick's Day extravaganza escaped the threat of rain with a cloudy and cool day for tennis. With just under 100 participating the mix and switch doubles format presented challenges. The catered luncheon with all the trimmings changed the frowns into smiles. The coming events, including the men's and women's doubles, will be completed by the time this article is published and team tennis (LITT) will be underway.

We are providing resident ball machine practice Saturdays on

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Free ball machine practice

Court #9; from 8:00 to 10:00 AM. The ball machine is set up and operated by tennis club members. April 7 thru September 29. Resident drop-in tennis, Saturday and Wednesday; from 8:00 to 10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday.
Contact: Bob White 916-543-1350, bobwhiteca@gmail.com;
Website: www.sclhtg.com



Vaudeville

With the March tap show behind us, it's time to start thinking about the Vaudeville Show. For the past several years this show has been a true variety show and a big hit with our audience. Even though the show is not until July 6 & 7 we hold auditions well in advance so our performers can perfect their acts for you. Auditions will be held Tuesday, April 17 and Thursday, April 19 at Kilaga from 6:00 to 8:00 pm. Contact our Director, Yvonne for an appointment.
Contact: Yvonne Krause-Schenck 916-408-2040, ykrause@yahoo.com



Veterans

Teresa Koch, a senior peer counseling & adult services coordinator for Placer County Health and Human Services, will be the featured speaker at the April 19 meeting at 1:00 PM in the P-Hall (KS).

Senior peer counseling is a free, voluntary, peer-support, in-home program for Placer County residents aged 55 years and up who are dealing with age-related adjustment issues.

Peer Counselors work with people in the community on issues such as grief, caregiver stress, change in their sense of independence, family conflict, loneliness, situational depression or anxiety, change in health, or other age-related concerns.

Senior Peer Counseling is a free, confidential service.
Contact: Wayne Gallant 916-543-4856, wayne.gallant@sbcglobal.net



Water Volleyball

Ah! Spring at last with warmer and longer days ahead. Our Water Volleyball Club plays at the KS pool Monday-Thursday evenings and Saturday morning. Those of you curious should stop by and watch our smiling and enthusiastic players. A wide range of players are enjoying a great game. Good sportsmanship is big

in our club, and we welcome new members all of the time. This is a great time to join and enjoy our social gatherings as well.

It's very important to stay on top of emails and regularly view our website to keep informed of club business. Those interested in joining can contact our new player liaison, Rhonda, or send an email.

See you in the water!
Contact: Rhonda George 907-242-3161, sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

Carving like other craft hobbies is mostly an individual process. An exception might be a spouse or friend that has a good eye for color. After the carving and sanding is done the carver may be assisted in the color selection and maybe even the painting of the carving. However, not all carvings are painted. Some stylized carvings may only need a stain and/or a clear coat to enhance the grain of wood. Wax is another option for a finish of a stylized carving.

Woodcarvers Club members have a large library of carving books and magazines for ideas. Carving tools are available.

Woodcarvers Club meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KS).
Contact: Dick Skelton 916-626-0895

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Writers

Writers meet in the Ceramics Room (OC) at 6:30 PM on the second, fourth, and fifth Monday evenings. With 12-15 copies of your writing, we can all read along with you. Let us know what kind of editing comments you would like if any. April is National Poetry Month! April has a fifth Monday! So – we will try our hand at writing poetry! Some of our members do that now and are very good at it. Some of us have not written poetry and will try out this form of writing. Come join us!

Contacts: Jim Fulcomer, 916-543-9201, jfulcomer@mac.com; Andy Dexter, 707-224-7508, mcpodexter@gmail.com; Freddie Dempster, 916-253-9734, fredeedee@gmail.com

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Bulletin Board

A Course in Miracles

We are a psychological-spiritual study, based on a book of the same name, which promotes peace of mind by changing thoughts of fear to those of Love. An ongoing study group meets on the first and third Monday 2:00 to 4:00 PM at 2325 Longspur Loop. Newcomers are welcome. Call Alexandra Smith at 916-409-5253.

Airport Co-op

Transportation to and from Sacramento Airport for Lincoln Hills residents, works on a point system – give a ride – get a ride. Information can be found on our website www.lhairportco-op or for more information contact Barb Iniguez at 916-408-7812.

Bridge Day

If you play bridge, you are invited. Don't miss this opportunity for duplicate and social bridge players to get together for the first Annual Lincoln Hills Bridge Day. Find a partner and join the fun on Wednesday, May 9. We will begin at 10:30 AM with brunch at Orchard Creek Lodge. Both duplicate and social bridge will follow. Questions? Need help finding a partner? Ready to reserve your spot? Call Joanna for Social Bridge at 916-209-3392. For Duplicate Bridge, call Alice at 916-543-0038. Join us and get in on the fun.

Caregiver Support Group

We meet the third Thursday of each month from 9:00 to 11:00 AM at the Twelve Bridges Lincoln Library, you must use the employee entrance to come in the back. We are open to any who cares for a spouse, family member or loved one. If you are caring for someone and need some encouragement, come and join us. For more www.sclhresidents.com

You Are Invited to Attend:

Seminars are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- **Monday, April 23, 9:00 AM** – C.R. Abrams Revocable Trust Seminar, Solarium (OC)
- **Wednesday, April 25, 9:30 AM** – Eskaton Village Seminar, Solarium (OC)
- **Friday, April 27, 11:00 AM** – Community Hearing Aid Center Seminar, Solarium (OC)
- **Thursday, May 3, 11:45 AM** – Financial Principles Simplified Seminar, Solarium (OC)
- **Thursday, May 10, 10:00 AM** – Nautilus Society Seminar, Oaks (OC)
- **Tuesday, May 15, 10:00 AM** – Preparing is Caring Seminar, Heights (OC)

information contact Joni Trykar at 916-677-7488.

Cloggers

Happy April from the Cloggers! The big annual clogging convention is coming up April 27 and 28, and it's right next door in Sacramento. You will watch, learn and dance our lively, foot-stomping Irish-Appalachian steps at the "Barnyard Boogie" to be held at the Crowne Plaza Hotel, 5321 Date Ave., Sacramento. Please see www.ncca-inc.com (Northern California Clogging Association) for more information on this event. For information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Club LaVita

A social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64 members who are split up into four groups of 16 people in each group. We meet on the third Thursday of every month in one of our members' home, except in June. If you are interested in learning about and experiencing different wines while also meeting great friends, our Wine Club is the

place. For additional information, please contact Tony Dipaola at a.dipaola@sbcglobal.net.

Democratic Club

On April 19, Jessica Morse, Democratic candidate for Congress, will be our speaker. Ms. Morse is the endorsed candidate in the June primary. See her policy positions at <https://www.morse4congress.com/ontheissues/>. All Lincoln residents interested in hearing from Ms. Morse and issues impacting our region are welcome to attend. The meeting is at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time to meet and mix with members before the business meeting at 6:45 PM, followed by the program. See our club website <http://www.democraticclublincolncal.org/> or contact Fred Barnhart lincolndems@gmail.com.

Gam-Anon

If your life is affected by a gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Rd., Loomis. Follow the signs to the proper

meeting room. Call Kay F. at 916-543-3079 for more information.

Glaucoma Support Group

Glaucoma, a leading cause of blindness in the world and can be challenging to the patient. The Glaucoma Support Group provides a place to discuss concerns and ways to live with this disease. Our next meeting will be held on Wednesday, May 9 at 4:00 PM in the Multimedia Room (OC). For more information, please contact Bonnie Dale at Bjdale@aol.com or 916-543-2133.

Golf, Adaptive Golf Clinics

Golf for people with disabilities. If you are a Lincoln Hills resident dealing with injuries, limited mobility, prosthetics, wheelchairs, or walkers, learn to play golf again at the next Adaptive Golf clinic beginning Wednesday, April 18, 10:00 to 11:00 AM at the Lincoln Hills Driving Range. Adaptive Golf is free monthly clinic conducted by golf pros and amateurs, therapists, and volunteers working together to help you discover the therapeutic and restorative values of golf. To register for monthly Adaptive Golf clinics, or for more information, please call Paul Apfel at 916-408-1308, or email paulapfel@gmail.com.

Italian Club

'Let's Explore Emilia Romagna,' Saturday, April 21 from 12:30 to 3:00 PM (KS). This is the sixth in a series of events featuring different regions of Italy. You will learn about Emilia Romagna's history, culture, art, and sample some typical foods from the region known for its cuisine. On May 19, we will roll out our annual BBQ and Bocce Ball event at the Sports Pavilion, led by Tom and Nancy Freschi. If you are a Lincoln Hills resident of Italian heritage, consider joining

our club. Check the Web at www.italianclub.org for more information. Contact Sandi Graham, membership, at 916-826-5711.

Attention all JUDYS...

Lincoln Hills has many ladies named Judy, Judith, Judie. We get together once a month for lunch, and you are invited to join us! For more information, please contact cruisingjudy@gmail.com.

Lincoln Police Department - Volunteer Program

The Lincoln Police Department is recruiting for its LPD 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 either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

Parkinson's Group

We meet on the third Tuesday of each month, from 10:00 to 11:30 AM at Granite Springs Church, 1170 E. Joiner Parkway. Speakers will share their knowledge about Parkinson's, resources that can assist you on your journey, and people who are warm and friendly. This month we will have a general discussion about topics we have recently heard about or answer questions from inquiring minds. Come and join us! For more information, contact Brenda Cathey at 916-253-7537.

Portuguese Social Club

If you live in Lincoln Hills and are of Portuguese descent and want to meet new friends who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together several times throughout the year to enjoy festive events such

as a Portuguese BBQ, Wine Tasting, Linguica Potluck, Happy Hour, & our annual Holiday Party. There is always delicious food, much laughter, and great friendship. Contact Doreen Traxel at 916-543-4965 for more information.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville, 916-781-2323. Membership to the fitness 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. See you on the court! Contact, Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net for more information.

Republican Club

April 24, 6:30 PM, P-Hall (KS). David Wolfe - How to Save California from itself and start a new tax revolt." David Wolfe, Howard Jarvis Taxpayers' Association, Legislative Director, closely monitors state legislative activity including writing position letters, creating an annual Report Card, and contributing to HJTA's quarterly publication Taxing Times. Most importantly David testifies on hundreds of bills on behalf of California taxpayers, many of which sought to undercut Propositions 13 and 218. He has worked on initiative campaigns to defeat taxes and/or advocate for property rights, and he coordinates HJTA candidate endorsements through their Political Action Committee.

Rotary Club of Lincoln

We need your BLOOD! Please Consider Helping. What takes between 30 to 60 minutes can mean saving a life. Please join us at Lincoln Veteran's Memorial

Hall, 541 Fifth Street, Lincoln on April 20, from 1:00 to 5:30 PM. Save time and reserve your place, register online. Go to <https://lincolnblooddrive042018.eventbrite.com> click on Register and chose a time that is not sold out. Or call 916-453-3042. You may also walk in when it is convenient for you, but you may have to wait a bit.

Shalom Social Group

We celebrated our Passover holiday with a traditional Seder. The meal itself was a history lesson – the roasted egg symbolizing spring, the Pascal lamb representing the lamb that was sent to Abraham to sacrifice instead of his son Isaac, the bitter herbs as a reminder of the bitterness of our slavery, and the Charoset (apples and nuts) to represent the mortar we used to build with bricks. A good time was had by all! Our next event is a general membership meeting in May. For information, please call Vida Morrison at 916-984-1043.

Shooting Group

With good weather, we meet on Tuesdays for Trap and Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets.

For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Will hold its monthly luncheon on Tuesday, April 17 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a great way for men new to our area to meet other men. A three-course gourmet lunch costs \$20 pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

**Vendors Wanted!
Lincoln Hills Holiday
Shopping Expo
Tuesday, October 16**

Calling all crafters, artisans, boutique owners and specialty vendors of fun and unique items! Be part of our first Holiday Shopping Expo on October 16 from 10:00 AM to 6:30 PM at

Orchard Creek Lodge. This fun event will offer a one-stop Holiday shopping extravaganza for our residents, guests, and public. The Expo will be promoted throughout neighboring cities and in all forms of social media. Reserve your space early! Vendor application and guidelines are now available from the Lifestyle Department or by contacting Shelvie at shelvie.smith@sclhca.com or 916-625-4021. Space is limited. Registration deadline is August 1, 2018.

**Yard of the Month Contest
is Back – Begins May 1**

The Architectural Review Committee (ARC) is pleased to announce our Yard of the Month contest is back, beginning May 1 to September 1. All residents are invited to participate in this fun program. Simply take a picture of a Lincoln Hills resident's yard and submit the photo and address to the ARC/Compliance Drop Box in the Resident Information Center, please include why the yard deserves recognition for its eye-catching appeal. Submissions will be reviewed monthly by the ARC, and the monthly winner will receive a \$100 SCLH Gift Card. Questions? Contact Barbara Withers, Community Standards at 916-625-4008.

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Community Perks



Tennis Club Ball Machine Practice
Saturdays, April 7 –
September 29, 8:00 AM
Tennis Court #9—**Free**

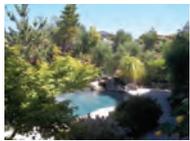
The ball machine is setup and operated by tennis club members. Resident drop-in tennis is each Saturday and Wednesday; from 8:00 to 10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday. Come as a single and sign up on the board located between the entrance to courts #1 and #2 for a doubles partner. Come to your tennis courts and have some fun, practice and meet new people.



Home, Health and Business Showcase
Tuesday, April 17

10:00 AM to 2:00 PM – Orchard Creek Lodge—**Free**

Come and learn about the latest products and services for your home, health, garden and personal matters. Meet your COMPASS advertisers and other local businesses that will showcase their products.



Spring Garden Tour in April

Is this the year that your yard is ready to be shown on the Spring Garden Tour in April? If you are ready to show your yard, download a nomination form from the Garden Group website: www.lhgardengroup.org and send it in, or leave a message for Carol Thompson at 916-295-1912. Thank You!



Trail Walk on the Wild Side
Friday, April 20, 10:00 AM
Kingfisher/Fountain Hill Trails—**Free**

The Trails Enhancement Team invites you to “Walk on the Wild Side” and enjoy this lovely preserve area right in the middle of our community! Crossing the Kingfisher Bridge to join the Fountain Hill Trail, our guides will help us look for nature’s spring bounty of wildflowers, birds, butterflies and other wildlife. Meet at the Kingfisher trailhead on Blue Heron Loop (between Song Sparrow and Warbler Ln.). Questions? Diane Marten at 916-409-2624.



KS Classic Movies on Saturday:
The King’s Speech (2010)
Saturday, April 21, 1:30 PM Screening
P-Hall (KS)—**Free**

Rated R, 118 min, Biography/Drama. Starring Colin Firth, Geoffrey Rush, and Helena Bonham Carter. The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.



Document Destruction
Monday, April 23
10:00 AM to 12:00 PM
Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. \$10 cash or check per average file box is payable to SCLH. Look for the big Shred-It truck in the parking lot!



Listening Post
Tuesday, April 24, 11:00 AM
Front Ballroom (OC)—**Free**

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.



Coffee with the Mayor
Thursday, April 26, 8:00 AM
Terra Cotta Room (KS)—**Free**

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the City of Lincoln and to ask questions; the Mayor is happy to answer any all resident concerns.



Lincoln Hills Pet Fair & Parade
Friday, April 27, 9:00 AM to 1:00 PM
Fitness Center Parking Lot (OC)—**Free**

Celebrate your pets and join us for our first Pet Fair. Additionally, we are having a Pet Parade beginning at 10:30 AM for your chance to show off your furry friends and win fun prizes! Check out various local vendors and pet services. Sitters, groomers, trainers, vets and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Pick up the Parade Guidelines from the Lifestyle Desk. Interested vendors may contact Shelvie Smith (shelvie.smith@sclhca.com) to rent your space.



Annual Parking Lot Sale
Saturday, April 28, 7:30 AM
to 12:00 PM

Fitness Parking Lot (OC)—**Free**

Come one, come all! Enjoy a fun day browsing through a variety of household items, clothes, sporting goods, books, unique treasures and more at a bargain! Bring your family and friends for a fun day of shopping. Donuts and coffee will be sold. No early birds.



Multiple Sclerosis Meeting
Tuesday, May 1, 1:00 PM
Sierra Room (OC)—Free

Multiple Sclerosis Meeting will want to be viewed by all who have faced a life-changing physical challenge. Marine Veteran, Richard Martinez has led many to "Moving On" with physical disabilities through his Bay Area TV Show. For more information call Marilyn Sharp at 916-837-4464 or Jeri Di Fiore at 926-408-7565.



2 Showings!
KS at the Movies:
Murder on the Orient Express (2017)
Saturday, May 5, 6:00 PM Screening
P-Hall (KS)—Free
Monday, May 7, 1:30 PM Screening
P-Hall (KS)—Free

Rated PG-13, 114 min, Crime/Drama/Mystery. Starring Kenneth Branagh, Penelope Cruz, Willem Defoe, and Michelle Pfeiffer. When a murder occurs on the train he's traveling on, celebrated detective Hercule Poirot is recruited to solve the case.



Oak Woodland Walk
Thursday, May 17, 10:00 AM
Canyon Oaks/Elderberry Trails—Free

Take a nature walk with Wildlife Heritage Foundation's Wildlife Biologist Gaylene Tupen to explore a lovely oak woodland in our Northeast Preserve. Learn about different types of oaks, plant and animal communities in the preserve, and wildlife corridors. Gaylene will explain why oak woodlands are important and how our annual sheep grazing helps maintain the health of our wildlife habitats. Meet at Canyon Oaks trailhead on Hidden Hills Lane. Unpaved trail with gentle grades, approximately 1 mile. Call Trails Enhancement Team Leader Cherie McGrath at 916-408-3411 for more information.



Art & Craft Tour
Saturday and Sunday, May 19 and 20,
10:00 AM to 4:00 PM
Artists' Studio—Free

Artists in Lincoln Hills will exhibit and sell their work to the public from their homes for two days. Wonderful handmade crafts and fine art in various media – fine art painting, ceramics, jewelry, photography, glass, fiber art, turned wood, watercolors and more will be for sale. FREE Tour Maps may be picked up during May from both Lodges. Maps will also be available from all artist studios during actual tour hours. This tour is presented by the Lincoln Hills Painters' Club.



KS Classic Movies on Saturday:
Heaven Can Wait (1978)
Saturday, May 19, 1:30 PM Screening
P-Hall (KS)—Free

Rated R, 101 min, Comedy/Fantasy/Romance. Starring Warren Beatty, Julie Christie, Buck Henry, and James Mason. A Los Angeles Rams quarterback, accidentally taken away from his body by an over-anxious angel before he was meant to die, returns to life in the body of a recently murdered millionaire.



Farmers Market Opening Day
Wednesday, May 23,
8:00 AM to 12:00 PM
Fitness Parking Lot (OC)—Free

Join the community as we kick off our weekly Farmers Market on May 23 featuring local Certified Farmers and vendors offering unique items. Dance class and demos from Lifestyle and WellFit departments are in store on our Opening Day! Weather permitting; the Farmers Market will be open every Wednesday until November. If you are interested in being a vendor of handmade and hobby-related items, please contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com.



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Lincoln Hills Community Forums

Back and Neck Pain: How to Manage it Wednesday, April 25, 7:00 PM – Ballroom (OC)—Free

Dr. Chris Shin, professor of Physical Medicine and Rehabilitation at UC Davis Medical Center, will discuss back and neck pain, basic things one can do to alleviate this pain, how to decide when to seek medical attention, how to diagnose the cause and options for treatment. The focus will be mainly on nonsurgical treatments including safe complementary and alternative methods.



Snake Forum: Who You Callin' Ovoviviparous? Tuesday, May 8, 2:00 PM – P-Hall (KS)—Free

March in Lincoln Hills means the return of our slithery friends, as the various local snakes come out of their dens. Dave



Rich and John Parks, DVM, will present their forum on snakes. Join them as they explain the important role snakes play in our lives; how to identify the various snakes and where they can be found; the difference between oviparous and ovoviviparous; and what to do if you or your pet are bitten by a rattlesnake. If you have questions, they have answers. And you might just leave with a little more knowledge and a little less fear.

Popping Your Pills Properly Wednesday, May 23, 7:00 PM – Ballroom (OC)—Free

Dr. Bajwa and Dr. Reza are Family Medicine physicians with Mercy Medical Group in Rocklin. They will both be presenting information about taking prescribed medications properly and how to avoid adverse reactions between medications. They will explain how medications are processed, the differences between prescription, over the counter, and herbal medications and their side effects. During the presentation they will also touch upon the problems that can arise during the transition of care from a hospital or nursing facility back to home. Strategies will be provided for preventing adverse reactions or side effects when using multiple medications.



Upcoming Events

- **From Day to Day: One Man's Diary of Survival in Nazi Concentration Camps**, Thursday, June 14, 2:00 PM – P-Hall (KS)—Free
- **Extend Your Health to Extend Your Life**, Wednesday, June 27, 7:00 PM – P-Hall (KS)—Free
- **Comfort and Confidence with Facebook**, Tuesday, July 10, 10:00 AM – P-Hall (KS)—Free
- **You Are What You Eat**, Wednesday, July 25, 7:00 PM – P-Hall (KS)—Free

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Here comes the event you all have been waiting for! Get ready to sing, dance and experience another unforgettable summer in Lincoln Hills with this year's Summer Amphitheater Concert Series (SACS).

From rock n' roll to pop, country to classic rock, and all genres in between, we have all your favorite hits from the 50's through today performed by award-winning artists and bands for you, your friends and family. Food concession, bars, and doors open at 6:00 PM for 7:30 PM concerts.

Tickets go on sale April 17. Receive a \$20 discount when you purchase the complete Series Package available until May 14 only. Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for individual shows below.

Discounted Summer Concert Series Package – **LSE131** \$164



DECADES

Decades: Music from Chuck Berry to Katy Perry
Hits from the 50's through Today

Friday, June 1 – LSE72

We open our series with a high energy concert from Decades, one of Northern California's most in-demand bands. Expect rock n' roll hits and classic songs from the 50's through today, featuring songs from Chuck Berry, Buddy Holly up to Katy Perry! These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, penny whistle, trumpet and more) and belt out four-part harmonies that will have everyone singing and dancing along. Bring your friends and family to a musical party to be remembered! General admission, \$20.



Whitney – One Moment in Time
Starring Dee Dee Simon

Friday, June 15 – LSE73

Experience the critically-acclaimed live concert honoring the talent, music, and memory of Whitney Houston featuring the breathtaking vocals of Northern California's Entertainer of the Year Award Winner, Dee Dee Simon and her fabulous 6-piece band. The production will fill you with joy, nostalgia, and wonderment as you are taken on a musical journey through Houston's greatest hits including her signature song "One Moment in Time," and classics including "I Will Always Love You," "I Wanna Dance with Somebody," and many more. Simon will have you up on your feet! General admission, \$20.



Caravansarei: The Santana Tribute

Friday, June 29 – LSE74

Get ready for some fun! Caravanserei is a project of love and devotion to the music of Rock and Roll Hall of Fame band, Santana. Listen to songs from all eras of Santana's 30+ year history, from the 1969 hit "Evil Ways" to monster hit "Smooth." Painstaking care has been taken in the recreation of early and new music performed by this San Francisco Bay Area band of journeymen. They have perfected the Santana's instrumentations and sounds. The concert is guaranteed to satisfy Santana fans young and old. General admission, \$20.



When Vegas Was Vegas!

A Rat Pack Music Tribute with Jonathan Poretz

Friday, July 13 – LSE75

Backed by his swingin' mini big band, Jonathan Poretz recreates the heyday of a young Las Vegas, performing authentic, big band arrangements of everyone's favorite songs from the vast catalogs of Frank Sinatra, Dean Martin, Bobby Darin and Sammy Davis, Jr. Among the celebrated classics, he will perform "I've Got You Under My Skin," "Fly Me To The Moon," "That's Amore," "Mack The Knife," "Splish Splash," "My Way," and many more. General admission, \$20.



Listen to the Music: The Doobie Brothers Experience

Friday, July 27 – LSE76

LISTEN TO THE MUSIC is a re-creation of the famous DOOBIE BROTHERS' classic lineup of Pat Simmons, Michael McDonald, Jeff "Skunk" Baxter, Tom Johnston and Tiran Porter. The band showcases the famous Doobie Brothers hit songs of the 70's and recreates the era with exact instruments, costumes, and looks. You can't help but get sucked in and believe it's the real deal. Get your groove on and come experience this unforgettable show! General admission, \$20.



**James Garner's Tribute to Johnny Cash:
A Show That Walks the Line**
Friday, August 10 – LSE77

For over a decade, Garner and his band have faithfully recreated Cash's biggest hits with stunning accuracy. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, the premier tribute to the "Man in Black" is a concert not to be missed. He performed in 2008 at Folsom State Prison to commemorate the 40th anniversary of Cash's infamous live album recorded behind prison walls. The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash's life and music, and the boom-chicka-boom sound of his band, the Tennessee Three. General admission, \$22.



**Garratt Wilkin & The Parrotheads
A Tribute to Jimmy Buffet**
Friday, August 24 – LSE78

Billed as the #1 Jimmy Buffet tribute band in the nation, Garratt and the Parrotheads get you going on the dance floor as they perform Jimmy Buffet hits and classic rock tunes! With hits like "Margaritaville," "Cheeseburger in Paradise," and more, the evening will surely be chillin'! Don't forget to wear your Hawaiian shirts! General admission, \$20.



Forefour: A Tribute to Foreigner and Journey
Friday, September 7 – LSE79

FOREFOUR pays tribute to the music of 80's mega bands FOREIGNER & JOURNEY, recreating the soundtrack of a generation with stunning accuracy. Forefour's program includes the 20th century's most downloaded song, "Don't Stop Believing," as well as power ballads such as Foreigner's "I Want to Know What Love Is," and Journey's "Faithfully." You will surely have a-rockin' good time! General admission, \$20.



Hot August Night: A Neil Diamond Celebration
Featuring Dean Colley
Friday, September 21 – LSE80

Dean Colley returns to close our series with his show Hot August Night! Dean's incredible resemblance insight, and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe, and Asia to enthusiastic audiences. General admission, \$22.

2018 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. Wristbands must be worn during the concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Lifestyle Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands from the Orchard Creek Lifestyle desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

ADA: The Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access.

Chairs/Seating: Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. The amphitheater will close at 5:00 PM on the day of the event and **re-open at 6:00 PM.** **Chairs placed prior to 5:00 AM, or that exceed height maximum of 36" will be removed and placed on the upper patio terrace.** SCLH is not responsible for the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the stage. Unused blanket space may be used for general seating after the opening song.

Dancing: Dancing in front of raised stage permitted. This may

slightly obstruct the view of patrons seated on Amphitheater's bottom tier.

Entertainers: Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature.

Food & Beverage: No-host bar and concessions available upon admission and throughout the concert.

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.

OC Fitness Center/Pool: Closes at 6:30 PM.

Parking: We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

Permitted: Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

Show Cancellation: All sales are final. **No refunds or exchanges will be issued** (includes situations of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held).

Ticket Pricing: Located in individual articles in Entertainment section. All sales are final. No refunds or exchanges. No child pricing.

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



Entertainment

—Club Performances—



LH Community Chorus presents:
Movie Music Memories!
Sunday, April 22, 2:00 PM Show — LSE54
Monday, April 23, 7:00 PM Show — LSE55
Tuesday, April 24, 7:00 PM Show — LSE56
Ballroom (OC)

Join the LH Community Chorus as they sing songs from the movies. You will hear the “Pink Panther Theme” song, songs from “Grease,” “42nd Street,” and “La La Land’s” “City of Stars” plus many others. Take a stroll down memory lane. As always the Chorus appreciates your support! **Premium Reserved Seating: \$20.** General Admission: \$15.



The Lincoln Hills Players Club presents
Bermuda Avenue Triangle
Thursday, June 7
7:00 PM show — LSE57
Friday, June 8
7:00 PM show — LSE58
Saturday, June 9
2:00 PM show — LSE59
Sunday, June 10
2:00 PM show — LSE60

The Players return to kick off your summer with the hilarious *Bermuda Avenue Triangle*. The award-winning, delightfully entertaining Broadway play features hapless New Yorkers Fannie and Tess, who have been coaxed by their middle-aged daughters Angela and Rita to move to a distastefully decorated Las Vegas retirement condo. Breezy Rabbi Levine, who welcomes the newcomers with a basket of “dietetic oat bran macaroons,” and Johnny, a wannabe gigolo, add plenty of comic relief in this tale of covert courtship and attempted subterfuge. The show returns to its sellout Kilaga Springs venue, where every seat’s up close and personal. Seats are limited and will sell fast! P-Hall (KS). **Reserved Seating: \$15.**

—Comedy—



KS Comedy Night:
Jeff Applebaum
Friday, May 25,
6:00 PM Show — LSE103
8:00 PM Show — LSE125
P-Hall (KS)

A native New Yorker, Jeff made his national TV debut on CBS as a comedian on the *Late Late Show with Craig Ferguson*. He has also appeared on *Comics Unleashed*, ABC-TV, *America’s Got Talent* on NBC and opened for and performed with comic legends Robert Klein, Mort Sahl, Robin Williams, Dana Carvey, Elayne Boosler, and more. Jeff plays the role of Joey Bishop in *The Rat Pack Tribute* and appears in the blockbuster film *The Pursuit of Happyness*, starring Will Smith. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

—Community Event—



Annual Parking Lot Sale
Saturday, April 28, 7:30 AM to 12:00 PM — LSR22

Fitness Center Parking Lot (OC) Don’t miss your chance to participate in the Annual Parking Lot Sale; shop or sell! The event brings buyers from the community and neighboring cities. Residents who are interested in selling are limited to two spaces per household. One six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Resident booth: \$29 per space. Home or local businesses: \$50 (limited number of spaces available). Registration is limited to in-person at the Activities Desk.

—Concerts—



Amanda King:
“A Salute to Ella”
Friday, April 20, 7:00 PM, P-Hall (KS) — LSE101

Before she was the First Lady of Song, Ella Fitzgerald was a young girl with a dream and determination. Noted jazz/cabaret chanteuse Amanda King, a vivacious and captivating entertainer, shares Ella’s origins, inspiration and early music in a swingin’ evening of song and history celebrating the

Legend. The show will feature many of Ella's classic songs including "Bei Mir Bist Du Schoen," "Take the A Train," "Mack The Knife," "Someone To Watch Over Me," and many more favorites. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**



You've Got A Friend: The Carole King Songbook Performed by The Rythm Method 4 Tuesday, May 8, 7:00 PM, Ballroom (OC) — LSE85

A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also honor songs from her best-selling, 4-time Grammy Award-winning album Tapestry, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend." The Rythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Premium Reserved Seating: \$24.** General Admission: \$21.



Richard Glazier: Great Music from the Stage and Screen Tuesday, May 15, 7:00 PM, Ballroom (OC) — LSE91

Join award-winning pianist and master storyteller Richard Glazier on a musical tour of Broadway and Hollywood, featuring sensational songs written by masters from

George Gershwin to Leonard Bernstein. Glazier is famous for combining fascinating stories, hilarious anecdotes, and unforgettable performances. The program includes "Hooray for Hollywood," "Singin' in the Rain," "Pure Imagination" from *Willy Wonka and the Chocolate Factory*, "Theme from Auntie Mame," and Medleys from the immortal Broadway shows. Glazier concludes the show with his signature piece the *Rhapsody in Blue*. He will be joined by special guest singer Nancy Agee. **Premium Reserved Seating: \$19.** General Admission: \$16.

—Fashion Event—

An Affair to Remember Spring Fashion Show Luncheon Thursday, May 3, 11:00 AM — LSE71 Ballroom (OC)

Check out the latest fashion trends. Watch your friends and neighbors model outfits from White

www.sclhresidents.com

House Black Market, J.Jill and Marilyn's Fashion-Ations. Chef Ian has prepared a delicious luncheon plus dessert to compliment the occasion (check the Lifestyle Desk for complete menu). Mimosas are available for purchase. Buying a table with friends? Provide a list of guests with their food choices upon registration. Doors open at 11:00 AM; Lunch at 11:30 AM with Show at 12:30 PM. General admission: \$33. *Everyone is welcome to shop from beauty and fashion vendors in the Pre-Function Area from 10:30 AM to 2:30 PM.*

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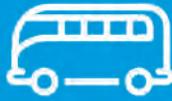
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Katrina Ferland
Lifestyle Trips Coordinator
Katrina.Ferland@sclhca.com



Featured Trip



Overnight!

Angel Island and Highlights of Marin County
Sunday, September 9 to Monday, September 10
— **LST140**

Join Katrina, your Lifestyle Trip Coordinator, as we visit Angel Island and more! Take a train trip on the newest passenger train service between Sonoma and Marin Counties and enjoy a tour of the highlights of Marin County with resident favorite step-on guide, Gary Holloway.

Trip package includes per person:

- One night stay at Doubletree by Hilton Sonoma Wine Country in Rohnert Park
- Hot breakfast for the group in private room
- Ferry to Angel Island
- Boxed lunch & tram tour of Angel Island
- Dinner on your own in Sausalito (enjoy the sunset on the bay!)
- Train ride on new SMART – Sonoma-Marin. Transit from the beginning of the line to the end.
- Tour by bus through several Marin County communities with commentary
- Included private lunch at Le Chateau Basque in San Rafael. Menu choices at Lifestyle Desks.
- Bus driver gratuity

Wheels roll from OC at 8:00 AM, return to LH, ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$345 per person double occupancy. \$465 single.

Day Trips

—Casino/Races—

CACHE CREEK CASINO RESORT

Cache Creek Casino
Wednesday, May 30 — **LST123**

Wednesday is Military Appreciation Day so make sure to bring along an accepted form of military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to receive an additional \$20 in bonus play. Receive \$10 in gaming credits or \$20 match play and \$5 food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Spend four hours at the casino. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM. \$27.



Colusa Casino
Thursday, June 21 — **LST133**

Casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$5 additional slot credit and \$5 credit towards the buffet. There may be additional promotions in June. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$24.

—Museums—



Manetti-Shrem
Museum of Art at
U.C. Davis
with Lunch at
The Firehouse in
Old Sacramento
Thursday, April 26
— **LST124**

Join Katrina for a visit to the new museum

located in U.C. Davis. Enjoy a docent-led tour of the museum's fine arts collections with a major

exhibition of early works by Wayne Thiebaud, one of Northern California's best known and most accomplished artists. The exhibition features more than 60 paintings, including several rarely exhibited works. Includes lunch at Old Sacramento's The Firehouse Restaurant prior to the museum. Provide lunch choice upon registration: *Baked Organic Chicken, Grilled Pork Loin, Chef's Seafood of the Day or Vegetarian Polenta with Chocolate Mousse Cake and beverage.* Wheels roll from OC at 12:00 PM, return ~ 6:00 PM. \$74.



Legion of Honor – San Francisco Truth and Beauty: The Pre-Raphaelites and the Old Masters Wednesday, July 18 — LST136

See the first major international loan exhibition to assemble

works of art by members of England's nineteenth-century Pre-Raphaelite Brotherhood with the early Italian, Netherlandish, and German art that inspired them. The presentation will feature stained glass and tapestries. Also enjoy the exhibition: *The Future of the Past: Mummies and Medicine.* For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Wheels roll from OC at 8:15 AM, return ~ 6:15 PM. \$70.

—Performances—



The Illusionists Present Cirque Paris at Eldorado Reno Wednesday, June 27 — LST137

Featuring an award-winning acrobatic cast including former stars of Cirque Du Soleil, *Cirque Paris* is set around a custom, fully functioning speakeasy-style bar with beautiful and unique acts from around the world accompanied by mesmerizing musicians, sensational dancers, and a magical comedy host. It will transport you to the cabaret nightclubs of France. Includes \$10 free play and \$5 food credit at the Silver Legacy, and buffet dinner at the Eldorado before the show. Reserved seats. Wheels roll from OC at 12:00 PM, return ~ 11:00 PM. \$95.

2018 Music Circus

Enjoy three wonderful shows from this year's season at the air-conditioned Wells Fargo Pavilion in Sacramento presented in "Theatre in the Round." Two are brand new to Music Circus and sure to be hits! All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Enjoy the convenience of being dropped off right at the entrance gate! Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$101 each show. See next page for individual show listings.

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GYPSY

Gypsy
Tuesday, July 24 — LST120
 This landmark show, with a celebrated score by Jule Styne and Stephen Sondheim, is based on the life of burlesque queen

Gypsy Rose Lee. A singularly-focused mother takes her daughter on a cross-country adventure in pursuit of fame and fortune on the dying Vaudeville circuit.

MAMMA MIA!

Mamma Mia!
Wednesday, August 8
— LST121

On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to an island paradise. Featuring over 20 ABBA songs, this high-spirited, feel-good international sensation will have you singing and dancing in the aisles. Music Circus premiere.

LITTLE SHOP OF HORRORS

Little Shop of Horrors
Tuesday, August 21
— LST122

Nerdy floral shop worker Seymour would do or give anything to gain the love of the object of his affection, Audrey. The depth of his desire is tested when a strange and precarious addition to his floral shop brings him sudden and unprecedented popularity. This hit musical, based on the campy 1960s cult horror film, features music by Alan Menken. Music Circus premiere.



Les Misérables
Orpheum Theater, San Francisco
Wednesday, August 15 — LST111

See the new Cameron Mackintosh production of LES MISÉRABLES. Set against the backdrop of 19th-century France, LES MISÉRABLES tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit featuring the beloved songs, "I Dreamed A Dream," "On My Own," and more. With its glorious new staging and dazzlingly reimagined scenery, this new production has left everyone awestruck. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



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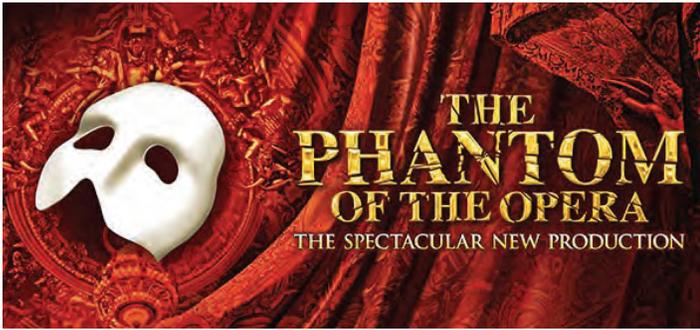
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The Phantom of the Opera
Orpheum Theater, San Francisco
Thursday, September 6 — **LST112**

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* makes a triumphant return to San Francisco. The production boasts many exciting special effects including the show's legendary chandelier. Performed by a cast and orchestra of 52, this *Phantom* is one of the largest productions now on tour. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.

—Sports—



River Cats vs. Oklahoma City Dodgers
Tuesday, June 5 — **LST138**

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Tuesday night is \$1 hot dog & soft-serve night! Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM, ~ return 11:00 PM. \$49.

Oakland A's vs. Houston Astros
Wednesday, May 9 — **LST99**

Special deal for A's and the World Champion Houston Astros! Enjoy an included an all-you-can-eat private BBQ Buffet with soft drinks. Day game in field level seats with shade in Sections 101-102. The bus drops off near the gate by our seat locations. Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 7:15 PM. \$104.



Oakland A's vs. San Francisco Giants
Sunday, July 22
— **LST103**

Upgraded seats in Plaza Level right behind dugout overlooking 1st base Section 210. The bus drops off near gate by our seat locations. Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM. BBQ buffet not included. \$99.

San Francisco Giants 2018

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room; access to the memorabilia displays and shorter lines. Portions of club level are in climate-controlled areas. Enjoy easy elevator access (bus drops off on the Third base side where seats are located.). No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium available at Lifestyle desk. See the list on next page for individual game time, departure and pricing.





Giants vs. Washington Nationals

Wednesday, April 25 — LST100

Wheels Roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. \$121. (This trip includes a rest stop on return due to weekday traffic.) Seats in Club Section 231.



Giants vs. St. Louis Cardinals

Sunday, July 8 — LST101

Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM. \$154. Seats in Club Section 230.



Giants vs. Los Angeles Dodgers

Sunday, September 30 — LST102

Wheels Roll from OC at 8:15 AM for a 12:05 PM game time and return ~ 6:00 PM. \$154. Seats in Club Section 230.

—Tours/Leisure—



San Joaquin Asparagus Festival
Friday, April 20 — LST115

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and more! Enjoy many types of asparagus dishes including, deep-fried asparagus, asparagus ice

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cream, corn dogs, and more! The event is held at the San Joaquin County Fairgrounds (Stockton) with indoor and outdoor venues. We will arrive at the event opening and stay for four hours. Wheels roll from OC at 8:30 AM, return ~ 4:00 PM. \$38 (includes admission; food and drink on your own.)



Beale AFB Open House and Air Show
BUS#2
Saturday, April 28
— LST139

Visit our nearby Beale Air Force Base for their open house & airshow. Special appearance by the USAF'S F-22 Raptor, the world's only operational stealth fifth-generation fighter. There will be jet demonstrations from the Patriot Jet Team. Enjoy static displays of many types of aircraft including the U-2 and talk to the ground



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support crew and pilots! This trip leaves from KS due to the Parking Lot Sale. Foam earplugs and bottled water will be provided. Lunch on your own. Tour of the base not included. Wheels roll from KS at 9:00 AM, return ~6:00 PM. \$35.



**Lodi Street Faire
Sunday, May 6
— LST113**

A popular event for residents! This event attracts vendors from throughout California and takes

up a 10-square block area of downtown Lodi. More than 600 vendors participate in this biannual event, selling antiques, arts & crafts and commercial items. Choose from 25 food vendors offering everything from hamburgers to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. You will have four hours to spend to shop, lunch (on your own) and explore downtown Lodi. Wheels roll from OC at 8:00 AM, return ~ 3:00 PM. \$30.



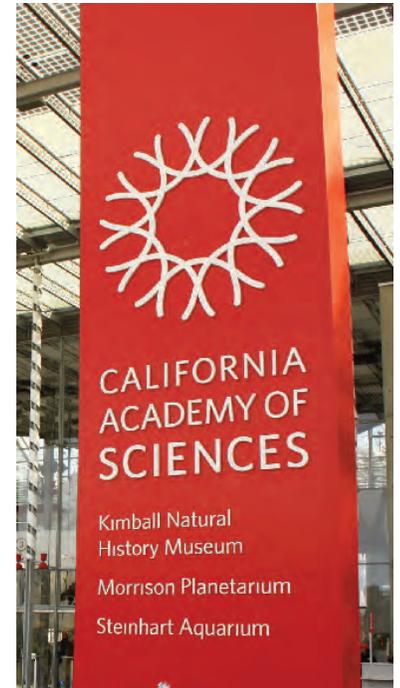
**CHP Training Academy & Museum Tour
Thursday, May 10 — LST125**

Join us on our first tour of the California Highway Patrol (CHP) Training Academy! Take a walk (under a mile) with a knowledgeable tour guide and learn how the CHP has become one of the world's premier law enforcement agencies. View the cadets in training and the CHP Museum. Included lunch afterward at Old Sacramento's Rio City Café on the river. Lunch choices: Hamburger, Grilled Salmon, Grilled Chicken Salad, Vegetarian Quinoa Sandwich, includes soft drink and dessert. Complete menu descriptions at Lifestyle Desk. Wheels roll from OC at 9:00 AM, return ~ 3:00 PM. \$72.

**California Academy
of Sciences
Golden Gate Park,
San Francisco
Wednesday, May 16
— LST127**

View the whole universe under one roof – an aquarium, a planetarium, a natural history museum and more! The 412,000 square foot structure is not only physically impressive but is the greenest museum on the planet. Your admission includes access to all museum and aquarium exhibits.

See the world's deepest coral reef exhibit, climb into the canopy of the 4-story tropical rainforest, and experience a new exhibit on earthquakes. Lunch on your own at the Academy Café or The Terrace Restaurant. Wheels roll from OC at 8:30 AM ~ return 8:15 PM. \$80.

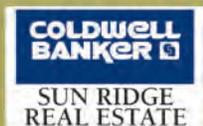


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Email: Jonathan.Leung@sclhca.com



EVENT	EARLY REGISTRATION NOW THROUGH APRIL 15	GENERAL REGISTRATION APRIL 16 - MAY 5	RACE DAY (MAY 6) REGISTRATION
5k	\$40	\$45	\$50
10k	\$45	\$50	\$55
Kids Run	FREE	FREE	FREE

FOR MORE DETAILS: www.lincolnpacerace.org ★ 916-625-4031



Yountville–Wine Walk
Thursday, June 7— LST134

Choose from nineteen tasting rooms offering wines not only from the Yountville region but from around the world in less than one strolling mile. Meet the farmer, the winemaker, the master sommelier, and some of the greatest knowledgeable personalities around. The bus will drop you in the center of town at The “V” Marketplace not too far from the Yountville Welcome Center and near many tasting rooms or take a walk through the French Laundry Gardens across from the famed restaurant. Lunch and wine tasting on your own. Wheels roll from OC at 8:30 AM, Return ~ 6:15 PM. \$42.



Federal Reserve Bank of San Francisco Tour
Tuesday, June 19 — LST129

Join Katrina to visit the Federal Reserve Bank of San Francisco. Tour through the cash operations area and learn about the Federal’s role in monetary policy, supervising and regulating banks. Enjoy an included boxed lunch at Boudin Bakery prior to the tour. Provide choice at registration: *Artisan Ham & Brie, Turkey Avocado, Roast Beef or California Veggie. Includes iced tea and coffee.* Tour is limited to 30 people and requires 90 minutes of standing with limited accessibility. Each enrollee must provide government-issued photo identification. Only in-person registration allowed. Wheels roll from OC at 8:00 AM, return ~ 5:45 PM. \$102.



USS Potomac – Islands and Lighthouses of the Bay Cruise
Thursday, July 19 — LST119

The “Floating White House” Franklin Delano Roosevelt’s presidential yacht has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. We will be taking a special fully narrated three-hour “Islands and Lighthouses of the Bay” cruise. Box lunch included (choose onboard). Includes coffee, tea, and water. Wheels roll from OC at 7:30 AM, return ~ 4:30 PM. \$130.

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South Fork American River Rapids Rafting
Thursday, July 26 — LST135

The South Fork of the American River is one of the most popular rafting adventures on its course through California's historic Gold Country. If you are active and can swim, this trip is well suited for you (no rafting experience necessary.) The difficulty of rivers are rated class one to six, and this course is on class two and three-plus rapids. Meridians boxed lunch is included with choice of *Turkey or Ham Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water, and a cookie. Provide lunch choice at registration. This is a high-impact trip and not recommended for those with back issues. Consult with your doctor about any health concerns. Pick up guidelines, waivers and rafting itinerary at Lifestyle Desk. Wheels roll from OC at 11:00 AM, return ~ 6:30 PM. \$160. **Cannot be purchased online, must register in person.**

Sold Out Trips

Trip • Date • Departure Time

List below shows trips up to June.

- Young Frankenstein – Auburn State Theater
 Sunday, April 15 • 12:45 PM
- UC Davis Teaching Nursery and Arboretum
 Monday, April 16 • 8:45 AM
- Redwoods/Eureka
 Sunday, April 29 • 8:00 AM
- P.A.W.S Open House
 Saturday, May 12 • 7:45 AM
- An American in Paris
 Tuesday, May 22 • 6:45 PM
- Old Sacramento Underground Tour
 Thursday, May 24 • 8:30 AM

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(Sign-in starts at 9)

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Classes

Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-time. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first-served basis with in-person enrollment allowed only on the day of the class. Students must check with the instructor prior to registration for space availability and class **prerequisite**. The class article notes if drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

Art

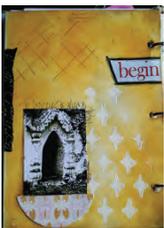
—Announcement—



Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Drawing—



Mixed Media Art Journaling Tuesdays, May 8 & 29 — LSC895

9:00 AM to 12:00 PM (OC). \$45 (two sessions). Plus, \$5 Supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically

record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies

—Oils, Pastels & Acrylics—



Oil and Acrylic Painting: Intermediate/Advanced Wednesdays, May 2-30

— LSC958

9:00 to 11:30 AM (OC). \$65 (five sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some congenial company and tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years painting experience. For more information contact Marilyn at 916-409-0397 or see her website at www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



Oil and Acrylic Painting: Beginner/Refresher Wednesdays, May 2-30

— LSC962

1:30 to 4:00 PM (OC). \$65 (five sessions). Instructor: **Marilyn Rose**. Have you always wanted to try painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling, followed by simple form creation plenty of discussion, demonstrations, and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



Pastels for All Levels with Michael Mikolon
Mondays, May 7-21 — LSC607

9:30 AM to 12:00 PM (OC). \$39 (three sessions). Instructor: *Michael Mikolon*. Learn to paint with pastels. Open to all levels, beginner through advanced.

Each class will begin with a demonstration showing different pastel techniques. Receive individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! *About the Instructor:* Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).



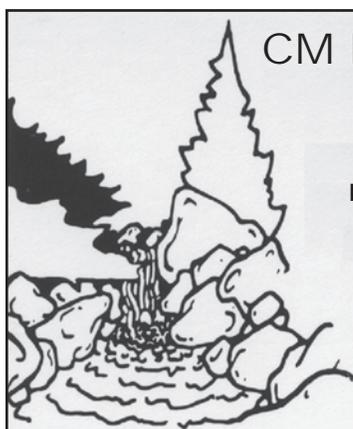
Sip and Paint "Spring Garden"
Friday, April 27 — LSC906
Or "Coy Fish"
Friday, May 25 — LSC907

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*.



Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors,

brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.



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—Watercolor—

Watercolor Painting with Michael Mikolon

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

Wednesdays, May 2-30 — LSC650

5:30 to 8:30 PM (OC). \$75 (five sessions). Instructor: *Michael Mikolon*

Thursdays, May 3-31 — LSC631

1:00 to 4:00 PM (OC). \$75 (five sessions). Instructor: *Michael Mikolon*

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Ceramics

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Beginning/Intermediate Ceramics

Tuesdays, May 1-29 — LSC676

1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and continuing stu-

dents who want to continue to develop their skills. This course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics Tuesdays, May 1-29 — LSC974

9:00 AM to 12:30 PM (OC). \$67.50 (five sessions). Instructor: *Jim Alvis*. This class is for

self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.



Ceramics for All Levels

This class is for all levels of ceramics, beginners to advanced. Students are encouraged to explore many of the creative and functional approaches to handling built

and wheel thrown ceramics. The class is tailored to each person's interests and personal expression. Each class includes assignments, demonstrations, and individual instruction from artist Instructor Taylor Jackson. New students are asked to bring clay and will be provided a materials list at the first class.

New Morning Class!

Thursdays, May 3-31— LSC1144

9:00 AM to 12:00 PM (OC). \$67.50 (five sessions). Instructor: *Taylor Jackson*

Thursdays, May 3-31 — LSC802-04

1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Taylor Jackson*

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Crafts

—Card Making—



Intro to Card Making 101—Level 1
Fridays, May 11-25 — LSC884
 9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach

all of the “ins and outs” of making greet-ing cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

Card Making Level 2—Intermediate **Mondays, May 7-21 — LSC860**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor’s approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced **Wednesdays, May 9-23 — LSC873**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 offering more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

—Cooking—



Cooking with our
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All about Proteins
Tuesday, May 15
— LSC982

9:00 AM to 11:00 PM (KS). \$20. Join Chef and learn all about proteins. Discussion and demo will cover whole salmon, trout, a variety of beef and pork tenderloin.



Produce with a Purpose
Thursday, May 22
— LSC1137

4:00 to 6:00 PM (KS)
 \$45. Instructor: *Kerin Gould, Ph.D.* Your doctor told you to eat more produce, but who

has the time, energy, knowledge, or inspiration? This class features nutrition information about foods for fighting cancer, diabetes, and other chronic illness, plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to take home. Instructor Kerin Gould, Ph.D. studied natural health but learned more while helping her dad fight cancer. She owns a small farm and writes a column for local newspapers. For more back-story see <http://producewithapurpose.wordpress.com>. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.



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Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.



Beginning Clogging

Tuesdays, May 1-29 — LSC757

10:00 to 11:00 AM (KS). \$28 (four sessions, No class May 15).

Instructor: **Janice Hanzel**. Start a new passion! Join this new

Beginners class, a low impact, revamped foundation and fundamental class. The class will move through, at a relaxed pace, the eight basic traditional clogging movements, while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

Easy-to-Intermediate Clogging

Tuesdays, May 1-29 — LSC602

11:00 AM to 12:00 PM (KS). \$35 (five sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging

Tuesdays, May 1-29 — LSC623

12:00 to 1:00 PM (KS). \$35 (five sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with higher level clogging. Review steps from some of the Intermediate level dances we have learned, in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

Country Couples Western Dance

Beginner Level 1 & 2

Mondays, May 7-21 — LSC617

7:00 to 8:00 PM (KS). \$18 (three sessions). Instructors: **Jim & Jeanie Keener**. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.



Country Couples Western Dance

Beginner/Intermediate Level 3 & 4

Mondays, May 7-21 — LSC797

6:00 to 7:00 PM (KS). \$18 (three sessions). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Dancing with You," a nightclub 2 step and "Babykakes Cha Cha."

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Country Line Dancing
Fridays, May 4-25 — LSC690

3:00 to 4:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—



Dance for Life!
Instructor: Dolly Schumacher
 "Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet Barre, the class begins with warming exercises. Gentle stretching

awakens the body as we move on to balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. Join this friendly non-competitive atmosphere, where dance is fun, energizing, and empowering.

Beginning Dance for Life
Thursdays, May 3-31 — LSW21

5:00 to 6:30 PM (OC). \$37.50 (three sessions, no class May 17 & 24)
 Instructor: *Dolly Schumacher*.

Dance for Life Intermediate
Fridays, May 4-25 — LSW27

2:15 to 3:45 PM (OC- May 4 & 11)
 3:30 to 5:00 PM (KS - May 18 & 25). \$50 (four sessions).
 For the dancer who loves to perform!
 Instructor: *Dolly Schumacher*.

—Hula—



Hula Basics
Thursdays, May 3-31 — LSC1133
 12:00 to 1:00 PM (KS). \$32 (four sessions, No class May 10).
 Instructor: *Pam Akina*. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new students

of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information is taught. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class at pamahoa@hulaponono.com or 916-521-0474.

Hula Intermediate
Thursdays, May 3-31 — LSC1008

1:00 to 2:00 PM (KS). \$32 (four sessions, No class May 10). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students.

Vacation drop-in: HULA — \$14 per session.





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—Jazz—

Jazz Class for the Beginner**Thursdays, May 3-31 — LSC1134**

11:00 AM to 12:00 PM (KS). \$40 (five sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

Jazz Performance**Tuesdays, May 1-29 — LSC672**

1:00 to 2:00 PM (KS). \$40 (five sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that best fits your needs. Below are the instructors and classes listed in order of difficulty.

**Intro to Line Dance**

The first step to learning line dancing! This class is for real beginners, introducing basic line dance steps, dances, and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you for advancement to more challenging line dance classes in the future.

- **Mondays, May 7-June 25 — LSC753**
4:00 to 5:00 PM (KS). \$42 (seven sessions, No class May 28). Instructor: *Audrey Fish*
- **Thursdays, May 3-June 28 — LSC970**
9:00 to 10:00 AM (KS). \$54 (nine sessions). Instructor: *Yvonne Krause-Schenck*

Easy Beginner

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **Thursdays, May 3-31 — LSC748**
10:00 to 11:00 AM (KS). \$30 (five sessions). Instructor: *Yvonne Krause-Schenck*
- **Fridays, May 4-25 — LSC993**
2:00 to 3:00 PM (KS) \$24 (four sessions). Instructor: *Sandy Gard o**

Line Dance 1—Beginner

Prerequisite: This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

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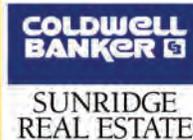
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- **Mondays, May 7-28 — LSC721**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, May 3-31 — LSC1135**
2:30 to 3:30 PM (KS). \$30 (five sessions).
Instructor: *Audrey Fish*

Line Dance 2—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will be taught reflecting different timing and styling. High Beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, May 7-21 — LSC608**
5:00 to 6:00 PM (KS). \$18 (three sessions).
Instructor: *Audrey Fish*
- **Wednesdays, May 2-30 — LSC1001**
9:00 to 10:00 AM (KS). \$30 (five sessions).
Instructor: *Sandy Gard o**

Line Dance 4—Easy Intermediate Class

Prerequisite: The dances taught in this class are more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **Wednesdays, May 2-30 — LSC675**
10:00 to 11:00 AM (KS). \$30 (five sessions).
Instructor: *Sandy Gard o**

Line Dance 4—Intermediate/Advanced Class

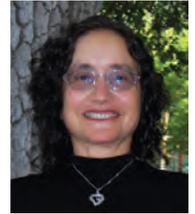
Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- **Thursdays, May 3-31 — LSC635**
3:30 to 4:30 PM (KS). \$30 (five sessions).
Instructor: *Audrey Fish*

Line Dance Instructors

• Audrey Fish

Audrey has been teaching at Lincoln Hills since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



• Sandy Gardetto

Sandy is an excellent line dance instructor, with over 15 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 (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



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- **Yvonne Krause-Schenck**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

Beginning Tap

Mondays, May 7-28 — LSC786

11:00 to 12:00 PM (KS). \$36 (four sessions). If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham."

Choreography

Thursdays, May 3-31 — LSC810

11:00 AM to 12:00 PM (KS). \$45 (five sessions). Instructor: *Alyson Meador*. This class prepares students for stage performances.

Technique

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

- **Tuesdays, May 1-29 — LSC821**
10:00 to 11:00 AM (KS). \$45 (five sessions).
- **Thursdays, May 3-31 — LSC857**
10:00 to 11:00 AM (KS). \$45 (five sessions).
- **Mondays, May 7-28 — LSC756**
10:00 to 11:00 AM (KS). \$36 (four sessions).

Glass Art



Fused Glass Jewelry Monday, May 21

— LSC767

9:30 AM to 12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor.

Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. A new project is introduced every month. Beginners & experienced artists are welcome. This class will teach the fundamentals of Dichroic glass jewelry designing and glass finishing. Designs, finishing schedules and cold working techniques will also be taught. \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, one plate, or another similarly sized project. Larger projects are available for an additional fee.

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Stained Glass**Mondays, May 7-21 — LSC820**

1:00 to 4:00 PM (KS). \$45.50. (three sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, to recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 27 years of stained glass experience.

Movies

If It's Spring, It Must Be Baseball!
Wednesdays, April 25-May 16
 — **LSC597**

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: *Ray Ashton*. You are in store for four great movies about the great American pastime. The magical *Field of Dreams*, the kid's

perspective of legends in *The Sandlot*, a baseball movie from an adult perspective in *Bull Durham*, and the inspiring story of Jackie Robinson in *42*. Grab your peanuts and Cracker Jacks as we discuss the nature of this 19th-century game and why it gives us such great movies.

Music

—Guitar—



Guitar 1A—Beginner Level
Wednesdays, May 2-30
 — **LSC1011**

8:00 to 10:00 AM (KS). \$60 (five sessions). Instructor: *Bill Sveglini*. **Advisory:** The class

is currently closed to new students.



Guitar 1B—Continuing
Beginner Level
Mondays, May 7-28 — LSC846

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: *Bill Sveglini*. **Advisory:** The class is currently closed to new students.

Guitar 2B—Entry to Intermediate Level
Wednesdays, May 2-30 — LSC1016

10:15 AM to 12:15 PM (KS). \$60 (five sessions). Instructor: *Bill Sveglini*. **Advisory:** Class is currently closed to new students.

Guitar 3—Intermediate
Thursdays, May 3-31 — LSC924

8:00 to 10:00 AM (OC). \$60 (five sessions). Instructor: *Bill Sveglini*. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

Guitar 4—Advanced
Thursdays, May 3-31 — LSC940

10:00 AM to 12:00 PM (OC). \$36 (three sessions, no class April 19). Instructor: *Bill Sveglini*. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

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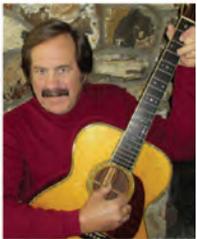
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Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, May 1-29 — **LSC1039**

1:00 to 2:00 PM (KS). \$45 (five sessions).

Instructor: *Darrell nger*. No prior music knowledge or good singing voice necessary! Emphasis is on

playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. About the Instructor: Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.

Folk Guitar for Fun Folks 102

Intermediate Class

Tuesdays, May 1-29 — **LSC939**

2:00 to 3:00 PM (KS). \$45 (five sessions). Instructor:

Darrell nger. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis

on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

—Voice—



Singer Vocal Boot Camp Continuation

Fridays, May 4-25 — **LSC825**

10:30 AM to 12:30 PM (KS). \$48 (four sessions). Instructor: *Bill Sveglini*. This class will continue to sing special SAT and SATB arrangements that have been

written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.

Personal Improvement

Two-day class!

AARP Driver Safety Training

Wednesday & Thursday, May 16 & 17 — **LSC735**

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Instructor: *Tom McMahon*. This class is geared to the "over 50" driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver's license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver's test.

Creative Writing & Storytelling

Wednesdays, May 2-23 — **LSC1077**

1:00 to 3:00 PM (KS). \$58 (four sessions). Instructor: *Robert Chang*. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class, you will learn storytelling techniques that will help you write stories that are not only entertaining but also have emotional and intellectual resonance.

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Sewing

—Certification—



Sewing Certification

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association offers Certification classes for Bernina Serger, Bernina Sewing Machine, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Registration prior to class is required.

—Quilting—



Mystery Quilt V Fridays, May 11 & 18 — LSC727

1:00 to 4:00 PM (OC) \$40 (two sessions) Supply Fee: \$10 payable to instructor. Instructor: *Betty Kisbey*. **Prerequisite:** Must be able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. Join the fun of making a quilt while solving a mystery! You will be given only fabric and cutting requirements at registration. Pieces of the design will be given to you in steps throughout the class; the final quilt design will not be revealed until the end of the class. NOTE: Be sure to get the pattern requirements and the supply sheet at registration. You are required to have your fabric chosen and cut before class.

Technology

—PC—



Amazon Echo Dot Monday, April 23 — LSC1062

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to voice commands. You will learn how

simple it is to set up the Dot plus new "tricks" that make the Dot more fun to use. Whether you are thinking about buying one or you want to use the one you already own more effectively, this class is for you.

Tips and Tricks for Windows 10

Tuesday, May 8 — LSC1138

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. This class is designed for users that have already begun using Windows 10 but want to take a step forward. You will learn tips that will let you access advanced features. You will learn tricks to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

YouTube TV Friday, May 11 — LSC1139

1:00 to 3:30 PM (OC). \$20.

Instructor: *Bob Ringo*. Interested in cutting the cord? YouTube TV may be the answer. YouTube TV, not to be confused with the free version of YouTube, costs \$35 per month and includes unlimited DVR recording. Its package of 50-plus live TV channels includes locals such as ABC, CBS, Fox, and NBC as

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well as cable favorites like AMC, ESPN, the Disney Channel, Fox News and Bravo. In this class, you will see a live demonstration of YouTube TV plus learn how easy it is to have YouTube TV in your home.

Windows 10 Basics

Tuesday & Wednesday, June 5 & 6 — LSC1140

1:00 to 3:30 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: *Rita Wronkiewicz*. If you are new to Windows 10 or you do not feel you've mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets/Mac—

Chromebook

Thursday, April 26 — LSC1064

1:00 to 4:00 PM (OC). \$40. Instructor: *Len Carniato*. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There is a new and better-suited alternative—the "Chromebook." Chromebooks are simple and fast computers, so if you are thinking of replacing a laptop, this class is for you. Incredibly affordable, a Chromebook will serve you nicely. Bring your Chromebook to class, [or your Windows Laptop with Chrome] if you do not yet have a Chromebook, to learn its many capabilities.

Android Smart Phones Basics

Thursday, May 3— LSC1141

9:00AM to 12:00 PM (OC). \$45. Instructor: *Len Carniato*. **Prerequisite:** Gmail account. In this BASICS seminar, learn to master your SmartPhone from any carrier. On our large screen display, we will focus on how to navigate screens, manage phone calls, organize your contacts, text messaging, email, use the internet, share photos, and more.

Getting More from Your Android Phone

Wednesday, May 9 — LSC1142

9:00AM to 12:00 PM (OC). \$45. Instructor: *Len Carniato*. A follow up to the Android Basic class. Get much more from your Smartphone: Manage your "Apps," Video Calls, Sync to your PC, Organize photos and more. This seminar will get you off to a great start. Remember, SmartPhones are the future, so join us for a fun and educational session!

Digital Photography

Thursdays, May 3-24 — LSC1086

9:00 to 11:00 AM (OC). \$58 (four sessions). Instructor: *Robert Chang*. Have you ever wanted to take better photos but never learned photography or how to use all those controls on your digital camera? Learn to operate the essential features of modern digital cameras, regardless if it is a small compact, professional DSLR, or a smartphone camera app. Learn photography principles, good composition, effective camera angles and focal lengths, interesting lighting, color theory and simple digital photo editing techniques. Bring your camera including mobile devices with built-in cameras such as a smartphone and tablets.



Digital Drawing and Painting

Mondays, May 7-28

— LSC1069

9:00 to 11:00 AM (OC). \$58 (four sessions). Instructor: *Robert Chang*. **Prerequisite:**

Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you will learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Supply list available at the Lifestyle Desk.

Creating Music Using iPhone/iPad

Tuesday, May 8-29 — LSC1143

9:00 to 11:00 AM (KS). \$58 (four sessions). Instructor: *Robert Chang*. **Prerequisite:** Must own and bring headphones and iPhone/iPad with downloaded Garage Band app (available from iTunes app store). Learn to use your iPhone or iPad to compose, record, arrange, and mix original music or covers of songs you love. You will be taught step-by-step how to create music with chords, melody and rhythm; arrange music with different virtual instruments; record real instruments and voices; and mix & master using audio effects. *Note: If you own both devices, bring iPad to class for larger screen size.*

Facebook 101

Saturdays, May 12 & 19 — LSC987

9:00 to 11:00 AM (OC). \$40 (two sessions). Instructor: **Janet Dixon-Dickens**. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Class size is limited, sign-up early to reserve your space.

Public Enrollment for Lifestyle Classes are available starting the 27th of each month for your guests, friends and public with a \$5 service fee per class. Public enrollees must be at least 45 years old. Performance classes are not open to the public. Complete Guidelines available at Lifestyle Desk.

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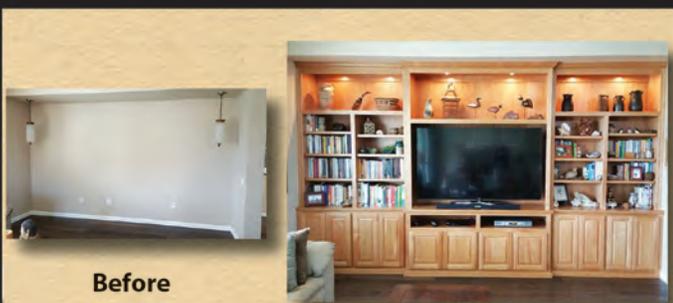
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WellFit

Classes fill up quickly; please register at least seven days prior to class start date. Register for these classes at the Fitness Centers or online. Events go on sale on the 17th of this month at 8:00 AM.



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WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks

- **Tuesday, April 24**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Wednesday, May 9**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, April 24**
2:00 to 3:00 PM, Fitness Floor (KS)
- **Tuesday, May 15**
6:00 to 7:00 PM, Fitness Floor (KS)

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

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to

bone spurs, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases to achieve and maintain optimal health.



Arthritis

Tuesdays, May 1, 8

Wednesdays, May 2, 9

Thursdays, May 3, 10

Fridays, May 4, 11

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC).

Tuesdays & Thursdays, 11:00

AM to 12:00 PM, Aerobics Room (OC). \$17.50 (two sessions). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities.



Nordic Pole Walking

Coming Back in June

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: **Dr. Richard Del Balso**. Walking 30 minutes at least three times a week gives you

a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. After two 90-minute sessions, you will incorporate 90% of all body muscles in one exercise; burn up to 46% more calories; reduce high blood pressure; reduce the impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in

less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

Tennis Lessons

Sundays, May 20 – June 24

Beginner: 8:00 to 8:50 AM

Intermediate: 9:00 to 9:50 AM

Advanced: 10:00 to 10:50 AM

Courts #10/11. \$75 (six sessions). Instructor: **Mike Garde**. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks.

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.

Mindfulness Weekend Retreat—Living an Extraordinary Life

Back in June!

9:00 AM to 12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor: **Michelle Jamieson**. We often miss seeing the extraordinary aspects of life while we are tending to the ordinary business of living because we are not fully present. Also, our expectations of how things are, do not allow us to see things as they truly are, thus denying us our full experience of life. Practice paying attention to the moment and adopting a beginner's mind so you can enjoy your life to the fullest!



Mindfulness—Learning to Live Mindfully—Step by Step: Beginners Mind

Back in June!

4:00 to 5:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: **Michelle Jamieson**. Each moment of our lives is incredibly rich, but we often take them for granted, allowing what

we “know” to prevent us from experiencing life as it actually is. Practicing letting go of expectations opens up the possibility of developing a beginner's mind as if we are seeing things for the first time. Find ways to rekindle a love of life and see the extraordinary in the ordinary once more.

Mindful Movement

Back in June!

4:00 to 5:00 PM, Aerobics Room (OC). \$44. Instructor: **Michelle Jamieson**. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present moment is known as mindfulness, mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies show that regular practice of mindful movement can have a positive impact on one's life.

Establishing a Meditation Practice

Back in June!

5:00 to 6:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: **Michelle Jamieson**. The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take

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time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



Tai Chi—Qigong Introductory Class Tuesdays, May 1-29

1:00 to 2:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong**. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath to improve one's health and vitality. The series of mindful movements that are synched with the breath and is confirmed to

alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

Tai Chi Qigong L1 Tuesdays, May 1-29

2:00 to 3:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong**. Tai Chi and Qigong are century-old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offer harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2 Tuesdays, May 1-29

3:00 to 4:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong**. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements such as the White Crane Qigong,

Eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

New! Laughter Yoga Thursdays, May 3, 10

1:00 to 2:00 PM, Aerobics Room (OC). \$22 (two sessions). Instructor: **Linda Kalb Hamm**. Let's gather together to laugh for no reason, get an easy aerobic work-out, reduce stress and anxiety, add more joy to life, enhance our mental and physical well-being and unify our world through laughter! This is not your traditional bendy, stretchy yoga, so no mats poses. This hour-long laughter session begins with gentle stretching, clapping, chanting and breathing warm-ups. Then we begin our "laughter exercises" which use playful acting and visualization methods to keep us laughing with one another. We end with our "laughter meditation" which allows us to enjoy the spontaneous flow of laughter.

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Money Matters

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What's Ahead for Interest Rates and Inflation with Russ Abbott Tuesday, April 24

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: *Russ Abbo*. Now that rates seem to have potentially bottomed in the US and maybe throughout the world, where do they go from here and what's an investor to do? How will this affect the economy let alone the bond and stock market? Come to this timely class for valuable information.

The ABC of MLPs with Russ Abbott Tuesday, May 22

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: *Russ Abbo*. MLPs or Master Limited Partnerships are a popular investment in retirement communities because of the substantial dividend yield they provide. Come to this important class to learn some "need-to-know" basics of the asset class and how it might help your income.

Nutrition

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



New! 5 Weeks to Wellness Tuesday, May 15-June 12

1:00 to 2:30 PM, Multipurpose Room (OC) \$150 (five sessions). Instructor: *Audrey Gould*. This 5-week Nutrition and Wellness program offers insight and guidance answering the most

common health concerns that have been asked by residents. These topics include nutrition as it relates to gut, bone, and heart health, hormones, energy, and detoxification. This series provides a high-level overview of several health topics that will empower you with information and enable you to improve your health and energy. During these workshops, we will discuss both foundational nutrition and preventative wellness.

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is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three Month Nutrition package includes:

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A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.



Beginning Sudoku Tuesdays, **Back in September!**

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Come learn the basics of Sudoku, one of the most

popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategies will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

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To be sure, we're proud of our 30 years of experience in senior living. But, to us, what really matters is your experience at our communities. We invite you to take a personal tour or join us at our **Taste of Sierra Pointe** event on **Thursday, April 26th at 3:00pm.** Please call to RSVP.

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

Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. Our Reformer packages are as follows:

- Four-class membership package \$80 per month
- Eight-class membership package \$135 per month
- Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete a Introductory Reformer Session (see below). These packages are not available online. Private Reformer Training is available. See class grid on pg 105 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one 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 Membership package or drop-in class. You can register for this introduction at the Fitness Centers. The trainer will call you to set up an appointment.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Carol Zortman at 916-625-4032.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Jeannette Mortensen
Fitness Supervisor
Jeannette.Mortensen@sclhca.com



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 Jeannette Mortensen. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly; please register at least seven days prior to class start date. Participants must register prior to class start date. Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.

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**SGT—Parkinson's
Indoor Cycling
Wednesdays, May 2-30**

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing the same challenges. A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette.

**SGT—ParkinsonWise Combo
Fridays, May 4-25**

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

**SGT—ParkinsonWise
Thursdays, May 3-31**

1:30 to 2:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement,

maintaining and increasing range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



**SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays,
May 2-30**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class 5/28). Instructor: *Danielle Lawlor*. Are the new machines at Kilaga Springs

Fitness Center a little overwhelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

**SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays, May 1-24**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share



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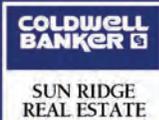
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the same fitness goals. *Due to the tentative closure of the OC Fitness Center, the last two weeks of this session may be held at Kilaga Springs.*



SGT—“Fun”ctional Fitness L3
Tuesdays & Thursdays,
May 8-June 5

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 5/17). Instructor: *Deanne Grinn*. Join us for a fun-filled class which incorporates strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
April 30-May 23

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. 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 available for the SGT Drop-in Pass.*



SGT— Morning Burst
Group Training L2
Mondays & Wednesdays,
April 30-May 23

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*



SGT—TRX L2
Tuesdays & Thursdays, May 1-24

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

SGT—TGIF TRX & More L2
Fridays, May 4-25

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Danielle Lawlor*. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

SGT—Healthy Back L1
Mondays & Wednesdays, April 30-May 23

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. The class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Balance & Fall Prevention L1/L2
Mondays & Wednesdays, April 30-May 23

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support. *Due to the tentative closure of the OC Fitness Center, the last two weeks of this session may be held at Kilaga Springs.*

SGT—Half Hour Balance & Fall Prevention L2
Mondays & Wednesdays, April 30-May 23

1:30 to 2:00 PM, Aerobics Room (OC). \$70 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken

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level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class. *Due to the tentative closure of the OC Fitness Center, the last two weeks of this session may be held at Kilaga Springs.*

Punch Pass Class

Please see the colored grids on pages 102-105 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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OC WellFit Class Schedule May 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3 - Jen	Step for All L2 - Kim	Strictly Strength L3 - Jen	Step for All L2 - Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Amy/Sora	Cardio Strength L3 - Kim
10:00	Slow Flow Yoga L2/3 - Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie		Zumba L3 - Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00	Yoga Stretch L1 - Julie	12:15-1:15pm Rest Meditation and Yoga L1 - Iram	Arthritis L1/2 - Linda	Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1 - Julie	Laughter Yoga L1 - Linda K	Basic Chair L1 - Kathryn		
2:00	SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle				Yoga Flow L2 - Ashley
3:00	Healthy Living Exercise L2 - Milly	Healthy Living Exercise L2 - Milly		Healthy Living Exercise L2 - Julie	Activities		
4:00	Healthy Living Exercise L2 - Milly	Healthy Living Exercise L2 - Milly		Healthy Living Exercise L2 - Julie	Activities		
5:00	Mindful Movement L1-3 - Michelle	Activities	Mindfulness L1 - Michelle				
6:00	Meditation techniques L1 - Michelle			Activities			
			Mixed Levels Yoga L1-3 - Jennifer				
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule May 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Danielle		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Jeanette	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Rodina	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Marilyn		SGT - Healthy Back L1 - Marilyn		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi Intro - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Army	2:00pm Tai Chi L1 - Pell	new class! Yoga Basics L1 - Army	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			
2:30	SGT - TRX Strength and Stretch Combo L2 - Kathryn	3:00pm Tai Chi L2 - Pell	SGT - TRX Strength and Stretch Combo L2 - Kathryn				
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule May 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Jeannette</i>	OC	Water Works L2/3- <i>Marla</i>	OC	Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2- <i>Kayla</i>		Aqua Fitness L2- <i>Kayla</i>		Aqua Fitness L3 - <i>Jennifer</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3-Kayla		
10:30	H20 Bootcamp L3- <i>Jennifer</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H20 Bootcamp L3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>		Aqua Pilates L1- <i>Danielle</i>		Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	H20 Bootcamp L3 <i>Jeannette</i>		H20 Bootcamp L3- <i>Marla</i>				

All classes are subject to change without notice.

All classes are 55 minutes unless otherwise noted.

Pilates Reformer WellFit Class Schedule May 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	OC	OC	OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Marilyn</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Marilyn</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>	Chest and Shoulders L1-L2 <i>Marilyn</i>	Mixed Equipment L1- L2- <i>Julie</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30							
12:00	Mixed Equipment L1-L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1- L2 - <i>Lori</i>		Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

Chris O'Keefe (916) 625-4060 chris.okeefe@sclhca.com

Executive Assistant/Office Manager

Christy Goodlove (916) 625-4062

christy.goodlove@sclhca.com

Accounting

Director of Finance

Bruce Baldwin (916) 625-4045 bruce.baldwin@sclhca.com

Communications & Marketing

Manager

Jeff Caponera (916) 625-4057 jeff.caponera@sclhca.com

Community Standards

Manager

Melinda Rogers (916) 625-4006

melinda.rogers@sclhca.com

Facilities & Maintenance

Manager

Cesar Orozco (916) 645-4500 cesar.orozco@sclhca.com

Membership

(916) 625-4068 membership@sclhca.com

Room Booking & Club Support

Coordinator

Shelvie Smith (916) 625-4021 shelvie.smith@sclhca.com

•Lifestyle•

Activities Desks

Orchard Creek (916) 625-4022

Kilaga Springs (916) 408-4013

Activities

Director of Lifestyle, Wellfit & Spa

Deborah McIlvain (916) 625-4031

deborah.mcilvain@sclhca.com

Lifestyle Manager

Lavina Samoy (916) 625-4073

lavina.samoy@sclhca.com

Lifestyle Assistant Manager

Lily Ross (916) 408-4609 lily.ross@sclhca.com

Lifestyle Class Coordinator

Betty Maxie (916) 408-7859 betty.maxie@sclhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer (916) 408-4310

deborah.meyer@sclhca.com

Lifestyle Trip Coordinator

Katrina Ferland (916) 625-4002

katrina.ferland@sclhca.com

COMPASS

Editor

Theresa Renken (916) 625-4014

theresa.renken@sclhca.com

Fitness/Wellness

OC Fitness Center (916) 625-4030

KS Fitness Center (916) 408-4683

Fitness Supervisor

Jeannette Mortensen (916) 408-4825

jeannette.mortensen@sclhca.com

Wellness Supervisor

Carol Zortman (916) 625-4032

carol.zortman@sclhca.com

•Food & Beverage•

Meridians Reservations (916) 625-4040

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Woodin (916) 625-4049

kristy.woodin@sclhca.com

Catering

Banquet Sales Manager

Kathy Cameron (916) 625-4043

kathy.cameron@sclhca.com

•The Spa at Kilaga Springs•

(916) 408-4290

Spa Manager

Trudy Smith (916) 408-4071 trudy.smith@sclhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 7:00 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Marcia VanWagner, President

Marcia.VanWagner@sclhca.com

Ken Silverman, Vice President

Ken.Silverman@sclhca.com

Molly Seamons, Treasurer

Molly.Seamons@sclhca.com

Hank Lipschitz, Secretary

Hank.Lipschitz@sclhca.com

Donald De Santis, Director

Donald.DeSantis@sclhca.com

Joe Stewart, Director

Joe.Stewart@sclhca.com

David Conner, Director

David.Conner@sclhca.com

Committee Chairs

Architectural Review Committee

arc@sclhca.com

Clubs & Community Organizations Committee

ccoc@sclhca.com

Communications & Community

Relations Committee

[crrc@sclhca.com](mailto:crcr@sclhca.com)

Compliance Committee

compliance.committee@sclhca.com

Elections Committee

elections.committee@sclhca.com

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