

COMPASS



The Official Magazine of Sun City Lincoln Hills

April 2016

**Let's Talk About
Money and How We
Go From Here... page 2**

**Introducing Anoud
Zaki, Meridians
Sous Chef... page 15**

**Get Ready to
Have Fun... page 7**

**Delectable Spring
Cuisine... page 12**



In This Issue

2016 Summer Amphitheater Concert Series...44-45
 Activities News & Happenings 7, 108
 Ad Directory/COMPASS Advertisers 107
 ARC/Architectural Review Committee..... 15
 Association Contacts & Hours Directory 106
 Lincoln Hills Foundation..... 18
 Board of Directors Report.....2
 Bulletin Board..... 39
 • You are invited to attend 39
 • Community Perks..... 40-41
 Calendar of Events..... 3
 Classes, Activities Department..... 64
 Classes, WellFit Department..... 89
 Club Ad: Country Couples 11
 Club News 24
 Committee Openings 7
 Community Forums 104
 Connections 3
 Day Trips & Extended Travel 51
 Did You Know?..... 11, 23, 105
 Elections Committee 5
 Employee of the Month Award.....5
 Entertainment47
 Executive Director 5
 Finance Committee 10
 Food & Beverage Department 12, 16
 Important Info: Entertainment, Trips, Classes 56
 Introducing Anoud Zaki, Meridians Sous Chef 15
 In Memoriam 43
 Library News 23
 Lincoln AirFest17
 Lincoln Hills Golf Club 22
 Neighborhood Watch 23
 Orienteering: Orchard Creek South Trail 21
 Revitalizing: Peter Gilbert..... 17
 SCLHCA 2017 Budget Timeline/Meetings 2016..... 10
 The Road to Aging Well: Back Pain..... 10
 Talking Technology with Len Carniato.....21
 The Spa at Kilaga Springs 12, 46
 Upcoming Association-Related Meetings 3
 WellFit Grids.....100-103
 WellFit News7, 8

On the cover

Celebrating Anoud Zaki,
 Meridians Sous Chef,
 see page 15 for her story

Board of Directors Report

Let's Talk About Money and How We Go from Here

John Snyder, Vice President, SCLH Board of Directors



From 2006 through 2015, your Association spent over \$6.6 million from the Operating Fund for capital expenditures (\$3,550,000), solar power purchase agreement (\$1,800,000), and special contributions to the reserve fund of \$1,256,000.

A good question is how could we afford to spend \$6.6 million and not borrow at least a little? The answer is fortuitous events and circumstances along with diligent management. When Lincoln Hills first began, initial home sales were slow. Around 2001, sales of homes picked up and accelerated resulting in increasing dues revenues year after year. In addition, Del Webb/Pulte in effect prepaid some dues. Once one home in a Village was sold, Del Webb/Pulte paid homeowner's dues on all homes in that Village until each home was sold and the new owner began paying. Both of these elements accelerated dues revenue. Overhead costs were prudently not increased proportionately to rising dues revenue, resulting in a favorable cash position. With an expanded offering of fee-based services and events to members which were enthusiastically received, the favorable cash position was further enhanced. Add the construction defect settlement of \$1,646,000 of which \$724,000 was spent on ADA and construction defect remedies (capital expenditures), and \$922,000 was placed in our Reserve Fund for future construction effect issues.

A partial list of projects and disbursements with a cost of \$100,000 or more include: Solar array at Orchard Creek Lodge, construction of the maintenance yard and building, pickleball courts, LED street light conversion, Amphitheater remodel, Meridians Restaurant remodel, Sports Bar renovation and expansion, Spa at Kilaga Springs remodel, salt water pools

conversion, parks 16 and 40 turf reduction and solar hot water systems for Kilaga Springs and Orchard Creek Lodges. All of these projects enhance the experience of members, serve to support home prices, and most have a direct return on investment, serving to lower the cost of operations and therefore our monthly dues.

The new list of suggested enhancements as presented by Chris O'Keefe on March 7 to the Properties Committee, and again on March 17 to the Finance Committee, are broad, exciting, and will need critical review and, if considered valuable enough to proceed, will require considerable research and planning. Both the Properties Committee and Finance Committee were impressed enough with these projects to forward their favorable recommendation to the Board. And further, the Finance Committee met on April 4 to consider potential funding scenarios.

So what do we do about the future? We cannot expect the fortuitous events and circumstances of the past to recur. We know that the need is certain to provide significant enhancements over time to our facilities and amenities that are not contemplated by the reserve function, to maintain and increase members' enjoyment and to support property values. The big question is... how will we pay for them? This was the subject of the Board of Director's open workshop scheduled for April 14 at 2:00 PM.

Clearly, I wrote this article well before attending this meeting. I hope you attended. If not, you may view a recording of it on the Association's website. Let us know what you think the Association's funding approach should be.

"From 2006 through 2015, your Association spent over 6.6 million from the Operating Fund... A good question is how could we afford to spend \$6.6 million and not borrow at least a little?"

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



If you receive Association eNews, you are aware our resident website was brought down by malicious users seeking to wreck havoc by inserting corrupt code onto our website content management platform. Our websites contain no personal information and at no time was there any cause for residents to be concerned. Furthermore, all SCLH Association purchases are processed by a secure third party billing system, and

pinpoint the corrupted code and restore the website directory by directory from a previous database backup. Staff has been working to replace the database files with current information. We anticipate the website will be fully available by April 20. As a result of this compromise, staff will begin to build a new resident website on current technology which will minimize the likelihood of another attack. Our other four websites are fine and access to most information was available through these and our other media sources, including eNews. Thank you for your patience while we worked to regain our website and as we work to create a new site.

If you have yet to register for eNews, please email staff directly at help.desk@scilhca.com and provide your first and last name and email address. You must be a resident to receive the Association eNews.

Sun City Lincoln Hills is proud to be a partner of America's ClayFest, the event that replaced Feats of Clay several years ago. Selected works from America's ClayFest will be on exhibit in the entry-

Please see "Connections" on page 5



You are cordially invited to the SCLH America's ClayFest opening reception on Sunday, April 17

billing/credit card information has never been stored on the resident website.

Fortunately our Advertising and Promotions Manager, Ben Baker, was able to

Upcoming Association-Related Meetings: Date, Time, Place

April 15-May 31

Golf Cart Registration	Thursday, April 21, May 3 & 17, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, April 21, 9:00 AM
ARC/Architectural Review Committee	Monday, April 25, 9:00 AM
Board of Directors Meeting	Thursday, April 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, April 28, 10:30 AM
Board of Directors Executive Session	Thursday, April 28, 11:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, May 3, 9:30 AM
Compliance Committee Meeting	Wednesday, May 4, 10:30 AM
Elections Committee Meeting	Friday, May 6, 10:00 AM
ARC/Architectural Review Committee	Monday, May 9, 9:00 AM
CCRC/Communications & Commun. Rel.	Monday, May 9, 11:30 AM
Listening Post	Wednesday, May 11, 9:00 AM
Finance Committee Meeting	Thursday, May 19, 9:00 AM
ARC/Architectural Review Committee	Monday, May 23, 9:00 AM
Board of Directors Meeting	Thursday, May 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, May 26, 10:30 AM
Board of Directors Executive Session	Thursday, May 26, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Calendar of Events

Date	Event	April 15-May 31	Page #
04/15	Home, Health & Business Showcase	40	
04/16	KS Classic Movies on Saturday: Field of Dreams	40	
04/17	Line Dance: Party	30	
04/17	America's ClayFest Opening Reception	40	
04/18	Astronomy: "What's Next for Cosmology"	24	
04/18	Astronomy: "A Comprehensible Universe"	24	
04/18	Genealogy: Online Databases	28	
04/18	Painters: Color and Composition	32	
04/18	Document Destruction:	40	
04/19	NEV: Learn more about Neighbors InDeed	32	
04/19	Vaudeville: Auditions for Variety Show	36	
04/19	Overnight: Reagan—Vatican Splendors	64*	
04/21	Book Discussion: <i>The Girl on the Train</i>	25	
04/21	Vaudeville: Auditions for Variety Show	36	
04/21	Veterans: Speaker Exec Director The Honor Group	36	
04/22	Music Group sponsored Open Mic Night:	31, 40	
04/22	Concert: Classical Piano	47	
04/23	Love Thy Nature Documentary Presentation:	40	
04/23	Concert: Salute to John Williams—Sac Philharmonic	64*	
04/23-24	Garden: Rose Show	28, 41	
04/24	Festival: Scottish Games & Festival	51	
04/25	Healthy Eating: Delicious and Healthy Local Crops	29	
04/26	Day Trip: Reno Silver Legacy	51	
04/27	Forum: "Jeepers—Creekers!"	11, 104	
04/27	Alzheimer's/Dementia: Legal issues	24	
04/27	Music: Play and Sing	31	
04/28	Low Vision: "Maintain Your Independence"	28	
04/28	Garden: LH Annual Home Garden Tour	28, 41	
04/28	Concert: Erica Sunshine Lee	48*	
04/28-29	Players: Auditions for The Thin Man	33	
05/01	Overnight: Redwoods/Eureka	64*	
05/01-03	Chorus: "Surfin' the '60s"	27, 47	
05/01-04	Extended Travel: Ave. Giants, Redwoods	63*	
05/02	Antiques: Speaker Antique Book Expert	24	
05/02	KS at the Movies: Brooklyn	41	
05/03	Low Vision: Restricted Driver's Licenses	28	
05/04	Astronomy: Galaxy Zoo, Classifying Galaxies	24	
05/05	Investor Study: Market Strategist from VOYA	30	
05/07	Concert: Beethoven—Sac Philharmonic	64*	
05/09	Bird: Identification, Habitats and Behavior	25	
05/10	Needle Arts: Annual Spring Luncheon	31	
05/10	Forum: All That Jazz	104	
05/11	Computer PC: "Getting the Most Out of Your Browser"	27	
05/11	Tour: Ruth Bancroft Gardens—Walnut Creek	61	
05/12	"Through the Looking Glass" Fashion Show Luncheon	51	
05/12	Tour: Sierra Nevada Brewery Tour, Tasting, Lunch	61	
05/16	Museum: Old Sacramento Underground/State Capitol	51	
05/17	Forum: The 1873 Modoc War	104	
05/18	Concert: Nicolas Bearde—Salute to Lou Rawls	48	
05/18	Tour: Golden Gate Park San Francisco	61	
05/19	Book Discussion: <i>The Wright Brothers</i>	25	
05/21	Annual Parking Lot Sale	41, 47	
05/21	KS Classic Movies on Saturdays: North by Northwest	41	
05/22	Sports: Giants vs. Chicago Cubs	56	
05/22	Performance: Kinky Boots—San Francisco	64*	
05/23	Day Trip: Feather Falls Casino	51	
05/25	LH Certified Farmers Market Opening Day	41, 47	
05/25	Forum: Mindfulness: A Key to Healthy Aging	104	
05/27	Concert: William Florian "Those Were the Days"	48	
05/27	Sports: River Cats vs. OKC Dodgers	56	

Find these listings with yellow highlighting on the pages shown. (Indicates sold out event.)*

The Pet Papi
 We promise to treat your pets with loving care as if they were our own!

Richard A. Rojko Owner

Whether you are heading out of town for a week or simply have a busy schedule, you can rely on us to give your pets plenty of attention and love. From long walks and play time to daily medication, the service and care we provide is as personable and convenient as it is reliable and affordable.

310-938-5636
 rrojko@yahoo.com • www.thepetpapi.com
 Incoln Hills Associate • 330 Vernon Street • Rosevill

STATE FARM[®]
*Coverage You Need From a Name You Know.
 Providing Insurance and Financial Services*

Christine Taylor
 State Farm Agent

6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765
 Christine.Taylor.g12t@statefarm.com www.ChristineTaylor.com

916-408-1408

State Farm[™]

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Auto Home Life Health Financial Services

Memory Care *with* **Compassion**

Our memory care community is created around the unique needs of people living with Alzheimer's disease and other dementias. Residents can enjoy a warm, inviting environment with a team who's always here to help.

Call today to reserve one of our last available apartments!

THE PINES
 A MERRILL GARDENS COMMUNITY

(916) 403-0263
 500 W Ranch View Drive
 Rocklin, CA 95765
merrillgardens.com

Lic #317005584

Retirement Living • Assisted Living • Memory Care

MonaLisa Touch

It's Time To Focus On Your Gynecologic Health!

MonaLisa Touch laser therapy is a simple, safe procedure that takes less than 5 minutes.

Treatable Symptoms Include:
Painful Intercourse, Vaginal Atrophy, Vaginal Laxity, Vaginal Dryness, Burning or Itching, Urinary Urgency and Incontinence

Visit our website or call one of our offices to learn more information and to take advantage of our low, introductory offer.

2801 K Street, Ste. 200
 Sacramento, CA 95816
 (916) 779-1160

www.urogynconsultants.com

5 Medical Plaza, Ste. 290
 Roseville, CA 95661
 (916) 772-5533

From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Happy April to all of our residents and staff ... Deborah McIlvain passed on an email from our new Well-Fit event coordinator Cindy Davis, who was commenting on her observations after working here for 12 days. Often times when speaking to residents, I mention the feeling I had driving into the community for the very first time back in 02, and so it was interesting to read Cindy's comments, and I am proud to be able to share them with you

A "New" Point of View

"Who remembers what it feels like being the "new kid"? We have all experienced it. All of those funny feelings like being excited yet unsure of what's to come and taking in

absolutely every detail with curious, wide eyes.

Well, it's just day 12 of my new position and I have truly been enjoying the view!

So what do I spy with my little eyes? Adorable doggies walking their owners. A bicycle rider in his lane waving to a golf cart driver humming along in her lane. Two friends out for a morning stroll passing a power walker with a purpose. Landscapers perpetually pruning each rose and blowing away each leaf. Amy at the membership desk making friends with everyone who approaches. And those Monitors! Joyful Jerry: "are you kidding me, where else can you drive your golf cart to work?!" Over 800 daily visits to our fitness centers. Annamarie teaching her heart out to a packed Lo Impact class... and watching the Water Volleyball teams compete thru the pool window is so motivating! I want to jump in! From the buzz of 25 teams

in the Softball league getting ready for opening day to those incredible graphics guys and their multitude of amazing flyers (they make Meridian's Wednesday night Prime Rib jump right from the page to your taste buds)... I could go on and on and on. But I don't want to wear out my welcome, I just got here!

First impressions? Sun City Lincoln Hills has the atmosphere of a cruise ship mixed with the pursuit of perfection like Disneyland. What are we doing and what can we do to make this your happiest place on earth? Let's all take a look from time to time with the eyes of a "new kid."

I promise you will be inspired."

I hope everyone is inspired by Cindy's observations. For me personally, I still get the same feeling driving onto the property. A lot of sand has shifted under our feet since this community started, but I hope you feel the same way too. Have a great start to spring!



Elections Committee

Elections Committee Needs New Members

The election campaign for Board of Directors has just wrapped up with the election of three members. Now we begin planning for the campaign to elect four directors for the 2017 election. While the committee is targeted to be nine or more members, we currently have just five who

served during the last season. This is a great committee to join as membership is annually appointed and it introduces volunteers to much of the workings of the Association. The functions of this committee are to seek Board of Director nominees, inform them of the responsibilities of being on the Board, and manage the election process. If you are interested in serving on the Elections Committee, please send an email to elections.committee@sclhca.com, or call Al Roten at 408-3155.

Connections

Continued from page 3

way of Orchard Creek Lodge and you are cordially invited to the opening reception Sunday, April 17, 1:00-3:00 PM to view the art, meet local artists and enjoy light refreshments. See page 40 for more information.

You may begin to hear talk about a major 10K/5K and children's fun run the Association is planning for Saturday May 6, 2017. Mark your calendar now, and tell your children and grandchildren as this will be an intergenerational event with the goal of providing a professionally executed event for runners and walkers throughout our region while showcasing our exceptional community. If you have experience planning major events like this and want to get involved in the initial planning stages, please let me know. Later in the year we will be seeking volunteers to assist with implementing event specifics.

It's another busy month of terrific activities, and tickets for our much anticipated summer concerts are on sale now. I wish you all a special day remembering our mothers May 8 and look forward to seeing you in the Lodge.

ever come across!" "Jonathan has the unique ability to be very busy but still provide a calm working environment." "His positive demeanor, his pleasantry, great sense of humor and excellent knowledge made it so much easier for me to learn the software program and the policies."



Jonathan Leung
WellFit Supervisor

Congratulations Jonathan, you are truly an asset to Sun City Lincoln Hills!

Employee of the Month Award

Sun City Lincoln Hills has launched an "Employee of the Month" award to recognize an outstanding staff member who shows exemplary individual achievement and outstanding contribution to our mission at Sun City Lincoln Hills.

The March award went to Jonathan Leung, WellFit Supervisor. Jonathan joined SCLH in October 2014 and works under the direction of Deborah McIlvain, WellFit Manager.

Some of the accolades received about Jonathan include:

"He is the most positive person I have

Excellence in Our Priority



Riptide Cleaners
Dry Clean & Laundry Service

SERVICES:
Dry Clean & Laundry
Leathers, Furs & Rugs
Alterations & Repairs
Wedding Gown Cleaning & Preservation
Curtains, Blankets, Linens

ASK ABOUT OUR:
-Corporate or Small Business Accounts (Billable)
-Delivery for Business (\$200 min.)
-Rewards Program

25%* OFF



DRY CLEANING

(916) 434-8745

150 Lincoln Blvd, Suite 107
Lincoln, CA 95648
www.riptidecleaners.com

*25% off First Order as well as Senior and Veteran Discounts Every Day!



B Z Plumbing Co.
INCORPORATED

At Your Service

Superior service and quality workmanship at a fair price for all your plumbing needs


- Repair or replace existing fixtures
- Video camera pipe inspection
 - Install new fixtures
 - Sewer & drain cleaning

916-645-1600

www.bzplumbing.com


CONTRACTOR'S LICENSE #577219

ALL WORK GUARANTEED
Locally owned and operated since 1990

Got Real Estate Needs???
You know my face,
I know the market!
*Please contact me for a
free market analysis*

Tony Williams
(916) 521-3400
Tony @TonyWilliams.com



BRE # 01390054
Each Office is Independently Owned and Operated



**THIS YEAR MAKE ARTIFICIAL
LAWN A BEAUTIFUL PART OF YOUR
GARDEN DESIGN.**

**SERVING LINCOLN PROUDLY FOR
20 YEARS WITH CREATIVE PLANS
AND INSTALLATIONS.**



Geo Paradise Landscape
CA. LIC. #987476

Dhetchai Allison
Owner & Designer UC Davis (1991)
geoparadiselandscape@gmail.com
geoparadiselandscape.com

P.O. Box 215420 Sac., CA 95821 FAX (916) 348-6829
CELL (916) 205-6303



Activities News & Happenings

Get Ready to Have Fun!

Lavina Samoy, Lifestyle Manager

The suspense is over! We unveiled our 2016 Summer Amphitheater Concert Series lineup at the Launch Party on April 11 with great excitement from the community. If you missed the party, learn more about our electrifying performers on pages 44-45.



June 3 opens with **Fortunate Son** delivering a great tribute to the music of **Credence Clearwater Revival (CCR)** and **John Fogerty**. Fans of CCR will not be disappointed. Groove all evening long as **John Acosta's Bee Gees Gold** provide the ultimate tribute to the Bee Gees on June 16. **Earth, Wind & Fire** fans will enjoy the **10-piece band, Kalimba**, as they bring to life the memorable R & B songs from one of the best bands of the 70's on July 1. July 28 brings the best **Eagles tribute band** in the nation, **The Long Run**, as they pay homage to the band's chart-topping hits. On August 5, **Gabriel Bello** leads **Natural Wonder**, as they recreate and bring to life the legendary music of **Stevie Wonder**. For

some doo wop and classic swing music, **Jukebox Junction** on August 26 brings together the world famous **Glenn Miller Orchestra** with the classic rock and roll band **The Diamonds** for one unforgettable show. Classic Country music fills the air on September 16 as **Jason Petty and Carolyn Martin** pay tribute to the songs of two country royalties, Hank Williams and Patsy Cline. What better way to close our show than the music of **Frankie Valli and The Four Seasons** with **Let's Hang On!** on September 23. Receive a 10% discount when you purchase the eight-show Series Package for only \$150. Series package sales end May 14.

The **2016-2017 Speaker Series** is also on sale this month (page 52). This year, we are offering four seating options for you to choose from. With six diverse and exciting speakers from all kinds of professions, the series promises to be another winner.

Animal lovers will enjoy two day trips in May and June. With a short sales deadline of May 5, register right away for the **Performing Animal Welfare Society (PAWS) Open House** on May 21 (page 61). See rescued performing animals live in peace and free from bondage and fear. On June

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee
- Elections Committee

7, we head to Sausalito to visit the **Marine Mammal Center** (page 61) for a private one-hour guided tour of the animal care center, rehabilitation hospital, and research facility.

The next few months will surely be a lot of fun!

WellFit News

Pool Etiquette

Deborah McIlvain, WellFit Manager

Weather permitting, the pools will be opening the week of April 17, a time we all look forward to. You know its summer when you look out the windows of the gym and all you see are colorful umbrellas and beautiful grounds. And, of course, we can't forget about the traditional Happy Hour on Thursdays that will be starting back up in June.

A few things to remember before entering the pools:

Before swimming, be sure to rinse off—Use the outside or inside showers to rinse off before entering any of the pools. A good rinse helps remove perspiration, body oils, and cosmetics, and goes a long way toward reducing the “yuck factor” for everyone who shares the pool.

Did you just wear your shoes in the pool?—If you are going to wear water shoes in the pool please don't come in with them on. This will track dirt and small rocks into the pools.

Towels—Make sure to use a towel on pool furniture, this will help keep off oils and leave them ready for the next person wanting to use them. Forgot your beach towel? No worries, the Fitness Center will be selling them for your convenience this summer.

Sunscreen—Do I need to say more?—If you forgot to bring some, we sell that too: top of the line sunscreen from our popular Image line that we also sell at The Spa at Kilaga Springs.

Kids Swim from 2:00-4:00 PM—In the

summer kids can use the fun pool outside, or inside pool all year around. Kids are not allowed in the swim lanes. SCLH provides noodles and some toys to use, so please don't bring outside toys in.



Lane swimming—Lanes are pre-assigned to fast, medium, and slow swimming/walking. The lane you need to be in is based on your speed. Lanes can be shared, so before entering, let the person who is in the pool know that you will be entering. By hanging your legs in the water, off to one side of the lane, you will let the swimmer in water know you wish to enter; then let the swimmer complete a few more laps before you get in the pool.

For a full listing of all our rules please check online or you can pick one up in the Fitness Centers.

Well Fit Classes: pages 89-103 • Class Grids: pages 101-103

DO YOU PLAY PICKLEBALL, TENNIS, SOFTBALL OR GOLF?



NEW! SGT SPORTS TRAINING TO IMPROVE YOUR GAME

MONDAYS & WEDNESDAYS
MAY 2-25 SIGNUPS BEGIN APRIL 17TH

AEROBICS ROOM (KS)
12:30 PM - 1:30 PM
COST: \$135 (EIGHT SESSIONS)
ACTIVITY CODE: 835213-A5

INSTRUCTOR: JOSH KEMP, B.S. KINESIOLOGY, PERSONAL TRAINER

Do you play pickleball, tennis, softball or golf? Are you looking for ways to improve your game? Look no further! Join this fun class and improve power, agility, ability to change direction, rotational force, and endurance. Take this class and experience firsthand how sport specificity training can improve your game!



**SIGN UP FOR THE CLASS AT
THE FITNESS DESKS (OC/KS) OR ONLINE**



REAL PEOPLE. REAL FUN.

There is a reason we use our residents as our photo models. We want you to see real people at real communities enjoying the life they choose. Whether it's joining friends in a card game, taking a stroll around the grounds, stepping on the bus for an excursion or getting together to share a meal, our residents find everything they need right here.

Experience the Eskaton difference. Call a community or go online now.



Real friends share a secret at an Eskaton community

eskaton.org

Eskaton Lodge Granite Bay

Independent Living with Services
and Assisted Living

916-970-8222

License # 315001421

Eskaton Village Carmichael

Continuing Care Community (CCRC): Independent
Living with Services, Assisted Living, Memory Care
and Skilled Nursing

916-978-1064

License # 340313383 | COA # 202

Eskaton Village Roseville

Assisted Living and Memory Care

916-432-8222

License # 315002052



A leading nonprofit provider of aging services in Northern California since 1968

The Ups and Downs of Budgeting

Harriet Kaufman
Finance Committee Chair



A review of this month's actual expenses and their relationship to budget would have us thinking that we've overspent year-to-date and that we're never going to catch up. Truth of the matter is that we will certainly make budget and, in fact, come out ahead at the end of the year.

Here's why: Each month our budget is comprised of the money we receive from yearly dues and estimated funds expected from outsiders divided by 12 months. The total amount of funds we expect to spend is also a budget component, and the estimated expenses are divided by 12 months. Both income and expenses go up and down over the year. When the Maintenance and Landscaping Department uses more water than expected they exceed their budget. Other months when there is a good deal of rain, far less water is consumed. Consequently, they have underspent what their budget called for. Then there is the expectation that some months the Association will make far more money than budgeted. This usually occurs across the summer months due to the Amphitheater concert series and other events that bring in revenue. These may be social events such as weddings, business meetings, or golf tournaments where our Food & Beverage Department provides the food and catering and our meeting rooms and Ballroom are rented

Sun City Lincoln Hills Community Association • 2017 Budget Timeline Open Meetings 2016

Event	Date	Time	Room
Finance Meeting (Approval of Budget Timeline)	Mar 17	9:00 A.M.	Heights
Board Meeting (Approval of Budget Timeline)	Mar 24	9:00 A.M.	Kilaga Springs Presentation Hall
Capital Project Announcement to Membership	Jun 13		
First Budget Meeting	Sep 08	9:00 A.M.	Heights/Gables
Joint Properties and Finance Committee Workshop for Capital and Reserve Projects	Sep 12	9:00 A.M.	Front Ballroom
Second Budget Meeting	Sep 12	10:00 A.M.	Front Ballroom
Finance Committee Approval of Budget Roll-Up	Sep 15	9:00 A.M.	Heights/Gables
Finance Committee Meeting	Sep 15	9:00 A.M.	Heights/Gables
Board of Directors Budget Approval	Sep 22	6:30 P.M.	KSL P.H.

Dates, Locations and Times Subject to Change

by outsiders. Consequently, it makes sense to review the budget not just on a monthly basis, but also in terms of how we're doing over the year.

During February, for example, the Statement of Operations showed that the Association expenses exceeded budget by \$12,000 as our budget called for a net expense of \$17,307 but \$29,307 was actually spent. A review of the year-to-date Statement of Operations, on the other hand, shows that \$65,767 was allocated for expenses, but we enjoy a net revenue of \$8,327. Our year-to-date favorable variance is \$74,094 where \$134,320 was budgeted to cover expenses. So, homing in on just the monthly "snapshot" is important but not as important as how we're doing year-to-date.

Statement of Operations YTD—February 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$1,286,647	1,289,809	(3,162)	7,787,494
Administration (Expense)	(298,780)	(302,330)	3,550	(1,699,540)
The Spa at Kilaga Springs	(13,928)	7,379	(21,307)	47,290
Fitness	(64,887)	(77,230)	12,343	(481,430)
Activities	(90,403)	(113,732)	23,329	(540,030)
Rec. Center / Maintenance	(381,906)	(399,455)	17,549	(2,507,150)
Landscape Maintenance	(360,274)	(384,733)	24,459	(2,675,444)
Food & Beverage	(73,142)	(85,475)	12,333	(65,510)
Capital Asset	5,000	-	5,000	-
Net Revenues (Expense)	8,327	(65,767)	74,094	(134,320)

The Road to Aging Well

Back Pain: Is It Normal Aging?

Shirley Schultz, Health Reporter

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 avoid sex and lift heavy things. One estimate is that eight out of ten of us will have issues with back pain. 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.



Can you avoid back pain? A study published in March, 2015 *Arthritis Care & Research* identified potential

Continued on the following page

Country Couples



Weekly practice is available for members enrolled in monthly instruction classes.

Country Couples invites you to join them in a great American pastime...

Country Dancing
Monday night's beginning and intermediate classes are designed to teach partner dance at the social level.



Friendly
Great Exercise
Good for Mind and Body
Check the Compass for details.

modifiable triggers for low back pain:

- Distracted during activity
- Awkward posture
- Objects not close to the body
- Manual task involving people or animals
- Unstable, unbalanced, or difficult grasp
- Heavy loads
- Vigorous physical activity only
- Fatigue
- Moderate or vigorous isolated physical activity as opposed to habitual activity
- Alcohol consumption
- Sexual activity

The study found the biggest increase in the risk of sudden back pain related to being distracted during activity. It also found that onset was most likely between 7:00 AM and noon due to awkward

posture and manual tasks. It was hypothesized that the spinal discs swell with fluid overnight, and therefore the lower back is more susceptible to strains and stress in the morning. Note that aging is not included in the above listed risk factors. Wolf E. Mehling, M.D., from the University of California, San Francisco, although not involved in the study, summed it up by saying, "The strongest triggers were postural (how a manual task was done) and inattention towards the task... Present-moment awareness and mindfulness could be preventive measures." (Look for the May Community Forum on "Mindfulness" on page 104.)

The layman's term for low back pain is lumbago. Persistent back pain should trigger a medical evaluation. It is important to know that the severity of back pain does not always reflect the extent

of damage. For example, a pulled muscle can be extremely painful yet a herniated disc may not cause pain. Learn about the diagnosis, treatment and prevention of back pain by attending the **Community Forum, "Jeepers—Creekers!"** by Tyler Smith, M.D. on April 27 (see page 104).

Did You Know?

Our Meridians Cheeseburger is such a popular hit because it starts with quality ground chuck beef, it's made up of a seven-ounce patty made by hand and it's cooked to order.

Great Deal!!



Delectable Spring Cuisine

Jerry McCarthy, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant, www.twitter.com/Meridians_SCLH



Spring is here, and the new spring menu is a huge hit. We created the menu to highlight the flavors and ingredients that celebrate this time of year. A new section that you will see on the dinner menu will be “Lighter Fare Flavors.” In this section we have given calorie counts to assist you in eating healthier.

Other delectable offerings coming up are:

- **Dinner in the Dark**—Thursday April 28. Five spectacular top-secret courses paired with five beverages. Experience a rare and unique sensory adventure that will take you on a journey of taste, sound, touch, and smell. Limited seating available. Reservations and prepayment are requested.

- **Cinco de Mayo**—Thursday May 5. Join us for many foods and drinks specials all day long. Complimentary live Mariachi

music during lunch. Reservations strongly encouraged. Sombreros are optional.

- **Mother’s Day Brunch**—Sunday May 10. Treat Mom to a world-class buffet at Meridians. Reservations and prepayment are requested. 10:00 AM-3:00 PM.

- A new exciting concept comes to Meridians: **Community Dining Table**. In an effort to assist residents in connecting

“A new exciting concept comes to Meridians: Community Dining Table..” The community table will allow single guests *and couples* an opportunity to dine in Meridians while expanding their circle of friends and neighbors. During each meal period, Meridians will reserve a community table for the first hour of each dining period... [it] will also be offered on major holidays...”

to our community, Meridians Restaurant will be offering a Community Dining Table at all meal periods. The community table will allow single guests *and couples* an

opportunity to dine in Meridians while expanding their circle of friends and neighbors. During each meal period, Meridians will reserve a community table for the first hour of each dining period. In addition, the community table will also be offered on all major holidays such as Easter, Mother’s Day, Thanksgiving, etc. It is my hope to encourage more residents to get out and meet new friends and enjoy a meal at Meridians. Call and make your reservation today.

Please make sure you are signed up for SCLHCA eNews to receive special resident-only offers from Meridians Restaurant and Kilaga Springs Café. Visit our website to keep current on all the upcoming offers, special events, and exciting menu offerings. You will see that Meridians keeps its commitment to excellent food and friendly service on a consistent basis. Meridians will continue to surprise and please our guests with new concepts created especially for our residents. We appreciate your support and hope to see you soon.

~Please see our ad on page 16.~

The Spa at Kilaga Springs

Exciting Changes in the Spa at Kilaga Springs

Stacey Diemer, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

In the six weeks since I assumed the role of Manager for the Spa at Kilaga Springs, I am pleased to report that the Spa has made excellent progress. Thanks to the entire Association working together, we are in a position to make up lost revenue, bring in new customers, and continue to provide exceptional services. We have cleaned up our inventory, standardized and educated staff on procedures and worked with staff to create a supportive work environment resulting in a welcoming atmosphere for everyone.

Special thanks to WellFit Supervisors Jonathan Leung, Jeannette Mortensen and Carol Zortman; HR Manager Nancy Gabriele; and our Accounting team for their expertise in making constructive changes in the management, staffing, and finances of the Spa, including an improvement in our product inventory.

Being part of the Lifestyle umbrella gives our estheticians, nail technicians and massage therapists’ new opportunities to get to know residents by participating in many of our Lifestyle events. You will see the Spa staff providing free chair massages, giving demonstrations and educating you with product samples throughout the OC and KS Lodges. Be sure to stop to visit and try out our services. We have two new massage therapists, Pamela Kyner and Jeannie Madden. Jeannie worked in the Spa in 2014 and we are happy to have her back!

We are in the process of simplifying our Spa menu of services. After consulting with your technician, you can choose other options to add on that may suit your needs. We are now selling the Association Gift Card in place of the Spa Gift Card. This also offers you more flexibility. Of course, if you currently have a Spa Gift Card, we

will accept it.

This month we are rolling out our new Spa Membership program. We have adapted the procedures from the successful WellFit Pilates Reformer membership program to make a Spa Membership an alluring option to consider. Come in and talk with our knowledgeable staff about the benefits of membership and read eNews and posters throughout the Lodge for more information.

Our Mothers Day Special on page 46 is available from April 15 to May 15. Gift the special person in your life with a service at the Spa at Kilaga Springs.

~Please see our ad on page 46.~



Call to book your appointment today
408-4290

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

Sat 9:00 AM-5:00 PM

Gift cards at:
www.kilagaspringsspa.com





SANCHEZ

Home & Yard Service

Proudly Serving Sun City Lincoln Hills

Clean-Up and Hauling

FREE ESTIMATES

- Hoarding
- Rental Property
- Garage
- Fence Removal
- Demolition
- Brush Clearing
- Garden
- Appliances

Call (916) **408-3902**

Specializing in one-time Clean-Ups



Email: sanchezhomeandyardservice@hotmail.com
Website: www.sanchezhomeandyardservice.com

HALLSTEAD TREE SERVICE

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



Rich Hallstead • I.S.A. Certified Arborist

Insured ~ Free Estimate

Cont. Lic. # 803847

(916) 773-4596

STRUCTURAL **FINDLEY** ORNAMENTAL

IRON WORKS

B - C51 License # 530311 License # 813868

150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658

look for our Red Dragon on hwy 193 between Lincoln & Newcastle

(916) Phone: 663 - 1887

Custom Garden Art
Garden trellises
fences



Security



Doors
Gates



www.findleyironworks.com

Herb Hauke

License # 490908

Accu Air & Electrical

Quality Heating & Air Conditioning
Service, Repair and Installation

(916) 783-8771

www.accuairroseville.com
accuairroseville@yahoo.com



Design, Contracting, and Maintenance

Offering handyman and home improvement services
And a design studio to satisfy all your decorating needs

A-R Smit & Associates

Excellent References • License #919645

(916) 997-4600

Lincoln based business
Family owned & operated



Every Tile Roof Needs To Be Serviced!



- Your Tile Roof Specialists
- Service and Maintenance
- Emergency Repairs
- 25 Years of Experience
- Customer Satisfaction Guaranteed
- Free Detailed Inspections & Estimates

(916) 595-4660

www.calroxroofing.com
Family owned and operated

CSLB #987296

**CAL-ROX
ROOFING, INC.**

Andes Custom Upholstery

Since 1977

For Lincoln Hills Residents Only

Up to 40% off
fabric & labor

Excellent fabric selection
New foam inserts

Call Jay **645-8697**

Free Estimates Many Lincoln Hills Referrals

L&D HANDYMAN SERVICES

LENNY 916.622.7544

- ✓ FENCING, PAINTING
- ✓ GUTTER CLEANING
- ✓ PRESSURE WASHING
- ✓ YARD WORK
- ✓ HOUSEHOLD REPAIRS



AND MUCH MORE!!!

ALASKA from only *\$1,049

*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.
Plan ahead and save!



Ports: San Francisco
Ketchikan, Juneau,
Skagway, Tracy Arm
Fjord
Return to San Francisco.
**Sailing 05/31, 06/10,
07/10 & 08/19—2016**



Sail Round Trip from
San Francisco for
10 Days
with Round-Trip bus
transportation
from Lincoln available!

SHOP LOCAL! Call **CLUB CRUISE & Travel**
for all of your travel needs at **916-789-4100** or stop by:
851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040

CM Ponds & Stuff

CHUCK COTTAM

Ph: 916-408-7474

Cell: 408-691-6431

Email: cottamcm1@aol.com

302 Sunnyside Court
Lincoln, CA 95648

License # 675667
USAF MSGT Retired

Fish Pond Builder
20 Years Experience



916-778-7985

Diane's

Helping Hand

24 HOUR PERSONAL CARE

Medication Mgmt., Errands,
Shopping, Pet Care, Meal Prep,
Recovery Assistance, Dr Appt...

dbeninger@att.net



Home Repair Services

Reliable, Quality Work
Call for FREE Estimate

(916) 240-0071

- **Painting**
- **Plumbing**
- **Fans**
- **Light Fixtures**
- **Fence Repair**
- **Sprinklers**
- **& More**

Curt Bartley
Owner/Operator
Bartley Properties
Lic. 871437

THIS CLEAN HOUSE

by **ANDREA**

(916)792-0595

Andrea@thiscleanhousebyandrea.net

License & Bonded



San Diego Condo

Available for Vacation Rental

Attractive, one bedroom, fully furnished Condo, in a **quiet gated Community** very close to **La Jolla** and the beaches. Location has easy access to all San Diego attractions, and is close to two high-end outdoor shopping areas (La Jolla Village and UTC Mall). This is an ideal Condo for a senior couple who would like to visit San Diego during the **cool summer months**. Weekly rental is \$595, or \$2095 for four weeks, with a \$60 cleaning fee. To make inquiries and to check for available weeks, call **530-392-5542**.

WAYNE'S FIX-ALL SERVICE

- Ceiling Fans
- Recessed Lighting
- Tile Work
- Electrical Outlets
- Remodeling
- Interior / Exterior Painting
- Circulating Water Pumps
- Phone / Cable Jacks
- Shelving
- Drywall & Texture
- Carpentry

(916) 773-5352

General Contractor
Lic. # 749040
Insured and Bonded

Old fashioned handyman
specializing in your needs

Established 1996



LINCOLN
MEDICAL PRACTICE

THE CARE YOU NEED WHEN YOU NEED IT!

Same Day Appointments Mon-Fri 9am-4pm

Walk-ins Welcome!

916.434.8800



Sarala Ghanapuram, MD
Internal Medicine



BRINGING MEDICAL CARE TO HOMEBOUND SENIORS

Ron Ordon, NP
Gerontology/Geriatrics
Medical House Calls

916.543.1593

89 Lincoln Blvd., Suite 100
LincolnMedicalPractice.com



Cover Story

Introducing Anoud Zaki,
Meridians Sous Chef

Jeannine Balcombe

Senior Director of Lifestyle and Communications



Spring has arrived at Meridians Restaurant and Sous Chef Anoud Zaki brings lightness to the kitchen, dining plate, and your palate by adding her touch to tasteful spring menu options.

After six months on staff, Anoud has settled into the rhythm of the “back of the house” operations. She gives her best daily, and as chefs often do, she competes among her peers to prepare dishes that will develop her skills and wow the judges. Anoud is humble, and the culinary profession frowns upon self-aggrandizing accomplishments, so we won’t boast about her recent culinary awards except to say that her work is well regarded.

Working side by side with Executive Chef Roderick Williams, Anoud designs dishes, prepares menus, keeps the kitchen in order, and ultimately ensures that the meal each guest receives is of the highest quality and presentation. Her talents and passion also transfer to the entire culinary team. She plays a large role in training and developing our culinary team to improve our guest experience at Meridians.

She states, “Since our guests are health conscious and have different health circumstances, I prepare marinades to maximize flavor in all my dishes.” Anoud cooks using fresh ingredients, and prefers her “strong arm” method of whisking a perfect dressing to some of the new kitchen technologies used for efficiency. “It’s my tradition and how I was taught.”

The latest spring dinner menu features many of the dishes inspired by Anoud’s classical French and Mediterranean training. Taste, for example, the Seared Sea Scallops served with spring pea mash, corn nage, fava beans, fresh corn, and micro herbs. Anoud is responsible for designing the “Lighter Fare” menu options on the spring menus like the Shrimp Kabob (330 calories), served with vegetable couscous with zucchini, red onion, bell pepper and parsley and a light tzatziki sauce, or the four-ounce Marinated Chicken Breast (325 calories),

served with wild rice, green beans, cucumber, and mint salsa. Go to MeridianRestaurant.com to read the new spring menu in full, or better yet, come in and try a dish!

Anoud is surviving cancer and practices Tae Kwon Do to build and maintain her strength. Her greatest loves are God, her family, including her two grown boys, writing poetry, and dancing. It’s no wonder she is held in high regard by her peers, the professional industry, and those who appreciate the special cuisine found at Meridians Restaurant.



Anoud Zaki displays the many medals and awards received since graduating in 1995 from Lederwolff Culinary Academy in Sacramento. These medals, received from various Culinary Challenges within her profession, have been earned through knowledge of her trade and commitment to her art

New Design Guidelines in Time for Spring

Mark Hutchinson, Architectural Review Committee Chair

“Spring is when life’s alive in everything” — Christina Rossetti

The newest version of the SCLHCA Design Guidelines was approved by the Board of Directors at the January 28 Board meeting, with an effective date of March 1. These Design Guidelines are now available on the Resident website, www.suncity-lincolnhills.org/residents, and on the CD recently mailed to each Owner. The Design Guidelines have been expanded to include items not previously covered and reorganized for easy reference. For

example, all landscape requirements are now covered in Section 6.

New Design Guidelines not previously covered:

- Attic Ventilators
- Bird Guards and Netting
- Decks
- Knox Boxes
- Rain Water Capture Systems
- Reroofing
- Security Cameras

- Skylights
- Stepping Stones
- Umbrellas
- Weather Stations



As you consider springtime improvement projects, please be aware that members of the ARC are available to consult with you regarding the new design guidelines and answer any application questions you may have. Individual appointments may be arranged by sending an email to arc@scilhca.com.

Celebrate
Mother's Day
at *Meridians*



Brunch Buffet

Sunday, May 8th
10am to 2pm

\$32 (PLUS TAX & SERVICE CHARGE)

ADULTS OVER 90 & CHILDREN UNDER 7 ARE FREE

Reservation & pre-payment requested

FOR DETAILS AND FULL MENU VISIT MERIDIANSRESTAURANT.COM

965 ORCHARD CREEK LANE, LINCOLN CA 95648 • RESERVATIONS 916.625.4040



Meridians is
proud to offer
Gluten Free Options.



Lincoln AirFest

Your opportunity to be part of a main event

Al Roten, Roving Reporter

A spectacular event is being planned for Saturday, June 11, at Lincoln Regional Airport. This is the Lincoln AirFest, which actually begins the evening before with a gala dinner/dance, "Twilight on the Tarmac," the theme of which is the early Golden Age of Aviation (the 1930's through the 1950's). Then at 6:30 AM on Saturday, the fun begins with a hot air balloon rise. Throughout the day until 3:00 PM, there will be fun and interest-packed events from a pancake breakfast, to radio-control demonstrations, to formation fly-bys by classic and Warbird aircraft, and even a great hot rod and classic car show.



Our Lincoln Regional Airport began during World War II as a training field for B-25 and B-17 air crews. The United States Government gave the airport to Lincoln in 1947 and it is now an under-appreciated gem of an asset of the community. The mission of the AirFest is to (1) bring awareness of aviation and the Airport to the community, (2) inspire younger generations, (3) honor former and current members of the military service, and (4) provide a low-cost fun experience for families. There will even be a Youth Aviation Education Zone to help keep the younger set active, happy, and hopefully learning about aerospace opportunities.

As one may expect, it takes a lot of effort to get such an event off the ground. That is where you come in. Many volunteers are needed to provide coverage for crowd management, visitor assistance, and myriad other services. There is a core leadership team now in place. What is needed is a cadre of volunteers to help bring this great event off smoothly.

If you want to become part of this festive Lincoln event, go to <http://LincolnAirFest.com>, then to the section "Volunteer." There you will find several

categories of needs where you can leave your identification and then AirFest planners will get back to you. This promises to be a fun and fruitful event for individuals as well as our city. Oh, and all volunteers get into the event free and get to partake of the Pilot Lounge lunch meal!



Throughout the day on June 11, there will be fun and interest-packed events from a pancake breakfast, to radio-control demonstrations, to formation fly-bys by classic and Warbird aircraft, and even a great hot rod and classic car show

Revitalizing: Peter Gilbert Politician and Public Servant

Nina Mazzo, Roving Reporter

Politics—the word evokes a variety of reactions. Yet the Greek root word *polis* simply means city or community and a politician is a person whose job it is to work in government. In several of my articles, I have introduced you to residents who have taken prior skill sets and now enjoy using them in varied ways in our community. As we are in the midst of a political season, let's meet a resident involved in local politics.

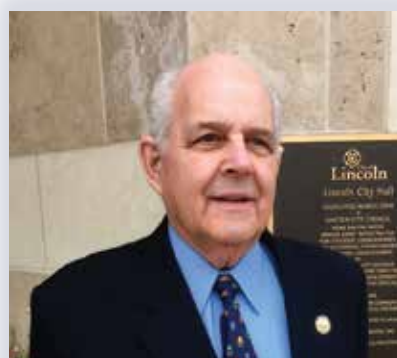
The political bug first bit Peter Gilbert in Foster City, California. Peter had been with Rockwell International when one day a neighbor asked him to come to a city council meeting, as there was concern about a proposal to shift a major tax burden from one source to homeowners. Peter said his first response was to ask where the City Hall was located! Once he learned what was happening, he began to walk his neighborhood encouraging a recall of the Mayor and two city councilpersons and the recall was successful. Peter said it was quite a feeling knowing that a well-informed citizenry could make such a difference in their community and he was proud to be asked to fill one of the terms of the recalled city councilperson.

Sadly, during this time, Peter's first wife died and he decided to find a job that would minimize traveling for his young family. He transitioned to Wells Fargo and spent many years in management with that financial institution.

Fast forward to Lincoln Hills where he served two terms as a member of our Board of Directors. He also served on the Placer County Grand Jury. Peter's wife Lois encouraged

him to look at running for the Lincoln City Council and told him that serving on a city council is his golf! He saw that our city was dealing with issues similar to what he had dealt with in Foster City and knew he could bring his expertise in politics and finance to Lincoln.

He notes that working toward financial stability is vital to attracting any person or developer who could bring value to our city through commercial, light industrial, and residential enterprise. The cultural and social aspects of our historic downtown are also blossoming. Peter notes he is proud and pleased to work with several residents who also volunteer their experience for our city's growth and development.



Peter Gilbert

Big Day of Giving Coming Up! Consider the Lincoln Hills Foundation

Paul Gardner, LHF Advisory Board

If you're like me, you get a bit unhappy about the number and frequency of donation requests that arrive in your mailbox. And they come from groups and causes of which you have no knowledge. We all have our favorite charities such as places of worship, hospitals, public broadcasting, and the like. But we know where they are located, and we know the funds we donate will stay in our community.

So here's a relatively new idea, just the ticket for your Lincoln Hills Foundation. It's called "The Big Day of Giving." The concept is that from midnight to midnight on Tuesday, May 3, for 24 hours, Lincoln nonprofits, including LHF, along with other regional nonprofits from a three-county-wide area, will come together for one "Big Day of Giving".



Consider this:

- Lincoln Hills Foundation has set a target of raising \$3,000.
- 100% of your donation goes directly to helping seniors in the Lincoln area.
- All administration costs for the Foundation are being covered by LHF Board members fundraising events, product sales, and corporate sponsors. 100% of the LHF Board of Directors has committed to participate on May 3.

All donations are to be made via debit or credit card through the Big Day of Giving website on May 3rd at www.bigdayofgiving.org. Our prime purpose is to help seniors in the Lincoln area reside in their homes for as long as possible. To do that the Foundation focuses upon assisting seniors facing life-altering challenges, usually age-related, which they typically are unable to meet on their own. For example, via annual grants to specialized organizations, we pay for respite care for family caregivers of seniors with cognitive impairments such as Alzheimer's. We also provide funding for the preparation and delivery of hot meals for home-bound and disabled seniors.

LHF will participate in a prize challenge contest during the Big Day of Giving on May 3. The Foundation will compete for a \$1,000 prize for the most funds raised between 4:00 and 5:00 AM. Also they will compete for another \$1,000 prize for the most number of contributors between 4:00 and 5:00 AM. All of the LHF Board members will donate during this timeframe to help win these prize challenges. Yes, we know this is early in the morning but the potential rewards for the Foundation are great. However, we'll gladly accept your donation any time on May 3!



DOWNSIZING AND MOVING COORDINATION

SMOOTH TRANSITIONS[®]
of SACRAMENTO^{llc}



We specialize in helping the ever-growing older adult population (and their families) with the physical and emotional aspects of moving to a new home—including pre-planning, relocation/real estate coordination, estate dispersal, move management and setting up a new home.



Please call us for our complimentary one hour in-home consultation today. We will help you and your loved ones with the logistics of planning a move with as little or as much help as needed.

916 838-7922

connie@movingforseniors.com



Connie James

SMOOTH TRANSITIONS OF SACRAMENTO[®], LLC

Experts in Move Planning, Downsizing, Relocation and Home Dispersal.
www.movingforseniorssac.com www.movingforseniors.com

SELLING A VEHICLE?

We ...

- Pay top dollar and almost always beat Carmax's bid.
- Take care of all paper work, bank payoffs, DMV, etc.
- Can come to you, at your convenience.
- All years, makes, models, and miles considered!

OUTLET4CARS.COM



Jan & Montie have been residents of SCLH for 10 years. Montie has been in the Auto Industry for over 40 years.

Call Montie
916-417-7468 cell

ROBERTSON | ADAMS

Trust & Estate Attorneys

Formerly Adams & Hayes Law

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS
TRUST/ESTATE ADMINISTRATION, LITIGATION
SPECIAL NEEDS TRUSTS



Juliette T. Robertson
Principal Attorney

Michelle A. Martin
Senior Associate
Attorney

**Therese A. Adams &
Marilyn Y. Clark, Of Counsel**



*Certified Specialist, Estate Planning, Trust & Probate Law

458 McBean Park Drive
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551

www.robertsonadamslaw.com

Wise Villa Winery & Bistro
LINCOLN, CALIFORNIA

#1 Winery in CA
Golden State Winery of the Year
2015 California State Fair

EXPERIENCE

Educational
Food & Wine Pairing
...
Open Wednesday - Sunday
11-5pm

**Dinner, Wine
& Live Music
Every Friday Night
5-9pm**

4200 Wise Road, Lincoln
@ Garden Bar & Wise Road

Upcoming Events
April 16- Malbec World Day; April 21- Pairing Dinner;
May 7 - 'Cinco de Mayo' Celebration; May 8 - Mother's Day Brunch
May 21 - Blending Party; May 28 - Wine Club Pool Party

916-543-0323 www.wisevillawinery.com

Pest-free is worry-free!

- Pest and rodent control
- Thorough inspection and evaluation of your property
- Customized treatment programs
- Environmentally sensitive pest control
- Weed control
- Complete lawn care service
- Locally owned and operated

Call today for your free inspection!



inspiredpestmgmt.com
916.917.8402

License #7244

WE MOVED TO A NEW LOCATION!



- New & Used Sale
- Service
- Parts & Accessories
- Rentals



**ELECTRICK
MOTORSPORTS INC.**

3730 Placer Corporate Dr.
Rocklin, CA 95765

(916) 652-2222

www.electrickmotorsports.com



SUNRISE PAINTING

SERVICES
COVERING CALIFORNIA

California Contractors License #708638
Bonded and Insured

- Spring Special: 10% off interior repaints, through May.
- Exterior repaints, special three-color, two coats, from \$2350.
- Painter by the day. For touch-ups and smaller jobs, \$325.

(916) 430-7742

sunrisepaintingsvs@gmail.com
www.sunrisepaintingservices.com

Free Estimates



Vision to Last a Lifetime -

Complete Eye Care at Wilmarth Eye and Laser

The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

The Crystalens is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

Complimentary Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

Financing Options Available



Stephen S. Wilmarth, M.D. - Vision Correction Specialist
1830 Sierra Gardens Dr. • Suite 100 • Roseville

www.wilmartheye.com
916-782-2111



Orienteering Orchard Creek South Trail In the Beginning...

Dee Hynes, *Roving Reporter*

Have you walked along our Open Space? Are you looking for an easy introduction to our 18 Fitness Trails?

Try the Orchard Creek South Trail for an “in the beginning” to your trail experience, it’s a gem! It offers a level sidewalk/Open Space loop path, a stroll of approximately 20 minutes.

From the trailhead, turn left at the preserve where you may be greeted by sun kissed tangerine poppies. The verdurous, mildly rippling feral land appears as if Mother Nature slept beneath a cozy, thick flannel blanket and she forgot to make her bed.

The view beyond the untamed expanse is a fascinating juxtaposition. The manicured Hills Golf Course features a rail fence and large rock walls which appear to be giant jigsaw puzzles.



The bridge entry from the Orchard Creek South loop trail

A second trail, splits off the loop and crosses a bridge over the creek. The main fork roams upward aside the preserve.

Alight mere steps from the bridge and you’ve entered a new environment, completely diverse from that previously viewed. This acre-

age is sleeker; the major feature is the tree line following the waterway.

Out-and-back to the bridge is a 20 minute stroll, and then continue on the loop trail and turning left at Carnelian Ct. returning to the trailhead.

Directions: From OC, right on Del Webb, left on Fallen Leaf, right on Carnelian. The trailhead is between #1597 and #1625.

Heads up! The first section of the trailhead is shared with golf carts. The trail is pedestrian only as you turn left at the Open Space.

See your Community Directory and Resource Guide Street Name Index and Fitness Trail foldout maps for details.

The Open Space and Hills golf course viewed from the Orchard Creek South trail bridge



Talking Technology with Len Carniato

Enhancing your life with smartphones

Nina Mazzo, *Roving Reporter*



Len Carniato is an enthusiast for mobile technology and recently told me he believes the smartphone to be one of the defining technologies of the early 21st century. Len retired from Microsoft as a Certified Engineer.

He retains his interest in technology as well as his desire to help others understand and utilize their mobile technology—specifically the device of the future: the “Smart Phone.” Did you know that nearly two-thirds of all Americans own a smartphone?

What is a smartphone? Not all cell phones are smart phones. A smartphone is a computer that lets you make telephone calls in addition to many other functions. Key features include—operating system (example Apple or Windows) along with apps, text messaging, and Internet access.

Do you use your smartphone beyond simply making or answering calls? Did you know that this device allows you to interact with family, friends, and now your medical and health care providers? You can reach help with built-in smart-



Len Carniato and his smartphone

phone technology in the event of a crisis or emergency. Len encourages you to discover some of the other applications (apps) that can enhance your life and day-to-day routine.

They include apps for medical records, physical fitness, healthy lifestyle, and prescription/drugs information. Are you a member of Kaiser, Sutter, or Davis and/or do you get your prescriptions filled at Walgreens or CVS? There’s an app for that!! You can email your doctor or wellness contacts, refill prescriptions, and understand medical terms and drug interactions.

This month Len and I want to pique your interest and encourage you to take advantage of your smartphone. Take a class—simply checkout the technology classes each month in the *COMPASS*. Len teaches “Introduction to Android SmartPhone” and others teach similar classes for the iPhone mobile device.

Stay tuned for more technology conversations in the coming months.

MAY GOLF CLASSES

Learn to play where you live. Classes for women only, men and women and intermediate level players. All classes are four sessions meeting once a week for 1 1/2 hours. Sessions cover everything from the putter to the driver.

\$80 per person

// Men & Women

// Mondays, 8:00 - 9:30

// May 2, 9, 16, & 23

// Intermediate

// Wednesdays, 8:00 - 9:30

// May 4, 11, 18, & 25

// Women Only

// Thursdays, 8:30 - 10:00

// May 4, 11, 18, & 25



Kids Play Free

GOLF FOR LIFE

**FREE Round After 3pm
with a Paying Adult**

PLAYER DEVELOPMENT PROGRAM

JUST \$39 PER MONTH

- // \$19 Golf After 12pm
- // \$10 Golf After 3pm
- // Unlimited Range Balls

2 MONTHS FREE

WHEN YOU PAY A FULL YEAR IN ADVANCE


LINCOLN HILLS
GOLF CLUB

FOR MORE INFORMATION
AND PURCHASING

VISIT

lincolnhillsgolfclub.com
or Call 916.543.9200

MANAGED BY
BILLY CASPER GOLF





Neighborhood Watch

A Saga of Personal Identity Theft

Placer County detectives sound alarms at increased financial crimes

Patricia Evans

The perpetrators sit comfortably at home at the computer, a cup of coffee at hand, sending out batches of emails to entice the recipients into divulging personal information such as their email addresses, social security numbers, bank account or credit card numbers, and passwords. They only need a few replies a day! And the chance of apprehension is very small. No wonder Identity theft is the fastest growing crime in the nation, and California is one of their favorite areas.

“Once your personal identity is stolen, you can expect to have issues for 17 years as your name circulates on lists,” according to Detectives Meier and Lyssand of the Placer County Burglary Unit. Fraudulent emails and letters are becoming increasingly innovative, persuasive, and seemingly authentic.

“Victims who send the money required to claim a lottery prize or assist a friend or relative in distress have zero possibility of retrieving it,” explained Detectives



Meier and Lyssand. Increased technology has assisted these criminals by making it harder and harder to trace their foot-steps.

The basic emotion these criminals use is fear. If you receive a telephone call, email, or letter which creates any level of concern, immediately be suspicious. Check it out every possible way before replying!

Preventive steps you can take:

1 Have mail with financial information delivered to a postal box.

2 Request a free credit report every four months (a total of three a year) from one of each of the three companies at their centralized website www.annual-creditreport.com or call 1-877-322-8228. (Any other website or telephone number may charge for the report.)



New Mail Box Captains, from left, Kelly Gones (Village 31C), Norene Mozzetti (Village 37), and Judy Weirich (Village 41A) toast their Workshop experience. See page 32 for future Workshop dates

3 Use cash rather than credit cards.

4 Watch the video of this symposium on our SCLH Association website for much more vital information!

Please turn to page 32 for our Workshop dates presenting helpful information.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Library News

Sandy Melnick, Library Volunteer

It looks like there is still rain in our future, so please remember to cover all returned and donated books. We have found a number of very soggy books being put on the rolling cart and if they get too wet we have to dispose of them as they do not dry out. So, everyone, remember to use those plastic bags. Thanks for your cooperation. And when taking books home, just ask a volunteer if they can get you a bag.

Our Libraries are there for you. Please bring books, DVDs and other material back



in a timely manner. We want everyone to enjoy the many things we have in the Libraries. Also, please check that all audio books are in the CD container when you return them. That means checking your devices in the car and at home.

I just finished reading *Steve Jobs*, by Walter Isaacson, a biography about this interesting man who was a genius in many respects but lacked personal empathy. It was especially interesting to read about the origination of the iPod, iPhone, and iPad and what it took to implement these products.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

Did You Know?

Community Forum presentations are the place to be. Our Health Education Series is a case in point. Did You Know that if you missed the Mind Body Connection, you missed being with 225+ residents standing, cheering and joyfully experiencing “laughter yoga.” Get the experience online at www.suncity-lincolnhills.org/residents/ then click on Community Forums.





Club News



Alzheimer's/Dementia

Caregivers Support

Our meeting on April 27 features Juliette Robertson of Robertson-Adams Law speaking on legal issues surrounding a diagnosis of Alzheimer's Disease and other forms of dementia. It's important to have proper and appropriate documentation of the diagnosed person's desires and intentions regarding personal property and health care—and your ability to honor them. Having the properly executed and legally enforceable instruments of instruction is comforting both to the diagnosed and the family caregivers. If none of this documentation exists for you and yours right now, you need to hear this presentation. If you already addressed these concerns “way back when,” you should assure that circumstances and the applicable laws have not changed to undermine your plans.

We meet on the fourth Wednesday of each month in the Multipurpose Room (OC) from 1:00-2:30 PM. We are sponsored by the Lincoln Hills Foundation.

Author: jeffa

Contacts: Judy Payne, 434-7864;

Cathy VanVelzen, 409-9332; Maria Stahl, 409-0349; Al Roten, 408-3155



Antiques Appreciation Club

It is amazing how many collectors there are in our club! The April program covering Antique and Vintage Desk-Top-Items, 50 years and older was a huge success! Three of our members told about their small collections and many members brought an assortment of fascinating items to share!

Our Monday, May 2 program brings John Humphries, a nationally recognized antique expert with 40 years in the business. John will bring his expertise on antique books for this program, he will answer questions on the value of your book and what makes it a special book. We ask our “members” to bring one of their favorite antique books for John to evaluate.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you

collect or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415;

Appraisals 408-4004



Astronomy Group

Monday, April 18—Cosmology Interest Group (CIG), Fine Arts Room (OC) starting at 6:45 PM. Continuing the DVD series “Cosmology—The History and Nature of our Universe.” April lectures will be #35, “What's Next for Cosmology,” and #36, “A Comprehensive Universe.”

The Telescope Interest Group (TIG) will meet on Thursday, April 28 at 7:45 PM at the Sports Pavilion. Members are encouraged to bring their telescopes. Assistance will be provided for setup, alignment and operation of the telescopes.

On Wednesday, May 4, in the P-Hall (KS), Ranny Eckstrom will present the Galaxy Zoo, a Citizen Science Project for classifying galaxies. She will classify some newly discovered galaxies as part of her talk.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com; Cindy Van Buren

253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

Put some “spring” into your step and renew your commitment to enjoy life to the fullest. Come to KS in April and learn the fun, and flowing Foxtrot. In May, we will be learning the lively and popular East Coast Swing. Beginner group lessons are taught from 2:00 to 3:00 PM. Then, join us for open dancing from 3:00 to 4:00 PM. More advanced steps in the monthly dance are taught from 4:00 to 5:00 PM. Dues are just \$7 per year and the lessons are *always free!* So, come for lessons, or just come to dance, enjoy the music, and meet with a



*Bob & Carol Stanton;
Ernie & Lynda Wilson*



congenial group of people.

Mark your calendars for our Spring Potluck on May 14, in the Multipurpose Room (KS). It's always a fun event! Call one of our contacts for information. You will find dancing can truly put the “spring” into your life.
**Contacts: Sal Algeri 408-4752;
Chris Geist 543-0176**



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home, however the May 11 meeting is cancelled and the next support meeting will be June 8. 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 *Siinos*, Thursday, April 28. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant.

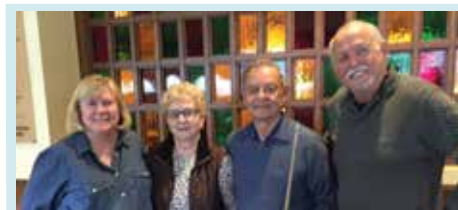
For more information or to put a Memorial in the COMPASS, contact Joan.

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



Billiards

Woman's Billiard Group Tournaments will be every Tuesday, 12:45 to 3:00 PM. *Free Billiards Workshop* available to



Five of seven games, Rita Balkauskas, Lisa Pabst; Seven games, Del

Torres, Dan Oden; First place Bill Kim, second Pasu Iranim, Tony Felice, Bill Davis, Dave Hathaway; First place Oscar Alvarez, Bob Moze

all SCLH residents: The Billiards Group is offering a free Billiards lesson at KS. We will have a person there on Tuesdays, from 9:00 to 10:30 AM. This is for both new and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. *Remember, it's free.* Contact Dan Oden, 408-2687.

Contact: **Tony Felice: afelice@wavecable.com**

Bird

On Monday, May 9 at 1:30 PM, Truman Holtzclaw will present a program on bird identification, habitats, and behavior. He has planned this program to be fun, but also challenging! With Truman's long-time interest in birding and photography, I know you will enjoy this special presentation. See you all at the P-Hall (KS) on the second Monday in May.

Springtime in Lincoln finds our local



Jenny Papka of the Native Bird Connections shows us a tiny Screech Owl; The largest

was an Eurasian Eagle Owl; here she is with a Leucistic Red-tailed Hawk.

Photos by Suzanne Hutchinson

birds busy building nests and raising their young, so it is a great time to join us on an outing. April 22 our group will enjoy the Canyon Oaks Trail here in Lincoln Hills. Then, on May 6 we head out to Spenceville Wildlife Area. This area is home to the Lazuli Bunting, Yellow-breasted Chat, Ash-throated Flycatcher and Black-headed Grosbeak to name just a few.

Contact: **Kathi Ridley 253-7086**

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

We had a good day at the "It's The Lifestyle" groups exposition yesterday but a subject came up that we thought was worth repeating. We had several residents, both old and new, ask us if you needed your own Bocce Balls to play Bocce. The answer is no. If you do not have your own Bocce balls you are free to use the Association Bocce sets. The Association Bocce Balls are stored in the Bocce Locker which is the locked stone structure between the front and back courts. To get the key to the Bocce Locker you need to take your SCLH ID card to the OC Fitness Center Desk and



The Association Bocce Balls are stored in the Bocce Locker which is the locked stone structure between the front and back courts

ask for a Bocce key. They will take your card and have you sign out a key. When you have finished playing and return the balls to the locker, you return the key to the Fitness Center.

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

Book, OC

Join us Thursday, April 21 at 1:00 PM in the Multipurpose Room (OC) to discuss, *The Girl on the Train*, by Paula Hawkins. This psychological thriller focuses on what a woman sees through the windows of a train, one she takes each morning and evening on her commute to and from London.

We meet the third Thursdays of the month. Newcomers are welcome.

Schedule, remainder 2016:

- May 19, *The Wright Brothers*, by David McCullough
- June 16, *Far From the Madding Crowd*, by Thomas Hardy
- July 21, *Gray Mountain*, by John Grisham
- August 18, *The Spellman Files*,



Penny Pearl at the "It's The Lifestyle" event

by Lisa Lutz

- September 15, *All the Light We Cannot See*, by Anthony Doerr
 - October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
 - November 17, *Wish You Well*, by David Baldacci
 - December 15, Holiday Luncheon
- Contacts: **Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755**
 Website: <http://LHocbookgroup.blogspot.com/> Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

President, Val Singer, opened our March general meeting and Barbara Mathot gave the reading. We were treated to having Linda Rieb from the boutique "Enhanced" in Sacramento. She showed us the bras and swimming suits that are available for our prothesis in a comfortable way. Before making an appointment with Enhanced a prescription from our doctor stating two bras, one prothesis and a letter stating that we had a mastectomy is required. We receive two new bras every year and a new prosthesis every two years



Ann Jensvold and Linda Rieb; Barbara Mathot; Loretta Banducci, Margit Boen and Marianne Smith

provided by Medicare.

We had several guests and ones that filled out an application to join. It was a delightful meeting. Members are always welcome to join us board and committee members the first Thursday of the month at 10:00 AM. We meet the second Thursday of the month at 1:00 PM along with having lunch at Meridians at 11:30 AM. Please join us and become a sister in your heart.

Contact: *Marianne Smith 408-1818*

Website: www.suncity-lincolnhills.org/residents



Bridge Duplicate

Our club has initiated a new section D for social bridge players, with less than 70 master points, interested in duplicate bridge. Mentors will explain the various differences between the two bridge systems and how to integrate the player's knowledge into effective duplicate conventions. Section D will be available during Wednesday's games.

Duplicate games are played in KS on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: *John P Crenshaw, 408-2176,*

jpcrenshaw@aol.com

Website: www.bridgewebs.com/lincolnhills



Bridge Partners

Call for early sign-up, or just show up with your partner and standby in the Sierra Room (KS). You get to play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Remember, four hands completed in 30 minutes.

Winners: February—February 25—First: Stan Mutnick/Harry Collings with the night's high round of 1730; second:

Linda Theodore/Janet Pinnell; third: Kay/Ben Newton; fourth: Lynda Sader/Dan Cronin. March 3—First: Erica Wolf/Edith Kesting; second: Johann/Paul Kiesel with the night's high round of 1670; third: Chris Jacobson/Chuck Dietz; fourth: John Butler/Byron Hansen. March 10—First: Rose/Joe Phelan with the night's high round of 2470; second: Chet Winton/Ralph Madsen; third: Harry Collings/Stam Mutnick; fourth: Carol Mayeur/Dolores Marchand. March 17—First: Janet Pinnell/Linda Theodore with the night's high round of 2320; second: Kay/Ben Newton; third: Lorraine/Bob Minke; fourth: Johann/Paul Kiesel.

Contacts: *First & Third Thursday:*

Kay & Ben Newton 408-1819

Second & Fourth Thursday: Dolores

Marchand 408-0147; Carol Mayeur 408-4022



Bridge Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 to 12:45 PM.

Winners: March—First Place: Joan Singer, Pat Mullins & Carol Mayeur. Second: Anne Kiley, Alan Hasselwood and Viren Sitwala. Third: Dick Lund, Byron Hansen and Jyodi Sitwala. Fourth: Joe Phelan, Joan Schabillion and Jodi Deeley.

Free Bridge Class: Wednesdays in the Card Room (OC). Instructors on the first and third Wednesdays. Practice games on the second and fourth Wednesdays. Interest in Friday Social Bridge is growing because of these classes. We now have 12+ tables compared to eight or ten last year.

Reservations: March/April: Linda Scott, 253-9893, Lcscottaz@gmail.com; Pat Frass, 435-3854, patfrass@gmail.com.

Contact: *Jodi Deeley 208-4086,*

jodi2@wavecable.com



Bunco

The Bunco Group was smaller than usual in March. SCLH's lifestyle has so many wonderful activities it is hard to pick and choose what to do next. If you happened by the Card Room (OC), you would have heard the cheering and laugh-

ter with a lot of dice flying, which made for a fun time!

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. If you have never played Bunco, it is very easy to learn. Drop in when your schedule permits. It is a fun way to meet new friends! The Bunco Group is preparing for their annual potluck.

March Winners: Most Buncos Vicki Cooper; Most Wins Corry Ostendorf; Most Losses Claudette Rhoads-Kinman; Traveler Barbara Lynch.

Next Bunco is Thursday, April 21

Contact: *Kathy Sasabuchi 209-3089,*
ksasabu@icloud.com



Ceramic Arts

Happy Spring Time!!!

This is the time of the year when we look to the coming months to try something new! If you have been contemplating taking a ceramics class, now is the perfect time. Check the class section of the COMPASS and see what is available. The two great instructors are always eager to teach you the fundamentals of clay. Hopefully you stopped by our booth at the It's the Lifestyle event and had a great time. Hope to see you in class!

CAG workshops are held at OC on Saturday, 9:00 AM-3:00 PM, and Sunday, 12:00-4:00 PM. KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sunday 1:00-4:00 PM for Spanish Oil. Open Studio is available to all residents at OC on Fridays, 1:00-5:00 PM. Again check bulletin board and studio window for any changes in times.

Contacts: *Pottery Janet Roberts 543-6015;*

Mike Daley 474-0910;

Earthenware Marty Berntsen 408-2110;

Spanish Oil Margot Bruestle 434-9575

Website: www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts



Chorus

"Surfin' the '60s" is almost here! In case you haven't heard, that's the name of our spring concert. We'll sing you a splendid selection of the hits most of us grew up with, from "Aquarius" to "Yesterday."

Given that concert title, you can count on some surfing songs—and more—from the Beach Boys. You'll love how our sopranos and altos channel Tammy Wynette in "Stand by Your Man" and how our tenors and basses recall Tennessee Ernie Ford with "Sixteen Tons." Doo-wop devotees will dig our renditions of "Blue Moon," "In the Still of the Night," and other faves. "California Dreamin'," "The Lion Sleeps Tonight," "Stand by Me"—what's not to like?



Promoting

You'll hear them all on May 1-3, but only if you act soon. See our announcement on page 47 for times and ticket information, and join us in the Ballroom for a truly memorable musical experience.

Contacts: *Suzanne Rosevold* 587-3035, suzannechorus@gmail.com;
Bill Sveglini 899-8383, sveglini@gmail.com
Website: www.lincolnhillschorus.org
Email: lhchorus@yahoo.com



Computer Apple Users Group—LHAUG

It's amazing how many bad guys are out there trying to con you into giving them confidential information so they can rip you off. As Apple users, you are vastly more protected than those using PC software. For most of us, anti-viral programs are unnecessary.

But you must still remain vigilant: phishing, scamming, and other myriad methods of separating you from critical information, will still assault you. Your best weapon: just hit the delete key! Deleted links can't hurt you. The IRS, financial institutions and reputable businesses will never ask for your confidential info online.

Every day, new schemes are hatched to get you. If you are attacked by one of these, Apple Users Group members may telephone our free Help Line at 668-0684, and one of our expert techies will attempt



If your computer is attacked, Apple Users Group members may telephone our free Help Line at 668-0684 and one of our expert techies will attempt a rescue

a rescue.

And remember: annual Apple User Group membership is just \$15 per year per household.

Contact: *Vicki White*, vickiawhite@me.com

Website: www.lhmug.org



PC

Main Meeting May 11, 6:30 PM "Getting the Most Out of Your Browser" by Terry Rooney. There is a wide range of browsers to choose from, offering various strengths which might appeal to users. Chrome is the browser developed by Google: fast, secure, reliable and has a wide range of extensions which can help tailor it for individual needs and preferences. Firefox was the first browser to offer extensions and modifications. Microsoft has two separate browsers, Internet Explorer and Microsoft Edge.



Terry Rooney will present "Getting the Most Out of Your Browser" on May 11

This presentation will show how to pick the browser which best suits your needs, and then how to optimize browsing.

Clinic: *May 13, 3:30 PM*—Will feature more extensions to help you share your favorite websites, manage your inbox or edit photos quickly. Both meetings at P-Hall (KS).

Ask the Tech: *May 27, 10:00 AM* Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Contact: *Karl Schoenstein*, president@sclhcc.org
Website: www.sclhcc.org



Country Couples

Our club was represented at the "It's the Lifestyle" event in the Ballroom in March. Our volunteers loved

visiting with everyone who stopped by to inquire about our club or to just say "Hi."



Donna & Rich Pick and Marsha Brigleb

Our Spring Fling Dance was held the afternoon of April 3 at Roseville's Ballroom. We worked up an appetite dancing to music by DJ Jim Keener and then enjoyed munching on deli sandwiches, salads, and brownies for desert—Yum.

Tickets will soon be on sale for the Saloon Dance, May 20, 5:00 to 9:00 PM with DJ Ed Lawson. This is traditionally a fun dance. Room decorations will take you back to the days of the Wild West, where period costumes are optional but fun. Thanks always to our dance committee members and volunteers who create the atmosphere and who help set up and clean up. Words cannot express our gratitude.

Marsha Brigleb 434-5460,
Laura Wermuth 253-7092



Cribbage Club

Come join the fun at OC 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 the month of February were Don Lloyd, Ken VonDeylen, Emmett Progue, Dennis Morin.

New players are always welcome!
Contact: *Larry O'Donnell* (406) 672-6493;
Ken VonDeylen 599-6530



Cyclists

Cyclists, can you help us?

Lincoln Hills Cyclists, your help is needed for the 15th annual Tour de Lincoln cycling event. This year's event will be held on Saturday, May 14. Volunteers are needed Friday, May 13 and Saturday, May 14. A four-hour commitment on either day would be really helpful, but any amount of time you can give would be greatly appreciated. Volunteers are especially needed for Saturday morning setup and serving lunch. Volunteers receive a free t-shirt and lunch. Also, Friday evening beginning at 5:30 PM there is a pasta feed at Turkey Creek for \$15 per person. If you can donate a few hours of your time for this year's special Tour de Lincoln, please contact either Gary Steer (434-6860) or Bob Burns (543-3382). If you have never participated in the Tour de Lincoln cycling event, you should. A fun event with food stops and a great lunch.

Contact: Steve Valeriote, lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Eye Contact holds two meetings each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room (OC), Thursday, April 28, 10:30 AM-12:00 PM. Topic will be "Maintain Your Independence." Facilitator, Patricia Locke will be talking with us about services, devices and techniques that we can use to maximize our well-being and sense of independence.

General Meeting, Fine Arts Room (OC), Tuesday, May 3, 2:00-3:30 PM. Thinking of giving up your keys? Jerrod Sieberg, Ombudsman from the DMV will be our presenter. He will tell us about restricted licenses that allow us to continue driving in the areas close to home. Come hear about the ins and outs of those licenses and how we can go about getting one.

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contact: Cathy McGriff 408-0169



Fishing

Well, we still are getting rain, that's good. Rivers and streams should be flowing well, filling the lakes you fish. Your favorite place will be opening soon. Check your gear before you go out, get your licenses, think safety at every step.

Did you know that LHFG has a fly tying get together? Yep, twice a month, first and third Tuesdays. For you fly fishers or any member, it could be fun and educational. Become a beginner; one step at a time. You can watch the masters at their craft, and learn from them, they'll be glad to show you the way! Email: dickangus@aol.com.



The masters gather at the table; Handle the fish carefully; Head to the Delta

Our club meets the second Monday of the month, 7:00 PM, KS, join us.

President: jmessier@starstream.net, (925) 819-0438; Membership: Henry (below)
Contact: Henry Sandigo (415) 716-0666, hsandigo@icloud.com



Garden Group

Thanks to all who supported the Plant Sale!

The Rose Show—April 23 & 24, (Saturday 10:00 AM through Sunday 3:00 PM) at OC. Registration is between 9:00-10:00 AM on Saturday. Each household may bring up to five single-stemmed roses, and two flower arrangements containing roses-plus. Cash prizes will be awarded in each category and there will be a prize for "Best of Show."

Lincoln Hills Annual Home Garden Tour—Thursday, April 28, 10:00 AM to 2:00 PM. The community is invited to attend this well-received event that the Garden Group



Home Garden Tour—April 28; Rose Show—April 23 & 24; Bonsai Show—June 11-12

sponsors each year through the generosity of homeowners who are willing to share their yards. Drive through the OC Lodge entrance between 10:00 AM-12:00 PM and pick-up a packet with map, addresses, and descriptions of each yard—\$3 per packet. There is no need to park and get out as volunteers will be there to hand you a copy.

Bonsai Show, June 11-12.

Contacts: Lorraine Immel 434-2918, limmel@ssctv.net; Larry Clark 409-5214, lkclark@surewest.net

Website: www.lhgardengroup.org



Genealogy

Do you have ancestors who settled on Public Land and then later purchased it from the US Government? Ken Tessoroff does and will share with us how he searched for documents dealing with his ancestor's purchase. Ken did this search 20 years ago before many online databases became available. He'll be telling us how it was done then and how it can be done now with online databases at our April General Meeting. Our meeting will be on Monday, April 18 at the P-Hall (KS). The prize drawing for this meeting is extra special as so many members now are considering Roots Magic or Legacy Software for their desktop genealogy research and record keeping. We will be giving away three copies of each for a total of six prizes. Members get your drawing ticket when you sign in for the meeting. The social will follow the general meeting with refresh-



Ken Tessendorff will be our speaker at the April 18 meeting

ments served and an opportunity to chat with others who share your interests. See you at the meeting!

A DNA interest group is starting and will meet the first Monday of each month. Call or check website for more information.

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641

Website: lincolnhillsgenealogy.com



Golf Ladies XVIII

March tournaments were all played on the Hills, and the first one ended in a tie between Sams and Ashe for NetChix. They netted 66 to top contenders Tilton and Unger, by one stroke. Cicci was the CTP winner on Hole 12. The next week, playing a reverse Cha, Cha, Cha, the team of Arts, Hur, Knorr and Unger topped Briggs, Cicci, Koropp and Parker. Emge was little more than the flagstick away for the CTP on Hole 16. On St. Pat's Day, the top team that kept the colored ball was Dodd, Emge and Hur, by three strokes over Arts, Blanchard and Morgan. McDonald's tee shot on Seven was just over a foot short of dropping, and she birdied in for a CTP.

New memberships to the Ladies 18-Holers are always welcome anytime of the year. Please visit our website, www.lhlgxviii.com, or call Valerie McElroy, New Member Liaison.

Submitted by Candice Koropp.

Contact: Donna Sosko 434-5527

Website: lhlgxviii.com

Lincsters

The first Captain's Scramble of the year, Fore Spring, was held on March 30. The Captain's Scramble is held on any fifth Wednesday in a month. There will be three Scrambles in 2016. This was a best ball format, and was enjoyed by all participants. The Bring a Friend Tournament will be held on May 4, and will be followed by a taco bar and awards in the OC Ballroom. The Lincsters have added ten new members since the first of the year; the current

membership is 130. At the first General Meeting, a new logo was selected. The logo design will be refined and finalized, and will be available to the members in a variety of ways. Beautiful weather brought out many players, including Phyllis Patrick (see photo below).

Phyllis Patrick assisted her cart partner with the barber pole on the ninth hole of The Hills Course



Contact: Pat Shafer, gdskd70@aol.com

Website: lincsters.com



Golf Men's

The Spring rains have made playing conditions on both courses great!

Recent Lone Ranger Tournament winners of their Flights are as follows, Flight 1: Rodger Oswald, Alan Elsey, Henry Williams, Joseph Keller. Flight 2: Dan Kramer, Warren Mercer, William Rapp, Phil Steinbock. Flight 3: William Mayo, William Langley, Larry Brown. Flight 4: Bob Henning, Sal Milla, Charles Fravele, Hank Corriera.



Our Tournament Director, Pete Saco, recently had a hole in one on the Orchard Course; second hole on the Orchard Course



Coming up May 2-3 is the Club Championship. May 2 play will be on the Hills Course, May 3 on the Orchard Course, with format being Stroke play. Also on May 3 will be Just For Fun play on the Orchard Course. Starting later in May will be the Presidents Cup, details in the next issue.

Visit the website at, www.lhmgc.org for

information about the Lincoln Hills Men's Golf Club.

Submitted by Doug Hinchey.

Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@sbcglobal.net
Website: www.lhmgc.org



Healthy Eating Club

What has 120 calories per tablespoon and is 100% fat, provides us little-to-no nutritional value and none of the fiber so essential to all of us? Answer: The oils we cook and dress salads with! Yes, the oils from otherwise healthy vegetables, nuts and seeds. We can learn to cook without oil by using stock, water or certain fruit and vegetable juices when sautéing and stir-frying. Learn to steam some foods rather than frying and eliminate oil for browning when roasting or baking just by cooking lower and slower. Substitute unsweetened applesauce for oil in some recipes, like in baking some grains.



Market Sweet Peppers; Fresh Meyer Lemons; Local Purple Cauliflower



Be our guest April 25 in the P- Hall (KS) at 2:00 PM as we learn from a local family producer of fruits, vegetables and walnuts about the wonderfully delicious and healthy surprises in our local crops. Sample healthy foods in the Social Kitchen (KS) after the meeting at 3:00 PM. Guests welcome.

Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com



Hiking & Walking Group

Wildflowers! Everywhere you look there are beautiful displays of color—purple lupine, orange poppies, yellow fiddlenecks, blue dicks, white popcorn flowers, and many more! It's a feast for our eyes! The Walking Group has been enjoying these signs of spring as they take their weekly Wednesday walks on the wonderful Lincoln Hills trails. Check their schedule on the website (below). Walks start at 8:00 AM.



Hikers on Auburn Walk; Hikers atop Eagle Peak at Mount Diablo State Park; Purple lupine display at UC Davis Arboretum

Hikers, too, have encountered delightful displays of flowers—wildflowers and garden flowers. While visiting the U.C. Davis Arboretum, hikers saw a huge variety of plants and flowers. On a trek along a canal and through streets in Auburn, hikers enjoyed seeing not only interesting homes and buildings but some lovely gardens. Mount Diablo State Park was the location for a strenuous climb to Eagle Peak. On short rest breaks during the climb, hikers caught sight of some stunning wildflowers.
Contact: Hiking: Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net
Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org>

Investor Study Group

On May 5 we welcome a very popular return speaker: Doug Côte, CFA, of VOYA Investments. This will be Doug's

third visit with us in as many years and is always informative and entertaining. He is the Chief Market Strategist at VOYA and the Sr. Portfolio Manager for global perspective funds. With over 20 years experience, he is regularly featured on Fox Business, Bloomberg and CNBC delivering hands-on interpretations of the forces driving capital markets and ways to respond.



Russ Abbott, Anastasia Amoroso, Chuck Pelaquin;

Joan Brenning, Doug Roach

Our table at the recent It's the Lifestyle event did very well and we hope you all had a chance to visit not just our table but also all the other wonderful groups that are available.

We meet at 2:30 PM in the P-Hall (KS) on May 5.

The Active Investors sub-group meets at 3:00 PM in the Multimedia Room (OC) on the second Monday of each month. Bill Ness, 434-6564.

Contact: John Noon 645-5600



Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Lincoln Hills.

On March 8 Colonel Patsy Thompson and Barbara Brass spoke to over 80 people at the OC Ballroom on their upcoming documentary "Surviving the Silence: Love and Impossible Choices." This remarkable story is available on the SCLH Resident website under Community Forum Videos.

Upcoming club activities include Glow Bowling on April 27, Breakfast on May 4, and Movie and Happy Hour on May 10. Dog Walkers and Friends will gather on Saturdays at 9:30 AM (weather permitting).

Community Activities includes Greater Placer PFLAG meets on Monday, May 9 from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn.
Contacts: Sheila 408-2802; Carol 295-0610; Gina 209-3925
Website: www.lavenderfriends.com.



Line Dance

At the *It's the Lifestyle* event at OC, the Steering Committee received a lot of inquiries about line dance classes and the Line Dance Group. Looks like many new dancers will be joining us soon! The new Intro Level class will begin in May, other levels start each month. We also introduced our new t-shirts which are available now, as well as the models from last year.



At the It's the Lifestyle Event; Our new t-shirts are in!

Our next event is our first line dance party/meeting of the year at the OC Ballroom on Sunday, April 17 from 1:00-4:30 PM. We will begin the event with all dancers moving to the classic dance, *Electric Slide*. From there we will perform dances from all levels, led by our three wonderful instructors. Come join the fun!
Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com; Carol Rotramel 408-1733, caroled1974@gmail.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 5-10 minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is

to be decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we will welcome your attendance.

If you have any questions, please call one of the contacts, below.

**Contacts: Bruce Castle 916-846-1500;
Marsha Ross 253-9551**



Mah Jongg, National

Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends. If you don't know how to play, Fran Rivera teaches new people in her home.

Winter learning sessions, taught by Fran, are full and will end May 1. During the summer months, Fran's classes are not scheduled. However, for those interested in learning Mah Jongg, you may sign up for fall session by calling Fran Rivera, 434-7061, beginning September 1.

**Contacts: Patti Kingston, 587-3056;
Elsa Paszek, 253-9709;
Fran Rivera, 434-7061**



Mixed Media Collage Arts

Our club members have a variety of interests from collages with found ob-



MaryBeth and Nina at the It's the Lifestyle Event; Mixed Media objects on display at the It's the Lifestyle Event

jects, to repurposed items and recycled materials. It is joyful to receive a package and experience more joy with the tissue and packaging than many others might feel! We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). Visit and meet some of the artists as we work on our individual projects. All experience levels welcome.

**Contacts: Nina Mazzo 408-7620,
ninamazzo@me.com; Frima Stewart 253-7659
frimastewart@gmail.com**



Motorcycle RoadRunners

The RoadRunners had a very scenic ride on April 9 through the wildflower-filled foothills to the gold rush town of Murphys. Riders enjoyed a great lunch before saddling up and riding back home to Lincoln.



RoadRunners ready for an exciting ride

There are some exciting rides coming up in the months ahead. May 14, the RoadRunners will ride over Ebbets Pass in the High Sierra to Topaz Lake in Nevada. June 11 finds the club back in the mountains with a ride to the town of Markleville. Topping off the High Country explorations will be a July 9 trip to Mt. Lassen National Park!

If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The RoadRunners meet the fourth Thursday of the month at 6:00 PM, Multi-media Room (OC) The next meeting will be on April 28. Guests are always welcome.

"Ride Safe—Ride With Friends."

**Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com**



Music

Calling all musicians! SCLH residents and guests are welcome. We play and sing next on Wednesday, April 27, 6:30 to 8:30 PM, Fine Arts Room (OC). Interested in a guitar jam or other special interest

group? Come join the fun and connect.

Open Mic occurs next on Friday, April 22, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, OC Lodge. It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

**Contacts: Jay Stryker jaycstryk@yahoo.com;
Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org**



Needle Arts

Threads of Friendship

The art of knitting is traced back to the 10th century when people needed to protect themselves from the elements. The word "knit" comes from the word "knot." Crocheting, a more recent form of wrapping and twisting yarn, back in the 16th century was used by men to trap animals and fish. "Crochet" means "hook" in Middle French.

The Needle Arts club knitting and crocheting groups meet at various times during the month. Whether you are new to this art form or want to work on something more than a scarf, our members will welcome and assist you.



*Knitted by Margo Kohler;
Crocheted by Stefanie Spikell*

Reserve your place at our Annual Spring Luncheon with Opportunity Baskets on May 10. Members and non-members are welcome for this delightful affair. Reservations are being taken now. Please visit www.sclhna.com for a reservation form and details on all sub-groups and workshops.

**Contact: Marsha Ross 253-9551,
marshaross1123@gmail.com
Website: www.sclhna.com**



Neighborhood Watch

Neighborhood Watch wants to make it easy for our volunteers to keep their mail stations and Villages up-to-date. The next Workshop is on April 21 from 6:00 to 8:00 PM in the Fine Arts Room (OC). This is the only evening Workshop scheduled for this year. Additional Workshops will be in the afternoon. Please contact Pauline Watson at frpawatson@gmail.com or 543-8436 to reserve your space.

We will be providing information on procedures and there will be ample time to answer your questions. If you cannot attend a Workshop, do not hesitate to contact your Village Coordinator or your Director for help and information. Please email or call one of the contacts below to obtain their names.

Other Workshops are scheduled on June 24, August 12, and October 11 from 1:30 to 3:30 PM. All Workshops are held in the Fine Arts Room (OC).

Contacts: Larry Wilson 408-0667, lgwlincoln@gmail.com; Pauline Watson 543-8436, frpawatson@sbcglobal.net; Website: www.SCLHWatch.org



NEV

Learn more about Neighbors InDeed at our next *NEV Club* meeting, on Tuesday, April 19, P-Hall (KS) at 10:00 AM. Larry Schurr will be our featured speaker. All residents of Lincoln Hills are welcome.

Our March 18 field trip to Rogers Coffee Plant, (also known as San Francisco Bay Gourmet Coffee) was a big success. Mr. Rogers, our tour guide, provided an overview of their company structure, Community Aid Program, coffee roasting process, and packaging process. After the tour, the group enjoyed a luncheon at Red Robin Gourmet Burgers.

Future dates to remember are: Tuesday, July 19, Luncheon/Membership Meeting, Solarium (OC), 12:00 to 3:00 PM; Sunday, August 21, BBQ Luncheon and Bingo Party; and Tuesday, December 6 at 5:00 PM, Ballroom (OC), for our annual Christmas Party.

Looking forward to seeing you on Tuesday, April 19, at the P-Hall (KS) at 10:00 AM. **Contact:** Dan Gillium 209-3946



Painters' Club

The Painters Club had a great meeting in March—our own club members presented a program on critiquing art, our own and others. It will be helpful as we create work or look at others (in May members will critique club participants in the Seascape Challenge). Many thanks to Jim Brunk, Marilyn Rose, and Margot Comer for a great presentation.



Thanks to Jim, Marilyn and Margot for a great presentation!

Our next meeting—April 18, 2:00 PM, P-Hall (KS)—will be of interest to painters of all media. Professional artist Kit Night will discuss color and composition, which are critical to oil, acrylics, pastels, or watercolor. Kit's work has won awards nationwide and is bright and upbeat. Check out her website before the meeting (<http://www.knitnight.com>).

Contact: Joyce Bisbee 672-7252, joybis@aol.com; Jim Brunk, 434-6317, brunk@starstream.net Website: www.lhpainters.org



Paper Arts

During our March meeting we tried something different—Spirelli. No, Spirelli is not an Italian pastry or pasta dish, but rather an art technique created by winding string around a die cut shape. We used it to decorate covers for Post-it®



Bonnie King maintains the group's scrapbook; Anne Johnson shows the Spirelli design

Notes. Thanks to Sue Manas and Reg Fabian for introducing this fun project.

Earlier this month we held our annual "Demo Day" to demonstrate card making and rubber stamping ideas including those created with: Big Shot, Cricut and punches, to name a few. (So many ideas – so little time!)

Mark your calendars for another "must attend" event—our annual overstock sale, slated for June 2. (More info to come.)

We meet on the first Thursday of each month at 9:00 AM, in the Terra Cotta Room (KS). New members are always welcome to enjoy paper crafting and camaraderie.

Contacts: Shirley Rainman 253-9534; Pat DeChristofaro 408-1360



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 Fridays of the month from 9:00 AM to 12:00 PM. We hope you see you there.

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



Photography

The Show & Tell program at our March General Meeting was a great success with approximately 17 people submitting programs for the audience's enjoyment. Subjects ranged through all aspects of our member's interests from California orchids to the small town life of Wheatland, from stage performers to the elusive and phenomenal Firefall at Yosemite. Some presentations were done using a slide show approach while others used presentation programs that combined the images with music. We were also lucky enough to have some beautiful printed images displayed.

The Art League of Lincoln had an art exhibit entitled "Digital Art Your Way." Eleven of our LHPC members were entered in the exhibit; Allen Adler, Bob Baikauskas, John Campbell, Rhonda Campbell, Jim Ham-



Photographers: D. Petersen; G. Ferguson; S. Huntingdale

mond, Pete Henshaw, Patrick Jewell, Bill Szabo, Steve Stewart, Larry White and Vicki White.

Contact: Brad Senn, (530) 400-2499, lhphotoclub.com
Website: www.SCLHphoto.com



Pickleball

Tournament madness does not end in March for the Pickleball Club.

Club Championships will take place April 19-22; President's Cup 25-27. These events come on the heels of successful Rookie Invitationals that drew 32 players and 16 teams over two weekends.

The club celebrated the new lights and St. Patrick's Day with a combined party and night of open play March 19.

The June 1 summer party will be highlighted by western dancing.

Regular lessons continue through spring.

Beginner lessons are 1:00 PM Wednesdays. No equipment necessary. Intermediate lessons: 3:00 PM Tuesdays. Richard

Norman and Mike Hilton will offer 3.5-plus lessons at 6:30 PM the first and third Mondays. Sign-ups begin at 9:00 AM that day at the courts.

Andrea Mayorga will bring out the automatic ball machine Wednesdays at 4:00 PM.

Andrea's Pickleball 101 starts June 2, the Wells Fargo Advisors Tournament is September 26-28 and two more tournaments for novices are planned in October.

upcoming shows and hope to get newcomers involved.

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com

Website: www.lincolnhillsplayers.com



RV

Twelve rigs from the RV Group headed out to Angel's Camp for a short but fun-filled rally in March. Led by wagon masters Sandi & Len Cassieri, Ken & Marge Klein, the group enjoyed spring-like weather; blind-wine tastings; golf; potlucks; and walks in the surrounding green hillsides.

Many of the group's members were already on the road, to such places as Arizona for spring training; Mexico and the Copper Canyon experience; and the Central Coast of California. Those still in town were getting rigs ready for future spring and summer rallies. The club has rallies planned for Pismo Beach and Paso Robles; Yosemite; Lake Tahoe; Bodega Bay; and Clio in the Graeagle area.



Spring Rookie Invitational; Bill Burnst and Sharon Davis; Ron Slagle

Contact: Marty Rubin 408-3494, Marty629@gmail.com
Website: www.lhpickleball.com



Players

Thinking about making your acting debut? Come to the Reader's Theater audition for *The Thin Man*, to be presented on June 4 and 5 in the P-Hall (KS). The show features Nick and Nora, detectives who always get their man with wit and humor. It's a great way to get your feet wet, since the actors read from scripts and lines don't need to be memorized. Auditions are set for April 28 and 29 in the Multipurpose Room (OC) from 5:45 PM to 8:45 PM.

Our many thanks to the cast of *Curious Savage*, for a show filled with drama and humor. We loved the characters!

The Players Group meets on the second Monday of the month at 4:00 PM in the P-Hall (KS). We welcome you to our next meeting on May 9. We'll be discussing our



Julie Africa, Renee Honnoll, Betty Schumacher at *It's the Lifestyle event*; RV Club at Murphy's Hotel dinner

We meet the second Thursday of each month at 4:00 PM in the Social Kitchen (KS).
Contact: David Africa 708-0009

Website: www.lhrvg.com

S.C.H.O.O.L.S.

Spring has sprung! Students and teachers have returned from spring break, and before we know it, the 2016 school year will be history. Plans for end-of-school events and graduations will be taking place and we hope your year has been stimulating, fulfilling and rewarding. We are so grateful for the time and talent you have brought to our Lincoln schools and for the wonderful relationships we have with our teachers and administrators. The *It's the Lifestyle* event on March 22 was a big success. We met many new residents and old friends who are interested in becoming volunteers. Please mark your calendars for our Volunteer Appreciation Picnic on Tuesday June 7, 5:00-8:00 PM at the Sports Pavilion. Bring a dish to share and enjoy meeting neighbors.

"Education is the most powerful weapon you can use to change the world." Nelson Mandela

Contacts: Cindy Moore 408-1452, cindymoore@me.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Sandy Frame 408-1453, ssframe1963@gmail.com

SCOOP

SCOOP members enjoyed a very informative talk by Dr. Ann, owner of Sterling Pointe Veterinary Clinic at our April 5 meeting. Dr. Ann spoke about "Pain Management for Dogs" and also answered members' questions. We always enjoy Dr. Ann's talks and leave with helpful information.

Our next regular meeting will be on Tuesday, June 7, at 11:00 AM. Kathy Cangello will share tips on dog behavior. Kathy's talks have been very well received by our members.

Join us for our very popular "Pooches on the Patio" on Wednesday, May 18, at 9:00 AM on the Meridian's Patio. Bring your dog on a leash and enjoy breakfast and socializing with other members. Information will be sent out prior to this event with details.

On Friday, June 10, at 9:00 AM we will have a "Dog Walk" and collect dog food or other dog items to be donated to the Placer SPCA.

For additional upcoming events, look at our website. Join SCOOP and you will receive regular emails informing you about our upcoming events. We look forward to seeing you at our meetings and events!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com

Scrabble

Often the Scrabble board is so cramped that one and two letter words are your only option for play. They usually aren't high scorers but afford the opportunity to make a play rather than passing. The following are words relating to foreign currencies. Xu and zaire are the highest scorers but avo (Macao currency), ecu (former French coins), jun (coin of N. Korea), lek (Albanian currency) and lev (Bulgarian currency) score fairly well.

A few others: att (Laos), euro, fil (coin used in Iraq and Jordan), hao (Vietnam), leu (Romania), pul (Afghanistan), pya (Burma), sen (Japan), som (Kyrgyzstan) and zuz (Hebrew silver coin).

Come join us at Scrabble and "cash in"! Ha ha! we meet Mondays from 1:00-4:00 PM in the Card Room (OC). Let's Scrabble!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408

Singles

Dynamic Singles

What a great place to live, particularly if you're Single and belong to the Singles Club. We can keep you busy with all kinds of stuff. But the best part is to meet people who become your close friends. We meet every second and fourth Thursday of the month and that's just the start.

Monthly Dining Out is at Kobe's on April 21. Double Card Bingo will be played at our Social on the 28. Celebrate May Birthdays at the Sports Bar on May 1. Cocktail Time is on May 5. A Winery Trip takes place on May 10. The Second Saturday Breakfast is May 14. Voting for new officers will happen May 12-31.

Each month we also play golf, bocce ball, and hike. Come to the meetings or pick up the flyer at OC to learn times and contact persons for details. The time to join is now!

Contacts: Judie Leimer 408-4308,

j.leimer@iCloud.com; Mari Long 409-9136, mlong24sjca@sbcglobal.net



Ski

At our March meeting, we heard Lincoln resident and former ski patroller Ken Spencer relate the gripping story of the 1978 Squaw Valley tram accident. His personal story of a long night rescuing survivors kept us on the edge of our seats.

Our final meeting for the 2015/2016 season will be the ever popular post-season potluck party, scheduled for April 21 at the home of Bill & Lillie Smith. Members have been provided details and RSVP instructions.

Our getaway ski trip in March to Breckenridge, Colorado was a great success. See the photos of happy attendees. Next year's



*Breckenridge Group Dinner;
Beautiful Day at Beaver Creek;
Breckenridge Summit*

trip is expected to be to Park City, Utah.

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

Softball

Although rain washed out the Jamboree, we are indebted to Jim Mikaelson for his work in setting up and scheduling the event. Better luck next year, Jim. With a successful Opening Day behind us, the 12 teams begin the 2016 season with games scheduled each Monday and Wednesday. Be sure to come out and root for your favorites.

LHSSL players and fans were treated to some exquisite softball games when the varsity and junior varsity Lincoln High School girls softball squads visited Del Webb Field for two exhibition games. The action was fast and furious and all who had the opportunity to attend were impressed with the conditioning and ability of the players. Thanks to all who sampled the hot dogs and chili and made the day a rousing success. Many thanks to John Moran for arranging the competition.

Contact: George Sylvia 295-1957,

lh.geo2softball@gmail.com,

Website: LHSSL.org

Coyotes

The Coyotes 75s played their first tournament of 2016 in the Big League Field of Dreams in Manteca. Playing in both Yankee Stadium and Tiger Stadium, the 75s went 5-0 and outscored the competition 96-29.

THERE IS NOTHING LIKE A DAY AT THE OLD BALLPARK



LINCOLN HILLS COYOTES
13TH ANNUAL INVITATIONAL
SOFTBALL TOURNAMENT

WHEN: JUNE 25/26
WHERE: DEL WEBB FIELD
TEAMS: 65S/70S
FOOD, FUN & PRIZES
GAMES START AT 8:00 AM

Coyote Tournament Flyer

The offense was led by Charlie Bryant (.857 ba, 1.143 slg, 13 rbi), Jim Mikaelson (.857, 1.174), Jerry Lambert (.833), John Parks (.824), Dave Alley (12 rbi, 1.417). Outstanding defense led by Charlie Bryant, the entire infield and outfield. Outstanding pitching by Virgil Dahl (4-0), and Larry Manley (1-0).

Due to weather, the Marysville tournament was a rainout for all four teams. The 60s, 65s, and 75s play April 16-17 in Folsom and Ripon April 30-May 1, while the 70s travel to Lodi April 21-22.

Contact: Bec Cannistraci, 408-4679

becannistraci@sbcglobal.net

Website LHSSL.org



Sports Car

On the last day of winter, the Sports Car Group had a blazing good time at its first *Social Event of 2016*. Sixty members attended a luncheon at Kobe's in Lincoln. The showmanship, the food and



Some of the LHSCG waiting for the show to start; A Blazing Good Time

the fellowship were second to none. Three more Social Events are planned for 2016.

On Friday, March 11, 17 cars ventured out to Lockeford to visit Lockeford Meat & Sausage and on to Teresa Place, in Jackson for lunch. While the weather was a bit soggy, all had a good time.

On April 18-20, a large group will be heading to the Monterey Peninsula with lodging at the Seven Gables Inn.

All Social and Tour Events are posted on our website, <http://lhspportscars.com/index>.

htm. If you have a sports car or are thinking of getting one and you are not a member check out the website.

By Rob Phillips.

Contact: Tom Breckon 434-6989,

Tom.Breckon@sbcglobal.net

Website: Lhspportscars.com



Square & Round Dancing

Sun City Squares

The Sun City Square Dance Club meets on Mondays at 1:15 PM at KS. We are always happy to welcome square dancers. Please come by and visit us.

- Plus level dancing/Round Dancing between Tips, Mondays, 1:15-3:30 PM at KS
- Advanced Dancing, Mondays, 3:30-4:00 PM Scot Byers, Square Dance Caller and Erin Byars, Round Dance Cuer
- Advanced Dancing, Thursdays, 1:00-3:00 PM, KS

If you have any interest in Square Dancing or Round Dancing, please call:

Contacts: Lewis Bobrowsky 434-5932,

louisbobrowsky@yahoo.com;

Jean Grupp 408-1868

jean@grupphomes.com



Table Tennis

These longer days should free up some extra time for fun activities and one that many of us enjoy are the days spent playing doubles table tennis with friends—new and “old.”

We play Sunday afternoons (12:30 to



Time to celebrate Chinese New Year

4:30 PM), Tuesday evenings (6:00 to 9:00 PM) and Fridays (8:00 to 11:00 AM) at KS. You can arrive at any time to play—we rotate in to play and there is rarely much of a waiting time to play. Also, on those Friday mornings, we have an automated ball machine and some good help from Bob Gritner. Appointments are for a 15-

minute period and really help to improve one's game.

We're a congenial group and it's amazingly good exercise for mind and body!

Questions: Contact Ginger Nickerson.

Contact: **Ginger Nickerson 253-3322, gingerlee22@gmail.com**



Tap Company

Wow, what a time we had in "Vegas." We want to thank everyone that came out to support our efforts. The tappers really knocked themselves out with their fabulous dance routines in all those legendary show rooms (The Copa Cabana, The Flamingo, The Tiki Room, and The Hard Rock Cafe just to mention a few). The show was filled with dancers of all kinds—Cloggers, Line Dancers, Hula and Tahitian Dancers, Jazz dancers and a great group of "beefcake" showing us how it's done. There were "Ladies of the Night" trying to drum up business and we had one lady MIA throughout the show. Turns out she was having way too much fun with a long lost flame. Not to worry though, they got married and he made an honest woman out of her. Who knew—Elvis was still in the building singing, gyrating and throwing those neck scarves to all the ladies.

Now it's back to reality. Don't forget to sign-up for next month's classes so we can keep ourselves in top shape and continuing to move. You know, if you don't use it, you lose it. See you on the dance floor.

Contacts: **Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com**



Tennis

David Mateer, Tournament Director, has been busy in 2016. Four very enjoyable tournaments have been completed with many participants. (Go to sclhtg.com then click on Events and results for the winners.) Polly Smith and Pam Geernaert, Social Directors, have done an excellent job supplying food for the tournaments. Thanks to them and all for making these events successful and fun!

Drop-in Tennis is open to all Lincoln Hills residents. It is in full swing every Wednesday and Saturday mornings, 8:00 to 10:00



St. Pat's players Jack Ryder, Marilyn Catania and Jack Williams; Doris DeRoss, Judy Dong, Carol "V" and Nancy Phipps

AM, courts 1, 2, 8 and 9. "Drop in" for some fun tennis and meet new people.

A Free Clinic will be presented by Coach Jimmy Walker, each Wednesday during April and May, from 11:00 AM to 12:30 PM, on court 11. Just show up with your racquet, court shoes and apparel. No racquet? They will be provided.

To avoid long waits to get a court, schedule your playing time when there are fewer players waiting for a court.

Contacts: **BJ White 543-1350, bjwhiteca1@gmail.com; Bob White, 543-1350, bobwhiteca@gmail.com**
Website: **sclhtg.com**



Vaudeville

This is a reminder that auditions for The Vaudeville Variety Show on July 8 and 9 will be held Tuesday, April 19 and Thursday, April 21. Both days will be in the P-Hall (KS) from 6:00-8:00 PM.

Mark your calendars for the Vaudeville Variety Show Friday, July 8 and Saturday, July 9!



The seven-person audition panel will meet on Friday, April 22 to determine those acts that will make up our July show. All acts will be videotaped for the panel to review. All performers will be notified the following week of the panel's decisions which should be extremely difficult with so many talented people trying out.

Please contact Yvonne Krause-Schenck

408-2040 for further information.

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



Veterans

Mark "Coach" Soto, founder and executive director of The Honor Group, will be the featured speaker at the April 21 general membership meeting at 1:00 PM in the P-Hall (KS). The Honor Group is a national non-profit organization whose mission is to educate students, coaches and the community about the needs of military veterans.

During one of his son's deployments to Afghanistan, Mark and other coaches began a non-profit called Battle for Veterans, a football invitational bringing the student athlete and a community together to support those who have fought for our freedoms and their ongoing transition back into civilian life.

Over time, his goals evolved to build a national organization that involved education and awareness of the needs of our country's military veterans. In early 2013, he founded The Honor Group, which is developing a national football showcase called The Honor Bowl.

Contact: **Bob Ringo 543-5310, bobringo@starstream.net**



Videography

In addition to our monthly instructional meetings, we also assist other clubs with video. Members of the Videography Group have been producing a training video for the Water Volleyball Club. We are now in the editing process. Three members of our group video-record the LH Apple User's Group meetings. And finally, two members have assisted the Painter's Group in finding a quality solution for projecting their artist's work live onto screens at KS. That has been completed and they are now on their own.

Join us on April 19 at 9:00 AM for "Video Editing in Photoshop," presented by Vicki White. We meet monthly at this time on the third Tuesday of each month, in the Multipurpose Room (OC). In May, the presentation will be "Do's and Don'ts of Wedding Videography. For more information, contact Jeff Hanner at 769-2871 or email

jhanner8@gmail.com.
Contact: Jeff Hanner 769-2871,
jeffhanner8@gmail.com



Water Volleyball

Congratulate the players that have worked hard to promote to the next higher level.

Let's focus now on the importance of being an effective captain. It is imperative that sound analysis of *each skill set, of each player* is determined. If the teams are set up correctly, long rallies take place.



Manny sets Gary H.; Two rows: Majors, Manny, Sharon, Linda, Ginger, Sidne, Elaine K, Jim; Pepper to warm up

Select *dependable* players that would have high stats regarding *unforced errors*. Consistent serves, High sets (with an arc), and defense will win games! As captain selects, a combination of servers, passers, setters, diggers, and hitters. Then position the team so that your most agile player is next to your least active player, or the player with the least ball control. Separate your tall players with shorter players. Next draw the line-up on paper, using each rotation.

I invite you to view the 2012 Women's Volleyball Olympic match between the US and Brazil. www.youtube.com/watch?v=gEjQ2Ttbs9M. Awesome!

New players contact Ginger Nickerson, Red Ball Liaison, 253-3322,
Contacts Jim Puthuff 768-3936
Website: www.lhwatervolleyball.com



West Coast Swing

It's time to renew your membership or sign-up for a new membership—contact Dottie for an application. Dues: \$25 Couple, \$20 Single. Want to make a difference? We need you!

2016 Tentative Officers:

President: Bruce Mayo
 Vice President: Betty Maxie
 Treasurer: Vacant (Bob Roman incumbent)
 Secretary: Julie McVeg
 Membership: Vacant
 Activities: Dottie Macken
 Web Master: Bruce Mayo

West Coast Swing Dance Practice
 Second Friday of each month—
Friday, May 13; Fine Arts Room (OC)
 6:00-8:00 PM

Music by Dottie's Just Dancin'
 Free to Club Members
 Guests: \$2 per person

Dance—Sunday Tea Dance
 Sunday, September 25
 Tea Dance & Ice Cream Social
 Ballroom (OC), 2:00-5:00 PM
 Members: Free, Guests: \$5
 Tickets TBA as we near the event date.

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net;
Bob Roman 543-6618,
BobRoman@starstream.net



Woodcarvers

Become a Woodcarver—Many folks who stopped by the Woodcarver It's the Lifestyle table were interested in this hobby but weren't quite sure about spending scarce dollars to buy the tools and equipment necessary to begin. If that sounds like you, the Woodcarvers have just the solution.

Through the generosity of our members, we have put together a loaner kit consisting of essential tools and supplies for your use while you decide if woodcarving appeals to you.

Woodcarving is a fun, stress free, relaxing way to spend some free time. Most members have years of experience



Woodcarvers It's the Lifestyle Team

to help you with your projects. The SCLH Woodcarvers meet every Wednesday, 1:00-4:00 PM at the Sierra Room (KS).

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Hey SCLH Writers, where are you?

We're a fun group with diverse life experiences and are actively seeking more of our SCLH writers. We're here to encourage your writings, from poetry, short stories, biographies to complete novels. Autobiographical, satirical, theatrical, sci-fi, fact or fiction, we would love to read everything you write. Come join us to show your own creative work.



Writers Group "It's the Lifestyle" booth

Coming very soon, we're putting together a discussion of how to publish our writings. Several of the group are already published and are looking to share those experiences. We know you're out there, so come join us. Get out those dusty manuscripts and almost forgotten poems to share with others just like you. The next step is up to you to come to the Ceramics Room (OC) 6:30 PM on the second, fourth and fifth Mondays each month. Just get your writings out of that box in the closet.

Contacts: Bruce Robinson,
bbrob1281@gmail.com; Mike Hensley,
mike.1943.ok@gmail.com; Susan Gust,
srg2266@gmail.com

My Bucket List

- ☑ Ride in a convertible with my best friend
- ☑ See my family all together
- ☐ Take my grandchildren on a family vacation

Create your last goodbye at BeRemembered.com



Family Owned - Community Focused

916.783.7171

cochranewagemann.com



Estate Planning & Elder Law

We're Moving

You're invited to visit us at our beautiful, new office beginning April 1. We're just a mile away from the previous site, and our longtime staff is always happy to assist you with your estate planning needs.



Lynn Dean, Attorney at Law
30 years serving Sacramento and Placer Counties



Tracy Shows, Attorney at Law
McGeorge School of Law, 1994
Member, Trusts & Estates Section,
California State Bar

LAD LAW OFFICE OF
LYNN A. DEAN
Estate Planning & Elder Law

916.786.7515

3500 Douglas Blvd., Suite 250
Roseville, CA 95661
www.LynnDeanLaw.com



COMPASSIONATE LISTENERS. EXPERIENCED ADVISORS.

**INITIAL
VISIT
ONLY
\$79.95**

Complete Pest Control

\$60 Every Other Month

(Under 1500 sf)



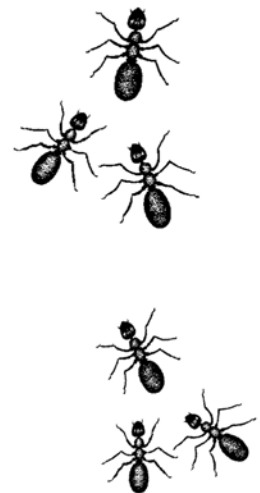
One-Time Services Available

PEST CONTROL



Your satisfaction is
guaranteed!

Miles Noble, President



349-2044
Free Pest Estimates

Bulletin Board

Please email your bulletin board articles to shelvie.smith@schca.com by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

Basketball

Interested in playing half court games or just shooting in a Lincoln gymnasium? Tuesday mornings, \$5 fee for indoor gymnasium use. Contact Gage Johnson at 409-9619 or gage.retired@gmail.com

Caregiver Support Group

April is here and spring has sprung! If you haven't attended our Caregiver Support Group, come join us. It is a safe place to unload your burdens and find out what resources are available in this area. We meet on April 21, at 9:00 AM. The meeting is held at the Twelve Bridges Library and you need to come in the employee's entrance in the back. More information: Brenda Cathey, 253-7537.

Cloggers

Springtime is a great season of renewal, including renewed energy levels, and this is just what clogging needs. Our double taps on heel and toe create a stunning rhythmic beat as we perform many different routines and steps. All of this takes a lot of energy and burns a lot of calories—this is a good thing. For even more fun, plan to be in Modesto on June 3-5 for three days of clogging workshops. Closer to home, join us right here in SCLH and clog with good friends. Contact Anita Tyson, 543-5330

You are invited to attend...

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

- **Thursday, April 21** • 9:30 AM C.C. Abrams Estate Planning Solarium (OC)
- **Monday, April 25** • 2:00 PM Nautilus Society Heights (OC)
- **Thursday, May 19** • 1:00 PM Melton Financial Solarium (OC)

Friends and Neighbors Bocce Fun

Mark your calendar. Bocce ball every Friday at 6:15 PM for those who enjoy the game! Play with friends and neighbors and have a fun time! Contact Brenda Spencer at brenda@spencerbrenda.com or 705-1070 for detailed information. If you do not know how to play bocce, we would be happy to schedule a lesson or two so you can begin joining us on Friday nights.

Glaucoma Support Group

Do you have Glaucoma? Are you recently diagnosed with this chronic disease? For information and support, please join us at the Glaucoma Support Group meeting on May 11. We meet in the Multimedia Room (OC) beginning at 4:00 PM. More information: Bonnie Dale, Bjdale@aol.com or 543-2133.

LH Foundation Bingo

In response to many requests, we have switched most of our 2016 Bingo games to Tuesdays or Thursdays. In April we invite you to join your friends and neighbors for Bingo on Thursday, April 28. Doors open at 12:30 PM; play begins at 1:00 PM. Door prizes and pop-ups add to the festivities. To reserve a Bingo table for seven to ten players, call Klara, 408-4496.

Or consider coming alone and meeting nine new, Bingo loving, tablemates. Visit www.lincolnhillsfoundation.org for our full 2016 Bingo schedule and a free pop-up coupon.

LH Italian Club (LHIC)

Mark Your Calendars! October 8-9 is the "Great Italian Festival" in Reno. There will be lots of Music, Grape Stomping, Fried Calamari, Gelato, Bocce, a Spaghetti Sauce Cook-Off, Risotto, Fried Artichokes, and more. LHIC has arranged for a bus and a One-Night Stay at Circus Circus. The bus will leave from the Park-and-Ride Lot on Lincoln Boulevard at 10:00 AM on Saturday, October 8 and return at 11:00 AM, Sunday, October 9. We should be back in Lincoln by approximately 1:00 PM. More info: www.lhitalianclub.org or Lilly LaPira, 434-8843. Reservation deadline, May 8.

LH Parkinson's Disease Support Club

The Parkinson's Support Group is meeting at the Raley's Shopping Center in Lincoln on Tuesday, April 19 (in the community room behind the pharmacy). We would love to have you join us whether you are newly diagnosed, have had Parkinson's a while or are a caregiver for someone with

Continued on page 40

GARY'S REFINISHING

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery

(916) 759-8950



HAWAII from only *\$1,649

*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.

Let Princess cook your Thanksgiving dinner!

Ports: San Francisco
Kauai, Maui, Honolulu &
Ensenada
Return to San Francisco.
Sailing 11/23/16
Thanksgiving Cruise!



Sail Round Trip from
San Francisco for
10 Days
with Round-Trip bus
transportation
from Lincoln available!

SHOP LOCAL! Call CLUB CRUISE & Travel

for all of your travel needs at 916-789-4100 or stop by:
851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040

Continued from page 39
 Parkinson's. The time is 10:00-11:30 AM and we hope to see you there! More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com
 Please note we will meet the first Tuesday of

each month this year at 6:30 PM in the P-Hall (KS). Our presenters showcase land tours and cruises we are currently offering and those in planning. Everyone is welcome to attend our meetings. See our website for trip details. Committee Member Contacts: Teena Fowler 543-3349, [\[starstream.net\]\(http://starstream.net\); Linda Frazier 434-8266, \[fraz1774@sbcglobal.net\]\(mailto:fraz1774@sbcglobal.net\); Sheron Watkins 434-9504, \[sheron55@att.net\]\(mailto:sheron55@att.net\); Louise Kuret 408-0554, \[lkuret@sbcglobal.net\]\(mailto:lkuret@sbcglobal.net\); Judy Peck 543-0990, \[judyvolk@outlook.com\]\(mailto:judyvolk@outlook.com\).](mailto:sfowler@</p>
</div>
<div data-bbox=)

~ Community Perks ~

Tennis Clinic — Free With Instructor James Walker, 2015 U.S. Professional Tennis Association Northern California Professional of the Year



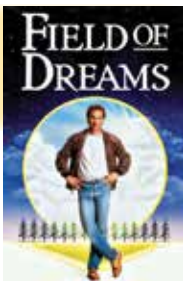
Clinics are on Wednesdays, 11:00 AM-12:30 PM through May. If you have not played tennis in a while, or want to begin playing, this is the clinic for you. If your racket is old or you do not have one, the Lincoln Hills Tennis Group will provide rackets and balls. Just put on the “old” tennis shoes, shorts and a shirt and come down to Court 11 in the Sport Plaza. You will be glad you did. If you choose to pursue training, Mike Gardetto and Eldon Wilson are available for hire through our WellFit Department.

Home, Health & Business Showcase Friday, April 15 — Free



10:00 AM to 2:00 PM in the OC Lodge. Learn about the latest products and services for your home, health, garden, transportation and personal and financial matters. Meet our COMPASS advertisers and other local businesses that will showcase their services. This is a great opportunity to meet service providers in person and pick up some of their great freebies! Be sure to thank advertisers for supporting the COMPASS and many of our Association and Group activities. For additional information, please contact Amy Gonzales, 625-4014.

KS Classic Movies on Saturday: Field of Dreams Saturday, April 16 — Free



1:30 PM, P-Hall (KS). Rated PG, 107 minutes—Fantasy/Drama/Family. Starring Kevin Costner, Amy Madigan, Gaby Hoffmann, James Earl Jones, Ray Liotta, Timothy Busfield, and Burt Lancaster. An Iowa farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the players from the 1919 Chicago White Sox (including Shoeless Joe Jackson) appear.

Selected Pieces from America's ClayFest April 17 through May 14 — Free

League of Lincoln in support of America's ClayFest. The ClayFest is the successor to the long-running Feats of Clay exhibition held at the Gladding McBean factory in Lincoln. Limited pieces of clay art from Open category and student artists will be on display. Go to www.all4art.net for a complete list of other locations to see additional clay art. **We will host a reception April 17, 1:00-3:00 PM to meet the artists.** Please join us.



Document Destruction Monday, April 18



10:00 AM-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. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!

Music Group Sponsored “Open Mic Night” Friday, April 22 — Free



6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their guests and audience members. Singers must be accompanied by a musician. No karaoke or back-tracking permitted.

Love Thy Nature Documentary Presentation Saturday, April 23 — Free



1:30 PM, P-Hall (KS). In honor of Earth Day, Sun City Lincoln Hills and Wildlife Heritage Foundation (WHF) bring you Love Thy Nature. Narrated by Liam Neeson, Love Thy Nature is an award-winning, cinematic immersion into the beauty and intimacy of our relationship with the natural world. Through breathtaking cinematography and exceptional narration, this award-winning docu-

Lincoln Democratic Club

The Thursday, April 21 meeting will be a BYOS event—Bring Your Own Stamps. We will address pre-printed postcards to targeted voters to encourage their participation in the June primary. This will be a great way for members to get involved

in a “Get Out The Vote” activity. Details will be sent with newsletter and meeting announcements. Join us at 6:40 PM in the Placer Room (KS). Questions? Club website www.democraticclublincolnca.org or email Al Witten, lincolndems@gmail.com.

Lincoln Multiple Sclerosis

The next Lincoln Multiple Sclerosis meeting will be held Tuesday, May 3, 1:00 PM in the Sierra Room (KS). All interested are welcome to attend. Questions: Marilyn Sharp, 434-6898.

Continued on page 43

mentary is a powerful ode to the vital symbiosis of man and nature. WHF staff will be around to answer any questions after the presentation. Doors open at 1:00 PM, viewing starts at 1:30 PM. One time showing, limited seats available, first-come, first-served.

Annual Amateur Rose Show Saturday & Sunday, April 23 & 24 — Free

OC Lodge. The rose show is a judged competition open to all Garden Group Members. Cash prizes will be awarded in each category and there will be a prize for “Best of Show.” The community is invited to come and see the beautiful flowers.



Annual Home Garden Tour Thursday, April 28

10:00 AM-2:00 PM. Drive through OC Lodge entrance portico between 10:00 AM and 12:00 PM and pick up a flyer with a map, addresses, and descriptions of each yard. \$3 per packet. Please be sure to end the tour by 2:00 PM.



KS at the Movies: Brooklyn Monday May 2 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 111 minutes—Drama/Romance. Starring Saoirse Ronan, Hugh Gormley, Julie Walters, and Emory Cohen. An Irish immigrant lands in 1950's Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.



Lincoln Hills Certified Farmers Market Opening Day

Wednesday, May 25 — Free

We will kick off our weekly Farmers Market on May 25 with lots of fun! Get your bodies going early in the morning with a free Zumba class. Join WellFit Nutritionist Audrey Gould as she checks out the fresh pro-



duce and talks about nutritional contents and the best ways to incorporate fresh produce in your daily diet with yummy recipes. Check out our Activities Workshop Booth with project samples and instructor lead demonstrations. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Pick up a complete schedule of activities from the Activities and WellFit Desks beginning May 15. Weather permitting; the Farmers Market will be open every Wednesday until November at the Fitness Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.

Annual Parking Lot Sale

Saturday, May 21 — 5421-09 to sell; Free to shop

With only one date in 2016, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A 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, \$28 per space. Limited spaces available for home or local businesses, \$50.



KS Classic Movies on Saturday: North by Northwest

Saturday, May 21 — Free

1:30 PM, P-Hall (KS). Rated PG, 136 minutes—Fantasy/Drama/Family. Starring Cary Grant, Eva Marie Saint, James Mason, and Martin Landau. A hapless New York advertising executive is mistaken for a government agent by a group of foreign spies, and is pursued across the country while he looks for a way to survive. Directed by Alfred Hitchcock.



Service — Repair — Installations

Good Value Good Value Approved
Heating and Air Conditioning

Glenn Julian (916) 532-7252

“Just an old-fashioned, honest job at a fair price — that’s good value.”

\$30 off any repair	Free service call & estimate for any repair	Tune-up for \$44.95 — save \$20
----------------------------	--	--

www.GoodValueHeatandAir.com

Backyard Dreams by

ROCKFACE WATERSCAPES
 Lic. 962250

SPECIALIZING IN KOI PONDS & PONDLESS WATERFALLS

Many Built in Sun City Lincoln Hills Since 2011

Contact Us For A Free Quote Today!
916-792-0907
 RockfaceWaterscapes.com
 Find us on

Planning a trip to Maui or Tahoe?

See Website Photos & Call 408-1188
 SCLH resident Gil Van Valkenburg

- Maui www.homeaway.com/368171
- Maui www.homeaway.com/368174
- Tahoe www.homeaway.com/275698

PLACER PIPING CO.
 COMMERCIAL PLUMBING RESIDENTIAL

- Fixture Installation
- Remodels
- Re-pipes
- General plumbing services

We guarantee our work and will beat any written estimates from a licensed and insured competitor

Specializing in water heater replacement and tankless upgrades

(916) 759-8142
www.placerpiping.com • License #907647

NEW LEGACY LANDSCAPING

20% OFF Landscaping Packet

Concrete (All Types) • Pavers • Koi Ponds
 Waterfalls • Fences & Gates
 Sprinkler System - installation & repair
 Sod • Plants • Patio Covers • Gazebos
 Drainage System • Tree Pruning
 Hillside Cleanup • Retaining Walls
 New Bark or Rocks • Gardening Service (monthly & weekly)

Call Mr. Andy Le for a FREE Estimate!
916-213-9003 cell
916-363-1948 office

Lic. # 988769
 Bonded & Insured

Lighthouse Window Cleaning

916-612-5706
www.lighthousewindowcleaning.net

Trusted service in Lincoln Hills for 10 years

Window Cleaning ~ Pressure Washing ~ Screen Repair
 Gutter Cleaning ~ Solar Panel Cleaning

Prices for each model can be found on our website

ANNE WIENS
 REALTOR® | BROKER ASSOCIATE

916.847.6006
 YourAgentAnne@yahoo.com
 CA BRE Broker License #01425896

COLDWELL BANKER SUN RIDGE REAL ESTATE

- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Life Masters Club Member
- e-PRO® Certified

www.ActiveAdultPlacer.com

Ronald T. Curtis Plumbing Since 1985

- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

Call 916-759-6680

License # 483169 • Lincoln Resident • Insured

Continued from page 41

Lincoln Police Department Volunteer Program

The Lincoln Police Department Volunteers are recruiting for the position of "special events volunteer." The program is open to Lincoln residents who are 21 years old and older. The Special Events Staff will be trained and work as Public Relations at parades and public gatherings, safety patrols, public emergency notifications and searches for lost/missing people. Minimum commitment of possibly one event a month of three - four hours each some on weekends. For more information contact Lincoln Police Volunteer Roy Osborne at 916-408-4081.

Movie Lovers Group

The Movie Lovers Group meets monthly on the second Thursday of the month. Initially, to facilitate good discussion and participation, we limited the size of membership. *We are now open to add new members.* At the monthly meeting, we review and discuss two or three movies, selected by members the prior month, and which are known to be showing locally. Focus is on quality movies rather than "special effects blockbusters." Recently we reviewed "Joy," "Spotlight," "The Revenant," and "Trumbo." If you are interested in joining our group, contact Cliff Roe, cliffroe@ix.netcom.com or (408) 205-8765.

Open Play Games

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the

Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club 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 cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Retired Law Enforcement Officers Group

The Retired Law Enforcement Officers Group has been reactivated. The next meeting is scheduled on Wednesday, May 11, 9:00 AM at the Turkey Creek Golf Club, in Lincoln. All retired and active law enforcement officers and their spouses are invited. A buffet breakfast will be served for \$10 (required). The guest speaker will be Lincoln Chief of Police Rex Marks. Chief Marks will speak on crimes

and upcoming developments, as well as the importance of this group. Please RSVP to Bob J. McCollum, theinv1855@gmail.com or 408-0621.

Seeking Volunteer Drivers

There are Lincoln Hills residents who do not participate in activities in Lincoln Hills, such as the free movies at KS, because they have no access to transportation. "Let's Go To The Movies," a new program sponsored by the Lincoln Hills Foundation, is seeking volunteer drivers to offer these residents, door-to-door transportation in private autos to KS. If you are interested in being a volunteer driver for this project, using your own car, please contact Jean at jme-sme@att.net for more information.

Shalom Group

The Shalom Group meets bi-monthly at KS; we have planned activities the months in between. This group welcomes all religions and ethnic backgrounds although we cultivate the Jewish experience while fostering activities and friendships. We have many "fun" activities. Last month we continued with our Bowling League, Ice Cream Social for new members, Kings game outing, Soup Tasting Showdown, and Bocce Ball drop-in start up on Wednesdays. We are planning to have a catered Passover Seder the end of April and lots more. We are developing a women's group called "Women Together" and we're excited. More info: Vida Morrison, 984.1043, Membership Chair.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

In Memoriam

Dr. Brack Davis

As a highly regarded orthopedic surgeon, Brack was a modest and humble man who loved people and adventure. He practiced orthopedics in Roseville for 26 years and was team physician to the Sierra College Football team and served 14 years as the doctor for the 49ers summer training camp. Dr. Davis also volunteered in Afghanistan at a hospital and promoted girls' educa-

tion while there. He loved the outdoors and joked that when he died, just say "Brack Davis died. Skis, golf clubs and fishing gear for sale." He is survived by his wife, Joanne, three children and his seven adored grandchildren!

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

Summer is here and our 2016 Summer Amphitheater Concert Series (SACS) is sizzling with exhilarating performances! Our lineup is filled with the energy and excitement of dance, rock, country, R&B, classic and doo-wop musicians paying homage to your favorite bands. With our elevated stage, all eight concerts will have a polished look and provide the audience with reserved dancing space, all for a memorable summer experience. This year, doors open earlier at 6:00 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow the Amphitheater Guidelines (page 45) filled with important information. Take advantage of the **Discounted Concert Series Package** available until May 14. Limited quantity of packages available. Receive a free 2016 souvenir fan/flashlight when you buy the package. Please see ticket price for individual shows below. Share the experience with your friends and family! Tickets go on sale April 17.

Summer Concert Series Package — 5016-4P — \$150

Fortunate Son: a Tribute to Creedence Clearwater Revival and John Fogerty

Friday, June 3 — 5016-4A

Combining timeless CCR favorites and Fogerty solo hits, Fortunate Son personifies the spirit and grit of America's favorite rock and roll band! This versatile band from Los Angeles unites classic rock, country, blues, and folk music fans like no other tribute act can. From the swampy blues of "Born on the Bayou" and "Green River," to the country influences of "Bad Moon Rising" and "Lodi," and rock anthems such as "Proud Mary," "Centerfield," and "Have You Ever Seen the Rain," these classics are delivered with the authentic sound, look, and feel of John Fogerty and CCR. General admission, \$19. Discounted Series Package available until May 14.



John Acosta's Bee Gees Gold The Ultimate Salute to the Bee Gees

Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants, and practice your strut! The music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb, has performed in Bee Gees tributes all over the world. Backed by a live band, Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's. Performing early hits like "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing" and more, this show from Las Vegas will really have you dancing all night long! General admission, \$21. Discounted Series Package available until May 14.



Kalimba: The Spirit of Earth, Wind & Fire

Friday, July 1 — 5016-4C

Kalimba, considered by some as the nation's top tribute to Earth Wind and Fire (EWF), performs not to impersonate, but to pay tribute to one of the greatest



bands of our time. Based out of the Pacific Northwest, Kalimba has evolved into a 10-piece group with a full horn section, performing EWF's greatest hits including "Shining Star," "Devotion," "Sing a Song," "September," and "Boogie Wonderland," just to name a few. Kalimba performs nationally across the country including some of the country's most prestigious jazz clubs. "Out of 1000 other bands that I have heard play this material, Kalimba is the first band that gets it like it's supposed to be played," Sheldon Reynolds, former Earth Wind and Fire guitarist (87-01). General admission, \$19. Discounted Series Package available until May 14.

The Long Run: Experience the Eagles

Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded professional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest Eagles tributes in the world. Recently featured in AXS TV for their live tribute concert, the Long Run's lush harmonies and rich instrumental arrangements deliver Eagles chart-topping hits with exceptional musical accuracy and live concert energy. With songs like "Hotel California," "One of These Nights," and "New Kid in Town," audiences young and old can expect a night to remember! General admission, \$20. Discounted Series Package available until May 14.



Natural Wonder: The Ultimate Stevie Wonder Experience featuring Gabriel Bello

Friday, August 5 — 5016-4E

Natural Wonder, the Ultimate Stevie Wonder Experience, is an epic endeavor that brings real musicianship, a dynamic stage show, and a deep, studious love of the Stevie Wonder legacy to audiences. Based in North Carolina, Natural Wonder has wowed audiences in numerous festivals and large venues across the country including The House of Blues, B.B. Kings, and The Fillmore, to name a few. Led by Billboard-ranked vocalist and multi-instrumentalist Gabriel Bello and a band of musical veterans, Natural Wonder recreates the look, feel, and sound of a Stevie set. With hit songs that span the Stevie Wonder catalog from Motown-era hits like "Signed,



Amphitheater Concert Series!

Sealed, Delivered” and “My Cherie Amour,” the fusion-flavored 70’s platters like “Master Blaster” and “Do I Do,” the genius *Songs in the Key of Life*, the signature harmonica solo of “Isn’t She Lovely,” or Stevie’s modern masterpieces like “My Love is on Fire,” this show delivers the music of an icon across decades and genres. General admission, \$20. Discounted Series Package available until May 14.

Jukebox Junction: Glenn Miller Orchestra and the Diamonds

Friday, August 26 — 5016-4F

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship from the Glenn Miller Orchestra and the wonderful hits and showmanship of the Diamonds? The Glenn Miller Orchestra performs



your favorite big band hits, followed by your favorite doo-wop and rock and roll classics as sung by The Diamonds in one unforgettable concert. Expect hits like “Chatanooga Choo-choo,” and “Moonlight Serenade” from Glenn Miller Orchestra and “Little Darlin’,” and “The Stroll,” to name a few from The Diamonds. General admission, \$23. Discounted Series Package available until May 14.

Jason Petty and Carolyn Martin: Country Royalty

Friday, September 16 — 5016-4G

Two legends, one stage! Jason Petty teams up with one of the best

singers in the business to bring two legends of country music together for the very first time... **Hank Williams** and **Patsy Cline**. Award-winning singer Carolyn Martin delivers the perfect **Patsy Cline** to Jason’s **Hank Williams**, the two biggest names country music has ever seen. With hits like “Crazy,” “Hey Good Lookin’,” “Walking After Midnight,” and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22. Discounted Series Package available until May 14.



Let’s Hang On! A Frankie Valli Tribute Show

Friday, September 23 — 5016-4H

You asked for it, you got it! Get ready to experience America’s # 1 Frankie Valli Tribute Show, *Lets Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, “The Jersey Boys.” Expect the trademark vocal virtuosity, tight harmonies, and crisp choreography that made *The Four Seasons* one of the greatest vocal groups of all time. Sing along to *Four Seasons’* mega hits like: “Sherry,” “Big Girls Don’t Cry,” “Walk Like A Man,” “Can’t Take My Eyes Off of You,” and many more. General admission, \$21. Discounted Series Package available until May 14.



Summer Amphitheater Concert Series Guidelines

Admission: Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.**

Show package buyers can pick up their complete set of wristbands and SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. **Lost tickets/wristbands will not be replaced. Admittance: Doors open at 6:00 PM.**

ADA: Designated paved area is located in the Amphitheater’s center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

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. 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 of 36” will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater’s bottom tier.

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

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. In the case of unexpected “Acts of God,” “Force Majeure,” local authority related, or any other unforeseen situations that prevent the event from safely being held, **No refunds or exchanges will be issued.**

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

MAY 2016

Mother's Day Specials!



The Spa at Kilaga Springs is offering several relaxing specials in the month of May. Purchase as a gift for that special mom in your life. Spots are limited. Service must be completed in the month of May. **Δ Gift with purchase.**

IMAGE SKINCARE OXYGEN FACIAL

A revolutionary treatment to exfoliate, illuminate and oxygenate the skin. The treatment rejuvenates in less than an hour, releasing the glowing, natural beauty of fresh youthful skin through an invigorating oxygenation process.

Δ Price: \$99.00 (reg. \$125)

HOT STONE TENSION RELIEF MASSAGE

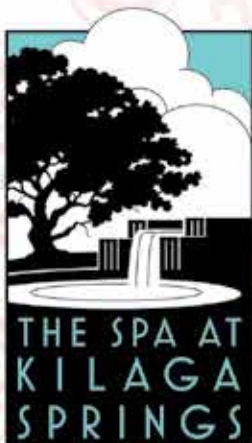
The healing power of touch combined with the energy of the earth in this relaxing, muscle-melting massage. Smooth, warm stones glide across your body in long, flowing strokes, while the heat helps to relax and soothe the muscles.

Δ Price: \$88.00 (reg. \$95)

KILAGA SPRINGS SPA PEDICURE

Enjoy a state of pure bliss as you treat your feet to a lavish experience designed to relax, soothe, soften and hydrate. This wonderful pedicure includes everything that the Classic Pedicure does and more. Your feet will be nourished, reconditioned, and refining to your legs and feet. It includes intensive repair for dry, cracked feet with a paraffin dip and therapeutic massage to soften tired feet.

Δ Price: \$44.00 (reg. \$48)



MASSAGE

Guaranteed discounted monthly rate



RETAIL

Shop a variety of products in the Spa



FACIAL

Make your appointment with us today

916.408.4290 | KILAGASPRINGSSPA.COM
OPEN TO THE PUBLIC 1187 SUN CITY BOULEVARD, LINCOLN





Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Club Performance—

SCLH Community Chorus Presents “Surfin’ the 60’s”

Sunday, May 1; 2:00 PM — 5401-03A

Monday, May 2; 7:00 PM — 5401-03B

Tuesday, May 3; 7:00 PM — 5401-03C



Remember dancing to all the great songs of the 60's? Join us on a memory trip, as the Chorus sings hits such as “Aquarius,” “Yesterday,” or “Mr. Bojangles.” Included in the concert will be music of the Beach Boys, Beatles and good old-fashioned Doo Wop. The Chorus will sing in four-part harmony those songs that you remember from the “good ol’ days.” You are sure to be tapping your feet or humming along! Once again this year the Lincoln High School Chorus will be joining us. Ballroom (OC). **Premium Reserved Section Seating, \$18, General admission, \$13.**

—Comedy—

KS Comedy Night: Dan St. Paul Thursday, June 9

6:00 PM — 5409-04A 8:00 PM — 5409-04B

Dan St. Paul has been chronicling his life on stage for 30 years. After turning 50, he discovered his body changing (“I’m a cylinder now. I can wear a belt anywhere on my body.”), his memory faulty (“I have eight pair of reading glasses and I have no idea where they are.”), and dealing with a teenager more challenging (“I have a bumper sticker that says ‘My Son’s Just Getting by at Hillsdale High’”). Instead of moaning about it, he developed it into a show that leaves baby boomers and the senior set rolling in the aisles. Dan has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared on NBC, ABC, FOX, Comedy Central, A&E, and VH-1. Dan has also opened for such celebrities as Jerry Seinfeld, Jay Leno, Ringo Starr, Natalie Cole, Hall and Oates, Vince Gill, Clint Black, and even the San Francisco Symphony (“I knew them when they were just a garage band.”). His “The First Baseball Game” is one of the most requested comedy pieces on the syndicated Bob and Tom Radio Show. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved Seating, \$12.**



—Community Events—

Annual Parking Lot Sale

Saturday, May 21 — 5421-03

With only one date in 2016, don’t miss your chance to participate

in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A 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, \$28 per space. Limited spaces available for home or local businesses, \$50.



Lincoln Hills Certified Farmers Market Opening Day

Wednesday, May 25 — Free

We will kick off our weekly Farmers Market on May 25 with lots of fun! Get your bodies going early in the morning with a free Zumba class. Join WellFit Nutritionist Audrey Gould as she checks out the fresh produce and talks about nutritional contents and the best ways to incorporate fresh produce in your daily diet with yummy recipes. Check out our Activities Workshop Booth with project samples and instructor lead demonstrations. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Pick up a complete schedule of activities from the Activities and WellFit Desks beginning May 15. Weather permitting; the Farmers Market will be open every Wednesday until November at the Fitness Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or Shelvie.Smith@sclhca.com to reserve your space.



—Concerts—

Classical Piano Concert featuring Nancy Lee Harper and William Wellborn

Friday, April 22 — 5422-02

Classical Pianists Nancy Lee Harper and William Wellborn will perform a classical program featuring works from Mozart, Brahms, Chopin, Liszt, Frago, Granados, and Dvorak. Nancy is described as “an extraordinarily multi-talented American musician and scholar,” debuting at age 14 with pianist-composer-conductor Rudolf Ganz. She enjoyed an international career while based in Portugal from 1992-2013. William Wellborn enjoys an active career as a pianist, teacher and lecturer, and has concertized widely on three continents, as well as 28 states in the US. He has been a faculty member of the San Francisco Conservatory of Music since 1989. His students have gone on to win many top prizes in state, national, and international piano competitions. 7:00 PM. Ballroom (OC). **Premium Reserved Sec-**



Continued on page 48

Yellow highlighted events are shown on the Calendar of Events list on page 3.

tion Seating, \$15. General admission, \$12.

International Touring Superstar and 2014's Georgia Country Female Artist of the Year Erica Sunshine Lee

Thursday, April 28 — 5428-03 — Sold Out

Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS).

Nicolas Bearde: "Salute to Lou Rawls" Wednesday, May 18 — 5418-03

Recording artist Nicolas Bearde and his trio's dynamic show traces the life and music of the legendary, Grammy-winning vocalist, Lou Rawls. In his own inimitable style, Nicolas conjures up Lou's spirit in song, from the early blues and jazz years to the hugely popular R&B hits that helped make Lou Rawls world-famous. Renowned for his silky-smooth, soulful vocals, and his engaging, humorous monologues about life on the street, Lou was the quintessential musical storyteller. With a heart as big as his voice, evidenced through his work with the United Negro College Fund and his famous annual "Parade of Stars," Lou was truly a man of the people. His timeless music now comes alive in Bearde's vivid and affectionate tribute with some of Lou's greatest hits, including "Tobacco Road," "Natural Man," "Lady Love," "You'll Never Find Another Love Like Mine," and "I'd Rather Drink Muddy Water." 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.



The New Christy Minstrels' William Florian presents "Those Were the Days" Friday, May 27 — 5427-03

Former lead singer of the famous 60's band The New Christy Minstrels, William Florian and his trio, will deliver an upbeat, musical journey of America's greatest songs of the 60's. Concert repertoire will include hits from the New Christy Minstrels plus the music of Peter Paul & Mary, John Denver, Pete Seeger, The Mamas & The Papas, and uplifting originals presented with amusing stories in an intimate show. Come join us for a trip down memory lane! 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$22. General admission, \$18.



Summer Concert Series Fortunate Son: a Tribute to Creedence Clearwater Revival and John Fogerty Friday, June 3 — 5016-4A

Combining timeless CCR favorites and Fogerty solo hits, Fortunate Son personifies the spirit and grit of America's favorite rock and roll band! This versatile band from Los Angeles unites classic rock, country, blues, and folk music fans like no other tribute act can. From the swampy blues of "Born on the Bayou" & Green

River," to the country influences of "Bad Moon Rising," and "Lodi," and rock anthems such as "Proud Mary," "Centerfield," and "Have You Ever Seen the Rain," these classics are delivered with the authentic sound, look, and feel of John Fogerty and CCR. General admission, \$19. Discounted Series Package, \$150, available until May 14.



Summer Concert Series John Acosta's Bee Gees Gold The Ultimate Salute to the Bee Gees Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants and practice your strut, the music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb has performed in Bee Gees tributes all over the world. Backed by a live band, the Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's, with their unique falsettos that made them legends. Performing early hits "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing," this show from Las Vegas will have you dancing all night long! General admission, \$21. Discounted Series Package, \$150, available until May 14.



Internationally Acclaimed Baritone And Soloist Hadleigh Adams Celebrating the Songs of Classical Broadway Thursday, June 23 — 5423-04

Hadleigh Adams is a New Zealand-born baritone who is now a resident of the United States. He has a demanding concert schedule on the opera stage, having performed at London's Royal National Theatre, the Sydney Opera House, and for two years, he was a principal young artist at the San Francisco Opera, taking the stage in over 75 performances. In addition to his operatic repertoire, Hadleigh has a passion for musical theater. He will perform treasured songs from classic Broadway shows including "The Impossible Dream" from "The Man of La Mancha," "Some Enchanted Evening" from "South Pacific," "I've Grown Accustomed to Her Face" from "My Fair Lady," and "Bring Him Home" from "Les Miserables." Contemporary classics from the songbooks of Stephen Sondheim and Andrew Lloyd Webber will also be featured, but don't be surprised if Hadleigh throws in a favorite operatic aria or two. 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$22. General admission, \$18.



Delivering
ROCKSTAR
 Real Estate Service since 1999

Tara Pinder
 (916) 600-2836
 mspindy@mac.com
 Lic# 00898876






Experience Matters!

Rebark Time, Inc.

Get Ready for Fall and Winter

October through February are the months your plants need you most. We offer a twice a year weed abatement program with a 6 month guarantee. Also an annual professional pruning and fertilization. We can help educate you on all your plants, trees, shrubs and ground covers.

Rebark Time also offers:

- Tree planting
- Tree and shrub fertilization
- Pruning
- Tree removal
- Thinning and pruning
- Young tree training & Fruit tree maintenance



If you have a low to no maintenance yard, why pay for a weekly or monthly service? Have **Rebark Time** come in once or twice a year and do all the pruning, weeding, and fertilizing for you.

Ask us about our winter specials on bark installation.



Rebark Time, Inc.
 Ph. (916)410-0776
 Ph. (916)764-7650
 Fax (916)408-2407
<http://www.rebarktime.com>




A Home Equity Conversion Mortgage

=

Cash Flow

The chief concern amongst today's retirees is having enough money to live comfortably.



A Home Equity Conversion Mortgage may be the answer you've been looking for:

- Available to eligible homeowners 62 or older
- Eliminates existing mortgage payments
- Setup monthly payments to YOU instead of making them!
- Establish Line of Credit for future use or emergencies

Borrower must maintain home as primary residence and remain current on property taxes, homeowners insurance, and HOA fees.

Call today for a free no-obligation quote



Lani Cooper
 NMLS #582957
 916.342.2211
 lcooper@rfslends.com
 915 Highland Pointe Drive #250
 Roseville, CA 95678



RETIREMENT FUNDING SOLUTIONS
 FUNDING AMERICA'S RETIREMENT



Spring One Lending, Inc. 1818 Retirement Funding Solutions NMLS 1015894 Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act - California License #131296.
 These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.

CLEANED WHERE THEY HANG

SIERRA HOME & COMMERCIAL SERVICES

We Safely Clean Any Fabric
Window Treatment In Any Configuration,
Right Where It Hangs

Remove That
Smoke • Nicotine • Mildew
We Will Remove & Rehang For Remodels

We Clean All Fabric Window Treatments

Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,
Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

www.sierrahcservices.com

We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

Call For Your Free In-Home Estimate Today

(530) 637-4517 Licensed - Insured **(916) 956-6774**

HOME

Handyman Services
Home Ownership Made Easy

Glenn E. Johnson, Owner • SCLH Resident
13 yrs. Professional Experience - Lic # GSD01192
Special Pricing for SCLH Residents

No job too small, Plumbing, Electrical, Drywall

916-587-4001 call.handyman@att.net

10th Anniversary Sale
Designer Frame w/*Varilux*
Progressive, Poly +
Anti-Reflective

\$449 Reg. \$617.50

Drill & Groove Mnt. Extra, While Supplies Last



Sherri & Sam

Eyeglass
Repairs
While-u-Wait

AAA Optical Outlet

421 A Street, Ste. 500
916-434-9665

DODGE ELECTRIC

Stephen Dodge

Over 35 years experience / Lincoln Hills Resident

**SCLH
Resident
Discount**

916-626-9190

Security Lighting • Ceiling Fans • Recessed Lights
Dryer Circuits • Golf Cart Circuits • LED Lighting

Free Estimates • Cont. Lic. #964034



PC & Mac Resources



Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner



- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474

Email: tarooney@gmail.com

2425 Swainson Lane, Lincoln, CA 95648

Michael J. Donovan
Attorney at Law



**Wills, Trusts
& Probate**

(916) **295-9714**

Over 800 Living Trusts prepared
for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

Your Old Photos!
Restored!



I live in Lincoln Hills and will gladly
do free estimates in your home.



Patrick J Osborne
Visionary Design
916-408-4152
email chilemon@starstream.net

STEVEN POPE LANDSCAPING

CSL#656957

Roof gutter cleaning • Yearly pruning
Installation & removal of Christmas lights

- Irrigation
- Sod lawns
- Trenching
- Ponds
- Moss rocks
- Renovation
- Landscape design
- Outdoor lighting
- Consultations

P.O. Box 7766 • Auburn, CA 95604

(916) 730-7256

—Fashion Event—

**“Through the Looking Glass”
Spring Fashion Show Luncheon**
Thursday, May 12 — 5412-03

Flowers are blooming, birds are singing, and the warmer weather is inspiring more activities in the beautiful outdoors. Spring is in full bloom, with a beautiful collection of fashion and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport, and semi-formal occasions will be presented by White House Black Market, Lane Bryant, Talbots, and from our very own Lifestyle apparel. Looks that are great for any activity you choose to do this spring and summer. Chef Roderick

has prepared a delicious menu of *Seared Salmon Salad or Caramelized Shallot & Fennel Risotto Croquette with a Strawberry Shortcake* for dessert. Mimosas will be available for individual purchase. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Reno Silver Legacy
Tuesday, April 26 — 1770-02

Nice spring day trip to Reno in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and get \$10 cash back and \$5 food credit. Try your luck at the slots or check out the Reno arts district. Five-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$35.



Feather Falls Casino
Monday, May 23 — 1954-03

Enjoy a nice spring day with a trip to Oroville, 70 miles north of Lincoln, for a four-hour visit. Many gaming options available with \$10 cash back. It's an 11,000 square foot smoke-free gaming area with over 300 machines for your clean-air enjoyment! Lunch on your own at the buffet or Feather Falls Brewing Company. Leave OC at 9:00 AM, return ~ 4:00 PM. \$21.

Jackson Rancheria
Monday, June 27 — 1951-04

By popular demand, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled, expanded casino. Enjoy a nice drive in the foothills! Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



—Festivals—

Scottish Games & Festival
Sunday, April 24 — 1822-02

Want a fun day of adventure, music, competitions, and a flavor

of things Scottish? Experience a taste of Scottish culture without having to travel thousands of miles. Join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$39, includes admission; food and drink on your own.



—Museums—

Old Sacramento Underground Tour and State Capitol
Monday, May 16 — 1843-03

Join Katrina, your trip coordinator and Sacramento native on a historical underground tour of Old Sacramento and more! First we'll take the underground tour which is a half-mile guided historical walking tour lasting approximately one hour with personal listening devices. (Be aware, tour has low ceilings and uneven walking surfaces). Next we'll visit the Sacramento History Museum which is dedicated to Sacramento's rich and diverse history and its unique place in the history of California and the nation. Lunch and free time on your own in Old Sacramento before we head over to the California State Capitol for a docent led tour on a day the legislature will be in session. Please be prepared to have items searched and/or x-rayed when entering Capitol building. Depart 8:45 AM, return ~ 5:30 PM. \$57.



Asian Art Museum—San Francisco
Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei
Wednesday, June 22 — 1766-03

Rare imperial masterpieces make their U.S. debut in their only
Continued on page 52

West Coast appearance. Emperors' Treasures features nearly 150 artworks from the renowned Taipei museum and includes paintings, calligraphy, bronze vessels, ceramics, jades and more. Over 100 pieces will make their debut; 30 are extremely rare masterpieces highlighting artworks that span from the Song period to the Qing dynasty. Emperors' Treasures will outline how Chinese art came to develop and flourish under Han Chinese, Mongol and Manchu rulers. Also view special exhibits of Chinese and Japanese Lacquer ware. View "Elephants without Number," and discover how these impressive animals have inspired artists' imaginations for centuries. Includes admission, lunch on your own, museum café, or bring your own. Depart 8:00 AM, return ~ 6:15 PM. \$63.



—Performances—

2016/2017 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discus-



sion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four pricepoints this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed below.

\$639 Platinum Seating —1730-04

\$573 Gold Seating —1731-04

\$440 Silver Seating —1732-04

\$339 Bronze Seating —1733-04

Read about this season's phenomenal speakers:

• Michael Lewis

Wednesday, September 28

Michael Lewis is a non-fiction writer and one of today's leading social commentators. He takes a fresh, hard look at the ever-changing value systems that drive our economic markets, political landscapes and cultural norms. Some of his best-selling books include *Moneyball*, *The Blind Side* and *The Big Short*.

• Brian Greene

Wednesday, November 16

Brian Greene is a theoretical physicist. He is an entertaining communicator of cutting-edge scientific concepts. His national bestseller *The Elegant Universe* became an Emmy and Peabody

award-winning NOVA special that Greene hosted. He co-founded The World Science Festival with the mission to take science out of the laboratory, and recently launched World Science U, a series of free online courses.

• Jay Leno

Wednesday, January 18, 2017

Comedian Jay Leno is known as one of the nicest and hardest working men in show business. As host of the *Tonight Show* he dominated the TV late night ratings for more than two decades. His "everyman" style and personality have helped him earn millions of fans worldwide.

• Fareed Zakaria

Monday, February 27, 2017

Journalist Fareed Zakaria is the host of CNN's Fareed Zakaria GPS, the go-to show for those seeking smart commentary and civil conversation about global challenges. Dr. Zakaria is a contributing editor to the *Washington Post* and *The Atlantic* and author of several *New York Times* bestsellers. He is widely respected for his thoughtful analysis and ability to spot economic and political trends.

• Julia Gillard

Wednesday, April 5, 2017

Former Head of State Julia Gillard was the 27th Prime Minister of Australia. She was the country's first female Prime Minister from 2010-2013. She developed nation-changing policies, including reforming Australia's education at every level and improving healthcare. She received worldwide attention for her speech in Parliament on the treatment of women in professional and public life.

Cheryl Strayed

Wednesday, May 3, 2017

Cheryl Strayed is the author of the #1 *New York Times* bestselling memoir, *Wild: From Lost to Found on the Pacific Crest Trail*. It was made into a movie in 2014. Shattered by two major life events at age 22, she decided to trek over 1,000 miles from the Mojave Desert to the Oregon-Washington border; and found inner peace.

Waistwatchers the Musical—24th Street Theater

Thursday, July 14 — Matinee 1786-04A & Evening 1786-04B

Set in Cook's Women's Gym, and in the same vein as *Menopause the Musical*®, *WaistWatchers the Musical!* takes a hilarious and lighthearted look at four women dealing with their obsession with food and assorted body image issues. Parodying 22 popular songs with cleverly rewritten lyrics propelling the fun along, the ladies tackle issues like dieting, exercise, plastic surgery, sex over the age of 40, and the relentless search for a positive self-image. Included are songs such as "Botox Queen" to the tune of ABBA's "Dancing Queen," "I Hope I Lose It" to the tune of "I Hope I Get It" from *A Chorus Line*, and "Viagra" to the tune of "Maria" from *West Side Story*. We scored up front orchestra seating at the 24th Street Theater in Sacramento for either a nice afternoon matinee or an evening show. Matinee show leave OC 12:45 PM, return ~ 4:45 PM. Evening show leave OC 5:45 PM, return ~ 9:30 PM. \$79.



CAPITAL CITY SOLAR



\$0 MONEY DOWN
 Now you can pay less for solar electricity than you're paying the utility company!

Extensive List of Satisfied Customers in SCLH



Locally Owned and Operated 13 Years

"Last year, our December PG&E electric bill was \$124.79 & this year it was \$11.63. A monthly comparative savings, to us, of \$113.16 or 90.7%, with solar."

Dan & Carol Larsen, Sun City Lincoln Hills

SUNPOWER®

(916) 782-3333

CCL# 817001

Elite Dealer

www.capitalcitysolar.com

I have dementia.
I also have a life.

Live Well At Home is Transforming Dementia Care. We fill your loved one's day with fun, friends and engaging activities, as well as compassionate personal in-home care. Find out more at LiveWellAtHome.com or call us today at 916.459.3220.



916.459.3220 | LiveWellAtHome.com

Thinking of Selling?

Sharon Worman

916-408-1555



Still serving the Real Estate needs of "Lincoln Hills" with

www.sharonworman.com

Email: sharonworman@aol.com

Coldwell Banker Sun Ridge

BRE #00905744

Almost 30 years of local Real Estate experience



Victoria Mosur, D.D.S.

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care



Victoria Mosur, DDS

New Patients Welcome

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

(916) 645-3373

www.victoriamosurdds.com
 496 East Ave, Lincoln, CA

First bus sold out! New date added!
Beautiful—The Carole King Story
 Orpheum Theater—San Francisco
 Wednesday, September 7 — 1790-02



Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit song-writing team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend" and the title song, "Beautiful" took home two 2014 Tony Awards and a 2015 Grammy Award. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 11:00 AM, return ~ 9:30 PM. \$146.

Beautiful—The Carole King Story
 Orpheum Theater—San Francisco
 Wednesday, September 14 — 1790-02 — **Sold Out!**

2016 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$99 each show.



Legally Blonde
 Wednesday, June 15 — 1795-03A

The hilarious Reese Witherspoon film is now the smash hit musical comedy that turned Broadway and MTV hot pink. Sorority star Elle Woods is an underestimated blonde who doesn't take "no" for an answer. When her boyfriend dumps her for someone more "serious," she hits the books and, with her dog Bruiser, sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style. With "Omigod You Guys," "So Much Better." \$99.



Hello Dolly!
 Wednesday, June 29 — 1795-03B

This ebullient and irresistible musical theatre classic glitters with happy songs, high-energy choreography and elaborate costumes. The indomitable matchmaker Dolly Levi rediscovers love for herself as she introduces romance into the lives of wealthy shopkeeper Horace Vander-gelder, his niece and two sheltered clerks. Features "It Only Takes A Moment," "Put On Your Sunday Clothes" and the title number, one of the most



beloved songs in American musical comedy. \$99.

Cabaret
 Wednesday, July 27 — 1795-03C

Welcome to Berlin's infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside. But as life in pre-WWII Germany grows more and more troubled, how long can the show and the decadence surrounding it go on? This Tony-winning Kander and Ebb classic has some of the most memorable songs in theatre history, including "Cabaret" and "Willkommen." \$99.



Nice Work If You Can Get It
 Wednesday, August 10 — 1795-03D

A smash hit on Broadway in 2012, the song-and-dance spectacular features the music of George and Ira Gershwin in a sparkling, spirited, high-stepping musical comedy. To a songbook of the greatest American standards ever sung, a cast of bootleggers, chorus girls, playboys and politicians, creates hilarity in a glorious Long Island mansion in the rip-roaring 1920s. With "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone to Watch Over Me." \$99.



The Hunchback of Notre Dame
 Wednesday, August 24 — 1795-03E

This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (*Beauty and the Beast*, *Newsies*) and Stephen Schwartz (*Wicked*, *Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar-nominated score and introduces stunning new songs. \$99.



—Sports—

San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on Third base side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times. \$154



- **Giants vs. Chicago Cubs—Note time change**
 Sunday, May 22 — 1800-12A

Continued on page 56

Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations



Minimum inconvenience, 1 Day Installation

See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: www.easywallbed.com

- Only 16" deep when closed
- Folds down in just seconds to a comfortable bed with a REAL mattress
- More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Visit our Showroom or CALL for a FREE In-house Consultation!

(916) 258-7564

\$250 OFF

Your next organizational project (\$1000 minimum)



CA 757092

Flocchini Circle • #200 • Lincoln, CA



GOLD PROPERTIES OF LINCOLN



Lincoln Hills Property Management Specialists
Also serving Lincoln, Rocklin & Roseville



Full Residential Property Management
Over 40 Years Experience

(916) 408-4444

www.goldpropertiesoflincoln.com

Our Family Means Business

We Have Been Serving Lincoln Hills Since 1999

Integrity - Exceptional Service - Outstanding Results

Together We Serve You Better



www.CarolanProperties.com

CA BRE # 01272617

916.253.1833

Serving All of Your Real Estate Needs



Megan Carolan
916.420.4576
Realtor
CA BRE # 01937273



Penny Carolan
916.871.3860
Broker Associate

Top Selling Broker 2012, 2013 & 2015
CA BRE # 01053722

Courtney Carolan Arnold
916.258.2188
Property Manager
CA BRE # 01471287



Carolan Properties

www.CarolanPropertiesRentals.com

CA BRE # 01468489

916.253.1833

Full Service On-Site Property Management

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

Seats located in club level 230. Depart OC 1:30 PM (5:05 PM game time). Return ~ 10:45 PM.

- **Giants vs. Los Angeles Dodgers—Note time change Sunday, June 12 — 1800-12B**

Seats located in club level 230. Depart OC 2:00 PM (5:37 PM game time). Return ~ 11:00 PM.

- **Giants vs. New York Mets—Just Added! Sunday, August 21 — 1800-03A**

Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. St. Louis Cardinals Sunday, September 18 — 1800-12C**

Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. Los Angeles Dodgers—Just Added! Fan Appreciation Day! Sunday, October 2 — 1800-03B**

Seats located in club level 230. Depart OC 8:15 AM (12:05 PM game time). Return ~ 6:45 PM.

River Cats

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? We have two River Cats games at beautiful Raley Field in West Sacramento. Senate Box seating, section TBA. Both games depart at 5:45 PM ~return 11:30 PM. \$52 per game.

- **River Cats vs. OKC Dodgers (LA Dodgers) Friday, May 27 — 1927-01A**
- **River Cats vs. Iowa Cubs (Chicago Cubs) Tuesday, August 16 — 1927-01C**

—Tours/Leisure—

Ruth Bancroft Gardens—Walnut Creek

Wednesday, May 11 — 1750-03

Enjoy a docent led morning tour of approximately 75-90 minutes to the Ruth Bancroft Garden. The Ruth Bancroft Garden is known for its drought-tolerant plants as well as dynamic planting combinations that use contrasting textures, forms, and colors. View outstanding examples of a water-conserving garden that address California's water challenges. Started in 1971 when the last walnut orchard on the property was cut down, Ruth's husband offered her three acres to begin a new garden using her large collection of succulents. By trial and error, Ruth discovered how to use succulents in the landscape and how to protect tender plants from winter rains and the occasional hard freeze. The Garden opened to the public in the early 1990s and is protected by a conservation easement, which ensures that the property will always be a garden and will be preserved in the spirit of its founder. Also discover the adjoining nursery that offers a variety of wonderful



Continued on page 61

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

- **Weather:** Association trips and events are held regardless of inclement weather.

- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.



Buying or Selling?
916-765-4188

Coldwell Banker International President's Club Elite

Lenora Harrison
CA BRE#01229917

Call the Pros!

Visit our website@WeSellSunCity.com
Lenoraharrison@aol.com

Each office independently owned and operated





HEATING & AIR CONDITIONING, INC

Get AIR NOW & Get the Best!
(530) 387-7310
(916) 332-7300


10% OFF
when you mention this ad

Can't combine with any other offer.

Ask about our Peace of Mind Warranty
www.AirNowHeatingAC.com
ACHelp@live.com



EAGLE PLUMBING
and roofer



24 Hour Emergency Service
For Your Total Plumbing Needs

Tim Martin
Owner



Lic. #870411
(916) 645-2500
(916) 645-2540 Fax

"Your Dream Home Team"
Undivided Attention to Clients
Unparalleled Service



HOLLY Stryker & JILL Mallory
Realtors®
BRE #01900767 | BRE #01844625

HOLLY (916) 960-3949 • strykerhomes@gmail.com
JILL (916) 201-3855 • jill@jillmallory.com




www.LiveLincolnHills.com
1500 Del Webb Blvd # 101
Lincoln, CA 95648

Supporting the Placer County SPCA

House Cleaning

Weekly
Bi-Monthly
Monthly

Rich Haley
Diane Haley

(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents

KIP ELECTRIC
"LINCOLN'S HOMETOWN ELECTRICIAN"




- Recessed Lighting
- Spas/Hot Tubs
- Ceiling Fans
- Golf Cart Plugs
- Patio/Landscape Lighting
- Phone/CATV Lines
- New Circuits
- Freezer Plugs
- and much more

***FREE ESTIMATES**
***Fully Insured**
*Member Lincoln Chamber of Commerce

434-8262

Serving Lincoln Hills since 2004

Lic. # 848044

The Genuine. The Original.



Overhead Door Company of Sacramento, Inc.

"The Largest Selection of Garage Doors in Northern California Since 1953"

Sales * Installation * Service

Residential * Commercial * Garage Doors * Operators
Free Estimates * Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

916-421-3747

6756 Franklin Blvd., Sacramento, CA 95823



GARY'S SPRINKLER REPAIR SERVICE



Residential Experts
24 Years Experience
Troubleshooting & Repairs

- System Winterizing
- Pipes Wrapped
- Bad Valves
- Drip Systems
- Broken Pipes

All Work Guaranteed

H2orepair@hotmail.com
Lic. # 869624



(916) 223-3706

Knock on Wood Distinctive Designs in Cabinetry

Bruce R. Wallace
916.622.0294
knockswood@gmail.com



CSLB: 970076



Before

After

Kitchens ~ Vanities ~ Baths ~ Offices
Media Centers ~ Wall Beds ~ Libraries



Overwhelmingly, today's seniors want to **age well in their homes**. They might just need a little help around the house in order to do that. Right at Home provides:

- Assistance with activities of daily living
- Meal preparation and transportation
- Detailed, free in-home assessment
- Licensed and bonded caregivers

The Right Care, Right at Home™

916.302.4243

www.rah-valleyoaks.com

Sacramento, Placer, San Joaquin



Do you suffer from back or neck pain?

Let the experts at Spine & Nerve help. As the largest pain practice in the Sacramento area, we help thousands of people find lasting relief from back, neck, and joint pain.

With several treatment options available—including epidural spinal injections, spinal cord stimulation, physical and massage therapy—there's no need to suffer.

Get back into life!



Spine & Nerve
DIAGNOSTIC CENTER

We Know Your Pain.™

SACRAMENTO ROSEVILLE ELK GROVE

Our Roseville location is only 15 minutes from Sun City Lincoln.

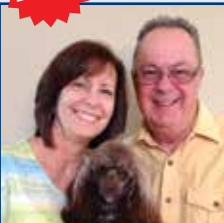
Call (916) 772-5325 or visit www.spinerve.com to make an appointment today.

Quality Flooring & Installation at Outstanding Prices

We Specialize In Great Service

FREE Estimates

Carpet Discounters



Sun City Lincoln Hills Residents

931 Washington Blvd., Ste. 111
Roseville, CA 95678

(916) 784-3727

www.carpetdiscountersstore.com

Mon-Tues 10am-4pm • Weds-Thurs 10am-6pm
Fri 10am-2pm • OR by Appointment

Carpet, Hardwood, Laminate, Cork & Vinyl

Licensed, Bonded & Insured CA Contr. Lic. No. 830649

Professional In-Home Senior Care

(916) 864-3480



AGE ADVANTAGE SENIOR CARE SERVICES

We pride ourselves on hiring trustworthy, reliable caregivers. They go through a full screening process that consists of an application, interview, reference and background check, a drug screen, and an orientation. Caregivers must have at least a year of experience to be employed by us. We can have a caregiver in a client's place of residence within an hour. We are located in Roseville and cover Roseville and surrounding areas.

Where People Matter Most www.AgeAdvantage.com

COME GRAB A BITE TO EAT BEFORE YOUR NEXT CLASS!

CALL TO ORDER: 916.408.1682

Screens Repaired or Replaced TODAY!

916-846-1330
www.suncitylincolnhills.com

- Repair - Screen Sliders
- Sunscreens
- Pet Screens
- Shutters & Shades
- Retractable Screen Door
- Security Doors
- Windows Screen Repair

Screens Repaired or Replaced TODAY!

916-846-1330

"Your Neighborhood Real Estate Office"
(916) 543-5222

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills

Property Management Services Available (916) 408-4444

SUN RIDGE REAL ESTATE
Each Office Independently Owned and Operated. Lic. #01441035

Nick Brooks	Keneta Sanchez	Gail Cirata 206-3503	Michelle Cowles 295-8532	Pamela Everett 426-8088	Don Gerring 747-5050	Steve & Jo Ann Gillis 316-0815	Maria Herrera 782-7266		
Yvonne Holm 616-6555	Donna Judah 412-9190	Tish Leo 257-3410	Jill Mallory 201-3855	Paula Nelson 240-3736	Wendy Olsen 276-4194	Tara Pinder 600-2836	Peggy Poole 765-3434	Ann Renyer 408-7008	Michael Renyer 343-6044
Bill & Jan Rexrode 408-3997	Loree Risi 716-0854	Holly Stryker 960-3949	Margaret & Karl Thompson 508-0152	Doreen Traxel 698-0801	Tangi Walker 316-1112	Tony Williams 521-3400	Sharon Worman 408-1555		

Visit our Website at www.CBSunRidge.com for all current listings.

Share the Journey With Us



- Award-winning Assisted Living care team
- Named "Dementia Program of Distinction" by the Alzheimer's Foundation of America
- Warm, Intimate Community Setting
- Diabetes Wellness Program
- Short Term and Respite Stays



Call **916.303.2011** or visit us today and join us for lunch.



Casa de Santa Fe
MBK SENIOR LIVING

3201 Santa Fe Way, Rocklin, CA 95765
www.MBKSeniorLiving.com

License #315002144



"We can't imagine spending our best years anywhere but home."

CALL TODAY!

Our Life. Our Memories. Our Home.

Live Well at Home with Home Care Assistance!

- Home Care Assistance is the only home care agency to train caregivers in cognitive stimulation. Our **Cognitive Therapeutics Method™** is designed to prevent symptoms of cognitive decline in the comfort of your home.
- Home Care Assistance's unique **Balanced Care Method™** promotes healthy mind, body and spirit.



Debbie Waddell, Co-Owner and Director of Client Care. She is committed to providing exceptional service to her clients and their families.



Let's Talk. 916-226-3737

HomeCareAssistancePlacerCounty.com

Shelley Weisman

Selling Sun City homes since 1999

The market is getting stronger and prices are up! Call me for your free market evaluation today.

LYON
REAL ESTATE

916.595.0130
SWeismanRE@gmail.com
BuySunCityRoseville.com

DRE #00892873

RM General Contracting
"Quality with Honor."

916.987.1311

Interior and Exterior Painting
Fine Finish Carpentry
Cabinet Painting
Kitchen & Bath Remodeling

--Free Exterior Pressure Wash With Complete Interior or Kitchen Cabinet Painting!

Licensed, Bonded, Insured CCL#521913
Satisfaction Guaranteed Since 1980!

plants available for purchase. Lunch on your own afterwards at nearby shopping center that includes the well-known Genova Deli, Sorrento Italian, Panera and more! Note: *Garden pathways are not paved.* Leave OC at 7:30 AM, return ~ 4:15 PM. \$51.

Sierra Nevada Brewery Tour, Tasting and Lunch! Thursday, May 12 — 1813-03

Due to popular request, we are returning to Sierra Nevada Brewery for their fantastic tour, tasting and lunch. Learn how beer is made with a visit to the original “Craft Brewery” in Chico. There will be a 90-minute walking tour in the brewhouse navigating the entire beer-making process, rubbing some aromatic, whole-cone hops in your palms, venturing across the catwalk to peer into the packaging facility, and more, before finishing with beer tastings. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Fish & Chips, Eggplant Parmesan, Sirloin Fettuccine or Chicken Caesar Salad and tea, coffee or soda.* (Beer & alcohol purchases on your own.) Complete menu at Activities Desk. Lunch choice to be given at time of seating. We'll also be stopping at a local “micro-brewery” *Out of Bounds* in Rocklin for included beer tasting. Trip size limited to 33 people. *Closed-toe flat shoes required for tour.* Leave OC at 7:30 AM, return ~ 4:30 PM. \$92.



Golden Gate Park—San Francisco Wednesday, May 18 — 1751-03

Enjoy beautiful Golden Gate Park on a free day to do as you wish. Visit the deYoung Museum that will be featuring a special Oscar De La Renta exhibit, California Academy of Sciences with the iconic exhibits in the Steinhart Aquarium and Morrison Planetarium, see the spring blooms in the Botanical Gardens, or take part in a tea ceremony at the Japanese Tea Garden. Lunch and admission to museum/gardens on your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$44.



Just Added! Performing Animal Welfare Society Open House Saturday, May 21 — 1875-04

Join us on a very special visit to the Performing Animal Welfare Animal Sanctuary (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful and natural habitats, free from fear, chains, and harsh confinement. They are at complete liberty to act out natural behaviors in the comfort of their individually designed enclo-



tures. PAWS animals are not bred, traded, sold, rented or forced to perform in any way. Groups get to arrive one hour before the general public for this special open house. Our tour bus will take us through the ARK 2000 facility to visit the bear, lion, tiger, leopard and elephant habitats. Once you exit, the bus you will be walking on grass, dirt, gravel, and some paved surfaces, *so please wear comfortable shoes.* PAWS staff and volunteers will be on hand to tell you about the animals and answer questions. Visit their gift shop for some souvenirs after the tour. Lunch included at the historical Leger Hotel in Mokelumne Hill with choice of: *salad entree, seafood dish, or vegetarian meal.* Complete menu at Activities Desks. Trip size is limited to 33 people. **Deadline to purchase is Thursday, May 5 at 12:00 PM. Important: Due to Parking Lot Sale event at OC, bus will be loading from Kilaga Springs.** Leave OC 7:45 AM, return ~ 5:00 PM. \$97.

Marine Mammal Center and Sausalito Tuesday, June 7 — 1761-04

The Marine Mammal Center's mission is to expand knowledge about marine mammals — their health and that of their ocean environment. Their core work is the rescue and rehabilitation of sick and injured marine mammals, supported by state-of-the-art animal care and research facilities. Enjoy a “private,” one-hour guided tour of the state-of-the-art facility with its unique outdoor animal rehabilitation hospital. View seal and sea lion patients and learn how the hospital functions with hands-on experiences with rescue equipment and touching pelts. June is the end of Sea Lion season with some of the last northern elephant seals and harbor seal pups from the spring getting ready to return to the wild. Before the tour, enjoy free time to explore beautiful Sausalito for some art browsing and shopping at unique stores with lunch on your own. *Parts of Marine Mammal Center tour are outside. Please wear appropriate footwear and bring a jacket.* Leave OC 8:30 AM, return ~ 6:00 PM. \$59.



San Francisco Saturday Saturday, June 11 — 1841-04

Enjoy a special Saturday excursion to San Francisco. Meet friends, shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Our stop on this trip will be Union Square. Leave OC at 8:30 AM, return ~ 6:45 PM, \$44.



Beale Air Force Base Friday, June 24 — 1762-04

Ever notice the military aircraft above and wonder what base they are from? Join us on a tour of Beale AFB just a short drive from Lincoln Hills. It's a leisurely trip to Beale and we are anticipating touring the POW camp, SR-71 static display, seeing a military K-9 presentation, flightline tour and a spacesuit



Continued on page 63

TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM



Dr. Brian P. Keller, DPM

ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Callouses
- Sports Injuries
- Diabetic Foot Care
- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

916 434-6410

LINCOLN PODIATRY CENTER
841 Sterling Pkwy., Suite 130 • Lincoln



3 rooms & Hall for \$75.00 + FREE

Whole House Deodorizer
Free estimates

Weekend Appointments Available
Powerful Truck Mounted

916-580-5182

Additional Services:
Tile Cleaning
Upholstery Cleaning
Yard Maintenance

Owner Operated Joe Avelar Licensed & insured

Let my Dad take care of your Carpet!



"Selling or buying through me, receive a \$1000 credit at closing."

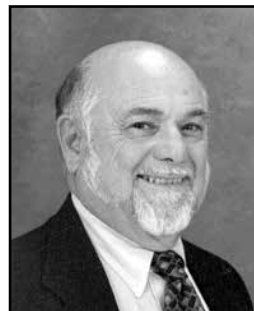
JOHN J. PEREZ
Broker Associate
Resident Realtor®

BRE# 00763471

10 Year Resident
35 Years Real Estate Experience



(916) 759-1637 — Direct Line
jjpj56@sbcglobal.net



Income Tax Preparation & Retirement Planning

PREPARE FOR A FINANCIALLY SECURE RETIREMENT

- Certified Financial Planner with a Masters in Economics
- Enrolled Agent — Licensed to Practice before the IRS
- Free E-filing & Home Visits

CALL FOR A FREE ANALYSIS AND CONSULTATION

AL KOTTMAN, EA, CFP®
(916) 543-8151

Lincoln Hills Resident • www.ajkottman.com

demo. Lunch will be on your own at the base dining facility or bring your own lunch. (Activities are subject to change due to USAF mission demands.) Due to required Air Force security clearance, **residents must sign up in person and individually at the Activities Desks for this trip.** When registering for this trip, each person must bring their driver's license or state I.D. card as the monitor will need to note name, driver's license/ID number, state, and date of birth for security purposes. No name changes after June 17. Limited to 40 people, spaces go fast! **No online sales.** Depart OC at 8:00 AM, return ~ 4:00 PM. \$42.

South Fork American River Rapids Rafting

Monday, July 11 — 1811-04

The South Fork of the American River has become the most popular rafting adventure in the Western US on its 20-mile course through California's historic Gold Country. Located in California's El Dorado County, the American River flows through a beautiful gorge in a wilderness setting. No experience is necessary to enjoy the adventure of rafting on the world-class American River. If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey, Roast Beef or Vegetarian Sandwich*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick-up guidelines and rafting itinerary at Activities Desk. Leave OC at 11:00 AM, return ~ 6:30 PM. \$159. Must meet minimum of 30, vendor deadline by Thursday, May 5.



—Overnight & Extended Travel—

Four days, three nights!

Avenue of the Giants, Redwoods and Eureka Excursion

Sunday, May 1-Wednesday, May 4 — Sold Out — 1970-01

This trip is sold out. Please add yourself to the Wait List. We are considering offering the same trip in October. Those on the Wait List will be notified once new dates are set.

Overnight! Wine Country Overnight

Wednesday, June 1-Thursday, June 2 — 1974-03

Join us on an overnight trip to Sonoma County Wine Country for wine tasting and tours of some fantastic wineries, some of which are served in our own Meridians Restaurant. Trip includes visits

to resident favorites, Kendall-Jackson Wine Center just outside of Santa Rosa, La Crema Tasting Room in Healdsburg and Kunde Family Winery in Kenwood. Tours include special gourmet boxed lunches on both days. The finale of the tour is going to be a fun highly requested stop at the Jelly Belly Factory in Fairfield for chocolate and wine pairing! Factory tour will be included. We'll be staying at the Best Western Dry Creek Inn Healdsburg in the recently remodeled Casa Siena Building. Sign up early, spaces are limited!

Trip Inclusions:

- Demonstration garden tour and tasting at Kendall-Jackson Wine Center with gourmet boxed lunch from Chef Roderick with options: *Grilled Chicken Focaccia or Prosciutto & Provolone Baguette or Roast Beef & Roasted Red Pepper Ciabatta.*
- In-depth education and tasting at La Crema tasting room in downtown Healdsburg
- Cave tour, tasting and gourmet lunch at Kunde Family Winery with boxed lunch options: *Grilled Chicken with Provolone, Ham with Cheddar, Roasted Turkey & Provolone, or Veggie Sandwich.*
- Wine pairing with select wines from Suisun Valley Wineries with confections and chocolates at Jelly Belly Factory (includes souvenir Jelly Belly wine glass) and tour
- Free time at downtown Healdsburg plus dinner on your own
- Overnight stay at Best Western Dry Creek Inn Healdsburg with hot breakfast buffet
- Luggage handling and gratuities for bus driver
- All tour and tasting fees included, any additional tastings or any reserve wines would be on your own

Be prepared to give your meal choice when you register. Complete menu descriptions for both lunches available at Activities Desks or on our website. Please advise of any dietary issues during registration. *A signed liability waiver is required for each participant.* \$291 per person double occupancy, \$364 single. Depart Wednesday, June 1, 8:00 AM, return Thursday, June 2, 5:30 PM. **Note:** March COMPASS listed incorrect pricing for single and double occupancy. Correct pricing listed above.

Four days, three nights!

Laguna Beach Festival of the Arts/Pageant of the Masters & California Science Center— Endeavor Space Shuttle

Saturday, July 23-Tuesday, July 26 — 1983-12

Art show, outlet shopping, museum. Join your Trip Coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" This year's theme is "Partners." See famous paintings recreated in full detail right before your eyes with premium reserved side loge seating. We'll also be stopping at the California Science Center for a group visit to the space

Continued on page 64



shuttle Endeavor and time to explore their permanent exhibits. This excellent trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (minutes from the Festival of Arts grounds)
- Lunch at Harris Ranch
- Lower level ticket to Pageant of the Masters Show and Art-A-Fair Fine Art Festival
- Day to enjoy the Sawdust Art Festival and the free Laguna Beach Trolley
- Dinner at Tivoli Terrace, Festival of the Arts
- Visit to the California Science Center featuring the space shuttle Endeavor
- Stop on way home at Outlets at Tejon, includes welcome tote bag with coupons
- Overnight stay at Microtel Inn & Suites by Wyndham (across the street from the Outlets at Tejon)
- Lunch at Pea Soup Andersen's



Total meals included: three breakfasts, one lunch and one dinner. Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, July 23, return July 26 ~ 4:00 PM. \$662 double/\$916 single.

Sold Out Trips thru May

Trip • Date • Departure Time

- **Reagan—Vatican Splendors**
Tuesday, April 19—8:00 AM
- **Salute to John Williams—Sac Philharmonic**
Saturday, April 23—6:45 PM
- **Redwoods/Eureka**
Sunday, May 1—8:00 AM
- **Beethoven—Sac Philharmonic**
Saturday, May 7—6:45 PM
- **Kinky Boots—Golden Gate Theater, San Francisco**
Sunday, May 22

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@sclhca.com

Classes

Vacation Drop-In

In response to students' request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Drawing—

Beginner Drawing

Thursdays, May 5-26 — 132216-04

10:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael

Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online. **Vacation drop-in: DRAW — \$17 per session.**



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, May 11-25

9:00-11:30 AM Class — 113116-04

Or 1:30-4:00 PM Class — 113216-04

AM and PM sessions are not interchangeable. (OC). \$39 (three sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:*

Continued on page 66



GRIFF'S
JOHNNY ON THE SPOT!
CARPET CLEANING
TILE & GROUT CLEANING



LINCOLN HILLS RESIDENT
IICRC Certified • Licensed • Insured

**Three rooms of
 carpet cleaning for only \$69**

FREE ESTIMATES 916-290-2550

Biggest truck-mounted unit for hot water extraction
 High efficiency & faster drying

*Serving the Greater Sacramento and Placer County
 Areas since 1997.*

As an Independent Financial Planning Firm, with
 over 50 years of combined experience,
 the Advisors of
Melton Financial Group Wealth Advisory
 specialize in Wealth, Estate, Legacy, and
 Distribution Income Planning to help provide for
 your lifestyle throughout retirement.

Let us help you

Complete Your Financial Puzzle.

Call Us Today for Your NO COST Review!

916.772.2477



Securities and advisory services offered through Cetra Advisors LLC.
 (doing insurance business in CA as CFGA Insurance Agency), member FINRA/SIPC.
 Thomas J. Melton, Registered Principal, California Insurance License #0819700.
 Melton Financial Group Wealth Advisory and Cetra Advisors LLC are separate and unrelated companies.



DYNAMIC
PAINTING, Inc.
 Commercial • Residential • Industrial



Licensed & Insured CLN #740008

**Why Choose
 DYNAMIC PAINTING, Inc?**

- Over 1200 Jobs Completed in 10 Years
 in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State
 of California Contractor's Board
- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence and Garage Floor Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

(916) 532-2406

www.dynamicpaintinginc.net

Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.

Vacation drop-in: PAINT — \$17 per session.

**Painting Pastels and Oils with Barry
Mondays, May 2-30 — 105116-04**

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry is an award-winning artist with over 50 years painting explorations in various media. His paintings are sought by collectors and has clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Barry owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.



Vacation drop-in: PASTEL — \$17 per session.

—Watercolor—

**Beginning Watercolor Painting
Thursdays, May 5-26 — 132116-04**

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.



Vacation drop-in: WCOLOR — \$17 per session.

**Sip and Paint: Vineyard Sunrise
Friday, May 20 — 122116-04**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting, an activity that's becoming popular everywhere. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush strokes and use of pallet knife.



Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be under-painted and have a wire on the back ready to hang. The fact that we paint quickly and don't have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens has studied art in Norway, Japan and at the Laguna Collage of Art. She has been painting, teaching and selling her art for over 30 years, and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.

Mixed Media

Art Journaling

Tuesdays, May 10 & 24 — 143116-04

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we "play" on the pages of our art journals. You will 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 to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, May 4-25 — 206116-04

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



Vacation drop-in: LADD — \$12 per session.

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, May 3-31 — 212116-04

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course

Continued on page 68

GRUPP & ASSOCIATES REAL ESTATE & LENDING

SUN CITY LINCOLN HILLS
RESIDENT REALTORS SINCE 2003

Always Serving Your Best Interest!



Jean Grupp,
Broker

Bob Grupp,
Realtor

— Office —
(916) 408-4098

— Cell —
(916) 996-4718

Thirty-five years of Real Estate Experience
LISTINGS & SALES ~ HOME LOANS

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

Denzler Family Dentistry

New Patients Welcome

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partial
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable
Digital X-Rays, Private Computerized Treatment Rooms,
Senior Discounts

(916) 645-2131

www.mylincolndentist.com

588 First Street (Corner of First & F Street)

JOINER PARKWAY SELF STORAGE

Rent a Unit from us and
receive a \$20.00 Reward!*

- Free Move-in Truck**
- Moving Supplies



*We Treasure
Our Customers!*



*Must present this ad & may not be combined with
other offers. **Some restrictions may apply.

**JOINER PARKWAY
SELF STORAGE**
645-2737
108 Joiner Parkway, Lincoln



Your Retirement Dreams Can Come True!
A Branch of American Pacific Mortgage Corporation

You Have EARNED
Financial Security &
Independence!
Live Your Retirement
Dreams Today!

Work with a local professional with
over 30 years experience!



Beth Miller-Bornemann

YOUR LOCAL REVERSE
MORTGAGE SPECIALIST

I Live Locally & Work Locally!

The New Reverse Mortgage

- No Monthly P&I Payments Required to be paid*
- Proceeds are NON-TAXABLE
- You hold title to your home—not the bank
- Heirs inherit your home—not the bank, not the government
- No debt to your estate or your heirs—ever!
- Never repay more than your home's value
- *Taxes & insurance paid by owner, must be primary residence & normal upkeep required

Pay Off Your Current Mortgage with a FHA Insured HECM

Set Up A Line of Credit • Receive Monthly Income



Beth@YourReverse.com

Office **925-969-0380**

Cell **925-381-8264**

Licensed by the Dept. of Business Oversight
under CRMLA

3478 Buskirk Ave #1000 • Pleasant Hill, CA 94523

CA BRE 00950759/01215943 NMLS #294774/831612/1850

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 meeting for future classes.

Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics

Tuesdays, May 3-31 — 212216-04

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. This class is for the self-motivated students/artists with established ceramic skills.

Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: CERD3 — \$17 per session.



Ceramics — All Levels

Thursdays, May 5-26 — 221116-04

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

Vacation drop-in: CERD2 — \$17 per session.



Crafts

—Card Making—

Card making classes will be in hiatus for the month of May. Watch for the June class dates next month.

—Craft Corner—

Garden Pot People

Thursday, May 12 — 302016-04

1:00-4:00 PM (KS). \$15 plus supply fee \$10 to instructor. Instructor: Judi Masters. Spring has sprung! We are bringing back this highly requested craft project that will surely jazz up your garden. Add some fun to your patio with these cute clay pot people. Using clay flower pots, create unique pots that best suit your garden. This class will teach you how to paint pots and connect them to create fun garden art.



—Flower Arrangements—

Spring Basket Arrangement

Monday, April 25 — 301016-03

9:30-11:30 AM (KS). \$48. Instructors: Jen Steele and Sally Hernandez. Come learn how to create a beautiful floral basket arrangement. We will implement design skills and fun using beautiful spring colors to make a basket arrangement sure to delight the eyes and celebrate the beautiful season of spring. Floral materials and container materials are included, shears and knife not included.



Brave and Free Floral Workshop

Monday, May 23 — 301116-04

9:30-11:30 AM (KS). \$45. Instructors: Jen Steele and Sally Hernandez. Let's design a beautiful arrangement with long lasting flowers in red, white, and blue in a fun and creative environment. This class is designed for all beginners and professionally led by Jen and Selia. Explore your individual creativity and be inspired by the upcoming holiday. Flowers and container are included. Shears and knife not included.



Cooking

Cooking with Chef Roderick Hors d'oeuvres

Thursday, May 5 — 322116-04

9:00-11:00 AM (KS). \$18. Instructor: Meridians Chef Roderick Williams. Sign up early as this class fills up fast! Entertaining guests can be so much fun when you add these simple party favorites: Chicken Spring Rolls, Shrimp & Snow Pea Dumplings, Crab Rangoon. You will learn these yummy hors d'oeuvres plus Sweet & Sour Dipping Sauce. Recipes will be provided.



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, it is 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 3-24 — 332116-04

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Closed to new students. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps.



Continued on page 70

Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome

The Latest Instruments & Techniques • Drill-Less Dentistry

NightLase™ • Dental Implants: Eat, Chew & Smile Naturally Again!

Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay

Conscious Sedation Available • Complete Orthodontic Care With Our Specialists



Dental Care

Roseville • Lincoln

www.LincolnDentists.com

Tim Herman, D.D.S.
Flaviane Petersen, D.D.S.
Chris Cooper, D.D.S.
Susan McAdams, D.D.S.

Orthodontist
Thais Booms, D.D.S., M.S.
Periodontist
Brad Townsend, D.D.S., M.S.



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • 916-408-5557

Appointments From 7am–7pm & on Weekends!

THE POWER OF TWO!



Steve and Jo Ann Gillis

- Providing exceptional real estate services with experience, enthusiasm & integrity.
- Over 25 years in residential real estate sales throughout Northern California
- Results that MOVE you!
- Residents of Sun City Lincoln Hills

Jo Ann Gillis • BRE# 01018109 • jgillisrealtor@gmail.com

916-316-0815

Steve Gillis • BRE# 01968756 • stevegillis106@gmail.com

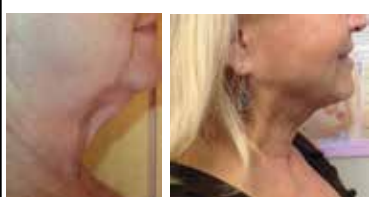
916-303-6420



SUN RIDGE
REAL ESTATE

Each office independently owned and operated.

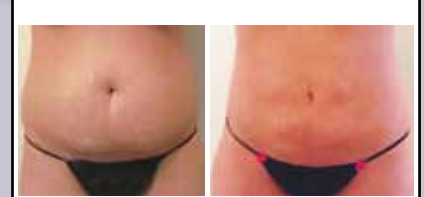
Now Offering “Scarless” Breast Reduction



Before After
Actual patient



Before After
Actual patient



Before After
Actual patient

Lose unwanted fat and look amazing—IN ONE DAY!

SmartLipo is a minimally invasive, laser-assisted procedure that permanently removes fat from troublesome areas like the neck, arms, chest, abdomen/flanks and thighs in one treatment. All procedures are performed by surgeon Jack Friedlander, M.D. and his professional staff in our JCAHO Certified operating room. You will receive outstanding personalized, compassionate care and you WILL be thrilled with your results!



Jack Friedlander, M.D.

- Permanently Melts Fat Away and Leaves Skin Firmer and Tighter
- Local Anesthesia
- Minimal Recovery Time
- Immediate Results

Call (916) 781-2500
to schedule your FREE consultation today!

www.norcallaserlipo.com

cial attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.

Easy-to-Intermediate Clogging

Tuesdays, May 3-24 — 332216-04

11:00 AM-12:00 PM (KS). \$28 (four 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'll also learn new dances from all levels 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 3-24 — 332316-04

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some 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.

Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, May 2-23 — 344216-04

7:00-8:00 PM (KS). \$20 (four 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 with some being mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, May 2-23 — 344416-04

8:00-9:00 PM (KS). \$20 (four 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've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be "Sidekick" and "Another Song."



Country Line Dancing

Fridays, May 6-27 — 346116-04

3:00-4:00 PM, KS. \$15 (three sessions; no class May 20). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old"

line dances that are done at country dances around the area.

—Dancing with Dolly—

Lyrical Jazz/Ballet

Thursdays, May 5-26 — 353516-04

5:00-6:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



Performance Dance—Intermediate to Advanced Level

Fridays, May 6-27 — 354516-04

2:15-3:45 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater.



—Hula—

Hula

Thursdays, May 5-26 — 390216-04

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Begin or 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 mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.

Vacation drop-in: HULA — \$13 per session.



—Jazz—

New Time! Jazz Class for the Beginner

Thursdays, May 5-26 — 353016-04

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the*

Continued on page 73

Comp-Solve Computers
 916-276-1374
 In Home Computer Service

Lincoln Hills Special
\$79 for a 1 hour call
 Outside Lincoln Hills \$89

- Upgrades
 - Repairs
 - Wireless
 - Tune-Up's
 - Email
 - Virus
 - DSL

Ask Me About
New Windows 7
 Computers!


Your Certified
 Computer Tech is
Steve

Thank You Lincoln Hills!

Customer Testimonials - www.Comp-Solve.com
 Mailing address- 6518 Lonetree Blvd. #190, Rocklin, CA 95765

Notary on the Go!

National Notary Association Certified Signing Agent



Available 9:00 am to 5:00 pm daily
 Weekends by appointment
 Mobile Notary "I come to you"
 Se Habla Espanol

Anna McClellan Phone: (707) 480-4646
 Notary Public Fax: (916) 409-5318
 Lincoln, CA Email: anna_mcclellan@yahoo.com

ARROW PLASTERING



STUCCO WORK
FOAM TRIM

John DeKruyff License #892931 (916) 408-3532
arrow_plastering@yahoo.com



Residential & Commercial
 Hard Water Spots
 Screens & Blinds • Mirrors & Gutters
 Adam & Nicole Perry

Family Owned & Operated Insured & Bonded

(916) 765-5623

 **Ace Appliance Repair**
 Repair & Installation Services
(916) 409-2424

*** SUN CITY LINCOLN HILLS DISCOUNT ***
 \$35 SERVICE CALL (REGULAR \$60)

Refrigerators • Dishwashers
 Microwaves • Washers • Dryers
 Garbage Disposals • Ovens • Cooktops

Lic. #A46835
 2242 Thomsen Way
 Lincoln, CA 95648

A LOCAL, FAMILY OWNED COMPANY
 FAST, FRIENDLY, RELIABLE SERVICE

 **HEAVEN'S GATE**
 Pet Cremation Specialists
 PET MEMORIAL CENTER

603 4th Street • Wheatland, CA 95692
 530.377.9709 • www.HeavensGatePMC.com

 **MAPLES PLUMBING**
 A Family Owned & Operated
 Company You Can Trust

Commercial & Residential
 Water Heaters • Drain Cleaning • Electronic Leak Detection
 Water Treatment Systems Installation • Trenchless Sewer Line Replacement
 Faucets & Fixtures • Remodeling • Sewer Line Inspection

Your Local Full Service Plumbing Company • Free Estimates
 Senior & Military Discounts • 24/7 Emergency Service

916-368-9134
www.maplesplumbing.com
 Lic. # 992727

Don't trust your system to a handyman!

Brown's Quality Electric
 Residential • Commercial

• Attic Fans
 • New Circuits Added
 • Phone and TV
 • Smoke Detectors
 • Appliance Hookup
 • Security, Track, & Recessed Lighting
 • Ceiling Fans
 • Hot Tubs/Spas

Call Today!
(916) 600-2024

10% OFF Any Service
 With coupon.
 Not valid with any other offer.

Lic. #824668

Sprinkler-Medic

• DRIP • DRAINAGE • SPRINKLERS

— INSTALLATION & REPAIR —
— LANDSCAPE & MAINTENANCE —

916 663-9931

Rick Johnson

Sprinkler-Medic.com

LIC # 918143

Care Patrol

"Better Senior Living Choices"



Todd Goodman, C.S.A.
Certified Senior Advisor
916.303.6347
Todd.Goodman@CarePatrol.com



Kelley Goodman
Senior Care Advisor
916.390.9662

Kelley.Goodman@CarePatrol.com

A FREE COMMUNITY SERVICE for over 20 years!

CarePatrol has been helping families find the safest and most appropriate senior living options across the country. We help families find Assisted Living, Independent Living, Memory Care and In Home Care. We 'match' your loved ones care needs to the most appropriate communities. We review the care and violation history of the facilities that we work with. We tour with the families to the recommended communities.

Accredited Veterans Aid & Attendance Agent Available

Meridians



MAKE YOUR HOUR A HAPPY ONE.
WWW.MERIDIANSRESTAURANT.COM

Helping you Buy and Sell the Del Webb Lifestyle Since 1997!

Price per Square Foot?
PRICELESS!!!



"Put my 17 years Del Webb experience, Legal Education and Internet Marketing to work for you."

Paula Nelson
Broker Associate

916-240-3736
REALTOR@PaulaNelson.net



SUN RIDGE
REAL ESTATE

Each Office Independently
Owned and Operated.

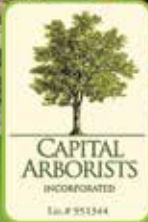
DRE No. 01156846



Inspired TREE & LANDSCAPE Care!

- CERTIFIED ARBORISTS
- TREE & SHRUB CARE
- SEASONAL MAINTENANCE PROGRAMS
- PLANTING
- IRRIGATION UPDATES & REPLACEMENTS
- WATER CONSERVATION PROGRAMS
- FERTILIZATIONS
- PEST & DISEASE MANAGEMENT
- CUSTOM-DESIGNED LANDSCAPING
- GREEN GARDENER QUALIFIED

(916) 412-1077
CAPITALARBORISTS.COM



Instructor: Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Vacation drop-in: JAZZ1 — \$13 per session.

Jazz Technique 2

Tuesdays, May 3-31 — 353116-04

1:00-2:00 PM (KS). \$40 (five sessions). *Instructor:* Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.

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 will best fit your needs. Listed 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 to advance to more challenging line dance classes in the future.

- **Mondays, May 2-June 27 — 360016-03**
4:00-5:00 PM (KS). \$48 (eight sessions; no class May 30).
Instructor: Audrey Fish.
- **Thursdays, May 5-June 30 — 370016-03**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.



Line Dance I — Beginner

Prerequisite: Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, May 2-30 — 370116-04**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, May 5-26 — 360116-04**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Tuesdays, May 3-31 — 380116-04**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Line Dance II—Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, May 2-23 — 360216-04**
5:00-6:00 PM (KS) \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, May 4-25 — 380216-04**
9:00-10:00 AM (KS) \$28 (four sessions).
Instructor: Sandy Gardetto.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, May 4-25 — 380316-04**
10:00-11:00 AM (KS) \$28(four sessions).
Instructor: Sandy Gardetto.
- **Thursdays, May 5-26 — 360316-04**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, May 5-26 — 370416-04

10:00-11:00 AM (KS). \$24 (four sessions). *Instructor:* Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.



• **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.

• **Yvonne Krause**

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.



and how it can be applied to various types and styles of music. Join this fun and very social dance class.

Intermediate I and II West Coast Swing
Wednesdays, May 11-25 — 318216-04

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



—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 Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



Note: Tap Performance classes will resume in October

Beginning Tap

Thursdays, May 12-26 — 410116-04

10:00 -11:00 AM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

• **Mondays, May 2-23 — 410516-04**

10:00-11:00 AM (KS). \$32 (four sessions).

• **Tuesdays, May 3-31 — 410216-04**

10:00-11:00 AM (KS). \$40 (five sessions).

• **Thursdays, May 12-26 — 410816-04**

11:00 AM-12:00 PM. (KS) \$24 (three sessions).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, May 11-25 — 318116-04

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie,

Glass Art

Fusing Glass and Stained Glass Workshop
Monday, May 16 — GLASS

4:30-6:30 PM, (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, May 2-23 — 494116-04

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 25 years of stained glass experience.



Jewelry

—Beading—

Braided Chain Bracelet

Tuesday, May 10 — 513116-03

9:00 AM-12:00 PM (KS). \$15 Instructor: Cathie Szabo. No, they're not handcuffs. But yes, these bracelets use chain in the most fashionable way. Flat chain has different colors of thread braided throughout. So different and so easy and fast, you'll find yourself making more than one! Class is easy enough for beginners and gives experienced beaders a new way to incorporate chain into their creations. Students should be able to



Continued on page 77

CARPET CLEANING

THREE ROOMS & HALL

\$74.95 up to 400 sq. ft.
includes free pretreatment!

"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."

Curtis B.
Lincoln Hills Resident

Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR * LINCOLN RESIDENT * IICRC CERTIFIED

916-508-2521

DEPENDABILITY * INTEGRITY * EXCELLENCE

www.GCcarpet.com

Specialize in comfort, style, stability and fit
Friendly, knowledgeable and courteous staff

NARROW
& WIDE
WIDTHS

MON-SAT
10:30-5:30

SHOES
FOR ALL OCCASIONS

*Dress-Athletic-Comfort
Casual-Work-Walking
Arch Supports, Foot Care
Products and Accessories*

del Sole
Shoe Store

(916) 543-0479

825 Twelve Bridges Dr. #60 • Lincoln, CA 95648

TERRAZAS LANDSCAPE

Family Owned Since 1998

COMPLETE LANDSCAPE MAINTENANCE!

Top ten (10) reasons to call Isaac at 916-247-2748 for your maintenance needs:

1. Lawns mowed weekly!
2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers checked every eight (8) weeks!
5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!

Licensed & Insured

Contractor License #: 877722

CITADEL DENTAL

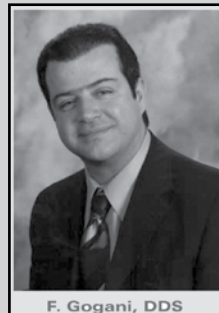
GENERAL DENTISTRY

Cosmetic Restorations • Veneers • Invisalign • Implants

NEW PATIENT OFFER

Exam, X-rays & Cleaning **\$49**
and
20% OFF Your Dental
Treatment

Limited to one per person for one time use only.



F. Gogani, DDS

(916) 408-8585

941 Sterling Parkway
Suite 100
Lincoln, CA 95648

www.CitadelDental.com

APEX AIRPORT TRANSPORTATION

Sacramento, Oakland & San Francisco Int'l Airports
SF Cruiseports on the Embarcadero, Piers 27/35

Since 2006

Jim Plotkin
Derek Darienzo **(916) 344-3690**

Email: ATCOVAN@SBCGLOBAL.NET
WWW.APEXTRANSPORTATION.VPWEB.COM

CA PUC License TCP25881P



PET SITTING IN YOUR HOME

Serving Placer County
Licensed • Insured

Dale McCoy
(916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650
www.a-pets-world.com

I pay top dollar
for quality used
cars and boats.

Call Eddie
916-705-9561

Make *Our* Backyard *Your* Backyard!

- Largest Selection in Northern CA
- Factory-Trained Representatives
- We Guarantee What We Sell
- Special Orders Are Welcome!
- We Service & Deliver Ourselves
- 4 Convenient Area Locations



Patio Sets & Accessories

Outdoor Kitchens



Portable Weber Gas Grills



Portable Spas



See our Sales Rep Chuck Smith,
Lincoln Resident

ROSEVILLE

1529 Eureka Rd.
773-4800

GOLD RIVER

Hazel & Hwy 50
353-5100



OPEN
7 DAYS
A WEEK

California BACKYARD

www.CaliforniaBackyard.com

ARDEN

2901 Arden Way
488-5100

ELK GROVE

8457 Elk Grove Blvd.
683-9000



complete the project in class. Check out the samples in the OC display window. Be sure you get the proper materials list when you register—look for the name and code # for Braided Chain Bracelet as well as the photo of the necklace. **Please note:** Cathie will have a selection of various colors of thread for you to use in your bracelet.

—Silverware Jewelry—

Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware for making one ring or pendant (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, Please bring a few silverware pieces and we will discuss them in class. Students will take home one free spoon jewelry piece. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



Bracelets

Mondays, May 9 & 16 — 542116-04

9:00 AM-12:00 PM (KS). \$52 (two sessions).

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

Basic Economics for Everyone (Not just Investors)

Tuesday, April 26 — 871000-04

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. If any of us had an Economics class, we might remember either how tough or boring it was. However, much of investors' angst today and in the past is based on fear or a misunderstanding of basic Economics. Come learn some very simple and important Economic topics which you can use for investments, life in general, and to just calm investor nerves.



Finance as a Second Language

Tuesday, May 24 — 871000-05

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Much like other industries, the world of finance has its own language. To feel better about the world of finance and understand the financial news channels lexicon, come to this class to learn more about what the various financial terms mean and how to properly utilize them. After this class you should be able to discuss financial topics and at least feel more comfortable when

certain terms are used in business media.

Movie

Four Movies by Mel Brooks

Wednesdays, May 4-25 — 521116-03

1:00-4:00 PM (KS). Instructor: Ray Ashton. \$30 (four sessions). "It's good to be the king!" That about says it all for Mel Brooks. For over 40 years Mel has given us the most outlandish comedies that have ever graced the silver screen. We will look behind the creation of and together discover the brilliance of "The Producers," "Blazing Saddles," "Young Frankenstein," and the Master's salute to the Master, Alfred Hitchcock, in "High Anxiety." So, get ready to exercise your "funny bone," for we are about to experience four of Mel's finest. Each class will include a complete viewing of the movies.



Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or as stated in the article. Instructor moves the students to the next level based on skills evaluation.

Guitar 1A—Beginner Level

Wednesdays, May 4-25 — 535116-04

8:00-10:00 AM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open to new students. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill ,899-8383.



Guitar 1B—Continuing Beginner Level

Mondays, May 2-30 — 535716-04

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B—Entry to Intermediate Level

Wednesdays, May 4-25 — 535216-04

10:15 AM-12:15 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This

Continued on page 81



Don's Awnings, Inc.

(916) 773-7616

Roseville, CA Lic. #408203

Lattice Covers

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



Solid Covers & Drop Shades



- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**

More info on products—www.donsawnings.com

I help safe drivers save 45% or more.



Julie Domenick
916-434-5250

741 Sterling Parkway, Suite 500
Lincoln
juliedomenick@allstate.com
CA Insurance Agent #: 0712097



Allstate

You're in good hands.

Insurance and coverages subject to terms, qualifications and availability.
Allstate Indemnity Co. Northbrook, Illinois © 2010 Allstate Insurance Co.

144712



Give yourself the gift of a beautiful smile!



Paul Binon dds msd

IMPLANT DENTISTRY & PROSTHODONTICS

(916) 786-6676

BinonDentalImplants.com

1158 Cirby Way, Roseville, CA 95661

Shari McGrail

916-396-9216

www.SunCityShari.com



CalBRE# 01436301

- Resident Since 2004
- Top Producing Realtor Every Year Since 2005
- Experience
- Competence
- Integrity
- Follow-Through



GUCHI
INTERIOR DESIGN

Creating Beautiful Homes
...ONE ROOM AT A TIME



Master Bath Remodel Sun City Lincoln Hills

*Call our Team of Professionals For Your
Next Kitchen & Bath Remodel
& Design Project*

- HARDWOOD • TILE • CARPET • CUSTOM WINDOW COVERINGS
- CUSTOM CABINETS • FIREPLACE DESIGN & REMODELING • AREA RUGS
- FAUX PAINTING & FINISHES • PATIO DESIGN & REMODELING

GUCHI
INTERIOR DESIGN

10050 FAIRWAY DRIVE, SUITE 100
ROSEVILLE, CA 95678 • (916) 786-9668
WWW.GUCHIINTERIORDESIGN.COM
MONDAY - FRIDAY 10-5, SATURDAY 10-5
CONTRACTORS LICENSE NO. 938832

Family Owned and Operated for 25 Years

ROSEVILLE, CA
Est. 1975

AUTOS
PICK-UPS
VANS

FOREIGN
&
DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK

Free Shuttle for Sun City Residents

783-5552
FAX: (916) 783-5576

50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80

Take a fresh look at today's reverse mortgages:

Redesigned products. Remarkable opportunity.

Home equity is becoming an important asset of more and more retirement plans. Ask about the low-cost reverse mortgage from Reverse Mortgage Funding LLC (RMF) that eliminates nearly all upfront costs.*

Our team has 10 years of experience in the community.

HANK RHODES

NMLS # 459674
916.849.6447

THAD STANLEY

NMLS # 1284368
916.768.5916

BRANCH LOCATION

1510 Del Webb Blvd., #B102
Lincoln, CA 95648
NMLS #1262927

Office in the heart
of SCLH



1510 Del Webb Blvd.

Sun City Blvd.



*Not available in all states. Conditions apply and are subject to change.

This material has not been reviewed, approved, or issued by HUD, FHA, or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency.

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, License No. 4131266. Loans made or arranged pursuant to a California Finance Lenders Law license, License No. 603K578 © 2015 Reverse Mortgage Funding LLC, 1455 Broad Street, 2nd Floor, Bloomfield, NJ 07003. NMLS ID # 1019941. www.nmlsconsumeraccess.org. LXXX-Exp000016

RMF

REVERSE MORTGAGE FUNDING LLC



KATHY SAATY

Hairstyling for Men and Women

SENIOR DISCOUNTS

Tuesday - Saturday

- Perms \$65 (includes trim)
- Color Touch-ups \$65 (includes trim)
- Highlights (call for a quote)
- Haircuts \$10 discount off reg. price

Rocklin resident—20 yrs
Stylist—50 yrs
Colorist

Perm Specialist
Haircuts

Shampoos & Sets

Free Consultations

New Location!

ENVY SALON

6827 Lonetree Blvd. #101B
Rocklin, CA 95765

916-599-6014 • kmsaaty@gmail.com



Helping people with
their home remodel,
repair & maintenance needs

MG Construction

Michael Gee
CA #966281

(916) 660-2269

mgconstruction13@att.net

U.S. Navy Vet

Welcome Home Care

Help Is On The Way



We provide quality in-home care to residents of
the Sacramento area. All services we provide
range from \$17-23/hr.

916.778.7150

welcomhomecareca.com



Over 32 years in business!

SunDance Interiors

CONT. LIC. #677243

Custom Draperies & Upholstery

Slipcovers • Shutters

Blinds • Bedspreads

Workroom
& Showroom

781-2424

400 Washington Blvd., Ste. C • Roseville
www.sundanceinteriors.com



California's Finest Handyman

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

No Job Too Small

Patrick Holland, Contractor

License # B-813306

(916) 223-3330

e-mail: patholland402@gmail.com

website: www.workswithtools.com

You Call We Screen™

Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings



530-878-0784

Energy Saver

FREE ESTIMATES

MasterCard VISA Lic. # 779998

MEXICO from only *\$999

*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.
Plan ahead and save!



Ports: San Francisco
Puerto Vallarta,
Manzanillo, Mazatlan,
Cabo San Lucas ~
Return to San Francisco.

**Sailing 10/05, 11/13,
12/20-2016**



Sail Round Trip from
San Francisco for
10 Days
with Round-Trip bus
transportation
from Lincoln available!

SHOP LOCAL! Call CLUB CRUISE & Travel
for all of your travel needs at 916-789-4100 or stop by:
851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040



SUN CITY
LINCOLN HILLS
Well Fit



FAMOUSLY
FRIENDLY.

class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3—Intermediate

Thursdays, May 5-26 — 535316-04

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students.

Prerequisite: Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study in the chord-melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music. Questions? Call Bill, 899-8383.



Guitar 4—Advanced

Thursdays, May 5-26 — 535416-04

10:00 AM-12:00 PM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, May 3-31 — 536216-04

1:00-2:00 PM (OC). \$44 (five sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar 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, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy



Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.

Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, May 3-31 — 536316-04

2:00-3:00 PM (OC). \$44 (five sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar 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 finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable that they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Voice—

Singer Vocal Boot Camp Continuation

Friday, May 6-27 — 537216-04

10:30 AM-12:30 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



Personal Improvement

Programs that provide learning and development in areas of life that are unique to each individual.

Medication Management— Tips That May Save Your Life

Thursday, May 26 — 855000-05

1:00-3:00 PM. Multipurpose Room (OC). \$20. Instructor: Havy Dam, Lead Pharmacist, H & H Integrative Pharmacy. The combination of increased medication use paired with the normal body changes caused by aging can increase the chance of unwanted, and even harmful drug interactions. This will be an informative session to discuss medication safety guidelines. Topics will include: pharmacy labeling, creating and maintaining an up-to-date medication list, supplying your doctors with a medications list, confirming age appropriate dosage, potential side effects of your medications, informing your doctor about any previous adverse drug effects, and the importance of minimizing the number of doctors and pharmacists you use.

The Sudoku Series

Tuesday, April 26 — 870000-04

Tuesday, May 24 — 870000-05

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Intermediate Level: Come learn how to play one of the fastest growing puzzles in America using a new system developed by the instructor. This class continues from January / February's Beginner Level and tackles puzzles commonly referred to as levels four-, five- and six-stars in local newspapers. The class is optimal to attend if you have a working knowledge of Sudoku and you are getting stuck on the easy to medium puzzles. Our new system will not only help you get unstuck, but will open up an entirely new approach to Sudoku.



Two-day class! AARP Driver Safety Training

Tuesday and Wednesday, May 24 & 25 — 481026-04

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.



New! Brain Gain Part II

Saturday, May 7-28 — 877200-05

9:30-11:30 AM, Card Room (OC). \$40. Instructor: Dr. Alice Jacobs. Provides a continuation of interactive brain exercises that are done individually and in small groups. Preserve your memory, prevent dementia and join the fun while giving your brain a good "neurobic" workout. Learn about current scientific information about memory, changes with age and tips and techniques for improving memory. Completion of Brain Gain I is recommended, but not mandatory. Repeaters welcome.



Getting Your Stuff Together: Organizing Your Estate

Monday and Tuesday, May 23 & 24 — 863000-06

9:00 AM-12:00 PM, Solarium (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your

planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



Sewing

New! Elegant Fabric Ginger Jar Workshop

Wednesday, June 8 — 594216-04

1:00-4:00 PM (OC). \$30 plus \$6 supply fee payable to instructor. Instructor: Margie Kim. Prerequisite: Basic knowledge of machine and hand sewing. Come spend a few hours in this delightful workshop and learn how to make an elegant fabric ginger jar step-by-step. The jar can stand alone as a statement art piece or you can add dry flowers, a glass tube with real flowers, perhaps some decorative branches... the options are as bountiful as your creativity! Finished jar will be 8"H x 5.5"W. Be sure to get your materials list after you register and if you have a chance, stop by the OC display to see Margie's ginger jar in person. Margie has been crafting and quilting for over 30 years.



—Certification—

Bernina Serger Certification

Monday, May 9 — 591116-04

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, May 9 — 592116-04

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, May 9 — 593116-04

3:00-4:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

Technology

—General—

Super Searching with Google Search

Friday, April 22 — 288116-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. In the fall of 1999,

Continued on page 85

LAW OFFICE OF DARREL C RUMLEY

- Estate Planning
- Trusts
- Wills
- Healthcare Directives
- Trust Review
- Mobile Notary
- Probate



Darrel C Rumley
Attorney at Law
Serving Placer County

"As a senior myself, I understand our needs. I know that a living trust is THE most important & thoughtful gift you can leave your loved ones. By having an estate plan in place, YOU decide end-of-life decisions as well as the financial distribution of your estate. Your loved ones are saved the expense of probate. Questions? I'm here to listen & help you."

915 Highland Pointe Drive
Suite 250
Roseville, CA 95678

916.780.7080

Hwy 65 & Pleasant Grove Blvd.

www.rumleylaw.com/trusts



Fallen Leaf Landscape

- Residential Maintenance Services
- Small tree care
- Full service landscape installation
- Rebark services
- Fence repair and replacement
- Water feature installation
- Concrete and Paver installation



Fallen Leaf Landscape Inc has been providing full service landscape installations for over 15 years with 100's of completed jobs to our credit.

(916) 300-7782

For information regarding our past installations or questions about your new landscape project or maintenance, call Fallen Leaf today!



www.fallenleaflandscape.com CSLB #852336





CST#2033380-40

21 Day San Francisco to Sydney



Sail 2/4/17 from San Francisco, CA to Sydney, Australia visiting Hawaii; Samoa; Tonga; Bay of Islands, New Zealand; Sydney, Australia.

Sailing 02/04/17 to 02/26/17

Interior	Ocean View	Balcony
fares from	fares from	fares from
\$2,349	\$3,149	\$3,349

Government Taxes, Fees & Port Expenses are \$271.53 additional.
INCLUDES MOTORCOACH TO THE SHIP

25 Day Sydney to San Francisco



Sail 3/11/17 from Sydney, Australia to San Francisco, CA visiting Melbourne, Australia, Milford & Doubtful Sound, Dunedin, Akaroa & Wellington, New Zealand; Hawaii; San Francisco.

Sailing 03/11/17 to 04/04/17

Interior	Ocean View	Balcony
fares from	fares from	fares from
\$4,449	\$6,148	\$7,408

Government Taxes, Fees & Port Expenses are \$368 additional.
INCLUDES MOTORCOACH FROM THE SHIP

BOOMERANG VOYAGES!
Sail R/T SFO
Spend 02/26-03/11 in Australia. Call us and ask about tour options.

Fares are per person, non-air, cruise-only, based on double occupancy not apply to singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount, including onboard credits. Some restrictions apply. Fares quoted in U.S. dollars.

and apply to the first two passengers in a stateroom. These fares do not apply to singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount, including onboard credits. Some restrictions apply. Fares quoted in U.S. dollars.

CLUB CRUISE & Lincoln Travel 916-789-4100
Located at 851 Sterling Parkway, Lincoln CA





Joints are replaceable. Playing with your grandkids is not.

There has never been a better time to have a joint replacement, and with Sutter there has never been a better place. With our Joint Replacement Centers located at Sutter Auburn Faith Hospital and Sutter Roseville Medical Center, you have local access to comprehensive programs that includes board-certified orthopedic surgeons, dedicated physical therapy and rehabilitation teams, classes, support groups and more. It's one more way we plus you.

Get the facts, along with special exercise techniques to help you get moving.

sutterorthopedics.org/JointReplacement

 **Sutter Health**
Sutter Orthopaedic
Institute
We Plus You

the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching.

Getting the Most Out of Yahoo Mail

Monday, April 25 — 288316-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Simple to use with 1TB of free mail storage, Yahoo Mail is one of the most popular free email services in the world. With an all new look and powerful features like lightning-fast search, multiple mailboxes, and password-free sign in, Yahoo mail is the best way to access your email. In this class your instructor, Bob Ringo, will help you create a Yahoo Mail account. You will learn how to use the amazing number of features and options available in Yahoo Mail that make it such a great email service.



Getting Most Out of Gmail

Monday, May 2 — 285316-04

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.



—Genealogy—

Migrating Your Genealogy Data from Family Tree Maker

Wednesday, April 27 — 285216-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Following the recent announcement of the “retirement” of Family Tree Maker, many users of that program are planning to switch to a different family history program. Of course, anytime you move data from one genealogy program to another, maintaining both the accuracy and the completeness of that data is critical. In this class, instructor will present the pros and cons of the alternatives to Family Tree Maker as well as assisting you in migrating your Family Tree Maker data to a different family

history program like Legacy Family Tree or RootsMagic.

—PC—

Windows 10 Basics

Wednesday & Thursday May 18 & 19 — 295116-04

9:30 AM-12:00 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common “apps.” *Bring your Win 10 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



Tips and Tricks for Beginning PC Users

Monday, May 23 — 282116-04

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills and comfortable using an Internet browser. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.



More Tips and Tricks for Beginning PC Users

Wednesday, May 25 — 282216-04

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of “Tips & Tricks for Beginning PC Users.” You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

—Mac—

Pages 5 for Mac

Thursday & Friday, June 9 & 10 — 267116-04

9:00-11:30 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. Prerequisite: You must have Mac OS X El Capitan installed on your iMac or MacBook at home. Do you enjoy creating letters, newsletters, flyers, cards. Do you record club minutes or keep personal checklists? Writing class notes or your life story? If you do,



Continued on page 87

Three generations —
Since 1977.
Good maintenance saves
you money!



• SALES • SERVICE • INSTALLATION

PECK
HEATING & AIR
CONDITIONING

Call Now
(916)
409-0768

Lic # 566294

www.PeckHeatingAndAir.com ~ 4221 Duluth Ave, Rocklin, CA

Care Coordination and Resource Referrals



- Residential Care - Assisted Living, Board & Care, Memory Care
- In-Home Care, Hospice Care
- Day Programs, Independent Living
- Veteran's Aid and Attendance Allowance

Phone: 916-209-8471
Cell: 916-798-7347
jpayne@seniorcareconsultinginc.com
SCLH resident

Judy Payne, RN

Senior Care Consulting Inc.

FREE Phone Consultation and Guidance

Michelle Cowles

REALTOR® ~ BRE #01821892

"Don't make a move without me!"

(916) 295-8532



1500 Del Webb Blvd.
Suite 101
Lincoln, CA 95648



www.TheRealtyExperts.com
Michelle@TheRealtyExperts.com

Each office Independently
Owned and Operated

1A ADVANCED GARAGE DOORS

Garage Doors, Garage Door Repair,
Service, Opener Installation,
Springs Replacement

(916) 838-8182



1agaragedoors.net
CSLB #925606

\$15 off
Senior
Discount



FIND YOUR BALANCE.



Lic. # 669316

DURAN LANDSCAPING INSTALLATION & DESIGN

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

QUALITY GUARANTEED

FREE ESTIMATES (916)660-1835
Ask for Victor Duran www.duranlandscape.com

Pat's Medical Insurance Counseling

- Medicare, Medicare Supplement, HMO and Part D Information
- Medicare, Supplement and Under 65 Claims Management
- Assist with Billing Issues
- Patient Advocate
- I Do Not Sell Insurance
- Free Phone Consultation
- Senior Resources



pat@patstoby.com • Since 1977

www.patsmaterialinsurancecounseling.com

Pat Johnson

(916) 408-0411

Don Gerring

"Thanks so much for your excellent help!"
Tom & MaryAnn McKay - 2015

- Lincoln Hills Resident Agent
- Del Webb Agent for 10 Years
- 30+ Years R.E. Experience

Let Don Help
List & Sell Your Home!
Free Home & Market Evaluation

(916) 747-5050 • dgerring@starstream.net • Lic#00631339

Each office independently owned & operated

then Pages 5 is for you. It's a full featured word processing and page layout app. It is easy to use and fun to work with. You can even add photos, tables, and music too. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share Pages documents beyond your Mac, through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF documents.

—Smart Phones and Tablets—

iPad—Beyond the Basics

Saturday, April 16 — 264116-03

9:00 AM-12:00 PM (OC). Instructor: Ken Silverman. \$30. **Prerequisite:** Must have basic knowledge of how to use an iPad and be running iOS9 or higher. All iPads except the iPad 1 will be covered. This class will discuss support, tips & tricks dealing with general, controls, keyboard, security, personalization, photos, notifications, privacy, sync and backup. Bring your iPad — we have free WiFi which allows you to use the Internet. Class material fee of \$5 payable to instructor at the class.



iPhone Camera Workshop

Thursday, April 28 — 262116-04

1:00-4:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS9.3 or higher. Bring your iPhone to the Workshop. Are you using the camera on you iPhone? Do you want to learn how to use your camera better? Then this workshop is for you. I will also show you how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.



iPhone Camera Basic Editing Workshop

Tuesday, May 3 — 262216-4A&B

Or Friday, June 10 — 262216-4A&B

9:00 AM-12:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone5S or newer and you must be on iOS 9.3 or higher. Bring your iPhone to the Workshop. Do you want to learn how to edit your photos on your iPhone? No need to download your iPhone photos to your computer for editing. Edit your pictures on you iPhone with the built-in editing apps and many other apps available from the App Store. Create professional photos in the Photos app connected to your iPhone camera. If you have any other specific questions about the class call Andy Petro at 474-1544.

Introduction to Android SmartPhones

Wednesday, May 25 — 256216-04

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prereq-**

uisite: Gmail account. Bring your Android phone fully charged. If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, build your contact lists, sending and receiving text messages, use email, the internet, take and share photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. **Note:** This class is not for iPhone users.



Pages for iPad Workshop

Tuesday, June 14 & Friday, June 17 — 267216-04

9:00-11:00 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. **Prerequisite:** Be on software update iOS 9 or higher, download the Pages app (most have it free), and bring your iPad to class. Do you enjoy the convenience of your iPad? Do you want to create letters, newsletters, flyers, cards, write club minutes, keep a travel journal, and more with ease from wherever you go? This workshop is for you. The iPad version of Pages is a powerful word processor app with options to share documents with the world as PDF and Word documents. Day one you will learn to create many kinds of documents and how to print, send or share through the iCloud, to all of your iDevices. Day 2 you will learn how to add and arrange photos, shapes, borders, background, and more to your page layout so it looks the way you imagined it.



—Social Media—

Facebook 101

Saturdays, May 14 & 21 — 272116-04

9:00-11:00 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. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.



The more she grows,
the more you **SHARE.**

Her bright future is coming fast.
Share more by investing with
ScholarShare, California's 529
College Savings Plan.

Open an account for
your grandchild today.



Donna Judah



Specializing in the
Western Placer
Area

- Coldwell Banker,
Placer County
and Lincoln Hills
top producer
- Active in Real
Estate and Lending
for over 34 years

Free Home Market Evaluation
Free Partial Staging & Virtual Tours
on a New Listing!

916-412-9190
djudah@sbcglobal.net



1500 Del Webb Blvd., #101, Lincoln, CA 95648
CalBRE#00780415

LIFE ENHANCING DENTAL CARE

Eat Better, Feel Better, Smile More!

NO INSURANCE? NO PROBLEM!

Introducing our in-house membership **SAVINGS** plan
that is **BETTER** than insurance!

How is our Quality Dental Plan better?

- ✓ NO waiting periods
- ✓ NO annual maximums
- ✓ NO surprises = NO denials
- ✓ NO deductibles

Affordable, high-quality dentistry can now be yours for an
annual membership fee of \$299, which includes TWO regular
cleanings, x-rays and fluoride treatments (valued at more than
\$500) as well as 15% off all dental procedures!

Call **408-CARE (2273)** for more information
1510 Del Webb Blvd. Suite B106, Lincoln, CA 95648

Meet Dr. Nelson Wong
and his family:
his wife Audri, and their
three boys, Christopher,
Timothy and Jonathan.



WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers starting April 17 at 8:00 AM.

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 or online.

- **Wednesday, April 27 — 700100-O3**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, May 12 — 700100-O4**
1:00-2:00 PM, Fitness Floor (OC)
- **Wednesday, May 18 — 700100-O5**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, May 24 — 700100-O6**
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, April 20 — 700100-KA**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, May 25 — 700100-K4**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 68. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1/L2

- Tuesdays, May 3-31 — 801100-5A**
- Wednesdays, May 4-25 — 801100-5B**
- Thursdays, May 5-26 — 801100-5C**
- Fridays, May 6-27 — 801100-5D**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions), Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday \$43.75 (five sessions) Wednesday, Thursday and Friday \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase 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. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

New! Healthy Living with Exercise—Part 1 Mondays and Wednesdays, May 2-25 — 878000-05

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note:** Class requires completion of Healthy Living assessment.



Pre-Enrollment Assessment — Healthy Living with Exercise Continuous Dates — 881000-04

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Exercise and Weight Management Program Tuesdays & Thursdays, May 3-26 — 865000-05

1:00-2:00 PM, Aerobics Room/Indoor Track (OC). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



Continued on page 91

Vent-tastic.com

When Was The Last Time You Had Your Dryer Vent Duct Cleaned?

Benefits of cleaning your dryer vent regularly by a professional:



Speeds up drying time

Lowers utility bill

Prevents dryer fires from arising in your home

Locally Owned & Operated

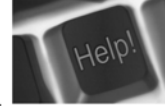
(916) 633-0004

\$25 Off Your Next Dryer Vent Duct Cleaning

Affordable Computer Help

PC Help IN YOUR HOME

- Remove Viruses
- Fix Spyware
- Wireless Setup
- Customized Training
- Memory Upgrades
- All your Computer Help Needs
- 15% Senior Discount
- DSL setup
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files



Your Fulltime Computer Specialist

Jerry Shores 663-4500

PO Box 981, Lincoln, CA 95648. Reg No. 85117



Need A Ride?

Quality Service & Experience • Affordable Rates
Airports - Hotels - Tours - Private Events

Family Owned & Operated in Lincoln • TCP#32601-A

916-343-5726

dddshuttleservice.com • dddshuttle@gmail.com



SUN CITY
LINCOLN HILLS
WellFit



LIFESTYLE.
ENERGY. RESULTS.

RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



Melanie A. Bergevin

Financial Advisor

1500 Del Webb Blvd., Suite 104
Lincoln, CA 95648
(916) 408-4722

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

MNM PAINTING 916.765.7132

Recent homes

1930 Duckhorn Lane

793 Wagon Wheel

1022 Wagon Wheel Lane

1528 Gingersnap Lane

Come see our work and compare the caulking and prep work to others!!

Call about Fall Specials!



**KELLY-MOORE
PAINTS™**

See each house of the day on our facebook



Lincoln owned/operated
CA Lic. #912348

Lessons

Programs that provide learning the mental and physical side of outdoor activities.

Nordix Pole Walking

Tuesday & Wednesday, May 10 & 11 — 750000-05

8:00-9:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

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

Self-Defense and Martial Arts

Tuesdays, May 3-24 — 815000-05

No classes in June. 6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tai Chi Qigong L1

Tuesdays, May 3-31 — 730100-05

Saturdays, May 7-28 — 730100-5A

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC). \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$43.75 (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 offers 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 3-31 — 730300-5A

Saturdays, May 7-28 — 730300-05

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$43.75 (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 complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners 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.

Nutrition

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

New! Six Weeks to Wellness

Tuesdays, May 10-June 14 — 864000-5G

1:00-3:00 PM, Multipurpose Room (OC). \$150. Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. The Six Weeks to Wellness program offers insight and guidance to common health issues due to diet and lifestyle. This series will empower you with information to improve your health, quality of life, productivity and energy. During this interactive class session, we will discuss both foundational nutrition and preventative wellness, helping you live a more vibrant life. An individual assessment and workbook is included in the cost. Topics include Gut Health, The Skinny on Fats, Fight from Fatigue, Hormonal Harmony, Metabolic Makeover, and Turning Back Time. Come join us for this unique workshop to improve your health.

Foundations of Nutrition

Tuesdays, June 7-28 — 862500-5G

6:00-8:00 PM, Fine Arts (OC). \$99. Instructor Audrey Gould,

Continued on page 93

Family Owned and Operated Since 1982



Your Dreams — Our Passion


- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms



Master Cabinet Builders

www.InteriorWoodDesign.com

334 Sacramento Street • Auburn • 530.888.7707

Lic. #540107 

Keep Your Trees and Shrubs Fit and Trim!

A - Affordability: our pricing will always be competitive

C - Competence: our Certified Arborists and Tree Workers are well trained

O - Organization: we are organized in our operations for prompt and timely service

R - Reliability: we return our phone calls and will be on time

N - Neatness: your property will always be left cleaner than when we arrive

- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured
Contractor Lic. #953007

916-787-8733 (TREE)



www.787tree.com • www.acornarbicultural.com



The Best Sunrooms and Patio Rooms!

- Solid or Glass Roofs
- CONSERVAGLASS™ - Keeps the Heat Out and the Warmth In.

Durawood™ Patio Covers

- Looks like wood, but is maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.

22,000-Plus Satisfied Customers!
Hundreds of Customers in Lincoln Hills!



Your Full Service
HOME PRODUCTS COMPANY

- Bathroom Remodels
- Kitchens
- Landscaping
- Windows & Doors
- Room Additions



Sunrooms & Patio Covers

www.PetkusBrothers.com

BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY

4760 Rocklin Road, Rocklin, CA 95677 • 916-415-9966

Showroom Hours: Mondays-Fridays, 8-5 / Saturdays 11-3 / Closed Sundays

Registered Dietitian and Nutrition Therapy Practitioner. This four-week series offers insight and guidance to common health issues due to diet and lifestyle. During this four-week program we will explore the Foundations that build a strong, solid and healthy life. It is the weaknesses in the Foundations that lead to degenerative health problems that plague the modern world. Topics include: Digestion, Hydration, Blood Sugars & Fats.

Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Introducing the Pilates Towers!

A Pilates Tower is an upright machine that uses springs and bars to elevate and enhance your Pilates practice. The Tower allows a greater isolation of muscle groups to enhance your workout. Pilates is all about Core and working the deepest abdominals, the Tower enhances the core workouts while adding a new twist. The stretch is unparalleled on a Tower; many exercises will be focused on opening the hips and lengthening the spine, with a special emphasis on breathing to deepen each stretch.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package \$80 per month**
- **Eight-class membership package \$135 per month**
- **New! Unlimited class package \$200 per month**
- **Add-on classes for member \$17 per class**
- **Drop in classes for non-member \$25 per class**
- **Introductory session \$30—required for both member & non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes

must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@schca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions Introductory Reformer Session L1

Continuous Dates — 835110-A5

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 online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.



SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:** One client and one trainer.
One hour session cost is \$50.

Continued on page 95

GRAND OPENING SPECIALS!

SPECIAL SAVINGS	No Insurance? No Problem! SAVE 15-60% on Dental Fees with our Dedicated Dental Plan! [^]
NEW PATIENTS	\$25 Exam & X-rays Regular cost is \$285 (D0150 & D0210). ^{^*}
NEW PATIENTS	\$100 Off Non-Covered Benefits [*] New patients only, can be used with dental services of \$300 or greater.

Gentle Dental
North Rocklin (916) 626-4278
 5494 Crossings Drive, Suite 103, Rocklin CA

*After examination, other costs and dental needs may be determined. Certain insurance limitations and exclusions may apply. Valid only at participating locations. Limit 1 offer per patient. Not valid with other offers or prior service. No cash value. Gentle Dental and the Gentle Dental heart logo are registered service marks of InterDent Services Corporation. InterDent provides business support services to independent dentists, but does not practice dentistry. [^]The Dedicated Dental Plan is not insurance, this is a reduced fee dental plan available at any Gentle Dental or affiliated dental practice nationwide. The annual enrollment cost is \$50 for member only, \$70 for the member and one dependent and \$90 for the member and more than one dependent. Enrollment entitles a member to receive other dental services at discounted fees. Visit www.dedicated-dental.com for more information. Expires 5-31-2016.

Wills, Trusts & Estate Planning **GIBSON & GIBSON** A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

- Estate Planning
- Trust Administration
- Wills/Trusts
- Probate
- Elder Law
- Powers of Attorney
- Health Care Directives
- Tax Planning
- Conservatorships
- Guardianships



(916) 782-4402

100 Estates Drive, Roseville, CA 95678

www.GibsonandGibsonEstatePlanning.com



Wallbeds The More

YES!
A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive,
Rocklin, CA 95677

Call (916)
753-4966

Showroom hours:
 Mon-Sat 10am-3pm

www.wallbedsnmore.com

Valley View Church

Lincoln Hills



loving God...loving each other

Sundays at 9:30 a.m.

Pastor Tom Galovich's April Sermon Series is titled, **"God's Not Dead"** A new series for May is titled **"Real Stories, Real Lives."** Please join us on **Sundays, 9:30 a.m.** We're right here in your neighborhood!



Pastor Tom & Linda Galovich
 Phone: 916-740-3044
vvclhsc@gmail.com

Kilaga Springs Presentation Hall



Jim Miller, Assistant Pastor
 Phyllis Miller, Music Director

www.valleyviewchurch.us

Find us on Facebook

- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:** Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

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. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength”. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **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 \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

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. Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, April 27-May 23 — 835210-A5

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesdays & Thursdays, April 26-May 19 — 835211-A5

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression

from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays, April 27-May 23 — 835800-A5

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose.



This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!

SGT—Fit 101 L1

Mondays & Wednesdays, May 2-25 — 835500-B5

Tuesdays & Thursdays, May 3-26 — 835500-A5

Tuesday & Thursdays 12:00-1:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey.



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. It will give you a chance to learn the proper form for many of the weight machines on the floor, 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—“Fun”ctional Fitness L3

Tuesdays & Thursdays, April 26-May 19 — 835600-A5

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. 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.



TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. 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.

New time! SGT—Bootcamp L3

Mondays & Wednesdays, April 25-May 18 — 835400-A5

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Continued on page 96*

tor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



SGT—Morning Burst Group Training L2

Mondays & Wednesdays, April 25-May 18 — 835310-A5

7:15-8:15 AM, Aerobics Room (KS). February \$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 own 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 own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!



SGT—Full Body Foam Rolling All levels

Wednesdays, May 4-25 — 835212-A5

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Josh Kemp. Reap the benefits of foam rolling in this one day a week class. Learn techniques of rolling to alleviate knots, adhesions, and muscle tension brought on by stress, lack of sleep, misalignment of skeletal system and more. Performing effective foam rolling can improve overall strength, increase muscular function and most importantly improve movement for daily living.

New time! SGT—Sports Training to Improve your Game

Mondays and Wednesdays, May 2-25 — 835213-A5

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Josh Kemp. Do you play pickleball, tennis, softball or golf? Are you looking for ways to improve your game? Look no further! Join this fun class and improve power, agility, ability to change direction, rotational force, and endurance. Take this class and experience firsthand how sport specificity training can improve your game!

SGT—TGIF TRX L2

Fridays, April 29-May 27 — 835200-A5

7:15-8:15 AM, Aerobics Room (KS). \$87 (five sessions). Instructor: Josh Kemp. 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.

SGT—Healthy Back L1

Mondays and Wednesdays, May 2-25 — 835700-A5

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). In-

structor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. 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, May 2-25

2:00-3:00 PM — 835710-A5

12:30-1:30 PM, Aerobics Room (KS). 2:00-3:00 PM Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

Tennis Pro Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:**
It is more fun to work out with a friend! \$15 per person. Need four students per session.

Group Clinic

Tuesdays, May 3-31 — 790401-05

11:00 AM-12:00 PM, Court #11. \$43.75 (five sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.



Drop-in Group Clinic Pass

Tuesdays

11:00 AM-12:00 PM, Court #11. \$12. Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

Beginner Clinic

Thursday, May 5 — 790400-05

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.

POTTERY WORLD

LUXURY HOME DECOR AND DESIGN

15% OFF
YOUR ENTIRE
PURCHASE*

*In-stock, regularly priced items only.
One time use. Excludes previous purchases, cafe, grills, special order, & clearance items. May not be combined with other offers. Must present coupon at time of purchase. Expires 6/15/2016.
Item# 71011

NORTHERN CALIFORNIA'S
OUTDOOR LIVING

EXPERT

FIREPITS · GRILLS · CUSTOM PATIO · UMBRELLAS · FOUNTAINS · DECOR

POTTERY WORLD

Cafe

NOW OPEN FOR BREAKFAST

7 DAYS A WEEK

BREAKFAST: 8 A.M. - 11 A.M. · LUNCH: 11 A.M. - 3:30 P.M.

4419 GRANITE DRIVE, ROCKLIN · WWW.POTTERYWORLDCAFE.COM

ROCKLIN:
4419 Granite Drive · 916.624.8080
www.PotteryWorld.com

EL DORADO HILLS:
Montano de El Dorado
1006 White Rock Road · 916.358.8788

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

(916) 771-4134

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678



Gail Cirata

(916) 206-3503

Gail@GailCirata.com

Resident ~ Broker

License #00481659

- Over 35 years Brokering your Real Estate needs
- Thirteen years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures and Exchanges



"When You Want The Very Best"

www.homesinlincolnhills.com

Each office independently owned & operated.



Placer Dermatology



**MEDICAL * SURGICAL * COSMETIC
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

"Survival rates for certain skin cancers can be 99% IF diagnosed early"...
Make it a priority to schedule yourself or a loved one for a skin check today!



ARTUR HENKE, MD
 American Board of Dermatology Certified

(916)784-3376

9285 Sierra College Blvd

Roseville, CA 95661

www.placerdermatology.com

Service Clinic

Saturday, April 23

2.5-3.0 players 11:00 AM-12:00 PM — 790403-24

3.5-4.0 players 12:00-1:00 PM — 790403-34

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.

Ground Strokes Clinic

Saturday, May 14

2.5-3.0 players 11:00 AM-12:00 PM — 790404-05

3.5-4.0 players 12:00-1:00 PM — 790400-15

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Ground strokes:* A ground stroke can be hit with top spin or under spin and is hit mostly from the baseline. You will go through footwork, balance, upper body stroke as well as the lower body and positioning to the shot. Each player has their own style, clinics are designed to enhance your style not change it. Register: Fitness Desks or online.

Pro Tennis Lessons

Sundays, May 15-June 19

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. 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 or online.



WellFit Services

Services available to assist you in furthering your health and 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. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, 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 625-4034.

Punch Pass Class Descriptions

Please see the colored grids on pages 101-103 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 a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L1/2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic Chair L1:** Beginner level chair class designed to improve

function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

- **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The

low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!

- **Outside Water (H2O) Bootcamp:** Have some fun in the sun with this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.

- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

- **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

• **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

• **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

Continued on page 102

OC Aqua WellFit Class Schedule May 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	<i>Maryn</i> Outdoor H2O Bootcamp L3- Annamarie <i>Beginning May 3rd</i>	Water Works L2/3- Jeannette	<i>Maryn</i> Outdoor H2O Bootcamp L3- Jeannette/Marilyn <i>Beginning May 3rd</i>	Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule May 1-31, 2016

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

- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!
- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.
- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and

- Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.
 - **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

OC WellFit Class Schedule May 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola	Tai Chi L1- Peli	
12:00	Barre L1- Julie	12:15-1:15pm iRest 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	12:00-1:00pm Exercise and Weight Mgmt L1 - Marilyn	Basic Chair L1- Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn		SGT- Balance & Fall Prevention L1- Kathryn				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00		Activities					
5:00	Zumba L3 - Summer		Pilates Fusion L1/2 - Joanie	Activities			
6:00		6:00-7:30pm Self Defense - Paul					
7:00							
	Group Exercise Classes (punch pass) \$3.50				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.							

- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.
- **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.
- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.
- **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful,

dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.

- **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.

- **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

- **Zumba Gold L1/2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

KS WellFit Class Schedule May 1-31, 2016							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	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- Josh		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie	8:00am HI NRG Cycle L3-Paige	
9:00							
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	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- Kathryn		SGT - Healthy Back L1- Kathryn		WaiDan Gong L1- Joan		
12:30	SGT- Sports Training to Improve Your Game L2- Josh	12:00pm SGT- Functional Fit L2- Deanne	SGT- Sports Training to Improve Your Game L2- Josh	12:00pm SGT- Functional Fit L2- Deanne	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living session required)		
1:30	Yoga Basics L1- Ursula	Tai Chi L1- Peli	Yoga Basics L1- Ursula				
2:30	SGT- TRX Interval L2- Julia		SGT - TRX Interval L2- Julia				
3:30	SGT-TRX Express L1- Julia	(2:45-3:45) Tai Chi L3 - Peli	SGT-TRX Exp. L1- Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike				
5:30		SGT -TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia			
6:00		Water Volleyball PreMeeting					
Group Exercise Classes (punch pass) \$3.50					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.							



Jeepers—Creekers!

Wednesday, April 27 — Free

7:00 PM, Ballroom (OC). Older adults are athletically more active than a generation ago. With this increase in activity, there has been an increase of back pain complaints. Back pain occurs in nearly two-thirds of all adults at some point during their lives which grows worse with age. Add aging with the fact that many types of sports are associated with back problems and you create the perfect storm. For example, overhead racket sports tend to increase normal lordosis, or curvature of the spine, and aggravate lower back problems. Head-up swimming motions, such as the breast stroke, cause back problems as well as running uphill. The type of pain you feel often provides a clue to the cause. Dr. Tyler Smith, Neurologist and Spine Specialist from Sutter Medical Center will discuss back pain in the aging athlete—from diagnosis, prevention and treatment.



All That Jazz

Tuesday, May 10 — Free

7:00 PM, Ballroom (OC). Dr. Jacom Manricks, Director of Theory, Composition and Jazz History at UC Davis, leads us on a musical journey through the different jazz genres. Highlighting famous artists, get in the swing with Benny Goodman, and raise the tempo with bebop along the way to contemporary musicians. With three highly acclaimed albums, he is a respected figure among the New York jazz scene. As a jazz composer/arranger, saxophonist and educator, Dr. Manricks lectures on composition and improvisation around the world. He has presented 15 international tours, performing his original music with jazz icons including Ray Charles, Jeff 'Tain' Watts, and Ravi Coltrane among others. Don't miss this special forum arranged in conjunction with the Sacramento Traditional Jazz Society, sponsors of the annual SAC Jazz Festival.



The 1873 Modoc War 1000 U.S. Soldiers vs. 55 Modoc Tribal Warriors

Tuesday, May 17 — Free

7:00 PM, Ballroom (OC). Join Cheewa James, the great-granddaughter of one of the Modoc warriors and an expert on this six-month war, which took place just hours from Lincoln. James will bring the conflict to life and share an update of some new research including discoveries of how Modoc women also participated in this battle. During her presenta-

tion, James will share the fate of the 150 Modoc men, women, and children who survived the war. James has served as a National Park Service ranger at the location of the battle, which today is the Lava Beds National Monument. She is also the author of *MODOC: The Tribe That Wouldn't Die*.



Mindfulness: A Key to Healthy Aging

Wednesday, May 25 — Free

7:00 PM, Ballroom (OC). The goal of this interactive presentation by Philippe R. Goldin, Ph.D., neuroscientist and assistant professor at UC Davis School of Nursing is to introduce participants to a variety of mindfulness, compassion and meditation practices that enhance well-being at any age. Discover several activities to expand your understanding of the benefits mindfulness offers such as increased attention, emotional awareness, and mental clarity. Hear Dr. Goldin share new exciting scientific evidence with practical strategies to implement these tools which are especially helpful for adults with mood, anxiety, and pain disorders.



Living the Light

Wednesday, June 8 — Free

10:00 AM, Ballroom (OC). Andy has spoken three other times at our Forum about his Near Death Experience. This time Andy will share how his "ever present" memories and awareness of the Light transform and shape his "golden" years here in the community. He will also let you know how it feels to be getting older knowing that he will be returning to the Light very soon. As he often says, the movie called "Hi, I'm Andy Petro on planet earth" is almost over, and it will be wonderful to get his consciousness back home, in the Light, where it really belongs.



River of Stars

Wednesday, June 15 — Free

7:00 PM, Ballroom (OC). Lincoln Hills Astronomy Club's guest speaker, Ken Crawford, will demonstrate how amateur astrophotographers are producing professional quality images that not only show the beauty of our universe, but also are being used by professional astronomers for real science. We will examine the search for galactic tidal streams which are the remnants of galaxy mergers. This Galactic Archaeology shows that real science can be done by amateurs with modest equipment, clear, dark skies and dedication. You will experience a tour of stunning galaxies, star forming regions, and exploding stars through the technical art of astrophotography.



Why Sleep?

Wednesday, June 29 — Free

7:00 PM, Ballroom (OC). Dr. Amer Khan MD, Child Neurologist and Sleep Medicine Specialist, will cover a variety of information about our need to sleep, the body’s various mechanisms involved in sleep and how they can go wrong. Emphasis will be on a better



understanding of how sleep is the keystone for health maintenance and longevity and why it is critical for us to pay attention to our sleep habits. Various common disorders such as insomnia, snoring and sleep apnea will be reviewed. The relevance of iRest techniques to the management of insomnia will be discussed and techniques will be demonstrated. Participants will have an opportunity to interact and ask questions.

Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Jeepers—Creekers! Wednesday, April 27, 7:00 PM, Ballroom (OC) • All That Jazz Tuesday, May 10, 7:00 PM, Ballroom (OC) • The 1873 Modoc War: 1000 US Soldiers vs. 55 Modoc Warriors Tuesday, May 17, 7:00 PM, Ballroom (OC) • Mindfulness: A Key to Healthy Aging Wednesday, May 25, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Living the Light Wednesday, June 8, 10:00 AM, Ballroom (OC) • River of Stars Wednesday, June 15, 7:00 PM, Ballroom (OC) • Why Sleep? Wednesday, June 29, 7:00 PM, Ballroom (OC) • Brain Health! Exercise for Your Brain Wednesday, July 27, 7:00 PM, Ballroom (OC)
---	---

Did You Know?

Coyotes seem to be becoming bolder in our community. They are seen on golf courses as well as in neighborhoods. These animals pose two avenues of danger. First, their natural prey is small mammals. Unfortunately that can include household pets. Be

sure to keep your pets indoors when off leash, and on short leash when outside and on trails. Second, most coyotes have heart worm; mosquitoes feed on them then may feed on our pets. This may infect the pet with heart worm. Please check with your veterinarian about protecting your pets from this parasite.



United Country is the largest seller of active lifestyle and active adult property nationwide. Since 1925, we have specialized in lifestyle property, like 55+ and Retirement Communities. Our unique marketing program is focused on exposing active adult properties more broadly than the local market. For instance, we are on the **1st** page of **GOOGLE** for “Active Adult Home for Sale in Northern California” & “Golf Course Home for Sale”. No one else “locally” can come close!!

Why sell your property with United Country? Simple. No one can expose your property more broadly, bringing to bear more than 90 years of real estate marketing experience, to get you the best price in the shortest time possible.

As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients. In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



To get your **FREE** in home consultation, contact Scott today at: Direct line: 916-547-3999 or Email: Scott@UCGreatWest.com

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.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

Chris O'Keefe 625-4060 chris.okeefe@slhca.com

Executive Assistant/Office Manager

Christy Goodlove 625-4062 christy.goodlove@slhca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@slhca.com

Accounting

Director of Finance

Bruce Baldwin 625-4013 bruce.baldwin@slhca.com

Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057 ben.baker@slhca.com

Community Standards

Community Standards Manager

Cece Dirstine 625-4006 cecelia.dirstine@slhca.com

Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 cesar.orozco@slhca.com

Membership

Membership Clerks

Amy Gonzales/Bertha Mendez 625-4000

amy.gonzales@slhca.com/bertha.mendez@slhca.com

membership@slhca.com

Room Booking & Club Support

Room Booking & Club Coordinator

Shelvie Smith 625-4021 shelvie.smith@slhca.com

•Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Manager

Lavina Samoy 625-4073 lavina.samoy@slhca.com

Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@slhca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@slhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 deborah.meyer@slhca.com

Lifestyle Trip Coordinator Katrina Ferland

625-4002 katrina.ferland@slhca.com

COMPASS

Editor • Jeannine Balcombe

625-4020 jeannine.balcombe@slhca.com

COMPASS Advertising Coordinator

Amy Gonzales 625-4014 amy.gonzales@slhca.com

Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

WellFit Manager

Deborah McIvain 625-4031 deborah.mclvain@slhca.com

Fitness Supervisor Jeannette Mortensen 408-4825

jeannette.mortensen@slhca.com

Wellness Supervisor Carol Zortman 625-4032

carol.zortman@slhca.com

•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Stacey Diemer 408-4071 stacey.diemer@slhca.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 8:00 AM-5:30 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 10:30 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

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Ron Wood 434-0378

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Jim Leonhard, President

Jim.Leonhard@slhca.com

John Snyder, Vice President

John.Snyder@slhca.com

Molly Seamons, Treasurer

Molly.Seamons@slhca.com

Denny Valentine, Secretary

Denny.Valentine@slhca.com

Donald De Santis, Director

Donald.DeSantis@slhca.com

Michael Deal, Director

Michael.Deal@slhca.com

Hank Lipschitz, Director

Hank.Lipschitz@slhca.com

Committee Chairs

Architectural Review Committee

arc@slhca.com

Clubs & Community Organizations Committee

ccoc@slhca.com

Communications & Community

Relations Committee

ccrc@slhca.com

Compliance Committee

compliance.committee@slhca.com

Elections Committee

elections.committee@slhca.com

Finance Committee

finance.committee@slhca.com

Properties Committee

properties.committee@slhca.com

Please thank your advertisers and tell them you saw their ad in the *Compass*.

Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

ACCOUNTING/TAX

AJ Kottman, **21**
Riolo, Roberts and Freddi, **98**

ACTIVITIES DEPARTMENT

Activities News, **7**
Summer Concert Series, **44-45, 108**

APPLIANCE REPAIR

Ace Appliance Repair, **71**

AUTOMOBILE SALES/SERVICE

I Buy Used Cars & Boats, **76**
J & J Body Shop, **79**
Outlet4Cars, **18**

CARPET CLEANING

Gold Coast Carpet & Uph., **75**
Joe's Carpet Cleaning, **21**
Johnny on the Spot, **65**

CHURCHES

Valley View Church, **94**

COMPUTER SERVICES

Affordable Computer Help, **90**
Compsolve Computers, **71**
PC & Mac Resources, **50**

DAY SPA

The Spa at Kilaga Springs, **12, 46**

DENTAL

Citadel Dental, **75**
Denzler Family Dentistry, **67**
Gentle Dental, **94**
Life Enhancing Dental Care, **88**
Paul Binon, DDS, **78**
A1 Personalized Dental Care, **69**
Victoria Mosur, DDS, **53**

DRY CLEANERS

Riptide Cleaners, **6**

ELECTRICAL SERVICES

Brown's Quality Electric, **71**
Dodge Electric, **50**
KIP Electric, **57**

EYE CARE

AAA Optical Outlet, **50**
Wilmarth Eye/Laser Clinic, **20**

FINANCIAL/INVESTMENT

Edward Jones, **90**
Melton Financial, **65**
Reverse Mortgage Funding, **79**
ScholarShare, **88**
Security 1 Retirement Funding Sols., **49**
The Reverse Mortgage Group, **67**

FOOT CARE

Lincoln Podiatry Center, **21**

GOLF CARS—SALES/SERVICE

Electrick Motorsports Inc., **20**

GOLF CLUB

Lincoln Hills Golf Club, **22**

HAIR CARE

Kathy Saaty, **80**

HANDYMAN SERVICES

A-R Smit & Associates, **13**
Bartley Home Repair, **14**
CA's Finest Handyman, **80**
Home Handyman Services, **50**
L&D Handyman, **13**
Wayne's Fix-all Service, **14**

HEALTHCARE

Lincoln Medical Practices, **14**
NorCal Laser Liposculpture, **69**
Placer Dermatology, **98**
Spine & Nerve Diagnostic Center, **58**
Sutter Roseville Med. Center, **84**
Urogynecology Consultants, **4**

HEALTHCARE REFERRAL SVCS.

Care Patrol, **72**
Senior Care Consulting, **86**

HEATING/AIR CONDITIONING

Accu Air & Electrical, **13**
Air Now Heating & Air Conditioning, **57**
Good Value Heating & Air, **42**
Peck Heating & Air, **86**

HOME CARE SERVICES

Age Advantage Senior Care, **59**
Home Care Assistance, **60**
Live Well at Home, **53**
Right At Home, **58**
Welcome Home Care, **80**

HOME FURNISHINGS

Andes Custom Upholstery, **13**
California Backyard, **76**
Gary's Refinishing, **39**
Pottery World, **97**

HOME IMPROVEMENTS

1A Advanced Garage Doors, **86**
Arrow Plastering, **71**
Cal-Rox Roofing, **13**
Capital City Solar, **53**
Carpet Discounters, **59**
Don's Awnings, **78**
Findley Iron Works, **13**
Guchi Interior Design, **79**
Interior Wood Design, **92**
Knock on Wood, **58**
MG Construction, **80**
Overhead Door Co., **57**
Petkus Brothers, **92**
RM General Contracting, **60**
Screenmobile, **80**
Sunscreens Plus, **59**
The Closet Doctor, **55**
Wallbeds & More, **94**

HOME SERVICES

Diane's Helping Hand, **14**
Sanchez Home & Yard Service, **13**
Vent-tastic Vent Cleaning, **90**

HOUSE CLEANING

Rich & Diane Haley House Cleaning, **57**
This Clean House, **14**

INSURANCE/INSURANCE SVCS.

Allstate Insurance, **78**
Pat's Med. Ins. Counseling, **86**
State Farm Insurance, **4**

INT. DESIGN, WINDOW COVERS

SunDance Interiors, **80**

LANDSCAPING

CM Ponds & Stuff, **14**
Duran Landscaping, **86**
Fallen Leaf Landscape, **83**
Geo Paradise Landscape, **6**
New Legacy Landscaping, **42**
Rebark Time, Inc., **49**
RockFace Waterscapes, **42**
Steven Pope Landscaping, **50**
Terrazas Landscape, **75**

LEGAL

Gibson & Gibson, Inc., **94**
Law Office Darrel C. Rumley, **83**
Law Office Lynn Dean, **38**
Michael Donovan, **50**
Robertson/Adams, **19**

MORTUARY SERVICES

Cremation Soc./Cochrane Wagemann, **38**

MOVING SERVICES

Smooth Transitions, **18**

NOTARY PUBLIC

A McClellan, Notary Public, **71**

PAINTING CONTRACTORS

Dynamic Painting, **65**
MNM Painting & Drywall, **90**
Sunrise Painting Services, **20**

PEST CONTROL

Inspired Pest Management, **19**
The Noble Way Pest Control, **38**

PETS

A Pet's World, **76**
Heaven's Gate Pet Cremation, **71**
The Pet Papi, **4**

PHOTOS

Visionary Design, **50**

PLUMBING

BZ Plumbing Co. Inc., **6**
Eagle Plumbing, **57**
Maples Plumbing, **71**
Placer Piping Company, **42**
Ronald T. Curtis Plumbing, **42**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **55**

REAL ESTATE

Coldwell Banker/Sun Ridge, **59**

- Anne Wiens, **42**
- Don Gerring, **86**
- Donna Judah, **88**
- Gail Cirata, **98**
- Holly Stryker and Jill Mallory, **57**
- Jo Ann & Steve Gillis, **69**
- Lenora Harrison, **57**
- Michelle Cowles, **86**
- Paula Nelson, **72**
- Sharon Worman, **53**
- Tara Pinder, **49**
- Tony Williams, **6**
Grupp & Assocs. Real Estate, **67**
HomeSmart Realty - Shari McGrail, **78**
Keller Williams
- Carolan Properties, **55**
- John Perez, **21**
Lyon Real Estate - Shelley Weisman, **60**
United Country Real Estate, **105**

RESTAURANTS

Meridians, **12, 16**
Kilaga Springs Café, **59**

SENIOR LIVING

Casa de Santa Fe, **60**
Eskaton, **9**
The Pines, **4**

SHOES

del Sole Shoes, **75**

SHUTTLE SERVICES

Apex Airport Transportation, **76**
Diamond Van Shuttle, **90**

SPRINKLER REPAIR

Gary's Sprinkler Repair Service, **57**
Sprinkler Medic, **72**

STORAGE

Joiner Parkway Self Storage, **67**

TRAVEL

Club Cruise, **14, 39, 80, 83**

TREE SERVICE

Acorn Arboricultural Svcs. Inc., **92**
Capital Arborists, **72**
Hallstead Tree Service, **13**

VACATION RENTALS

Maui & Tahoe Condos, **42**
San Diego Condo, **14**

WELLFIT

SGT Sports Training, **8**
WellFit News, **7**

WINDOW CLEANING

All Pro, **71**
Lighthouse Window Cleaning, **42**

WINDOW TREATMENT CLEANING

Sierra Home & Comm. Svcs., **50**

WINERY

Wise Villa Winery, **19**

Compass — A monthly magazine established August 1999

Editor: Jeannine Balcombe 625-4020

Associate Editor: Wendy Slater

Resident Editor: Doug Brown

Advertising: Amy Gonzales 625-4014

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City

Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.



ON SALE BEGINNING APRIL 17!



Concerts start 7:30 pm • Gates open 6:00 pm



Fortunate Son:
a Tribute to CREEDENCE
CLEARWATER REVIVAL &
JOHN FOGERTY
JUNE 3 • 5016-4A • \$19



**John Acosta's
BEE GEES GOLD**
JUNE 16 • 5016-4B • \$21



Kalimba:
The Spirit of
EARTH, WIND & FIRE
JULY 1 • 5016-4C • \$19



The Long Run:
Experience the EAGLES
JULY 28 • 5016-4D • \$20



Natural Wonder:
The Ultimate
STEVIE WONDER Experience
AUGUST 5 • 5016-4E • \$20



Jukebox Junction:
GLENN MILLER ORCHESTRA
and The DIAMONDS
AUGUST 26 • 5016-4F • \$23



**Jason Petty and
Carolyn Martin:**
COUNTRY ROYALTY
SEP. 16 • 5016-4G • \$22

\$150
5016-4P

Discounted Series Package
Available until May 14 Only!

**ORCHARD CREEK
AMPHITHEATER
OPEN TO THE PUBLIC**

Buy Tickets at the
Activities Desk (OC/KS) or Online.

SUNCITY-LINCOLNHILLS.ORG (Box Office)



FOR INQUIRIES:
(916) 408-4310



Let's Hang On!
A FRANKIE VALLI
Tribute Show
SEP. 23 • 5016-4H • \$21