



The Official Magazine of Sun City Lincoln Hills

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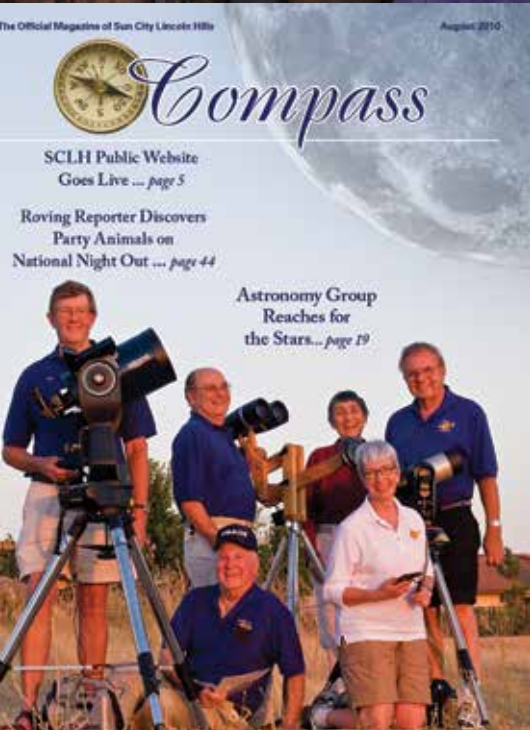
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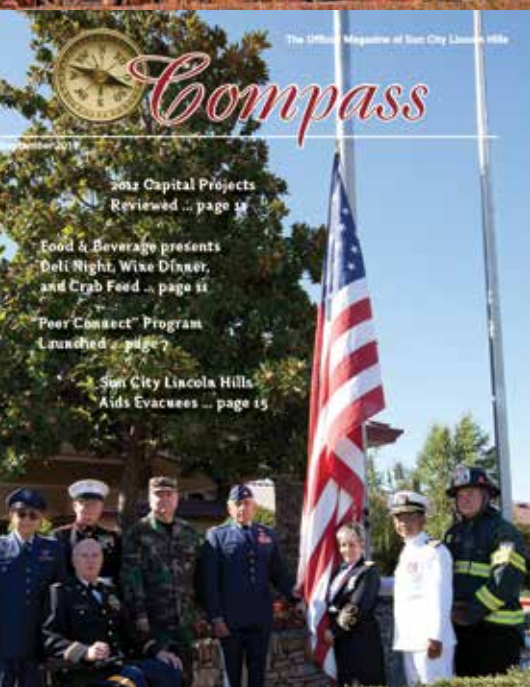
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On the cover

This COMPASS is our 216th edition celebrating 18 years of outstanding communications. Our thanks to all of our COMPASS photographers past and present for their generous contributions. Pictured here are some of my favorites over the years. Best wishes to you all. Jeannine Balcombe

Board of Directors Report Drones and Other Unmanned Aircraft in Lincoln Hills

Marcia VanWagner, Vice President, SCLH Board of Directors, Chair sUAS Committee



Flying model aircraft is an enduring hobby, and the interest has grown considerably as technology brings drones to a manageable size and cost. Whether you view these aircraft as toys or a demonstration of skillful flying, it must be acknowledged that there are safety, privacy, and annoyance concerns for residents and staff.

The Executive Director brought these concerns to the Board, which created an ad hoc committee on sUAS to develop and recommend a policy regulating the use of these aircraft within Lincoln Hills. This process took place in open meetings, in which audience members provided input, and included extensive research and discussion. The Board joined the committee in an open workshop on July 20. Residents in the audience exchanged ideas so everyone had a sense of participation.

A significant amount of discussion centered around potential flying locations and pros and cons related to the three categories of land in Lincoln Hills: private lots (owned by homeowners), common areas (owned by the Community Association), and open space, (owned and managed by the Community Association under a permit from the US Corps of Engineers and a Perpetual Conservation Easement and Open Space Management Plan overseen

by the Wildlife Heritage Foundation). The golf courses, which meander through the community, are private property and are not owned or managed by the Community Association.

At its final meeting, the sUAS Committee recommended to the Board a policy allowing recreational/hobby flying at either Del Webb Field or the Croquet Lawn. As a condition of allowing limited recreational/hobby flight at the designated sites, the residents who want to fly their aircraft in Lincoln Hills would form and join an Association-sponsored group. The group would, through its bylaws, identify pilot criteria, institute safety, nuisance, and privacy guidelines, and specify operational procedures for the designated sites. At the BOD meeting on July 27, the Board approved Resolution 2017.09 (shown on page 11).

The Board and the sUAS Committee is pleased with the process and community involvement to arrive at this policy. Board, residents, and staff participated at every level to discuss, in great detail, this complex issue and reach a solution that considers all viewpoints.

Read the sUAS Statement of Findings on the Resident Website—
www.sclhresidents.com

Candidates Information Session for Election to Board of Directors Wednesday, September 6, at 1:00 PM • Orchard Creek Lodge

Will there be an election? Why should I care? Am I qualified?

Your Elections Committee will address these questions and other election related issues at our Candidates Information Session. Become informed and involved! Don't forfeit your right to participate in guiding our community's most important decisions.

While our scheduled Board of Directors election date is February 15,

2018, we are presenting this information session on September 6 because **the candidate filing period is upon us. It opens September 12 and closes October 12.**

The Candidate Information Session will present "just the facts," no coercion, no commitment required. For more information please email elections.committee@sclhca.com.



Connections

A Fond Farewell to All!

*Jeannine Balcombe,
Senior Director of Lifestyle
and Communications*

It's not the *destination*, but rather the *journey* that fills our soul. I have had the honor to be on a fantastic journey for the past 18 years in Sun City Lincoln Hills and as I leave this community I am proud of the accomplishments we have attained together!



It was my pleasure to develop, with input and assistance from you, much of the lifestyle offerings you enjoy today. We started in a single-wide trailer, parked in what is now the WellFit parking lot, offering a variety of classes including art, bridge, and yoga. As we grew, classes were extended into the model homes, including cooking classes, and we walked everywhere, exploring as trails, neighborhoods, and parks were being

developed. It was in these early days that we attracted residents pursuing an active lifestyle, creating what is now considered *the* premier active adult community in northern California with outstanding programs for artists, performers, card players, sports enthusiasts—and more—with two Fitness Centers that are the envy of any homeowners association.

Please see "Connections" on page 9

**Upcoming Association-Related Meetings: Date, Time, Place
August 15-September 30**

Upcoming Association Meetings.....	August 15 – September 30
CCRC/Communication & Community Rel. Cmte.	Tuesday, August 15, 9:30 AM
Golf Cart Registration.....	Thursday, August 17, September 7 & 21, OC Lodge
Finance Committee Meeting.....	Thursday, August 17, 9:00 AM
Listening Post.....	Tuesday, August 22, 11:00 AM
Board of Directors Meeting.....	Thursday, August 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, August 24, 10:30 AM
Board of Directors Executive Session.....	Thursday, August 24, 11:00 AM
ARC/Architectural Review Committee.....	Monday, August 28, 9:00 AM
Elections Committee.....	Friday, September 1, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, September 5, 9:30 AM
Compliance Committee Meeting.....	Wednesday, September 6, 10:30 AM
Budget Presentation Workshop Phase I.....	Thursday, September 7, 9:00 AM
ARC/Architectural Review Committee.....	Monday, September 11, 9:00 AM
Properties Comm. Mtg. for Capital Projects Approval.....	Monday, September 11, 9:00 AM
Finance Comm. Mtg. for Capital Projects and Reserve Fund Approvals.....	Monday, September 11, 9:30 AM
Budget Presentation Workshop Phase II.....	Monday, September 11, 10:00 AM
Properties Committee Meeting.....	Thursday, September 14, 9:00 AM
CCRC/Communications & Community Rel. Cmte.	Tuesday, September 19, 9:30 AM
Finance Committee Meeting.....	Thursday, September 21, 9:00 AM, Presentation Hall (KS)
ARC/Architectural Review Committee.....	Monday, September 25, 9:00 AM
Listening Post.....	Tuesday, September 26, 11:00 AM
Board of Directors Meeting.....	Thursday, September 28, 9:00 AM, KS Presentation Hall
Board of Directors Special Meeting.....	Thursday, September 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, September 28, 11:00 AM

Meetings in OC unless noted otherwise.

Calendar of Events

August 15-September 30

Date	Event	Page #
08/15	Comedy/Magic: KS Comedy Night Randy Riggie	51
08/17	Book Discussion: <i>Liar, Temptress, Soldier, Spy</i>	30
08/17	Veterans: Assemblyman Kevin Kiley	41
08/18	Music Group sponsored Open Mic Night	36, 46
08/19	KS Classic Movies on Saturday: The Band Wagon	46
08/21	Astronomy: Solar Eclipse Viewing	17, 28, 46
08/21	Astronomy: Alternative Theory to Big Bang	28
08/21	Genealogy: <i>What's New at Family Search</i>	33
08/23	Music Group: Play and Sing	25
08/23	Casino: Cache Creek Casino	69*
08/23-9/23	5th Annual Art Exhibit	46
08/24	Forum: Introduction to Mindfulness	9, 104
08/24	Eye Contact: "Summer Time Fun #3"	33
08/24	Coffee with the Mayor	46
08/25	Summer Concert Series: Motown Magic	51
08/26	KS at the Movies: Hacksaw Ridge	47
08/26	Tours/Leisure: Half Moon Bay	69*
08/30	Tours/Leisure: Best in the West Rib Cookoff	60
09/02	KS at the Movies: Beauty and the Beast	47
09/04	Antiques: Colonial Williamsburg Videos	28
09/04	KS at the Movies: Beauty and the Beast	47
09/05	Eye Contact: "Vision Loss: Trauma, Challenges..."	33
09/06	Forum: The Science of Stars	17, 28, 104
09/07	Investors' Study: Speaker from Wellington Mgt.	35
09/07	Casino: Harveys South Lake Tahoe	59
09/08	Summer Concert Series: Catch A Wave The Beach Boys	51
09/09	Tours/Leisure: California Capital Airshow	60
09/11	Bird: Photos of trip to Southern Equador	29
09/13	Computer PC: "You Tube"	32
09/13	Tours/Leisure: Craft Brewery Tasting	60
09/14	SCHOOLS: Annual Meeting	39
09/14	Concert: Classical Music Night Molly Mahoney	51
09/14	Forum: What is the Salt Mine?	104
09/15	Computer PC: Clinic More "You Tube"	32
09/16	KS Classic Movies on Saturday: Viva Las Vegas	47
09/16	Tours/Leisure: Benicia Fine Arts & Crafts Fair	62
09/19-20	Overnight: Top Gun Tour Fallon Naval Air Station, NV	65
09/21	Book Discussion: <i>Big Little Lies</i>	30
09/22	Computer PC: Ask the Tech	32
09/22	Summer Concert Series: Elvis Songbook	51
09/23	Pickleball: Welcome Saturday Pickleball Introduction	38
09/23	Walk to End Alzheimer's	56
09/27	Tours/Leisure: Golden One Arena Tour & Luncheon	62
09/28	Concert: KS Music Night Salute to Kingston Trio	52
09/28	Forum: Hit the Road with Healthy Feet	104
09/30	KS at the Movies: The Conjuring	47
09/30	Tours/Leisure: Sausalito Floating Homes Tour	62

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





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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



Welcome to August—I hope you brought sunscreen! Over the last month we can take pride in a number of positives.

We have seen a tremendous amount of progress with the solar array project at Kilaga Springs Lodge, and we anticipate receiving the “Permission to Operate” at the end of August. At the July Finance meeting, the Spa at Kilaga Springs and the Kilaga Springs Café reported profits despite the loss of much of the parking lot. We had good attendance for the two Amphitheater concerts, and Food & Beverage was profitable for the month of June. Overall, the Association continues to perform well, not just financially, but

in the delivery of services for our residents and guests.

This was reinforced at the Best of Lincoln event held in Orchard Creek Lodge on July 25. The Association took home wins in six categories, including three wins for our Spa. It's a tribute to the work put in on a daily basis by our dedicated team, and we would like to thank everyone out there who took the time to vote for us.

The “P” word (Process) took center stage with the work put in by the two Finance Committee task forces that looked at the fitness expansion and the open space fencing project. In addition to that, the sUAS (drone) sub-committee spent many hours working to provide

guidelines for the recreational and business use of drones and model aircraft in our community. The commitment and expertise brought to these issues by our resident volunteers speaks well for our community.

Finally, August brings some changes to the Association. Jeannine Balcombe, our Senior Director of Lifestyle and Communications has decided to explore other opportunities. We wish her nothing but the best. Jeannine has been a part of this community from the very beginning, and her work lives on. As we move forward, others will assume new duties, and new opportunities will arise. I am confident that our team will embrace these opportunities and build upon the work put forth by Jeannine, and many others who have helped to make this place so special. Have a great August.

Team Member of the Month Award

Dawn Bradley, Lifestyle Monitor, Lifestyle Department

Our July 2017 “Team Member of the Month” Award is Dawn Bradley! Dawn joined our Team in September 2015 as a Lifestyle Monitor in the Lifestyle Department. Here are just a few quotes shared by our staff:

- *“Dawn is the epitome of a team player and her commitment to serving the community is endless!”*
- *“Dawn is a wonderful addition to the Department. Her energy, enthusiasm and great customer service that she brings daily to work create a positive and fun atmosphere at the Activities Desk for the residents and co-workers!”*
- *“Her contributions at the Summer Series concerts as well as our Shred It events are an integral part of the events' success!”*
- *“She is also an excellent volunteer for the community, spearheading this year's fashion show and helping at the Pace Race. We are fortunate to have her on our team!”*

We are delighted and lucky to have Dawn as part of our SCLH Team. Thank you Dawn for your positive attitude, dedication and hard work to our residents and clients. You are truly an asset to our residents and our Team!

From left—Nancy Gabriele, HR/Payroll Manager; Dawn Bradley, Lifestyle Monitor; Lavina Samoy, Lifestyle Manager



Listening Post Update

Chris O'Keefe, Executive Director
SCLH Community Association

The July Listening Post was again well attended. Four or five years ago we could have held this meeting in a phone booth, but now we find ourselves needing to bring in extra chairs. That's a nice trend, and I hope that we eventually move back into the front Ballroom.

For July, our guests were Carol Larsen of the Elections Committee, and Theresa Renken, who oversees our COMPASS magazine advertising. Carol gave an update on the duties of the Election Committee and the importance of resident involvement in our community. The Elections Committee works hard to ensure that process for running for the Board of Directors is fair and transparent.

Theresa Renken gave some background on her duties coordinating advertising for COMPASS magazine. You might be interested to know that we are budgeted to bring in around \$409K of revenue through advertisements. As important as the revenue is, another important factor is the relationships we are able to build and maintain with our business partners. These relationships help to build our profile in the community, and also help support dozens of local businesses. I think the audience came away with the knowledge that Theresa is a highly capable member of our team.

Finally, we reviewed the Kilaga Springs solar project, communications, the software integration, and took some general questions. It has been a real privilege to participate in these listening sessions over the last few months, and to see the growth in attendance. I hope to see you at the August Listening Post.

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12/23/18. Prices based on 11/13/17

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Day 2 -4 At Sea
Day 5 Puerto Vallarta, MX
Day 6 Manzanillo, Mexico
Day 7 Mazatlan, Mexico
Day 8 Cabo San Lucas, MX
Day 9 - 10 At Sea
Day 11 San Francisco

Prices starting from:
\$749 Interior
\$799 Ocean View
\$1,049 Balcony

Sailing dates are 11/28/17, 1/2/18,
2/6/18. Prices based on 11/28/17.

10 Day Alaska

Day 1 San Francisco
Day 2 -3 At Sea
Day 4 Ketchikan, Alaska
Day 5 Juneau, Alaska
Day 6 Skagway, Alaska
Day 7 Tracy Arm Fjord, AK
Day 8 At Sea
Day 9 Victoria, BC
Day 10 At Sea
Day 11 San Francisco

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\$1,124 Interior
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A Fond Farewell to Jeannine Balcombe from the COMPASS Staff

Eighteen years ago—in August, 1999—the very first issue of what was to become the COMPASS was distributed to new “pioneer” Lincoln Hills residents, all eight pages of it! At the helm then, and for the last 18 years, was Jeannine, insightfully steering this ship with her crew of writers, resident volunteers, and staff, providing “directions” in a sea of opportunities.

Earlier this month, we COMPASS staff members bid farewell to Jeannine as she recounted—with remarkable detail—some of the early days of the COMPASS, and as she thanked us for our contributions as volunteers and communicators who have verbally and photographically captured many facets of the Lincoln Hills lifestyle.

Now it’s our turn!
Jeannine, we thank you... for your genuine,

unconditional caring and warmth shown to every staff member, ... for the wisdom of your comprehensive understanding of every nook and cranny of this amazing community, ... for your firm leadership and guidance, ... for listening to us and embracing us, even if you occasionally had to “put your foot down,” ... and for respecting us all as team members, collectively pursuing the mission of the COMPASS to “inspire, educate, and inform.”

Jeannine, we will deeply miss your engaging presence among us! In the coming months and years, we wish you life’s pleasures, opportunities, and fulfillment, all of which you profoundly deserve! With love and best wishes from your staff...

— Doug Brown, Pat Evans, Dee Hines, Joan Logue, Nina Mazzo, Richard Pearl, Al Roten, Shirley Schultz, and Wendy Slater



Activities News & Happenings

Sizzling Hot Entertainment for Late Summer

Lavina Samoy, Lifestyle Manager

August 1 started my 18th year in the community. Looking back on the past 17 years, our community has grown by leaps and bounds. In the process, I have interacted with many residents and staff members and have been lucky enough to work for and with Jeannine through all these years. I have learned so much from her. She has mentored me and provided me with nuggets of wisdom for which I will forever be grateful. She laid the groundwork for the Lifestyle Depart-

ment and I plan to continue her legacy of providing a lifestyle that is active, varied, caring, engaging, and most of all, fun!

We reach the seventh offering of our Summer Amphitheater Concert Series with **Top Shelf’s Motown Magic Musical Revue on August 25** (page 51) promising to deliver all your favorite Motown tunes. Next, is the very fun **Catch A Wave, The Beach Boys Show, September 8** (page 51)

that will have you singing along. And closing our series is the music from the King with **The Elvis Songbook with Jim Anderson & The Rebels on September 22** (page 51).

We’ll welcome October with wonderful indoor concerts starting with the highly entertain-

ing **Piano Madness October 5**—two dueling pianos on our Ballroom stage (page 52). **The Tommy Dorsey Orchestra follows on October 16** bringing the Big Band sound to our Ballroom (page 55). Our **Silent Movie Night tradition with the Roseville Community Concert Band** will present the **1923 Classic Comedy, “Safety Last,” on October 27** (page 55).

Spaces to our **Yosemite Trip, October 11-13** are going fast. Make sure you register soon! Our ever popular **Reno Sierra Winter Train, December 4-6** is now on sale (page 67). It’s an experience not to be missed.

Some new classes worth checking out: Robert Chang, a multi-talented instructor, will be teaching three new classes: **Creative Writing and Storytelling** (page 82), **Photography 101**, and **Digital Drawing and Painting** (page 86). We also have three new **Quilting** classes good for all skill levels (page 84). Ray Ashton’s Movie Series is back with the **Star Wars Saga beginning September 20** (page 80).

So, Jeannine, see what you started 18 years ago?

Left is a throwback photo from 2005 New Years’ Eve Party. Happy trails, Jeannine!



A photograph of a golf bag filled with clubs, including drivers, irons, and wedges, resting on a lush green lawn. The bag is white with red accents. The background is a close-up of the grass.

3 CLUB SCRAMBLE

AUGUST 26TH, 2017 * 8:30 AM SHOTGUN

A logo consisting of three stylized mountain peaks.

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Time to Take a Breather

Cindy Davis, WellFit Event Coordinator

Did you know you can help alleviate stress and many other health challenges through the simple practice of breathing?

Amazingly, nearly 75 percent of the toxins in our bodies are released through respiration—that is, *if* we are breathing deeply and fully. Shallow breathing doesn't oxygenate your blood efficiently, causing toxins to gather in the cells. The brain can

be hungry for oxygen, causing compromised brain function, increasing the risk of vascular dementia. Is it any wonder that breathing is the best tool you have to greatly affect your body and mind?

Let's take a look at some of the many benefits of correct breathing. Proper breathing increases flow of lymphatic fluids, speeding recovery after illnesses. It speeds circulation, moving oxygen to the heart and eyes, circulating blood and relieving congestion throughout the body. Correct breathing calms your nervous system, helping with anxiety, and energizes your immune system by helping tissues regenerate, detoxify, and heal.

Did you know it has been suggested that the common problem of constipation is often due to shallow breathing? When you learn to breathe into your lower abdomen, the gut massages the internal organs, directly affecting the digestion system. Proper breathing also reduces muscular tension and increases flexibility and strength of joints. Mental concentration is improved, and finally, proper breathing releases endorphins, the "feel good" hormone which also helps with sleep.

How can you improve? Practice breathing through your nose. This slows down your breathing and stimulates the energy center located near your sinuses, directly affecting the nervous and endocrine systems. We all breathe approximately 18 times per minute, 1,080 times an hour, and 25,920 times a day—and we don't even think about it. Learning to breathe correctly can restore balance to your body, and change the way we feel.

Try this simple breathing exercise at least twice a day to feel refreshed:

1. Take a slow breath in through the nose, breathing into your lower belly (for about four seconds).
2. Hold your breath for two seconds.
3. Exhale slowly through the mouth (for about four seconds).
4. Wait a few seconds before taking another breath.

Learn more about the importance of proper breathing and other ways to improve your well-being at Michelle Jamieson's, "An Introduction to Mindfulness" on August 24. (See page 104.)

Connections

Continued from page 3

The trailer was the place we held our first New Year's Eve planning committee, where we celebrated the new millennium in the Orchard Creek Lodge still under construction, and where we conducted new resident orientations every month to welcome and connect residents to our growing community. It was here I met and interviewed Wendy Slater who has now been our *COMPASS* publisher for 18 years. Together, along with a core group of resident writers, we wrote and designed the *COMPASS* magazine, providing you updated communications from the developer and the community, and offered resident profiles and listings of continuous events, classes, and developing committees. This issue is our 18th year from first publication, from an initial four-pages now to 108 pages. Wow!

Most of our early residents relocated from the "Bay Area" so I coordinated bus trips and speakers in and around Placer and Sacramento Counties to acquaint us with resources and natural environments within a two-hour radius. Hiking, birding, and travel groups (among others sprang up as we continued our explorations. Residents interested in sharing their technology experience and talents began the PC Computer Group and helped the Association plan what is now the Computer Lab. Socials were held in the Sales Pavilion area which is now Village 10. I recall meeting many of you in there or during our "soft shoe" openings where we would talk about your interests and create most of what is now considered everyday lifestyle programming.

I'd like to specifically thank Lavina Samoy, your Lifestyle Manager. Lavina has been my partner in service for 17 years. Her attention to details, and her energy and commitment have been key to our successful lifestyle programming. It has been especially rewarding to watch Lavina and her team take the lead over the years and expand our programs to the professional levels you experience today. To the entire staff, past and present, thank you for your commitment to excellence and customer service. I am proud to have worked alongside each of you.

It was a joy working with you over the years, and now I am listening to my inner voice which advises me to take a break, appreciate all our success, and wait for divine guidance to show me where my next journey will lead me. The recent re-registration process provided me an opportunity to see many of you again, to realize you are leading fulfilled lives here, and to thank you for your contributions. It has been an honor to be a part of the development of this magnificent community. Your volunteer spirit and actions within Sun City Lincoln Hills and the greater Lincoln and Placer communities continues to inspire me. I thank you for the opportunity to know you and to have played a part in your lives. I wish you all health and happiness!

Sincerely, Jeannine Balcombe

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**SUN CITY LINCOLN HILLS COMMUNITY ASSOCIATION
BOARD OF DIRECTORS
Resolution 2017.09**

Small Unmanned Aircraft Systems for Recreational Hobbyist Use within SCLH

The following action was taken at the meeting of the Board of Directors (the "Board") of Sun City Lincoln Hills Community Association (the "Association") held on July 27, 2017, at which a quorum of directors was present.

Whereas, The Board has the authority to adopt rules regulating the use of common area space for the peace, health, comfort, safety and general welfare of the Owners. [CC&Rs 2.04(b); 3.06(a)]; and

Whereas, The Board desires to define a policy on the use of small unmanned aircraft systems, with and without imaging capability, within Sun City Lincoln Hills (SCLH) for recreational/hobby use; and

Whereas, The Association defines a small unmanned aircraft system as any small unmanned aircraft system which meets the definitions of FAA Part 107, as included in this policy. This definition includes, but is not limited to, those aircraft known as "drones" or model aircraft. The FAA defines model aircraft as

1. Capable of sustained flight in the atmosphere
2. Flown within visual line of sight of the operator
3. Flown for hobby or recreational purposes.
4. The FAA Modernization and Reform Act of 2012, Section 336, Special Rule for model aircraft definition states that model aircraft are considered aircraft with the following criteria:
 - a. The aircraft is unmanned
 - b. The aircraft weighs more than 0.55 pounds and less than 55 pounds
 - c. The aircraft is operated within a community based set of guidelines, as amended from time-to-time (such as the Academy of Model Aeronautics [AMA])
 - d. The aircraft is flown for hobby or recreational purposes
 - e. The aircraft is operated without interfering with and giving way to manned aircraft

f. The aircraft is not operated within 5 miles of an airport without notifying airport management; and

Whereas, *California Civil Code §1708.8* essentially prohibits drones from flying into the airspace over private property, for the purpose of capturing an image, without permission; and

Whereas, the *Governing Documents* prohibit illegal, noxious, offensive and nuisance activities as well as activities that adversely affect the health, safety, or welfare of the Owners and residents [CC&Rs 8.05; 8.13]; and

Whereas, the *Governing Documents* prohibit anything that would result in any effect on the Association insurance in force at the time [CC&Rs 8.17]; and

Whereas, the *Design Guidelines [Design Guidelines, March 23, 2017, Section 55(g)]* refer to camera use; and

Whereas, The *Perpetual Conservation Easement, June 23, 2004*, prohibits any use or activity that is inconsistent with the primary purpose of the easement to protect, enhance, and restore wildlife habitat on conserved lands. This Easement refers to all open space within Sun City Lincoln Hills; and

Whereas, The *Wildlife Heritage Foundation's Open Space Management Plan, March 8, 2004*, prohibits off trail access; and

Whereas, the US Army Corps of Engineers, which holds the operating permit for the Association Open Space, has notified the Association that piloting sUAS over Open Space from a trail is a permitted activity, but retrieval of a downed aircraft off the trail and within the Open Space is a prohibited activity

except by designated authorized staff;

Therefore be it resolved that: the Board affirms and adopts the policy that small unmanned aircraft systems as defined above may be flown for recreational/hobby use within SCLH at these sites only according to the following criteria:

1. Sites/Times to be determined at the discretion of Administration:
 - a. Del Webb Field
 - b. Croquet Field, Sports Plaza
2. Criteria:
 - a. **Pilots:** All Recreational or Hobby sUAS pilots who fly their unmanned aircraft within SCLH shall be members in good standing of the "Unmanned Aircraft Group" (or otherwise named group with the same purpose). This Association sponsored group, through its bylaws, shall identify criteria for pilot credentials, insurance specific to sUAS, safety and operational guidelines to be followed when flying in SCLH.
 - b. **Privacy:** sUAS may not operate over private property, record or capture images of any person or property without the express permission of the person or property owner
 - c. **Nuisance and/or Noise:** Only electric sUAS may be flown within SCLH.

I hereby certify that:

- A. I am the Secretary of the Sun City Lincoln Hills Community Association Board of Directors.
- B. The Board of Directors adopted the above resolution on July 27, 2017.

(Signature on File)

Michael Deal, Secretary

Date

First House of the Month Winner Announced

Mr. and Mrs. Keller are the first to receive a \$100 gift card for winning the June House of the Month contest. Their home is located in Village 25B on Walden View Lane. According to the Architectural Review Committee, the Keller home won the contest for several reasons: The design of the yard reflects a nice flow of artificial turf with various planting areas, including boulders and completed with a lovely pot and topiary. The design sets a good example of creating a natural look and is pleasing to the eye, without being overly landscaped.

The House of the Month contest for 2017 runs through August. Drop off printed photos and a written note (in the ARC box in the room next to the Orchard Creek Activities Desk) about why you are nominating a neighbor's yard for consideration. Your neighbors could win a \$100 gift card to Sun City Lincoln Hills, just like the Kellers did!



The June House of the Month winner sets a good example of creating a natural look and is pleasing to the eye

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The Properties Committee was recognized for the members' volunteer service to the community at the July 27 Board of Directors meeting. From left: Ken Silverman (BOD), Joe Moore, Vern Luke, Marcia Van-Wagner (BOD), Michele Hutchinson, Elise Homer, Hank Lipschitz (BOD), Greg Burke, Michael Deal (BOD), Don DeSantis (BOD), Molly Seamons (BOD), Gary Younger, John Snyder (BOD).

The Properties Committee was recognized for the members' volunteer service to the community at the July 27 Board of Directors meeting.

From left: Ken Silverman (BOD), Joe Moore, Vern Luke, Marcia Van-

Election Did You Know?

You have a choice in choosing the future leaders of our community. Three of the seven seats on our Board of Directors will be up for voters' choices on February 15, 2018. Why should you consider running for a seat on the Board? If there are no more than three candidates, there will be no election. By default, you will lose your opportunity to play a significant part in the future of your community.



The Elections Committee invites you to attend a Candidates Information Session on Wednesday, September 6 in Orchard Creek Lodge at 1:00 PM. We promise to present "just the facts." No commitment, no coercion. Email electionscommittee@sclhca.com for more information.

Half Year Report

Mike Creasy
Finance Committee Chair

Here we are at the Financial halfway mark of our fiscal year. June is a waypoint that serves as a place to look back on what has been accomplished, while keeping an eye firmly fixed on the remainder of the year to anticipate bumps in the road and take corrective action.

For June 2017, year-to-date, Admin Expense had a positive variance at \$45,000, mostly to do with budgeted Election expense which has not yet been used. Much of the large positive variance in Facilities and Landscape is due to deferred maintenance expense which will show up later in the year. Past Due Assessments continue to lag, and we urge those who have not yet updated their automatic deposits (ACH) to do so.

As a whole, the Association finished

the first half of the year well ahead of budget, with cash in hand to take care of scheduled expenses. Operating Cash stood at \$839,530 and Reserve Fund Cash was \$8,021,088, a very healthy 71%.

When looking at the attached display, notice that CEF totals for YTD and Current Balance have been added.

Our wood fencing is due for replacement in the next three years. Staff has proposed replacing some of the wood with a concrete simulation and the remainder with post and cable, both of which have much longer lives. The Properties Committee agreed and the Finance Committee's Reserves Task Force analyzed the financial impact of the change, concluding there are substantial long term savings to be realized, and therefore recommended the change. The Board approved the proposal on July 27. You will find details and photos in eNews shortly.

Don't forget, our **annual budget** for 2018 is just getting underway and we urge anyone interested in the budget, and ultimately our monthly dues, to attend the several open meetings. Please note the dates:

- **September 7:** 9:00 AM Heights and Gables Room. Budget Presentation Workshop 1
- **September 11:** 9:00 AM Front Ballroom. Properties meeting for Capital Projects

Properties meeting for Capital Projects

—9:30 AM Front Ballroom. Finance meeting for Capitals and Reserves

—10:00 AM Front Ballroom. Budget Presentation Workshop 2

- **September 21:** 9:00 AM Solarium. Finance Committee. Final budget presentations and approval of 2018 budget

- **September 28:** 9:00 AM. Presentation Hall (KS). Board review and approval of 2018 Budget

Preliminary Statement of Operations YTD June 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,145,538	\$4,108,637	\$36,901	\$8,297,274
Administration (Expense)	(935,394)	(980,720)	45,326	(1,859,690)
The Spa at Kilaga Springs	3,284	(65)	3,349	8,085
Fitness	(258,375)	(274,505)	16,130	(538,400)
Activities	(250,786)	(293,776)	42,990	(530,150)
Rec. Center / Maintenance	(2,541,400)	(2,676,665)	135,265	(5,304,840)
Food & Beverage	(105,616)	(61,390)	(44,226)	(87,895)
Capital Asset	38,000	38,000	(0)	(76,000)
Net Revenues (Expense)	\$95,251	(\$140,484)	\$235,735	(\$91,616)
CEF/FMA Rec'd YTD June 30, 2017	\$277,698	CEF/FMA Balance June 30, 2017		\$469,698

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Communication Committee Changing—Why?

Michele Hutchinson, Communications & Community Relations Committee (CCRC) Chair

At the July Board of Directors meeting, President Ken Silverman outlined a restructuring of the Communications Committee to meet the changing needs of the Association and its residents. This was not an easy decision and has been in planning stages for months.

The Board discussed our changing communications needs several months ago at their annual retreat. They then appointed a task force of three members of the Board to meet with Chris O'Keefe and me to develop a communications plan. The Board backed the proposed plan and Denise Bowden—working with Chris O'Keefe, Marcia VanWagner and me—finalized the Communications Wheel concept (shown in the Board of Director's article in last month's COMPASS).

The project was outside the CCRC as the Board believes it is necessary for the committee to advise the Executive Director rather than the Board. This necessitates a different structure to enhance communications between and among residents and staff. The task force finalizing the details was represented by members of the Board, staff, and two members of the CCRC at the Board's direction. This restructuring was not a committee function, but a task force function.

The plan was presented to the committee at a July meeting. Recognizing the current committee members' communication strengths, this plan supports and encourages committee members continuing as team leaders for the various mission teams to be developed who will advise and support the Executive Director, staff, and committee chairs on communication issues within the community.

Our purpose states: "The Communications and Community Relations Committee will serve to advise the Executive Director, Board of Directors (Board), and committee

Chairs to improve and enhance communications delivered to and from residents to ensure accuracy, timeliness, and consistency. Emphasis on staff to residents, residents to staff, and staff to staff. The Board on occasion may assign special tasks or projects."

We recognize communication endeavors have not been timely, consistent, or aligned, which creates confusion. We

WellFit News

Benefits of Group Exercise

Deborah McIlvain, Director, WellFit and The Spa at Kilaga Springs

The definition of group exercise is described as exercise performed by a group of individuals led by a certified instructor. A variety of group exercise formats—including (but not limited to) Zumba, water, step, strength, indoor cycling, chair, yoga and Pilates—are choreographed to music.

Group exercise offers a variety of benefits you might miss out on if you choose to work out on your own. Some of the benefits include a social and fun environment, a safe and effectively designed workout, a consistent exercise schedule, accountability, and a workout that can require no prior exercise knowledge or experience.

A common reason for quitting an exercise program is boredom. Different class formats will keep you motivated and interested, as well as give you different instructor styles, music selection, and interaction with other participants and a chance to meet new friends. For many, an hour-long workout goes by very quickly when there is music playing and you are trying new exercises.

The hardest part is that we know exercise is good for us and want to

have listened and understand the frustration when residents are not fully involved or understanding of the process. We are looking forward to a fully integrated communications policy that is consistent and timely and will support staff to resident and resident to staff input on a variety of topics and issues.

What is next? We will be developing mission teams and will accept applications to serve when the goals, work product, and time commitment are established. Watch for eNews and website announcements of the teams and be ready to apply!

begin but don't know the first step to take. We hear so many different things from the media about exercise, but receive little help on how to initiate that process. SCLH Punch Pass exercise classes offer a workout for all levels, ranging from beginner to advanced. Participants do not need to know how to develop a safe and effective workout or which machines to use or for how long; it is already done for you. You simply have to show up with a positive attitude, participate, and most importantly, have fun. If you're not sure what class to try first, you can stop by my office or Carol Zortman's at the Orchard Creek Fitness Center, or Jeannette Mortensen's office at the Kilaga Springs Fitness Center and we would be happy to help you.



An exercise class is structured with a purpose which is beneficial for people with limited knowledge about safe and effective exercise programming. Classes are designed to include warm-up, cool-down, and flexibility in addition to conditioning. When people exercise on their own, they often skip portions of a workout they are unfamiliar with, or that they find is not their favorite to perform.

So what are you waiting for? We offer over 80 punch passes classes a week!

Well Fit Classes: pages 88-103 • Class Grids: pages 100-103



**The Spa at Kilaga Springs
Summer Slump?
Not at the Spa!**

*Trudy Smith, Manager, The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings, www.twitter.com/KilagaSpa*

Even in the midst of summer vacations and the slight inconvenience of a parking lot under solar construction, the Spa at Kilaga Springs continues to beat and exceed revenue goals. In fact, it is growing at a pace of 20 percent over last year's numbers! In addition to our vast menu of services, we also offer many exciting retail items.

New at the Spa is sun care for face and body from **Coola**, whose organically sourced formulas are paving the way in the sun care industry. Our line of sunless tanning products from **Xen Tan** are fabulous. Not only are the formulas, textures, and colors superior, but the scents like cherry almond, vanilla, and coconut are delicious. You'll actually look forward to wearing the products while you tan!

We also now carry a lovely collection of French inspired products from **European Soaps**, including bath oil, luxury soaps, shower gels, bathroom accessories, body brushes, wraps, and exfoliating gloves,

all perfect for your spa care at home. Also available for purchase at the Spa are **Grande Lash's** growth enhancers for your lashes and brows. The Grande line continues to establish itself as a favorite in the beauty industry for the outstanding results of its products. **Jane Iredale's** Mineral Makeup line will be launching in our Retail Boutique later this month. This popular line is embraced by dermatologists and plastic surgeons because of its ability to cover, soothe, and protect. Please plan to stop by and try!

Take advantage of our two current service specials (see page 108). **The Glow-Getter Facial** will even out, lighten and brighten many types of skin discoloration including age spots, sun damage, and acne marks. A potent dose of antioxidants helps to protect the skin while a targeted treatment serum jumpstarts a more even complexion. Our second special is the

Committee Openings

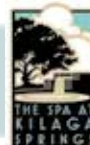
There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. Details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications at Activities Desks, or 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**
- **CCRC/Communications & Community Relations Committee**

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Lifelong Learning

Lincoln Hills Astronomy Group

Doug Brown, Resident Editor



"We are part of this universe: we are in this universe, but perhaps more important...is that the universe is in us."

—Neil deGrasse Tyson

If lifelong learning is about stretching your mind, our Lincoln Hills Astronomy Group (LHAG) has a universe of options. Can you identify constellations in the night sky? What's that "great red spot" on Jupiter? Is there extra-terrestrial life "out there"?

Our Astronomy Group will get you hopelessly hooked on discovering this

great beyond! Lectures, stargazing field trips, telescope tips, and cosmology discussions will all stimulate your celestial inquisitiveness! "Let the stars get in your eyes!"

Is this a club just for professional astrophysicists? "Absolutely not," exclaimed Barbara Swerdlow, Steering Committee member and former elementary school teacher. "We welcome new members with no technical knowledge at all." By the way,

only *one* of the group's 120 members—David Wood—is a professional astronomer!

"Join the Astronomy Group on Monday, August 21 for Solar Eclipse viewing on the patio behind OC Lodge. Between 9:00 & 11:00 AM we will see a partial eclipse (about 80%) of the Sun. Maximum eclipse starts about 10:15 AM. Telescopes with solar filters will enable viewers to safely observe this event. The LHAG will provide free Solar Viewing Glasses to the first 100 viewers."



Charter member and amateur astronomer Ron Olson's keen interest in astronomy prompted him, Harry Collings, Nina Mazzo, and John Combes to start LHAG in 2004. After taking classes at Sierra College, Ron was appointed part-time instructor. Not bad for an electrical engineer!

Continued on the following page

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

(Sun City Helping Our Outstanding Lincoln Schools)

You're invited to hear **Scott Leaman, Superintendent of Western Placer Unified School District**, discuss the impact of tax Measures A and N on our local school district. We'll have a Q&A session at the end so bring your questions.

Thursday, September 14, 10:00 AM-Noon
Presentation Hall (KS)

All Lincoln Hills residents are welcome!

After Scott's presentation, there will be a short session on the SCHOOLS program and how our Lincoln Hills residents participate in the Lincoln classrooms. If you would like to know more about volunteering in Lincoln schools, check our website for information and contacts:

<http://schoolssuncity.org>

Mark your calendar: Friday, September 22, 2:00 AM-Noon for a SCHOOLS Orientation Workshop. More details on page 39.



Longtime member and chemical engineer Morey Lewis is a frequent LHAG lecturer on topics to which few of us "boldly go." When asked to define "dark matter" in 25 words, Morey said, "Well, you can't see dark matter because it doesn't absorb or reflect light, or any other radiation, but you know it's there." Hmm, now I understand... well, Morey did amplify a bit more.

LHAG's big event is coming up on **Monday, August 21: a viewing from Orchard Creek patio of the solar eclipse—between 9:00 and 11:40 AM**, with maximum coverage (about 80% here) around 10:15 AM. **Free solar viewing glasses** will be given to the first 100 people who show up! Throughout the three-hour period, you will have opportunities to view the eclipse in various stages through numerous telescopes (equipped with solar filters). This event is free to residents!

Speaking of telescopes, Bob Collins, a former public school principal, explained: "LHAG's 'Telescope Interest Group' focuses

on using and owning a personal telescope—researching options to purchase and how to make maximum use of a telescope."

It's easy to join LHAG for a mere \$10 per year per household.

Visit www.lhag.org for details, and/or email LHAG Chair Ron Yelton at Aileron355@aol.com with your questions.

And don't miss the September 6 **Community Forum in the OC Ballroom** when SETI astronomer Dr. Seth Shostak will speak on "The Science of Star Wars"—separating science from fiction. See page 104.



Astronomy Group viewing on OC Patio; below—Al & Carol Witten in appropriate T-shirts with their telescope



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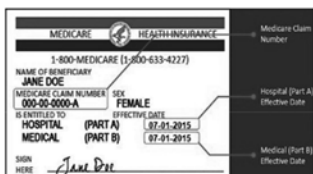


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Orienteering**Mallard Pond Trail
Hidden in Plain Sight***Dee Hynes, Roving Reporter*

An exhilarating drama is now playing at Mallard Pond. It stars the sun's rays as they tap dance across glinting, reflective waters. Waterfowl frequently splash their winged approval. Golfers play beside the pond and scores of Spring Valley Parkway drivers pass by without a second thought as to the activity here. The area is hidden in plain sight as Mallard Pond is positioned within the recess of the South Orchard Creek Preserve.

Its corresponding trail shyly hugs the Preserve's hillside, featuring three inviting elements: three trailheads, entertainment, and enjoyment upon arrival.

Trailhead options: The first, off Ridge

Top Lane, is the shortest route, a stroll of approximately ten minutes or less. A second trailhead located on Sutter View Lane across from #2041. It provides an additional ten minute stroll then meets the Ridge Top trailhead. The third trailhead offers a panoramic hilltop view; park between #2317 and #2305 Sutter View Lane. This entry also meets the Ridge Top trailhead.

Entertainment: Enjoy a trail interpretive sign on "Lincoln's Fortunate Beginnings," view golfers across the Preserve, partake in bird watching, or simply enjoy the magnificence of a lovely stroll.

Enjoyment upon arrival: Two benches perched beside Mallard Pond invite you to pause within this serene environment for calm reflection or quiet conversation.

Directions to the Ridge Top trailhead: From OC, right on Del Webb, left on

Stoneridge, right on Spring Valley Pkwy, right on Ridge Top to the end, make a U-turn and park. There are two trails at the end of Ridge Top. The "Mallard Pond Trail" name is posted at the trailhead.

Visit the Mallard Pond Trail and see why it's "hidden in plain sight."



Myra Henderson and Benji stop by the Mallard Pond Trail interpretive sign. Myra walks all the Fitness Trails and loves them

The Road to Aging Well**Whirling and Swirling—Is It Vertigo or Dizziness?***Shirley Schultz, Health Reporter*

It is hard to know exactly how to describe symptoms related to feeling like one's surroundings are moving, balance is off, or the sensation that I am going to pass out. Many people complain of dizziness when in fact they are suffering from something more specific such as vertigo, disequilibrium, or lightheadedness. It is important to differentiate these because the treatment for each is quite different.

Dizziness is a general term referring to a sensation of lightheadedness or unsteadiness, and it includes vertigo as well as other forms of disorienting conditions such as disequilibrium. Disequilibrium means unsteadiness, imbalance, or staggering when standing or walking. Sobering up or a neurological evaluation may be required to diagnose the cause. Lightheadedness can be caused by multiple factors such

as: getting up too fast, a heart problem, low blood pressure, low blood sugar, and many other causes. This article will mainly discuss vertigo.

Vertigo is characterized by the feeling that you are spinning or the world around you is spinning even though you are not moving. Certain head positions trigger this. Looking down from a great height elicits vertigo in some people. Hanging decorations from a ladder to the peak of the roof is not a good choice for these people! Vertigo, also called Benign Paroxysmal Positional Vertigo (BPPV), is usually caused by vestibular disorders in the inner ear. The problem is caused by crystals lining the balance center in the inner ear which break free and float inside the small canals of the inner ear. As the head is moved, the dislodged crystals affect balance and create the sensation that the room is spinning.

Once properly diagnosed, a common treatment for BPPV is the Epley Maneuver which is a series of head movements done while lying down, initially guided by a physician, physical therapist, or other knowledgeable professional. The movements shift the crystals out of their dislodged position into their proper position in the inner ear. Done properly, relief from vertigo is immediate.

The December 2016 *Health After 50* newsletter suggested that you should call 911 or visit ER if you have any of the following *along with vertigo*:

- Double Vision
- Hearing loss
- Trouble speaking
- Weakness, numbness, or tingling in an arm or leg
- Difficulty walking
- A severe headache
- Vomiting
- Fever

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Downtown Lincoln— The Butterfield Building

Al Roten, Roving Reporter

The corner of Lincoln Boulevard and Fifth Street is the primary business intersection of Lincoln's commerce. On the southwest corner, Charles Lincoln Wilson, founder of the city, built a wooden building before 1870. By 1879, it was used as a boarding house, known as the Burdge Hotel. As with many frontier towns, much of the city was burned in the Big Fire of 1883, when the original structure at this site was destroyed.



After the Big Fire, Gladding, McBean & Co. built a brick store building which became known as the Butterfield Building. The terra cotta cornerstone bears the inscription 1883. In the ensuing 130 years, the building has seen many uses—grocery, feed, hardware, general store, and frozen food locker. A distinctive feature of this building is the metal awning over its sidewalks. Walter Jansen bought the building in 1907 and incorporated it into the Jansen Block, which will be explored in subsequent articles. In 2004, Butterfield Building became a restaurant with the gun exchange, following, next door.

Awful Annie's Restaurant occupies the corner segment of the historic Butterfield Building. In 1991, Jai & Don Baker bought Awful Annie's in Auburn. Business was a success worthy of expansion, prompting them to expand to our Lincoln location. Don invested a year of labor getting the Lincoln location ready for opening in April of 2004. Awful Annie's continues as a family owned and managed enterprise with son, Bryan, in charge of the Lincoln restaurant. In fact, the Baker sons, Adam and Bryan, have developed an outstanding Bloody Mary mix with Baker Brother's Bloody Mary Seasoning available to take home for your enjoyment. I often enjoy a deliciously fresh meal at Lincoln's Awful Annie's, which is open daily for breakfast and lunch from 7:30 AM to 3:00 PM.

Next door is the Lincoln Gun Exchange, "The Friendliest Gun Dealer in Northern California," opened by Randy & Helen Johnson in 2009. They offer a full-service armament shop, handling new and used guns and supplies. They buy, sell, and accept consignments and estate sales. If you do not find what you want in the shop, they will order as available. The Gun Exchange is open every Wednesday through Saturday from 10:00 AM to 5:00 PM.



Clockwise from top—Awful Annie's; Lincoln Gun Exchange; inside Model Grocery, Model Grocery 1908-1912, Butterfield Building around 1912; Randy & Helen Johnson

We are most fortunate to have our heritage buildings offering goods and services meeting our demands of today.





Rotating Handle in the Sports Bar!

Kristy Woodin, Director of Food & Beverage,

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

We get asked many times for special beers in the Sports Bar, and you may not know, but we have a rotating tap handle in the Sports Bar. We put different kinds of beer on the tap, and when it runs out, we put something new on! So if you are a beer lover, stop by and see what's new.

BBQ Thursday at Meridians has only a couple weeks left. If you haven't tried out these succulent (and affordable!) dishes, come on in! Ends August 31.

Trivia Mondays was a huge hit. Many residents had a lot of fun, but it is time to suspend it for the Monday Night Football Season. The last Monday for Trivia will be August 28, and will resume Monday, January 8, 2018.

~Please see our ad on page 42.~

Chef's recipe for the month:

Summer Lemon Bar

Crust

1 cup butter
2.5 cups all-purpose flour

$\frac{3}{4}$ cups sugar
 $\frac{1}{4}$ cup powdered sugar
(have more for garnishing)

Filling

2 cups sugar
 $\frac{1}{4}$ cup all-purpose flour
6 large eggs

$\frac{3}{4}$ cup lemon juice
1 lemon zested

Directions: Preheat oven to 350 degrees, line 9x13" baking pan with parchment paper & spray with no stick cooking spray.

Whisk together butter, flour, and sugars until smooth and turns into a dough.

Flatten dough into baking pan. Bake until lightly golden, 18-20 minutes.

Remove from oven and allow to cool for 30 minutes.

In a separate bowl, whisk together sugar, flour, eggs, lemon juice and zest, mix to combine. Pour filling over crust, return to oven, bake for 24-26 minutes.

Remove from oven, refrigerate 3-4 hours.

Garnish with powdered sugar.

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National Night Out at the Amphitheater





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Roamings— The Magic of Sedona

Richard Pearl, Roving Reporter

There is possibly no other place as magical as Sedona, Arizona, especially at sunset. It's an oasis in the middle of the Arizona high desert. It's a wonderland of trails and outdoor adventures. It's high



culture and new age culture. But at its core, it's all about "The Rocks."

The Rocks (Cathedral, Red, Bell Rocks, and more) tower over the landscape. Formed by orange and red sandstone deposited 300 million years ago, they're found only in the Sedona-Verde Valley. Photograph them or just retain them in your memory—they're unforgettable.

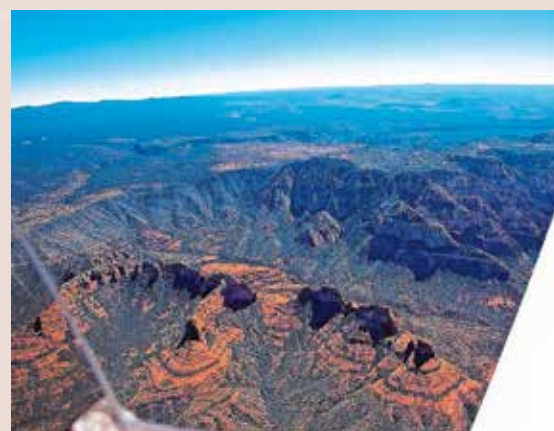
Sedona oozes both culture and outdoor adventure: art galleries and museums; film, jazz, and bluegrass festivals; backcountry jeep tours; golf courses; wine tasting; a local wine-tour railroad; Old West towns; restaurants from the funky to fine dining; spas and hotels of every comfort level... it's all here.

But it all comes back to The Rocks, and there's no better way to see them than on guided tours. Penny and I have been to Sedona twice, and both times we've taken *Pink Jeep* tours. In the hands of their expert drivers, you'll experience what Jeeps were originally designed for—and these are even more highly modified. Hold on tight, because they will go where you wouldn't think possible and at 45+ degree angles.

Walk any of the hundred trails in the valley or go for a horseback ride, The Rocks are always in view. The only better way to see the landscape is by air (airplane and helicopter tours are available). I was lucky to have a friend take me up in his aircraft to experience the full impact of the landscape.

A fun side trip is to the old west town of Jerome, about a 30-minute drive from Sedona. Jerome is a "born-again" ghost town with fantastic bars and beautiful art exhibits.

There's really no bad time to visit Sedona. Summers are similar to Sacramento, highs in the mid-90's and mid-60's at night. Like us, they get 19 inches of rain a year, but it's spread throughout the year.



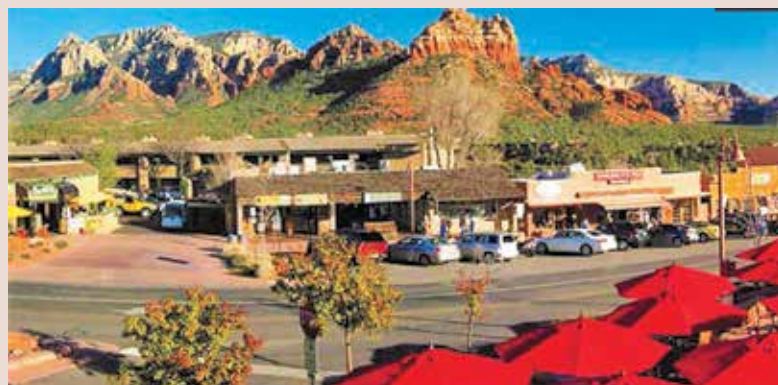
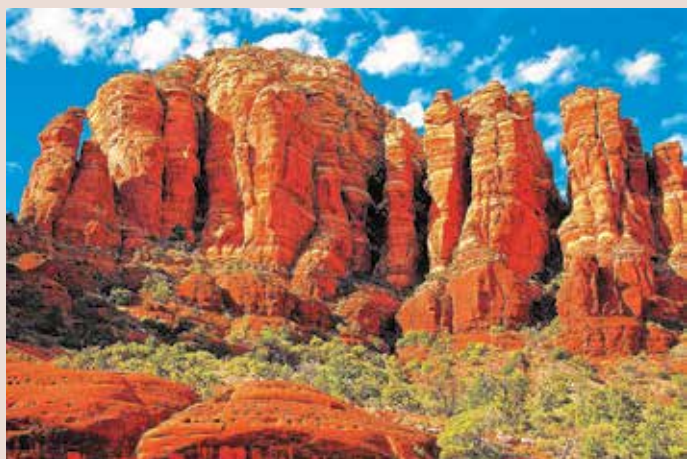
Clockwise from top—Jeep covers rugged terrain, aerial view, uptown Sedona Main Street, The Rocks, Penny & Richard Pearl

Getting there:

(1) Drive—a relatively easy two-day trip via the San Joaquin Valley (Interstate 5 to Highway 40), or Nevada (I-80 east to Highway 95 south).

(2) Fly to Phoenix and drive a rental car two hours north.

Driving from Lincoln gives you the opportunity to stop in Las Vegas and visit the Grand Canyon coming and/or going.





Neighborhood Watch

A Kaleidoscope of Fun National Night Out

Patricia Evans

There is a time for all things. Three hundred and sixty-four days of the year, Neighborhood



Watch promotes safety and security. On the remaining day, neighbors celebrate with parties to increase knowing and appreciating each other.

National Night Out began when a neighborhood found it dangerous to be in the street after dark. They decided there was safety in numbers and organized street parties. The idea spread and communities throughout the United States and Canada now celebrate neighborhood security on the first Tuesday of August.

A friendly neighborhood is a safer neighborhood. Party goers go home saying, "What a delightful way to renew our acquaintance with our neighbors." They continue their conversations at the mail box, and wave at neighbors as they drive by.

The surrounding photos show participants enjoying different celebrations. Some groups chose a morning brunch to beat the heat. Others continued their tradition of an evening party. There were barbecues, ice cream socials, and potluck appetizers.

Some Village celebrations had 50 or more participants. Mail station parties attracted 10 to 30 neighbors. Participants went home saying, "We had a really good time." "People stayed longer than we thought they would." "We discovered we have very interesting neighbors."

Please turn to page 37 to learn about our pet rescue program.

Village 26A



Village 37



Village 36



Village 42AB



Village 38



"Your neighbors are your most important security."



Village 60



Village 10A



Hot... Hot... But... NNO Successful

Pauline Watson, National Night Out Coordinator

Despite the heat, National Night Out events brought old and new friends together at parks, backyards, and in private homes.

Lincoln Police and Fire Departments as well as some City Council members were guests for some of the residents who requested official visits. We appreciate this opportunity to know these public servants.

National Night Out provides an opportunity for Mail Box Captains to remind residents to update their emergency

contact information as well as their Vial of Life forms.

Enjoying the camaraderie of your neighbors increases security and creates a safer neighborhood.



Meridians, which again joined Neighborhood Watch in celebrating National Night Out, provided food and entertainment for our residents to enjoy. Some residents partied all day with brunch in the morning and wine and dancing in the evening at the block party.

See National Night Out Photos at the Amphitheater on page 23



Village 24A



Village 21



Village 11





Club News



Alzheimer's/Dementia Caregiver's Support

We heard the Family Services manager, Alexandra Weisgerber, from the Alzheimer's Association speak to us last month on effective communication strategies. As the disease progresses, different situations arise, and having strategies to employ when these behaviors show up (not liking being approached from the rear, wanting to drive with no license) you're better prepared. No, it's not a ticket for the "A" Ride, but in this battle, every little bit counts.

Despite prior misinformation on the date, this is to officially announce the date for our next Senior Café is Tuesday, October 17. This is an informal gab and laugh, finger-food social event for Caregivers and their loved ones. If you haven't signed up yet, call one of the Steering Committee members to be included.



Learning Effective Communication Strategies

The Sacramento Walk to End Alzheimer's is on Saturday, September 23. Thank you for your support in thought, deed, or donation. It all counts. Yes.

Contacts: Judy Payne 434-7864;
Maria Stahl, 409-0349; Cathy VanVelzen
409-9332; Al Roten, 408-3155



Amateur Radio

The Amateur Radio Group members are looking forward to the amateur radio swap meet held every September in Lincoln's McBean Park by the Western Placer County Amateur Radio Club. Join LHARG members on September 16, 7:00 AM to 12:00 PM, at the WPCARC HamFest as they search the 50+ vendor booths for bargains and hidden treasures. LHARG is as an emergency communica-

tions group for Lincoln Hills residents and the city of Lincoln. If a natural disaster or terror attack destroys public communications facilities, the LHARG can provide backup communications services with battery powered radios. The LHARG meets on Monday nights at 6:30 PM at the Lincoln Hills South Gate Entrance Building, so please come by and say hello. Or, just join our weekly network at 7:00 PM on Monday to let us know you are there in case of an emergency. The LHARG repeater frequency is 443.225 MHz, with a PL of 167.

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



Antiques Appreciation

The August program brought many smiles as we journeyed back to our childhood and looked at Big Little Books written from 1934 to 1960. The books include stories about radio programs like "The Shadow" or comic characters and children's novels. Some members brought their own copies of a Big Little Book, a comic book, or joke book.

On September 4, the meeting will be a presentation of several short video clips of Colonial Williamsburg. A Lincoln Hills resident who also resides in Williamsburg will share his knowledge about the area. He works with the 1000 volunteers and 3000 employees on a regular basis. Their research keeps the city looking like it did in the 18th century. He will also discuss their Living History Program.



*July Antiques Appreciation Club
Window Orchard Creek*

Spend the holiday with us in the Heights and Gable Rooms (OC). We meet the first Monday of every month at 10:00 AM. Guests are always welcome.

Contacts: Rose Marie Wildsmith 409-0644;
Barbara Engquist 434-1415



Astronomy

Monday, August 21. Solar Eclipse viewing on the patio behind OC Lodge. Between 9:00 and 11:00 AM we will see a partial eclipse (about 80%) of the Sun. Maximum eclipse starts about 10:15 AM. Telescopes with solar filters will enable viewers to safely observe this event. The LHAG will provide *free* Solar Viewing Glasses to the first 100 viewers.



*Solar Eclipse
viewing on
August 21; Dr.
Seth Shostak
will present
"The Science of
Star Wars: The
Lowdown on
Space Travel,
Aliens, and
the Force" on
August 21*



Monday, August 21. Cosmology Interest Group (CIG)—Don Wilson will present a lecture series that examines his alternative theory to the Big Bang. Fine Arts Room (OC) 6:45 PM.

Thursday, August 24. Special private viewing for LHAG members and guests at the Cameron Park Community Observatory in Placerville

Tuesday, September 6. Community Forum, 7:00 PM in the OC Lodge Ballroom. "The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force" will be presented by Dr. Seth Shostak. Senior Astronomer at the Search for Extraterrestrial Intelligence Institute (SETI).

Contacts: Morey Lewis 408-4469, eunmor@pobox.com;
Cindy Van Buren, 253-7865, rvbcvb@att.net
Website: www.lhag.org



Ballroom Dance

At our Hot August Nights dance, held August 12, we celebrated all that was "The Fifties." This month we are in the midst of learning the Night Club Two Step, a dance developed by Buddy Schwimmer in the mid-Sixties. According to Buddy, recognized worldwide as a choreographer and the "King of Swing," some of the moves were a modification of the 60's Surfer Stomp. The NC2S is danced to many popular mid-tempo ballads such as Lady in Red. If you think you would enjoy learning this and other ballroom dances, you are invited to join us every Tuesday at KS.



Brigid & Ed Donaghy;
Sheila & Garry Pitt



Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. The popular Fox Trot will be taught in September; our Fall Desert Social is September 17.

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



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. The next support meeting will be September 13. 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 Casa Ramos on Wednesday, August 23. Meet at the restaurant at 11:30 AM.

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

Contact: Joan Logue, joanlogue@sbcglobal.net



Big History

The new Big History Club kicks off in September with a Big Bang. Literally.

Meetings will be held the first and third Tuesdays (starting September 5) at 6:30 PM. in the Fine Arts Room (OC). Need a ride? Call Norma Milligan, 434-1424. Annual dues are \$10.



Ranny Eckstrom,
Big History leader

Big History is a science-based journey into our past, beginning 13.8 billion years ago, then moving forward to the formation of our solar system, beginning of life, early humans, agricultural and industrial revolutions on up to today.

This is peer-to-peer learning (presentations will be more like PBS than school). If you have an interest in a topic and would like to be one of the presenters, please let us know. This is all about learning for the sheer joy of it!

Contacts: Ranny Eckstrom, 708-6165;
Joan Podesto, (925) 408-6562.
Website: <https://bighistorysclh.com>



Billiards

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



Women's Tournament winner Margrit Blanc, five wins; Co-ed Tournament Rita Baikauskas and



Dennis Dreiling, six wins; Challengers Tournament winners six/half of seven games Doule Coker (not pictured), five/half of seven games,



Lisa Pabst, Joe Perez;

and see what we have to offer. Remember it's free.

Contacts: Rich Lujan 408-781-5815;
Tony Felice 955-0501, atfelice3@gmail.com



Bird

Our first meeting of the fall will be on Monday, September 11, at 1:30 PM in the P-Hall (KS). Sal Acosta and Suzanne Hutchinson will share photos from their



Delicious food and much fun was had by all at our July Potluck

trip to Southern Ecuador. This tropical area has so many beautiful birds. I know you will enjoy their program.

We have two outings scheduled for September. The first, which is tentative at the writing of this article, will be Friday, September 8, to Yolo Bypass Wildlife Area. The field trip will include a mile and a quarter walk around several ponds. Then on Friday, September 22, we head to the Lincoln Wastewater Plant which has a nice variety for birds.

Remember to check our website for the latest news and photos. Also, our monthly meetings continue to be on the second Monday of the month at the P-Hall (KS). We look forward to seeing you all in September.

Contact: John Garfein 666-2364, johndgarfein@gmail.com
Website: www.lhbirders.org



Bocce Ball, Mad Hatters

We have really enjoyed the enthusiasm of two of our newer members, Veta and Pat. They started with us at 8:00 AM a few weeks ago and have stayed with it, as has Mary who started a few months ago.

Bobbie and Gene showed up to play recently and we got a big kick out of introducing our newest players to our players of longest standing. Bobbie and Gene have been with the Mad Hatters since the beginning. Bobbie thought we could have introduced them as the “oldest” members but we’re really not sure of everyone’s age and we’re all young at heart and this is an “active adult community.”

If you’d like to join our activity please feel free to show up any Thursday morning at 8:00 AM to play Bocce with us. It’s really easy to learn how to play so you have no excuse.

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



Book, OC

Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War, by Karen Abbott is the book we’ll discuss at our meeting on August 17. This novel, by a *New York Times* bestselling author, captures the spellbinding true story of four women

who risked everything during the Civil War. Please join us!

Immediately following the meeting, there will be a Tea in the Solarium (OC). Attendees can bring a pre-baked dessert item if they would like, and no more than three books for a book exchange. The cost is \$13 per person. Contact Darlis Beale.

Schedule, remainder 2017:

- September 21: *Big Little Lies*, by Liane Moriarty
- October 19: *Alexander Hamilton*, by Ron Chernow
- November 16: *The Rosie Project*, by Graeme Simsion
- December 21: Holiday Luncheon

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

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

Our August officers’ luncheon gave us a chance to thank the officers who served the last 12 months as well as to elect new ones. Because the slate remains



Kathy Woodward will be taking over as our “Sunshine Lady;” Mae Gagnon helps plan our meetings and special events; Sharon Peck, along with Mae, finds speakers for our meetings



the same, we are fortunate to have Peggy Ryan continue as President, with Val Singer, Vice-president; Corinne Ehlers, Secretary and Cheryl Karleskint, Treasurer. Project Positions remain the same except Kathy Woodward will take over as “Ladies’ Support Coordinator,” a position formerly held by Judy Stewart.

September’s meeting will be a special one, a field trip to the Lincoln Coffee Maker. We’ll be treated to a special tour as well as to a sampling of different brews. Be sure to check the pink bulletin for more information since this excursion promises to be a fun one.

Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contacts: Marianne Smith 408-1818; Val Singer 645-8553
Website: www.sclhresidents.com



Bridge, Duplicate

The annual California Capital Regional Tournament was held this year on May 29 through June 4. Our club was very well represented there in the Sacramento Double Tree Hotel. Indeed, we had over 50 winners this year led by Jack Uppal with a total of 43 new Master Points. Congratulations Jack, and to all of those winners.

Bridge games are played at 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 partner in any of the open games, call Lynne White (253-9882). For a partner in the Wednesday or Saturday limited games, call Rosie Peasley (253-7414) or Sheila Ross (434-6165).

Contact: Jim Collart 995-7233
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for sign-up, or just show up with partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, including stand-bys, and we must finish by 8:30 PM. With noise levels increasing between rounds,

please keep the talking on a quiet level. Winners: June 22—First: Nancy Rice/Lydia King; second: Ann Leitze/Judy Olson with high round of 1490 ; third: Barbara Bryan/Reta Blanchard; fourth: Janet Pinnell/Linda Theodore.

July 6—First: Sue Cirerol/Erika Wolf with high round of 1860; second: Didi Martin/Dianne Conforti; third: Kay/Ben Newton; fourth: Marlene Harner/Basil Molony.

July 13—First: Rose/Joe Phelan; second: Nancy Turrini/Lydia King with high round of 1840; third: Joan Flood/Nancy Rice; fourth: Marggi Holtze/John Griggs.

July 20—First: Pat Fraas/Joe Phelan with the high round of 2050; second: Gay Glad-den/Barbara Bryan; third: Marlene Harner/Basil Molony; fourth: Linda Theodore/Janet Pinnell.

Contacts: First & Third Thursdays:

Kay & Ben Newton 408-1819;

Second & Fourth Thursdays: Dolores

Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM.



From left: Jyoti Sitwala, Anna Brennan, Byron Hansen, and Joan Singer

Reserve your space in August by contacting Ralph Madsen, 408-7670 or ralphjane2@gmail.com; Jim Busey, 408-0671 or j.busey@sbcglobal.net. In September, contact Jaylene Gerdes, 645-7453, or Eleanor

Amar, 209-3505.

June/July Winners—First Place: Flo Hunt, Jean Richards, Lynda Sader and Frank

Kamienski. Second: Lynda Sader, Yvonne Jacobson and Rita McPeake. Third: Phil Sanderson, Yvonne Jacobson, Jyoti Sitwala and Lynda Sader. Fourth: Caroline Calmes, Bob Moore, Flo Hunt, Janet Pittinger and Lois Burke were tied.

Congratulations for a Grand Slam to Ralph Madsen and Alan Haselwood (July 14).

The Free Bridge Refresher Class will continue using the book, *Bridge for Everyone*, by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in the Card Room (OC). Introduction to Bridge, 8:30 to 10:00 AM. Teachers: John Woodbury and Alan Haselwood.

Contacts: Jodi Deeley 208-4086, jodideeley2@gmail.com; Lynda Sader (858) 204-2427, lyndaglee01@gmail.com



Bunco

Could the sizzling temperatures of July have gotten to some of the Bunco players? Was it a vacation to a nice cool location? We missed you and hope to see more players back in August. Laughter was heard in the hallway as the Traveling Bear was making the rounds between Kathy Chandler and Suzette Mott with Suzette winning in the end.

If you would like to join in the fun, drop by on the third Thursday of each month at 9:00 AM in the Card Room (OC). There is no membership fee and it only costs \$5 to play. SCLH gift cards are awarded after play to four lucky winners. It's a fun way to spend the morning and meet new friends!

July Winners: Most Buncos Phyllis Papagiannis; Most Wins Kathy Gire; Most Losses Claudette Rhoads-Kinman; Traveler Suzette Mott.

Next Bunco is Thursday, August 17.

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



Chorus

On September 5, the Community Chorus will begin rehearsing for our mostly Christmas concert on December 10-12 under the direction of Paul Melkonian, with Nina Malone as accompanist.

Paul has accompanied us since January 2012. He also accompanied Roseville's Sun City Singers before becoming their director that fall. Holding degrees in music and



Paul Melkonian; Nina Malone

piano pedagogy, Paul has accompanied and directed church and school choirs and taught piano for more than 25 years in the Sacramento area.

Nina began playing piano and organ for her church choir at age 11, majored in piano at college, and has worked with choral groups for more than 45 years. She has recently been pianist in major musical productions with the River City Theatre Company and is starting her third year as Paul's accompanist in Roseville.

Want to sing with us? Check our website and contact our membership chair, Suzanne Rosevold, for further information.

Contact: Suzanne Rosevold 587-3035; suzannechorus@gmail.com

Website: lincolnhillschorus.org

Computer



All Things Apple

Would you believe the Apple User Group, originally the Mac User Group, is about to celebrate its 15th Birthday? It has been a full 15 years since a group



15th Anniversary Banquet Announcement



Save The Date
October 27, 2017
Social Bridge
Halloween Party!

of Mac enthusiasts decided to pool their expertise in order to assist Apple users in Lincoln Hills. Of course, that was before the iPhone and iPad, when only the Mac and iPod existed. In fact, the group's name was recently changed to encompass "All Things Apple," since most of our members own more than one Apple product. But I digress. The big news is that tickets are now on sale for the LHAUG Annual Banquet, our 15th Anniversary Gala Celebration, scheduled for Tuesday, September 12 at 5:00 PM in the OC Ballroom. Member tickets are \$30, non-members \$40. Send your check to: LHAUG, Bonnie Esker. This is usually a sellout.

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



PC

Main Meeting: September 13, 6:30 PM—"You Tube." All of a sudden Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full-length movies. YouTube is no longer about kids doing crazy things—you can also view quality TV programs. YouTube is simple to access and you can also use it to share videos with your friends online. You will learn how to exploit YouTube's full potential, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site.

Clinic: September 15, 3:30 PM—More "You Tube" fun with lots of Q & A, Rita Wronkiewicz presenter. Both meetings at P-Hall (KS).

Ask the Tech. September 22, 10:00 AM our regular monthly meeting where all



Bob Ringo presents "You Tube" on September 13; Rita Wronkiewicz with More "You Tube" fun on September 15



members can come to get solutions to their technical and non-technical problems, Multipurpose Room (OC).

Contact: Karl Schoenstein, schlcc@gmail.com
Website: www.schlcc.org



Country Couples

Our June Monday night classes kept us on our toes as we were taught two brand new dances, "Love's Gonna Make It," and "Who Do You Call Darlin'?" Our muscle memory and our brain memory were challenged but we rose to the occasion and then showed off our accomplishment by dancing them at our June 25 dance.

"Summertime Frolic" was the theme of the dance which was held at Sun City Roseville's Sierra Pines Clubhouse. Our hosts were Jim & Jeannie Keener. Jim did double duty by being our DJ. Our dinner was a potluck meal lovingly prepared by our members. The salads, main dishes,



Rich Pick and Jim Christie; Jane & Bob Roman with Jack Coate; Ernie & Lynda Wilson



and desserts were quite tasty. Connecting with friends and dancing was a great way to beat the summer heat.

Be on the lookout for flyers and emailed information about our Barn Dance coming up September 15 at KS.

Contacts: Marsha Brigleb 434-5460, Laura Wermuth 253-7092



Cribbage

We welcome you to 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 June were Hugh Duberley, week one, Brian Yates, week two, Bob Frank, week three, Mel Switzer, week four.

Fred Hampel, one of our regular players, had a 28-point hand. The odds of having a 28 point hand are 1 in 15,028. Congratulations, Fred!

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



Cyclists

Probably the most important item to pay attention to on your bike is the tire pressure. If you are using a floor pump, you are not getting a true reading. Floor pumps measure the pressure at the gauge which means that you are measuring the pressure inside the pump. The pressure reading is consistent but not accurate. Buy a good tire gauge and measure pressure at the tube valve. Do not inflate the front and rear tires to the same pressure. For road bikes, the weight balance is more like 40 percent front and 60 percent rear. There is no scientific formula but I find that at 175 pounds, I put 100 psi. in the rear and 90 psi. in the front. The pressure indicated on the tire sidewall is generally too high for a comfortable ride. Tires leak air over time. Check your tires at least once a week.

Contact: Steve Valeriote 408-5506, lhyclist.com
Website: www.LHcyclist.com



Eye Contact

Living Skills Meeting, Multimedia Room (OC), Thursday, August 24, 10:30 AM-12:00 PM. “Summer Time Fun #3” Anne Touloukian will share her 10 years’ experience training Guide Dogs for the Blind. The guide dog is a “mobility aid” to travel safely as well as a loving companion. There are questions that need to be considered and Anne will help answer them. An informal discussion period after Anne’s presentation will be held on the use of the White Cane. Facilitator: Cathy McGriff for Elaine Small.

General Meeting, Fine Arts Room (OC), Tuesday, September 5, 2:00-3:30 PM. “Vision Loss: Trauma, Depression, Challenges and Acceptance.” Our speaker will be Priscilla Yeung, Senior Program Coordinator, Society for the Blind. Her presentation will cover:

- The process of grief as associated with vision loss
- How to recognize and cope with your own personal loss
- How to move forward to acceptance and adjustment

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



Fishing

Many members have been catching in the Bay, Lakes, floating down Rivers and returning to places where luck didn’t come their way, with success the second time. What could be better than that when fishing?

The remainder of year is scheduled for Alaska, the bays off the Pacific Ocean, Trinity, Flaming Gorge, Big K in Oregon, Sacramento and American Rivers, Fuller, Whiskey, Collins, and Rollins. Plan a trip to Weber Lake, it’s new and might be productive.

Use your members Preference sheet to find someone to fish with...

Don’t forget the *Lincoln Kids Fishing Derby*—September 4. We need volunteers to set up fishing rods/reels in August and help out at the derby on Labor Day.

Learn to fish! Members are willing to show you how.

The Fishing Club meets monthly on the second Monday at 7:00 PM, KS, to discuss fishing.



Jerry goes to Montana; River runs through it?; Mac making sure it doesn’t get away

To join, contact Jim Kerbey, jmalcom2@aol.com.

Contact: Henry Sandigo (415) 716-0666, hsandigo@icloud.com



Garden

“Gardeners Table Talk” is our Summer Social this year and replaces the regular monthly meeting. This event has been designed to be an opportunity for members to share with each other gar-



Sharon Kurth—Volunteer at the Community Garden;



Georgia Vonk, Paul Lewis, Virgil Dahl “Where to prune on this Bonsai?”

dening tips, ideas and maybe even a few “horror stories” while enjoying a continental breakfast together. All Garden Group members have been sent an invitation as well as a reminder of this new event with full details. All members wishing to attend must have RSVP’d by August 15 to Lorraine Immel (limmel@ssctv.net) or 434-2918. Unfortunately this is not a drop-in social as rotating table assignments require advance planning.

According to Marie Salers-Garden Group Coordinator with the Community Garden, “We are swimming in summer crops at the present and able to donate potatoes, zucchini, tomatoes, cucumbers, peppers, kale, and onions to the Salt Mine.” This is one of our many civic projects in which the Garden Group is involved!

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



Genealogy

There is so much happening in genealogical research: digitalizing, indexing, etc., that what was true a year ago has been expanded and new possibilities exist for us that were not available then.

On August 21, 6:30 PM in the P-Hall (KS), Laurie Markham will be updating us on *What’s new at Family Search*.

Family Search is a free website with so many resources at our fingertips. Laurie will outline those that we may not know about and those that have come online in the last year. Laurie is an Associate Director at the Family Search Library in Sacramento.

The August door prize will be a 27” LED monitor. Members who sign in before meeting starts are eligible.

The social will be held across the hall after the meeting where refreshments will be served and you can avail yourself of an opportunity to chat with others who have similar interests.

Contact: Maureen Sausen 543-8594; Arlene Rond 408-3641.
Website: lincolnhillsgenealogy.com



Laurie Markham



Golf

Ladies XVIII

With ABCD pairings, we played the Hills in a two BB format, July 20. Dee Arts, Pat McNiff, Millie Sams and Karen Thom beat the field of 44, by three strokes, tallying 119, to win. Lissi Bedford, Carol Perry, Jody Watson and a blind draw captured second by a stroke over Yeong Ja Hur, Karen McGraw, Julie Storer and Patti Tilton, scoring 123. Judy Meyer, Gayle Peterson, Carol Tilley and Ofra Unger took fourth with 126, two better than the fifth place team of Judy Dong, Suzanne Hutchison, Diana Lilienthal and Joyce Watson. McGraw, playing in one of the last groups through Hole Seven, landed the ball on the green some 25 feet from the flag for the CTP.

The next special event is the Club Championship in mid-September. Ten games qualifies; payouts will include low net winners in each flight.

Membership is always open. If interested, contact Donna Sosko.

Contact: Donna Sosko 434-5527

Website: lhlxviii.com

Lincsters

The Lincsters' Club Championship will be held on two consecutive Wednesdays this month: August 16, with play on the Orchard Course, and August 23, with play on the Hills. The second day of the tournament will conclude with a luncheon and awards in the Secret Garden off the Ballroom (OC).

Flight winners on June 28 were: Meredith Nelson, Flight A; Barbara Mikacich, Flight B; Charlotte Raifaisen, Flight C; Ruth Pennington and Gay Gladden, Flight D.

On July 5, the first place winners were: May Lyau, Flight A; Suzanne Lindbergh, Flight B; Marcia Bush, Flight C; Kathi Carlock and Barbara Gorden, Flight D.

Winners on July 12 were: Phyllis Patrick, Laura Niles, and May Lyau, Flight A; Ive Laske and Barbara Parsons, Flight B; Linda Coolidge, Flight C; Gunilla Christol, Flight D. Congratulations to Jeannine Wuschnig of Flight B, June Golfer of the Month.

Welcome to new member Kathy McCuiston.

Contact: Pat Shafer, gdskd70@aol.com

Website: lincsters.com



Golf, Men's

September 25 is our Member/Member and Guest Memorial Tournament, sign up by September 15. Festivities for this fun two-day event include a Putting contest, Horse Race with a BBQ. Golf the next day with a breakfast and an Awards dinner in the Ballroom with our sponsors.

In the recent Two Man Scramble, playing from the white tees, the Net score winners were, Flight one: Rodger Oswald and Roger Smith; Flight two: Phil Spear and Henry Williams; Flight three: Ron Balderson and Roger Corley. Gross score winners were: Ed Lazarek and Tom Horan; Phil Steinbock and Rich Yoshikawa; Ross Burkett and Dave Wilens. Winners playing from the Green tees were: Duane Hansen and Ron Waisner; Mike Munro and Jason Hong. Congratulations to all the money winners!

Contacts: Gene Andrews,

eandgolf@sbcglobal.net;

Tom Traxel, tom.traxel@sbcglobal.net

Website: www.lhmgc.org



Healthy Eating

From the UC Berkeley School Of Public Health comes some sage advice about the importance of healthy eating: "Many people are trying to change



Fruit Platter; Farmers Market Scene; Local Figs



their diet to benefit their health, particularly with regard to lowering their risk of heart disease, cancer, and other chronic disorders. Yet it isn't always clear which dietary guidelines are important, or how to apply them on a day-to-day basis.

Healthy eating habits aren't as confusing or as restrictive as many people imagine. Simply put, foods derived from plants—vegetables, fruits, whole grains, and legumes (that is, beans and lentils)—should make up the bulk of the calories you consume. If you choose to eat animal foods, you can add in some dairy products, lean meat, poultry, and fish. Studies show that people who eat this way have a reduced risk of heart disease, diabetes, and, possibly, cancer and other chronic diseases."

Contact: Don R. Rickgauer 253-3984,

sclh13HealthyEating@gmail.com

Website: https://HealthyEatingClub.wildapricot.org



Hiking & Walking

Walk This Way! Yes, we have a very active Walking Group here in Lincoln Hills.



Summer is here and our hikes head to the beautiful Sierras; Donner Lake in the distance; Castle Peak



You can get out each week on Wednesday mornings and walk the beautiful trails we are so lucky to have.

Do you need more reasons to get out and walk? Consider these benefits: Your health, walking improves your heart and lung functions. Meditate while walking; studies show this can ease high blood pressure, improve digestion, anxiety, depression and insomnia. Memory booster, studies have shown that people that walk at least three times a week, slowed age-related declines in brain function and improved their performance on cognitive tasks.

Not convinced? Consider the social benefit, meeting new friends and taking walks with friends isn't just fun, but is beneficial. Join our Walking Group for your all around health. Check the website tab, Walking Group, to locate each week's trail. While you're there, check out the Hike schedule too!

Contacts: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;

Walking—Debbie Schryver 666-1741, dshumhaven@earthlink.net

Website: www.lincolnhillshikers.org



Investors' Study

We look forward to our fall speakers and our Christmas/Holiday Party. It's never too early to plan. Our meetings take place on the first Thursday of each month. Our next meeting is Thursday, September 7 at 2:30 PM in P-Hall (KS). Refreshments follow. Our speaker, Ben Keating of Wellington Management, focuses on fixed income, portfolio management and a variety of financial assets. Ben has a Master's degree from Boston University and over 25 years of experience in the investment profession ... Our consultant, Russ Abbott, will update his playbook and invite questions and viewpoints from the membership. All residents are welcome.

Christmas/Holiday Party. Our party is planned for Thursday, December 7 at Turkey Creek Golf Club. We always have an entertaining evening and hope you will join the festivities. More information to follow.



Russ Abbott, Talley Leger, John Noon and Mike Jamison

The Active Investors sub-group meets on the second Monday of the month, 3:00-5:00 PM in the Multimedia Room (OC). Norm Quattrin, 645-4675

Contact: John Noon 645-5600



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual and Transgender Community and those in friendship in SCLH.

We have regular activities going on. We meet for Saturday dog walks, a Saturday coffee klatch, movies on the third Monday of the month, and a breakfast buffet at Thunder Valley on the first Wednesday of the month. You can call or look up our website www.lavenderfriends.com for locations, dates, and times.

We are having a Game Night Potluck, 5:00-8:00 PM, on August 18 at KS. Check

out our website for more information, doing an RSVP, and what to bring. Dessert will be provided, and a bar will be available.

Activities: Greater Placer PFLAG meets on the second Monday of the month, 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria.

Contacts: Sheila 408-2802; Carol 295-0610

Website: www.lavenderfriends.com



Line Dance

Our second social dance of the year was held on August 13. It was another fun afternoon of dancing. It was held in the OC Ballroom.



Audrey's Monday Improver Class

Our next social will be the holiday party held on December 4 at KS. More information will be sent out this fall. These social dances give us a chance to use our line dance skills to have a good time. All levels of dance are done at these events, so no matter what class you are taking, you will be able to join in.

On the third Friday of the month there are social dances at VFW Hall in Royer Park in Roseville, 7:00 to 10:30 PM. Music by Toni Curso of T-N-T. On September 3 and 4, an event will be held at the Newark Pavilion in Newark, CA. Rachael McEnaney and Fred Whitehouse will be featured.

Contact: JoAnn Faria 434-6813

joannfaria@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until 12:00 PM. Summer is a great time of year to join others in a friendly game of Chinese Mah Jongg.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the



Innovations

The Innovations Group had a lively meeting on July 20 resulting in a group decision on three new projects. These are: 1) Transportation alternatives using Lyft or Uber; 2) Organizing previous research on Life Alerts for community presentation; 3) Basic considerations for home safety technology.

These projects will result in separate presentations to the SCLH community to inform the residents of what is available and what criteria should be used in evaluating the offerings in these areas. Preliminary results of these projects will be presented at the August 17 meeting at 5:00 PM in the Multimedia Room (OC). New members, interested parties and visitors are welcome. As we develop these projects we will be searching for Subject Matter Experts from SCLH for assistance. Questions? Contact Ray Dunaway at 794-0002.

Contact: Ray Dunaway 794-0002,

ray.dunaway@outlook.com

tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance.

If you have any questions, please call Bruce Castle 846-1500 or Marsha Ross 253-9551.

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



Mah Jongg, National

Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends. Newcomers are always welcome to play with us. If you don't know how to play, please call Fran Rivera at 434-7061. During the summer Fran isn't available but you may call and leave your name and telephone number and she will put you on her list to call back starting September 1. So why wait, call her now, so you may have a place in her fall class. These lessons are free and given in Fran's home.

"Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920's. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn but once you do, your ability to excel is limitless." This quote sums up the fun and excitement of the game.

Please call us before coming. Why not try it!

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



Mixed Media Arts

Our club provides a friendly, fun environment for creative expression by using various methods of media, textures, papers, photos, and so much more. Occasionally we have "hands on" demonstrations and presentations on the latest techniques in the world of Mixed Media. We are a very creative group, and most everyone at one point in time was a beginner. So don't be shy and feel free to

stop in during one of our regular meetings to see what we are all about. Our club starts at 1:00 PM on the third Wednesday of each month in the Ceramics Room (OC).

Contacts: Frima Stewart 253-7659,
frimastewart@gmail.com;
Patricia Branham 408-5057,
pbranham56@aol.com



Motorcycle

RoadRunners

July was a busy month for the club with two rides and a baseball game. Club member Robert Woerlee led an impromptu ride on June 30 to the remains of the old mining town of Cherokee north of Oroville. Riders went on to visit a covered bridge and lunch at Mike's Grande Burger in Oroville. On July 8, Road Captain Mike Smith led 15 riders to the town of West

Point in the Sierra Foothills. On the way there the group stopped to enjoy some cool shade beside the Mokelumne River. After the break it was on to breakfast/lunch at the Cozy Cabin Cafe before starting the hot ride home.

On July 12, club members enjoyed a night out at McBean Stadium watching the Lincoln Potters play rival Yuba City. The VIP tent was fun along with all you can eat hamburgers, hot dogs and beverages. Thanks to Sandy Milbauer for putting together a great evening!

If you like motorcycle touring and have a road worthy motorcycle or trike, check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multimedia Room (OC) Guests are always welcome. The next meeting will be on August 24.

"Ride Safe—Ride With Friends."

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



Night out at the Lincoln Potters baseball game; Getting some shade at the covered bridge; Lunch in West Point



Movie Lovers

The Movie Lovers Group meets on the second Thursday of each month in the Multimedia Room (OC) from 6:30 to 8:30 PM. On September 14, we will discuss the movies The Big Sick, Maudie, and Dunkirk. Our discussions are frequently stimulating, insightful and foster new friendships. We welcome all residents and new members. Future meetings are planned for September 14, October 12, November 9, and December 14.

Contact: Cliff Roe (408) 205-8765



Music

Calling all musicians to the Music Group Meeting! We play and sing, August 23 from 6:30-8:30 PM in the Fine Arts Room (OC). Come join the fun and connect. The two songs for August are: "Take Me Home Country Road" and "Song Sung Blue". There will be a Blues Jam at the end of the meeting. Bring your instrument. (Low pressure, come and practice).

The next Open Mic is scheduled for August 18 from 6:00-8:00 PM, in the P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians. No karaoke is permitted.

Work on your skills at the Performance Skills Workshops. The next one is August 21, 9:00 AM-12:00 PM, in the P-Hall (KS). There could be some surprises, stay tuned to the Music Group website. The SCLH Ukulele Jam meets Wednesdays, 1:00-3:00 PM, (OC Lodge). Open to SCLH residents. Contact Ron Peck (409-0463) for information.

Contacts: Don Smith, donsmith6704@frontier.com

Website: LincolnHillsMusicGroup.org



Needle Arts

The Needle Arts Fall Retreat is scheduled for Monday-Friday, October 31-November 3, at the Mercy Center in Auburn. Register early because space is limited. The cost is \$387, which includes room, meals, and activities. To register, contact Kris at 543-9668 or kmvolker@gmail.com.

Note: There is *no* monthly Needle Arts meeting in August, but there is a busy fall venue planned so put the following dates on your calendar.

- September 12, P-Hall (KS), 1:00 PM, speaker Laura Zander from Jimmy Dean Yarns, www.jimmybeanswool.com/
- October 10, P-Hall (KS), 1:00 PM, speaker Mel Beach on quilting, <http://melbeachquilts.com/>
- November 14, P-Hall (KS), 1:00 PM, the Wearable Arts sub-group will provide a special presentation.
- December 19, Needle Arts Holiday Tea; details be announced.

Contact: Jean Storms 408-1515;

jslres@pacbell.net, www.sclhna.com

Website: www.sclhna.com



Neighborhood Watch

We have to give our pets credit—those lovable creatures are smarter than we think. If there's a hole in the fence, a gate left ajar or a screen door that doesn't shut completely, they're off to explore the neighborhood. Just when we think, "They never get out," they've started an adventure.

Knowing that our pets are an integral part of our lives and losing them can be devastating, Neighborhood Watch has a lost/found pet program that informs the

community when a pet goes missing. We also report found animals; in fact, thanks to the Lincoln Hills Foundation, we have a scanner to check for microchips.



Microchip scanner looks for a chip to help identify owner

If you lose or find a pet, check our website or call one of the volunteers: Mary Shelton, 409-9923; Lance/Judy Presnall, 587-3328 or Teresa Tanin, 530-400-8526.

Collar identification and microchips (with updated information) are important in keeping our pets safe.

Contacts: Larry Wilson 408-0667,

lgwlincoln@gmail.com; Pauline Watson

543-8436, frpawatson@sbcglobal.net

Website: www.SCLHWatch.org



Painters

One thing about art, there is always something to learn! The July Painters Club meeting featured a demonstration by abstract artist Patricia Abraham who created a lively, bright image using water-based mediums. Her bold use of color really made things pop and opened a lot of eyes to new approaches to creativity.



July Demo by Abstract Artist Pat Abraham

Our August meeting (August 15, 2:00 PM in the Fine Arts Room (OC), Sacramento artist Steve Metering will offer critiques of members' works in progress. This is a wonderful opportunity to get help from a versatile and accomplished painter, so bring your 'almost perfect' project that needs just a little help to complete.

We have such interesting programs scheduled, come join us by contact-

ing Jerrie Crass, our membership chair: (email: jerrie68@gail.com).

Contact: Joan Musillani 712-4393,

joanmusillani@gmail.com

Website: <http://lhpainters.org/index.html>



Paper Arts

This month we are holding a Back-to-School Supply Drive. Our members will be donating various items—from pencils and pens, to paper—to those students in our community who need them most. Thanks to Donna Tewart, Service Chair, for organizing, and our members for their generosity.



Debbie Chronister displays our July project

Coming soon: Dottie Macken will present our September project, Claudia Santos will lead our Halloween project in October, and in November, we will make decorations for our Christmas party.

Don't forget to mark your calendars for Friday, October 20, and our second annual bus trip to the Sacramento Stamp & Scrapbook Expo at the Sacramento Convention Center. (Additional details on page 65 and more to come.)

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us.

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) the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

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



Photography

Members of the Photography Club crowded the Sports Pavilion on July 19 for the club's first-ever summer BBQ! It was a soaring success. Members enjoyed a relaxing social before digging into a drool-worthy menu of chicken, beef and all the fixings catered by Bill's Chuckwagon. And even though serving sizes were extremely generous, nary a morsel of food was left on most plates.



Photos by Truman Holtzclaw

An event of this size is only successful if you have the support of volunteers. From table setup and décor to donations of ice chests and drinks, we enjoyed complete volunteer coverage. One of the members donated a beautiful backpack for camera gear which was presented to the lucky member with the winning ticket. The Board extends its appreciation to all of the volunteers. As a thank you for the loyalty, dedication and enthusiasm of all club members, the

Board kept the BBQ affordable by picking up half the cost.

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



Pickleball

For many, what happens off the pickleball courts is as much fun as what occurs on the courts. Players mix-in a few games with the latest news about travel, grandkids and home improvements.

Want to join in the fun?

Just about every Wednesday at 1:00 PM, Cal Meissen provides a free introduction to our sport. No paddles or reservations are necessary.



Steven Repetto readies for the backhand; Ron Powers (far left) catches up with Mitch and Terry Miladinovich



There are two free Welcome Saturday Pickleball Introduction Programs: September 23 and October 28 at 11:00 AM. Drop-in; paddles provided.

The club strives to welcome newer players. There are special singles days that make it easier for those without foursomes to get in games. Once you have the basics down, club members are offered free lessons for all skill levels.

The club has set September 13-15 for the Fall Classic Tournament. Mixed-doubles

teams have been forming and are practicing together for a chance to earn medals at the hometown event.

**Contacts: Mike Gardner 834-6549, pickleballmike1@gmail.com
Website: www.lhpickleball.com**



Players

The years go by, and we must adjust to the changes in our lives.

One of the most difficult times to deal with, is when we lose someone we love. This is what the Players are dealing with now—Betty Gordon passed away on July 18. The Players have lost a true friend and a great actress. Betty was a founding member of



Betty Gordon was Mrs. Claus, Mother Goose, and any other part you wanted her to play—she stood out “head and shoulders” above the rest

the Players Group and has continued her acting skills throughout the years. Being a part of the community was her main drive, —no I take that back, Acting was her main driving force, then comes the Community. She was Mrs. Claus, Mother Goose, and any other part you wanted her to play—she stood out “head and shoulders” above the rest. She felt the love!

**Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com
Website: www.lincolnhillsplayers.com**



Poker Group

The Poker Group plays a variety of poker games every Monday and Friday, 12:45 to 4:30 PM, Tuesday, 4:45-8:30 PM, in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays—same times.

All poker players will be seated as long as they arrive by 1245 PM (Monday and Friday) or 4:45 PM (Tuesdays). The seating arrangement eliminates people not being able to play because tables are full. The plan ensures play so come on down and join the fun.

Any questions, or to be added to our email distribution, please contact one of the following members.

Contacts: Lynne Barsky 253-3730;

Arnold Baker 434-5412



RV

The wheels keep rolling with the June rally to San Juan Bautista and the July rally to Lake Almanor.

Our rallies always include lots of shared meals, happy hours, golf, tours of the local area and anything else the group can cook up! We always enjoy grilling our own meat and bringing a side dish to share.



*San Juan
Baustista
Wagon
Masters
Dennis
and Donna
Malone;*



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The final rally this year will be a coordinated caravan to the Albuquerque hot air balloon festival with stops along the way to enjoy scenic spots in the western United States.

We meet at the Social Kitchen (KS) at

4:30 PM on the second Thursday of each month, where we discuss upcoming rallies then visit with shared appetizers. Residents with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

Contact: Marlowe Skar 434-7799

Website: www.lhrvg.com



SCHOOLS

All are welcome on Thursday, September 14 at 10:00 AM, at KS for a very interesting morning: SCHOOLS will hold their annual meeting featuring Scott Leaman, Superintendent of West Placer School District. He'll discuss the impact of tax Measures A and N on our local school district He'll explain how the District plans to spend money raised by these measures, with a Q&A session at the end. You'll also learn about the SCHOOLS volunteer program and how you can participate.



*SCHOOLS
annual meeting,
September
14, featuring
Scott Leaman,
Superintendent
of West Placer
School District*

An orientation workshop for those who want to be volunteers will be held on Friday, September 22 at 9:00 AM at the School district office at 600 6th St. Suite 400. Contact ceeledge@sbcglobal.net if you plan to attend.

Visit our website at <http://schoolssuncity.org>. You'll find information about the volunteer program including quotes from teachers and volunteers. Contact a leader listed below who will answer your questions. You need not have had any teaching experience to volunteer.

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary)

543-8617, ceeledge@sbcglobal.net;

Irma Mendez (High School), jmeidm@aol.com

Website: <http://schoolssuncity.org>

SCOOP

Our last SCOOP meeting on Tuesday, October 3, will feature our Treasurer Michele Murphy and her

dog, October, who is a "dog in training" for Canine Companions for Independence. This is a wonderful program that trains dogs who will be companions for people who need them. Come and hear about this program and meet October!

On Wednesday, September 13, there will be a brunch on the patio of Meridians for dog owners at 8:00 AM. Dogs of all sizes on leashes are welcome.

At our October 3 SCOOP meeting, we will elect new officers. Please consider taking a leadership role to help SCOOP continue.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

We welcome you to join our group of Scrabble enthusiasts on Monday afternoons at 1:00 PM in the Card Room (OC). All materials are provided. No reservations are needed. Play one, two, or more games. Some folks stay till 4:00 PM and beyond. Others play for an hour. We are a very flexible group. It's a good way to spend a hot summer afternoon!

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



Shanghai

Shanghai is a unique card game played with a group of four-to-six players. Wish to learn? Contact the name below. We meet every Thursday from 12:30-4:30 PM. We also play every second and fourth Friday nights at 5:45 PM. All these games are played in the Card Room (OC).

Contact: Howard Beaumont 408-0395



Singles

Summer arrived early, and we keep having hot days over 100 degrees, hope it cools a little like maybe only in the 90's!

Singles enjoyed their first River Cats bus trip on July 31. This trip sold out quickly, but don't worry if you missed out as we will have another one soon. Bingo was a great evening at our July Social. Lots of prizes given out.

Upcoming events include:

- August (17) Dining Out at Casa Ramos

in Lincoln; (24) Our Social “Board Games” at OC Ballroom

• September (7) Cocktail Time at Old Time Pizza in Lincoln; (9) Second Saturday Breakfast; (10) Birthday Celebration in the Sports Bar (OC); (12) Activities Meeting in Ceramics Room (OC); (14) Business Meeting in OC Ballroom.

Weekly: Bocce Ball on Wednesdays and Golf on Fridays. \$15 a year you can join us by contacting Membership Chair Maggie 409-5348

Contact: **Kathy Shaddox 209-3307**



Sports Car

To escape the summer heat, a large contingent of members of the Sports Car Club headed to Grants Pass, Oregon. Leaving Lincoln on July 17, the group headed north past Mt. Shasta and Ashland arriving at *The Lodge at Riverside* in time for wine and cheese before dining at *The Rivers Edge*. The next day we parked our cars and boarded a boat for



A Wild & Wet Ride; Lined up and ready to go;

Bob Beasley makes a new friend

an exciting ride on a *Hellgate Jetboat Excursion*. This was a wet and exhilarating afternoon. After a time to rest, we dined at the *Tap Rock Northwest Grill*.

On August 2, the club took part in a day trip through the beautiful Sacramento Delta Region for lunch at *The Point* in Rio Vista. We have been here on almost a yearly basis and once again we had an enjoyable day.

If you own a sports car and want to enjoy your car with others, contact tom.breckon@sbcglobal.net

Contact: **Tom Breckon 434-6989,**

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



Sun City Squares

Sun City Squares celebrated Independence Day with a fabulous lunch and birthday cake for a very special birthday for Chuck Vickers one of our long-time members.



Sun City Squares celebrated Independence Day with a lunch and birthday cake for long-time member, Chuck Vickers

Sun City Squares Dance at KS—

- Monday 1:00 to 2:30 PM New Dancers
- Monday 2:30 to 3:30 PM Plus Dancing
- Monday 3:30 to 4:00 PM Advanced Dancing
- Thursday 1:00 to 3:00 PM Advanced Dancing

Contact: **Jean Grupp 408-1868,**

jean@grupphomes.com

Tap Company

September will start our ‘New Year’ of tap classes. All of you who want to tap but don’t know how, or haven’t tapped for several decades, now is the time to sign up! Alyson, our wonderful teacher, was born with dancing genes. Her mother was a Rockette and



Alyson Meador, Teacher; Carol Rose, LaDonna Cumiford, and Joyce Curry, (not pictured Becky Nicholson)



her father was an Arthur Murray dance instructor. She had some learning to do about the best ways to instruct 55+ year olds! “We don’t do tap tricks or turns, but other than that we can do pretty much everything else as long as the speed stays reasonable and there is a lot of review done. As with all things started in our senior years, it takes a little longer to learn and master. The bottom line about tap dance is that you are never too old.” Our coaches began dancing very young: Joyce at three; Carol at six; Becky and LaDonna at eight!

Contacts: **Natalie Grossner 209-3804,**

Natalie_g@msn.com;

Fred Dempster 253-9734



Tennis

We are in the sizzling days of summer but that hasn’t stopped our USTA teams and SATA teams from getting out there and competing. These highly competitive matches were on July 30 and August 6 and they continue August 20.

Saturdays from 8:00 AM to 10:00 AM, volunteers are at the court running the ball machine for all who want to practice their strokes.

Our next tournament is the Mixed Doubles to be played on Thursday, September 21. Also be watching for more information on the Oktoberfest Tournament in October and our fall LITT in September. Also our Holiday Party.

Active recruitment is going on for the 2018 LHTG Board. We need you!

The next Board Meeting will be August 10 at 3:30 PM. It is open to all LHTG

members.

Be sure to check out the LHTG website.

Contacts: Pam Flaherty,

pamflaherty@gmail.com

Barbara Davis, 408-2604, barb7dick@att.net

Website: www.sclhtg.com



Veterans

California Assemblyman Kevin Kiley will be the featured speaker at the August 17 general membership meeting at 1:00 PM in the P-Hall (KS). This meeting will afford members and guests an excellent opportunity to learn about current legislative action in the California Assembly. Everyone is welcome!



Assemblyman Kevin Kiley will talk about current legislative action in the California Assembly on August 17

Assemblyman Kiley was elected November 8, 2016 to represent the Sixth Assembly District, which comprises Placer, Sacramento and El Dorado Counties. He is vice-chair of the Privacy and Consumer Protection Committee, and serves on the Education, Higher Education, Judiciary, and Governmental Organization Committees.

Contact: Fred Buhler 209-3529;

Ddinmont2@earthlink.net



Water Volleyball

Late summer has our club celebrating a record number of new players bringing our roster to 125. After orientation, the newbie is introduced to a buddy for the first Saturday and assigned a mentor. The volunteer mentors teach, guide, and assist any level of player to elevate the volleyball skill set. Two men have done an outstanding job in the role as mentor. Randy English and Phil Savio have volunteered since our mentoring program was first introduced one-and-a-half years ago. Our club is so fortunate to have numerous mentors contributing valuable training, and we applaud all of them.



*Phil;
Randy;
Sully and
Kalli*

Dates to remember for social events are: Sunday, September 10, Potluck at Sports Pavilion at 5:00 PM; Saturday, October 14, Fall Fling Party at KS, times TBA, preceded by the premiere of our Water Volleyball video, led by Mel Switzer and directed by Jeff Hanner.

See you in the water!

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Woodcarvers

The SCLH Woodcarvers will have some award-winning carvings on display in (OC), in the windows in front of the Needle Art Room. The display will be until mid-September and all 13 winners from the Capital Woodcarvers Show will be on display plus some additional carvings as well. This is an excellent opportunity to see what woodcarving is all about.

If you have an interest in woodcarving please come to a meeting and see what is being carved. Some members are working on simple carvings and other's carvings are more complex. Members have quite a range of experience, beginners to experts. No experience is necessary and help is available to get you started. Additionally we have carvings tools that you can use

and a large library of books, magazines and DVD's for plans and ideas.

Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS)

Contact: Dick Skelton 626-0895



Writers

Writers Group member, Freddie Dempster, introduces her writing:

"As a member of AAUW in Littleton, Colorado, I became part of their Writers interest group and learned of a Memoir Writing class at the Tattered Cover Bookstore. The class was fun, both hearing others' stories and putting together my own, with pictures, to be in a book form. When we moved to Lincoln Hills and saw all the activity groups, the Writers Group



*Freddie
Dempster*

piqued my interest. Since being here, my writing has been mainly memoir types of tales, which will be passed along to family. Two of my great-grandparents' lives sound extremely interesting, and, since I recently completed the Genealogy Boot Camp, my next project is researching ancestors, their places of birth, marriage, and death, then writing the 'Facts' of their lives and creating a 'Fiction' that could fit the facts and bring them to life."

Join us on the second, fourth, and fifth Mondays, 6:30, Ceramics Room OC.

Contacts: Geoff Young,

gwyong01@wavecable.com;

Freddie Dempster, fredeedee@gmail.com;

Susan Gust, srg2266@gmail.com

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Bulletin Board

Please email your bulletin board articles to shelvie.smith@sclhca.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.

A Course in Miracles Study Group

Achieving inner peace by living the principles of ACIM is our objective. The study group meets 2:00 to 4:00 PM on the first and third Mondays beginning September 18, and is led by Alexandra Smith, 409-5253.

AARP Foundation Tax Aide

AARP Foundation Tax-Aide is looking for volunteers as counselors and schedulers to help taxpayers complete their 2017 income tax returns in Lincoln during the 2018 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 5 through April 16. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2017 tax season, please email Yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in. Mark Burke, 878-6249.

Bocce Drop-In

Bocce drop-in fun with neighbors and friends. Every Friday evening at 6:00 PM at SCLH Bocce Courts, beginning September 1 thru November 17. Draw names for teams. More info: Brenda at brenda@spencerbrenda.com or 705-1070.

Bowling

The SCLH Tuesday Morning 10:00 AM Senior Bowling League has openings for bowlers in the fall, for 55 years old or older and open to the public. We bowl at the AMF Rocklin Lanes on Sierra Meadows, our first meeting will be held there August 29 at 12:15 PM. You will need to purchase your USBC card that day. Our season begins September 5,

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.

• Tuesday, September 5 • 10:00 AM Nautilus Society Oaks Room (OC)

practice at 9:45 AM and bowling begins at 10:00 AM. The roofing issue has been repaired. More info or to sign up: Betty Tucker, 253-9440, or Vonnie, 645-0222.

Glaucoma Support Group

Are you searching for new ways to approach the treatment of Glaucoma? Are you struggling with the multiple drops you take on a daily basis? If you are living with Glaucoma and have questions, please plan to attend the Glaucoma Support Group. Our next meeting will be held on September 13, at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133.

Italian Club

"Where in Italy are You?" is set for September 16 (KS). You won't need the GPS! Test your knowledge of Italy's geography, as well as its history and culture, and enjoy a tasty homemade Italian dinner featuring Tuscan Ribollita soup. Although there is no October event planned, the popular Turkey Bingo returns on November 5, to the Sun City Roseville Ballroom. More info to come. If you are a Lincoln Hills resident of Italian heritage, check out the activities on the Club's website at www.lhitalianclub.org. Contact Sandi Graham, 826-5711 or smgraham101@gmail.com about membership.

LH Cloggers

Come join us as we dance our clogging best at the "Dancin' In The Desert" shindig, August 25-27, in Victorville! We're going to learn many different forms of this beloved American folk dance. Flat-foot, Shuffle-Style, Buck, Circle/Partner dances, Contemporary, Irish-Canadian, PowerTap and Intro to Free-styling are just a few of the workshops scheduled to be taught by some of the leading clogging instructors in the U.S. You won't want to miss this,

so we'll see you there! More info: Natalie Grossner, 209-3804.

LH Republican Club

The next meeting is August 29, 6:30 PM in the P-Hall (KS). The Speaker will be Steven Baird. The State of Jefferson reboot began in September of 2013. Now 21 counties from the Siskiyou County on the Oregon border down to Tuolumne County at the southern tip have Declared and Petitioned to be released from California under Article 4, Section 3 state split as outlined in the US Constitution. Come learn more about where we've been, where we're going and how the new State will have a positive effect on you and your families.

Lincoln Caregiver Support Group

The Lincoln Caregiver's Support Group meets at the Twelve Bridges Library August 17. We are a group of persons who're caring for loved ones, friends or family with illness. Come and find out the resources you need, get the help you want, and encourage your heart. We meet from 9:00-11:00 AM. Please come in the back employees' entrance. More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club's annual BBQ is Thursday, September 21, at the Sports Pavilion. For details, see the club website, <http://www.democraticclublincolnca.org>, or email Al Witten, lincolndems@gmail.com.

Lincoln Parkinson's Group

The Lincoln Parkinson's group will be hosting Tuan Nguyen from the Lincoln Pharmacy on Sterling Dr., Tuan will be sharing with us about different medications for Parkinson's and what side effects and interactions they

Continued on page 46



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Continued from page 43

may have with other drugs. Please come support the group by attending on August 15 from 10:00-11:30 AM. We meet at the Granite Springs Church on E. Joiner Parkway. For more information contact Brenda Cathey at 916-253-7537.

Multiple Sclerosis

Tuesday, September 5, the day after Labor Day, at 1:00 PM in the Sierra Room, (KS) is the first Multiple Sclerosis Meeting after a hot, leisurely summer break. Time to catch up and see what

interesting meetings are planned for the remainder of the year. Details regarding the meeting: Jeri Di Fiore, 408-7565. Questions regarding MS: Marilyn Sharp, 837-4464.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Club in Roseville (781-2323). 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, double and/or singles. Ladies are welcome. See you on the

court! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shalom Group

Food, fun, games and culture—the Shalom Group offers all these things at various times throughout the year. Later in the year we plan our annual Bocce Ball tournament with the Italian Club. Our focus is on Jewish history, culture and, of course, food—but membership is open to all who are interested in a multi-faceted group of friendly people. More info: Vida Morrison, 984-1043.

~ Community Perks ~

LH Certified Farmers Market & Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open every Wednesday until November at the Fitness Center parking lot. Are you interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com in order to reserve your space.



Lincoln Hills Astronomy Group (LHAG) Partial Solar Eclipse Event Monday, August 21 — Free

Residents of Lincoln Hills are invited to observe the solar eclipse on the morning of Monday, August 21, on the patio behind OC. Between 9:02 and 11:39 AM, the Moon will pass across the face of the Sun, blocking out part of the light. Lincoln Hills will see a partial eclipse of the Sun where the Moon blocks some, but not all, of the sun's light. LHAG members will provide telescopes equipped with solar filters to enable viewers to safely observe this rare event. Sunspots should also be visible on the surface of the sun for the viewers.



Music Group Sponsored "Open Mic Night" Friday, August 18 — Free

6:00-8:00 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. For SCLH performing musicians and audience. Singers must be accompanied by a musician. No karaoke.



5th Annual Members Art Exhibit August 23-September 23 — Free

A wide variety of artwork and themes as expressed by the Art League of Lincoln's own member artists always make this a popular event. Paintings, Photography, Ceramics, more. Exhibit Reception: Open to the Public. Saturday, August 26. 5:00-6:30 PM. Artists in Attendance, Art Available for Purchase, Refreshments Served. The Art League of Lincoln, 580 Sixth Street in Lincoln.



KS Classic Movies on Saturday: The Band Wagon Saturday, August 19 — Free

1:30 PM, P-Hall (KS) Not Rated, 112 minutes, Comedy/Musical/Romance. Starring Fred Astaire, Cyd Charisse, Nanette Fabray, Oscar Levant, Ava Gardner. A pretentiously artistic director is hired for a new Broadway musical and changes it beyond recognition.



Coffee with the Mayor Thursday, August 24 — Free

8:00 AM, Community Living Room (KS). Please join Peter Gilbert, SCLH resident and mayor for the city of Lincoln, at his monthly Coffee meetings. This month, Jeanine Windeshausen, Treasurer-Tax Collector, for Placer County, will accompany the Mayor. Jeanine will discuss the topic of New Pioneer Community Energy Board and share



Shooting Group

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. For more info about shotgun shooting sports: John Kightlinger, at 408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. More info about rifle or pistol shooting: Jim Trifilo, 434-6341

or trifilo@sbcglobal.net. Come out and have fun!

Sons in Retirement

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, August 15 at Catta Verdera Country Club. Speaker will be Civil War historian Doug Bonetti. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest: Chet Winton (408-8708).

Did You Know?

Our 18 Fitness Trails welcome walkers, joggers and cyclists. Residents, guests (carrying passes when not with residents), and pets must stay on leash, no more than six feet long, and on the trails to protect the open space.



how the program works for your interests and saves you money. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the city of Lincoln and to ask questions; the Mayor is happy to answer any all resident concerns.

Rescheduled Date

KS at the Movies: Hacksaw Ridge
Saturday, August 26—6:00 PM — Free



P-Hall (KS). Rated R for intense, prolonged graphic war violence, 139 minutes, Biography/Drama/History. Starring Andrew Garfield, Sam Worthington, Rachel Griffiths. WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Winner of two Academy Awards.

Two Showings! KS at the Movies: Beauty and the Beast

Saturday, September 2—6:00 PM — Free
Monday, September 4—1:30 PM — Free



P-Hall (KS). Rated PG, 129 minutes, Family/Fantasy/Musical. Starring Emma Watson, Dan Stevens, Luke Evans, Josh Gad, Kevin Kline, Emma Thompson, Ewan McGregor, Ian McKellen. A live action, musical adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love.

KS Classic Movies on Saturday: Viva Las Vegas

Saturday, September 16 — Free



1:30 PM, P-Hall (KS) Not Rated—85 minutes. Comedy/Musical. Starring Elvis Presley and Ann-Margret. Race car driver Lucky Jackson

(Elvis Presley) goes to Las Vegas to earn money to pay for a new engine for his motor car. Working as a waiter, he still finds the time to court young Rusty Martin (Ann-Margret).

Two Showings! KS at the Movies:

The Conjuring

Saturday, September 30—6:00 PM — Free
Monday, October 2—1:30 PM — Free



P-Hall (KS). Rated R, 112 minutes, Horror/Mystery/Thriller. Starring Patrick Wilson, Vera Farmiga, and Lili Taylor. Paranormal investigators Ed & Lorraine Warren work to help a family terrorized by a dark presence in their farmhouse.

Document Destruction

Monday, October 16

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. \$10 cash or check per average file box payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



KS Classic Movies on Saturday: The Birds

Saturday, October 28 — Free



1:30 PM, P-Hall (KS). Rated PG-13, 119 minutes—Drama/Horror/Mystery. Starring Rod Taylor, Tippi Hedren, Suzanne Pleshette and Jessica Tandy. A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people. Directed by Alfred Hitchcock.

Library News

Sandy Melnick, Library Volunteer

The dog days of summer are upon us.

Turn up the A/C and put up your feet for good reading!



Once again, we are reminding you of our donation guidelines. They are the following: published in the year 2010 and later (either paperback or hardback). Donations of both large print and biographies do not need to meet the restriction of a published date. Please

make sure that the book is in good condition. We are very grateful for all books and want to thank everyone for their very kind donations.

Just a reminder that we have the latest book lists in a folder on the top of the circular couch. Browse through this folder and see the bestseller list. Also, on the back of the sofa we have books made into movies and hand-picked books by Library volunteers. We are sure you will find an interesting book of your choice. Also, our fiction books are alphabetized by author. We do not put books into categories.

I just read *The Chaperone* by Laura Moriarty and it was very good. A woman accompanies a 15-year-old girl to New York so that the girl can participate in a dance school in 1922. The woman has her own reasons for being the chaperone to a teen-age girl who is a rebel. The story really pulls you in and I really enjoyed reading this hardbound book.

Contacts: Sandy Melnick (408-1035) for donations, Pam Combes (530-613-4185) for investment materials, and Bobbi Swenson (543-6362) for the Community Living Room (OC).

In Memoriam

Helen Grant Helm

Helen had an amazing energy and love for life. Besides her own four sons, she also raised her step brother. She was a Cub Scout den leader, scout mother, and kept up with all the boys' activities. She was a role model and was always encouraging to her own kids and their friends. After losing her husband of over 50 years, she moved here from Lafayette, California. She immediately immersed herself in this community, with exercise classes, bridge games and serving the Lincoln Hills Foundation, while still traveling the world. Helen died a month short of her 95th birthday. She is dearly missed by her four sons, five grandchildren and six great-grandchildren.

Ron Manas

Ron moved to Lincoln Hills in 2001 with Sue, his wife of 55 years. A Native Californian, he spent his early childhood in Mount Shasta before becoming a longtime resident of Sacramento. He retired from Sacramento County as an electrical inspector. Ron was active in the Mens' Golf Club and Fishing Group. A great organizer, he planned many golfing and fishing trips with friends and his talent as a cook made these trips memorable. Ron and Sue traveled and cruised the world, but he was most happy to be with

family. A generous and fun loving man, he will be especially missed by Sue, their three children and two grandsons.

John Charles Maty (Matyasovsky)

A longtime resident of the Sacramento area, John was born in Pittsburg, Pennsylvania. He served in the U.S. Air Force ending his service at Travis Air Force Base. He married and had a daughter, but years later met and married the love of his life, Ginny. John worked in sign manufacturing for over 40 years. He enjoyed gardening, cooking, making stained glass, dancing, playing cards, being with his friends, and taking care of his Maltipoo, Lexi. Preceded in death by his daughter, John is survived by wife Ginny, two stepchildren and five grandchildren. John's loving spirit and hearty laugh will be missed.

Gerald Novak

After graduating from high school in Sayre, Pennsylvania, Jerry joined the U.S. Army. He received a bachelor's degree in education from Mansfield State College, and earned graduate degrees from Temple University and Rider College. He moved his family from New Jersey to Walnut Creek, California in 1975. He later returned to the east coast to work as Director for the Boards of Cooperative Educational

Services of New York State. Jerry and his wife settled in Lincoln in 2002 where he loved golf and enjoyed playing the local courses with his SIRS guys. An avid pool player, he regularly participated in the Billiards Group tournaments. He will be lovingly remembered by his wife of 56 years, Patricia, his two sons and their wives, and his three grandchildren.

Marilyn Dorothy Pearl Ruiz

Marilyn was born and raised in Lethbridge, Alberta, Canada and Coos Bay, Oregon. She finished high school in Medford, Oregon, before moving on to Southern Oregon College for a BA in Education. She worked as a teacher, realtor and finally a claims adjuster for State Farm for over 20 years. Marilyn married Alex Kennett in 1969 and they had two children. In 1992, she married Richard Ruiz and was widowed in 2000. She spent the last 16 years living with and loving her partner Mark Bleckwenn. Marilyn enjoyed gardening, baking, working out, shopping with friends, her grand kids, reading, travel and playing Bunko. She also was a former member of SCOOP. Marilyn will be especially missed by her children, grandchildren, brother, and her partner, Mark.

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.

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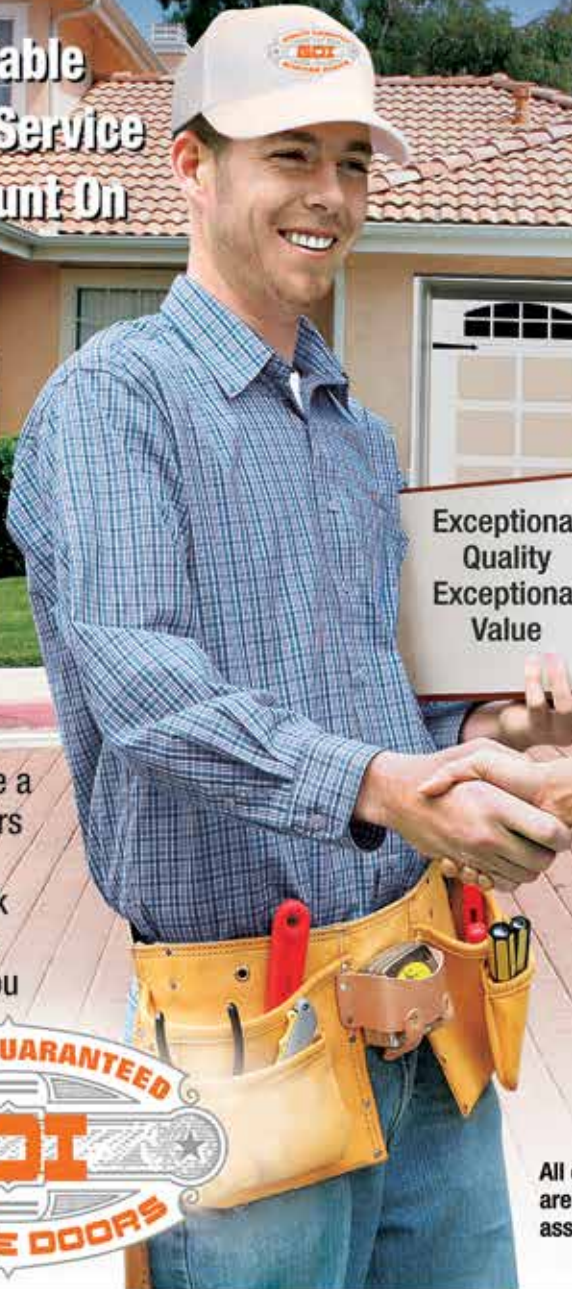
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Entertainment

—Comedy/Magic—

KS Comedy Night: Randy Riggle Returns Tuesday, August 15, 6:00 PM & 8:00 PM Shows — LSE18



Randy Riggle is a nationally touring stand-up comedian and has opened for such acts as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. Back in the Presentation Hall, his combination of innovative style, quick wit, and brilliant impressions make him popular with all types of audiences. This talented comedian has appeared nationally on all three major networks including NBC, ABC, and CBS. He was also a contributing writer for “Tonight Show” host Jay Leno. The U.S. Navy recently invited Randy to Hawaii to participate in the 75th commemoration of Pearl Harbor, where he read his poem “This Hat I Hold” in honor of his late father a World War II Navy man. 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, \$16.**



—Concerts—

Summer Concert Series Top Shelf's Motown Magic Musical Revue Friday, August 25 — LSE7

San Francisco Bay Area's cornerstone entertainment company, Top Shelf, presents a hit-filled musical journey through their memorable collection of soul and Motown classics. It's a



classy, toe-tapping, finger-snapping show that features the songs of The Temptations, the Four Tops, Smokey Robinson, Stevie Wonder, Diana Ross and more. The concert will blend retro cool with contemporary sounds to bring the ultimate celebration of some of the greatest vocal hits of all time. So snap your fingers, tap your feet, get out of those seats and have a great time! General admission \$19.

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

Summer Concert Series Catch A Wave, The Beach Boys Show Friday, September 8 — LSE8

Remember the fun you had last time Catch A Wave was here? Well, get ready for more! Fun, sun and surf set the backdrop for this re-creation of the 1960's Beach Boys with Catch A Wave's vocal harmonies! Sporting authentic detail just as you remember, this act recreates the 1960s Beach Boys right down to the white instruments, blue and white stripe shirts, and wavy hair evoking that unique California harmonic surf-pop sound so recognizable around the world. Don't miss this show that is currently headlining Disneyland, Disney Cruise Lines, and theaters across the United States. General Admission \$20.



KS Classical Music Night An Evening of Opera, Operetta & Musical Theater Performed by Mezzo-Soprano Molly Mahoney Thursday, September 14 — LSE20-07



From Gilbert & Sullivan to Rodgers & Hammerstein, Mezzo-Soprano Molly Mahoney with G. Scott Lacy at the piano will charm you with her sublime singing, memorable humor, and heartfelt portrayals. A stylistically diverse performer, she sings opera, musical theater, and jazz with equal aplomb. A favorite of San Francisco Bay Area audiences, Molly's 2016-17 season includes performances as Lady Angela in “Patience” with Lamplighters Music Theatre, Angelina in “Cinderella” with San Francisco Opera Guild Outreach, performances for West Edge Opera's new works series, “Snapshot”, and as Clizia in West Edge Opera's production of “The Chastity Tree” by Vicente Martín y Soler. She also returns to Society Cabaret in San Francisco's Union Square after the success of her one woman show, “Mischief!” which debuted there the previous year. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$19.**



Summer Concert Series The Elvis Songbook with Jim Anderson & the Rebels Friday, September 22 — LSE9

Jim Anderson & the Rebels perform throughout the West Coast to rave reviews and sell-out crowds. From “Heartbreak Hotel” to “Jailhouse Rock,” the show will keep the legend living on and remind fans that Elvis was, still is, and will always be, the *King!* Lifelong Elvis Presley fans have touted that



Continued on page 52

Jim and The Rebels perform “The most authentic tribute to Elvis Presley and his music to date!” Not an impersonator act, this crowd-pleasing show will take you through Elvis music eras of the 50s, 60s and 70s complete with hip swiveling, body gyrating, and leg wiggling. Experience a tribute to the man and his music. General admission \$20.

**KS Music Night:
County Line Trio’s Salute to the Kingston Trio**
Thursday, September 28 — LSE22-07



The County Line Trio, performs their salute to the legendary “Kingston Trio” with a rousing show that incorporates the original arrangements of their many hit songs. Remember “Tom Dooley,” “Charlie on the MTA,” “Scotch and Soda,” “Worried Man.” and “Where Have All The Flowers Gone?” These and many other great folk music classics are blended with delightful banter, jokes and having fun! The County Line Trio has performed in numerous venues, from the nightclub stage, music festivals, corporate functions and private parties, to the concert stage. They have always been welcomed by enthusiastic audiences, eager to take that nostalgic trip back to the days when everyone exercised their vocal cords, tapped their



toes and clapped along to the familiar refrains of the great folk hits. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). Reserved seating, \$24.

Piano Madness
Thursday, October 5 — LSE21-08



America’s unforgettable dueling piano show is a must see! Two rockin’ piano entertainers singing, dancing, laughing, fingers flying across the keys, and having fun with the audience. You will hear songs from the classics to current hits, from classic rock to rap, country to classical, along with a comedic fun sing-along. This is a request-driven, fun show. You, the audience, will become part of the show, helping to create a performance that is unique and spontaneous. No two shows are ever the same, plus there is never a dull moment. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$23. General Admission, \$19.



**KS Classical Music Night: Siroko Duo:
Flutists Victoria Hauk and
Jessie Nucho in Concert**
Thursday, October 12 — LSE33-08



Siroko Duo, is a flute ensemble comprised of San Francisco
Continued on page 55

2017 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. 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 Orchard Creek Activities desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

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

Chairs/Seating: Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up between 5:00 AM and 5:00 PM on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and re-open at 6:00 PM. **Chairs placed prior to 5:00 AM, or that exceed height maximum of 36” will be removed and placed on the upper patio terrace.** SCLH is not responsible for 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 at left of stage. Unused blanket space may be used for general seating after the opening song.

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct 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. **No refunds or exchanges will be issued** (includes situations of unexpected “Acts of God,” “Force Majeure,” local authority related, or any other unforeseen situations that prevent the event from safely being held).

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

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flutists Victoria Hauk and Jessie Nucho. They are dedicated to commissioning and performing new works, bringing contemporary music to audiences and performers. In addition to their commitment to new music, they enjoy performing standard flute duo repertoire. Composers included in their classical concerts include Mozart, Telemann, Kuhlau, and Beethoven. Actively engaged in the San Francisco contemporary music scene, Siroko has commissioned pieces by Julie Barwick, Joseph M. Colombo, Chelsea Loew, Emma Logan, and Kyle Randall. Highlights of Spring 2017 include performances at the Hot Air Music Festival and Re:Ignite, a collaboration with Helia Music Collective, a San Francisco Bay Area organization that supports the creative endeavors of women in music. Later this month, Siroko will travel to New Hampshire to participate in the Avaloch Farm Music Institute accompanied by Nick Benavides, who will workshop his new composition, set to premiere in October. Both Jessie and Victoria studied with Tim Day at the San Francisco Conservatory of Music. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved seating, \$16.**



best of them, and no other band could come close to Tommy's when it came to playing ballads. Tommy Dorsey, "The Sentimental Gentleman of Swing," was a master at creating warm, sentimental, and always musical moods—at superb dancing and listening tempos. Tommy sustained these moods through the arrangements of Paul Weston, Axel Stordahl, and Sy Oliver, and showcased singers who could project them brilliantly. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24.** General admission, \$20.

**Silent Movie Night with the
Roseville Community Concert Band
Harold Lloyd's 1923 Classic Comedy, "Safety Last!"
Friday, October 27 — LSE24-08**



The Roseville Community Concert Band (RCCB) will thrill us once again with great music that will bring a silent movie to life! This year, they will accompany Harold Lloyd's classic comedy, "Safety Last!" Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the RCCB performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under the age of seven). Cookies, popcorn, and drinks will be available for purchase in the Pre-function Area at the start and at intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required, discount does not include alcohol). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.

**The One and Only Tommy Dorsey Orchestra
Monday, October 16 — LSE23-08**



In Big Band history, Tommy Dorsey's Orchestra is recognized as one of the best all-around dance bands. It could swing with the

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

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Featured Trips

Two Night Stay!
Yosemite National Park
Wednesday, October 11-Friday, October 13 — LST45-07

Join Katrina, your Trip Coordinator, for two days in Yosemite National Park. Spend one day on the Valley Floor experiencing the

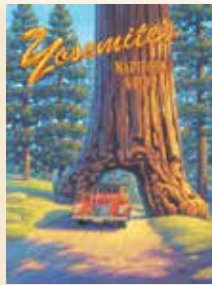
visitor's center and Spirit of Yosemite film before we head over to the Majestic Yosemite Hotel (formerly the Ahwahnee) for a white-tablecloth luncheon. The two-hour Valley Floor tour will follow in an enclosed coach instead of the open-air tram. The second day in the park will bring you to the newly re-opened and restored Mariposa Grove, home to over 500 mature Redwoods including the Grizzly Giant and the Tunnel Tree. Tram tours have been discontinued at the grove and the site has been restored to a more natural setting. A Yosemite Conservancy tour guide will lead a walking tour through the grove. The walking tour is about 1.6 roundtrip



YOSEMITE
THE MAJESTIC YOSEMITE HOTEL

Continued on page 56

miles and rises in elevation by 400 ft. Many of the roads within the grove were converted into hiking trails. There is also over a half-mile of new accessible trails and boardwalks. Be prepared to be at altitudes up to 6600 feet. On day of arrival in Oakhurst we'll also enjoy a docent led tour of Fresno Flats Historical Village founded in 1856 as a farming town and supply center for lumber and mining in Oakhurst. Lodging will be at the Yosemite Gateway Inn that sits on six-acres with some parts on a hill. Enjoy the onsite restaurant and lounge along with the outdoor and indoor pool with a spa. No elevators and limited ADA rooms available. Luggage service included. **Trip Inclusions:**



- Docent-led tour at Fresno Flats Historical Village
- Two-night stay at Best Western Plus Yosemite Gateway Inn — Oakhurst
- Luggage service
- Daily hot breakfast buffet at hotel
- Valley Floor ranger-led tour in an enclosed coach with several stops for picture taking.
- Mariposa Grove walking tour led by Yosemite Conservancy guide.
- Lunch at Majestic Yosemite Hotel (formerly the Ahwahnee): *Includes soup of the day, Choose from: Chicken Marsala, Rainbow Trout Amandine or Vegetable Bowtie Pasta Primavera. Traditional Yosemite dessert Boysenberry Pie included along with Iced Tea or Coffee.*
- Lunch at Big Trees Hotel (formerly The Wawona Hotel): *Includes tossed green salad, Choose from: Lemon and Herb Marinated Breast of Chicken or Vegetarian: Chef's Choice (Not pasta), Iced Tea or Coffee with Apple Crisp for dessert.*
- Lunch at Santa Fe Basque: *Lunch served family-style and includes Fried Chicken, Pork Spareribs, Soup, Bread & Butter, Macaroni Salad, Vegetables, Iced Tea or Coffee and Ice Cream for Dessert.* Be prepared to give your Yosemite Park lunch choices when you register.

Please advise of any dietary or accessibility issues during registration. If you have mobility concerns, please contact Katrina prior to registration at 625-4002. We'll be taking Highway 41 in and out of Oakhurst and the park. Included meals: two breakfasts and three lunches; dinner on your own. Pick-up copy of itinerary outline at Activities Desks. Wheels roll from OC at 8:00 AM, October 11, return October 13 ~ 5:45 PM. *A signed liability waiver is required for each participant.* \$527 per person double occupancy. \$682 single.

Annual Event

Sun City Lincoln Hills Community Joins the Sacramento Walk to End Alzheimer's Saturday, September 23 — LST66-08

Support the Walk to End Alzheimer's disease. A bus, donated by Amador Stage Lines, will take participants to the State Capitol grounds in downtown Sacramento to participate in this annual

Continued on page 59

Important Information: Entertainment, Trips, Classes

• **Registration:** Required for all activities unless otherwise noted. Resident 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.

• **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served. ALD 

• **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 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.



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event. Our goal is to raise at least \$5,000. You can participate in several ways: Join us on the walk with your pledges, sponsor your friends and neighbors by making a donation to their pledge and walk; go online to: <http://act.alz.org/> and select our team, Sun City Lincoln Hills Community Association, to make a donation. Leave the Lodge at 8:00 AM for the ceremony at 9:15 AM and walk that begins at 10:00 AM. Choose between a one- or three-mile walk, depending on your ability. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association, a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. Walk is a rain or shine event. In the case of severe weather, we will cancel. Included lunch after the event at the Spaghetti Factory. Choose from *Chicken Marsala or Spinach and Cheese Ravioli with Marinara*. See complete menu at Activities Desks. We hope you will join us in support of someone with Alzheimer's or dementia; someone who has lost a loved one to the disease; someone who is currently supporting or caring for someone with Alzheimer's; or anyone who supports the cause and vision of a world without Alzheimer's. Leave OC at 8:00 AM, return ~ 3:00 PM. \$22. (Includes lunch and driver gratuity.)

****Save Monday, August 21 from 2:00-4:00 PM in the Presentation Hall (KS) for a free presentation on Alzheimer's and Dementia featuring Michelle Johnston, Regional Director of Northern California and Northern Nevada's Alzheimer's Association. Learn more about some of the exciting research trials in our region for those with Alzheimer's or other cognitive impairments, caregivers and healthy adults who want to participate in prevention trials.**

Day Trips

—Casino/Races—

Harveys South Lake Tahoe Thursday, September 7 — LST46-07

Back by popular request! We've arranged for a special trip to Harveys in South Lake Tahoe that will include \$10 in gaming and \$3 in food credits. Enjoy the scenic drive up Highway 50 and you'll have six hours to enjoy in Tahoe. If you're a hiker, here's your chance for a nice day on the trails behind Harrahs. Meals on your own. Harvey's requires a pre-registration list for your Rewards Card. Be prepared to give your name as it appears on your driver's license or state I.D. card, existing Harrahs/Harveys Total Rewards number if you have one, along with your birthdate and email address. Wheels roll from OC at 8:00 AM, return ~ 7:15 PM. \$32.



Great Italian Festival—Silver Legacy Sunday, October 8 — LST58-08

Celebrate the food, culture, music and traditions of Italy with

the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$3 food coupon. Wheels Roll from OC at 8:00 AM; return ~6:30 PM. \$36.



—Performances—

The Illusionists Present Adam Trent The Next Generation of Magic—Eldorado Reno Thursday, October 19 — LST57-08

The Eldorado Casino showroom has completed its renovation and is proud to present a new magic and illusion show featuring Broadway/TV Star Adam Trent. Produced by the creative team behind the Illusionist, the World's Best-selling touring magic show, the Illusionists present Adam Trent in an immersive entertainment extravaganza of magic, comedy and music designed to entertain the entire family. Showcasing his "futuristic" brand of magic, Trent has mesmerized live audiences around the globe, in person and as a featured guest on America's Got Talent, The Today Show, Ellen, the Travel Channel and Disney Channel among countless other appearances. The 31-year old also stars in his own recently launched 10-episode TV series "The Road Trick" on Red Bull TV. Wheels roll from OC 12:00 PM, return ~ 11:00 PM. \$96.



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Two Dates! Beach Blanket Babylon Holiday Edition Wednesday, December 13 — LST59-08 Or Thursday December 14 — LST60-08

It's never too early to start planning your holiday events! Due to vendor deadlines it's time to register for everyone's favorite show, the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole center balcony section reserved for our group with open seating, including limited front cabaret floor seating. *Please advise if you require accessible seating upon purchase. There are stairs to where the balcony seating is located with no elevators.* Both trips depart 11:45 AM, show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$108.



*Reservations highly recommended for dinner, restaurant list is available. Continued on page 60

able at time of registration. For more info on show, check <https://beachblanketbabylon.com>.

Broadway Sacramento 2017-2018

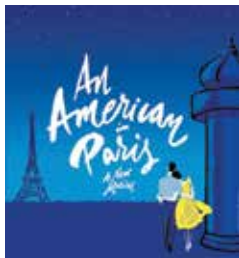
The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM. Pricing listed with each show.



An American in Paris

Tuesday, May 22, 2018 — LST35

An American in Paris is the new Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season! \$95.



—Sports—

Football Fans Rejoice!

49ers Game Trip

San Francisco 49ers vs. Arizona Cardinals

Sunday, November 5 — LST44

We have group tickets to a 49ers game this upcoming season! Bypass the traffic & parking hassles and join us as we see the 49ers take on the Arizona Cardinals from Section 204 in the end-zone at Levi's Stadium. Those of you who've taken the Levi Stadium tour know that's the section just to the left and up from where you come up the main escalators. The bus will be able to stay in the parking lot to make for an easier departure. There will be a stop at Cordelia both directions of the trip for a rest/food. Sign up early for best seats as the 49ers can only hold these excellent seats for a short time. Wheels roll from OC at 8:00 AM, return ~ 9:00 PM. \$125.



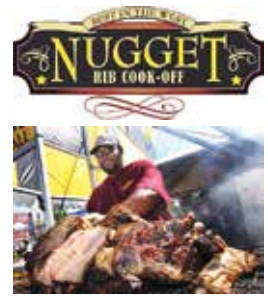
—Tours/Leisure—

Best in the West—Rib Cook-off

Wednesday, August 30 — LST21

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Vic-

torian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$41.



California Capital Airshow

Saturday, September 9 — LST43

The 2017 California Capital Airshow will be roaring across the skies of the Sacramento at Mather Air Field and featuring a very patriotic event that will feature every branch of United States Military. You won't want to miss the spine-tingling jet demonstrations from the Patriot Jet Team featuring former members of the Blue Angels, Thunderbirds & Canadian Snowbirds, world-class aerobatic performances, barnstorming, warbirds and miles of interactive exhibits, music, food and so much more! In addition, the 2017 Airshow will host for the first time the 'National Aviation Heritage Invitational'. This incomparable annual competition brings together the finest examples of restored vintage aircraft across the nation to be judged against restoration standards established by the Smithsonian National Air and Space Museum to compete for the grand champion Neil A. Armstrong Aviation Heritage Trophy...and you can be a part of it all! Our group will enjoy the large chalet tent with an included buffet and soft beverage, with seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at activities desk or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM. \$119.



Craft Brewery Tasting—

Crooked Lane & Knee Deep Breweries

Wednesday, September 13 — LST47-07

Join us as we taste and learn how the brewing process works at two of the hottest craft breweries in Northern California! First visit an old Lincoln favorite that relocated to the Auburn Airport area, Knee Deep Brewing. This award-winning brewery is known for their IPAS, but also makes a variety of stouts to also tempt your taste buds. We'll finish the day at a newer brewery, Crooked Lane on Highway 49 in Auburn. Their specialty is English Ales, German Lagers and West Coast Style IPAS. There will be a food truck available at Crooked Lane for snacks on your own.



Continued on page 62



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Flight of four tastings included at Knee Deep and five tastings at Crooked Lane. Bring your growlers and insulated bags to purchase beer from the tap or bottles/cans to bring home. Growlers available for purchase at both breweries. Trip size limited to 33 people. Wheels roll from OC at 1:00 PM, return ~ 5:00 PM. \$56. *Includes indicated tastings & tips. Any additional tastings on your own.*

Benicia Fine Arts & Crafts Fair
Saturday, September 16 — LST48-07

Artisans and crafters will line First Street in historic downtown Benicia for this annual event. Recognized as one of the most diversified and leading Bay Area arts & craft shows, this event draws thousands of shoppers. Vendors are pre-screened to ensure a quality event with an extensive selection and variety of fine arts and crafts. You'll be steps from the waterfront and historical sites. Lunch on your own. Wheels roll from OC at 9:15 AM, return ~ 5:00 PM. \$35.



Golden One Arena Tour & Il Fornaio Luncheon
Wednesday, September 27 — LST49-07

Experience an unforgettable VIP tour experience of the new Golden One Arena in downtown Sacramento. Explore and learn about the building's architecture, technology, culture, art, food and beverage! Come see what makes the Golden 1 Center Sacramento's world class sports and entertainment facility! To top off the tour, enjoy an included sumptuous lunch at Il Fornaio. Choice of *Penne al Pomodoro*, *Conchiglie al Pollo*, *Insalata Regina* or *Bistecchina alla Griglia* with *Tiramisu* for dessert and your choice of a soft beverage. Choose at time of registration. Complete menu and description at Activities Desks. Wheels roll from OC at 8:45 AM, return ~ 1:45 PM. \$90.



Sausalito Floating Homes Tour
Saturday, September 30 — LST50-07

Get a glimpse inside life on the water at the annual Sausalito Floating Homes Tour. If you've ever wondered what living in a floating home (a.k.a. a houseboat) is like, this one-of-a-kind home tour is your chance. The Floating Homes Tour is an easy, self-paced look at 16 of the most unique floating homes in a very distinctive and colorful community. This year the tour celebrates the earliest origins of the floating homes community with the theme "Homefront on the Waterfront", highlighting the connection between houseboat living and Sausalito's WWII-era



shipyard, the Marinship, which celebrates its 75th anniversary this year. Visitors are encouraged to attend in 1940s attire. The tour also includes exhibits and sales by local artists, authors and maritime oriented non-profits. Docents are onboard the homes to answer your questions about the waterfront lifestyle. Lunch on your own at the event with vendors or café at the docks. Artwork will be on sale. Wheels roll from OC at 8:00 AM, return ~ 6:00 PM. \$105 (includes admission).

Apple Hill
Tuesday, October 3 — LST51-07

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and lovely fall colors! Enjoy an included hot lunch at The Pie House Restaurant in a reserved area for our group. Lunch menu *Rotisserie-style Barbecue Chicken*, *Macaroni Salad*, *Dinner Roll/Butter*, and *Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill with included stops at Larsen's Apple Barn and Bill Apples & Felice's Dolls. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and a bottle of water for the ride home. Wheels roll from OC 9:00 AM, return ~ 6:00 PM. \$68.



Fleet Week Hornblower Luncheon Cruise
Sunday, October 8 — LST52-07



We've reserved space with Hornblower Cruises for your enjoyment of the festivities. You'll be in awe as the Navy Blue Angels soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat gourmet buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Wheels roll from OC at 10:00 AM, return ~ 8:30 PM. \$175.



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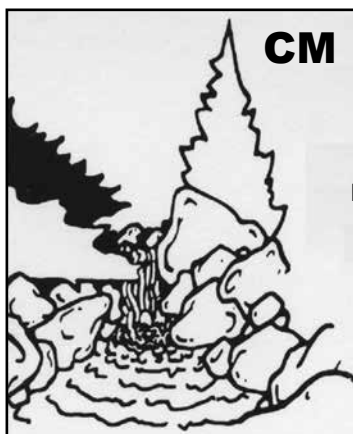


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QuiltFest**Thursday, October 12 — LST53-07**

In cooperation with the Needle Arts Group and open to all residents and their guests, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. We will stay until the close of the show. For additional information regarding workshops, etc., check the website www.quiltfest.com. Wheels roll from OC at 9:00 AM, return ~ 9:45 PM. Dinner stop in Santa Clara to wait out traffic and rest stop on way in to show. \$67 (includes admission).

**Scrapbook and Stamp Expo****Friday, October 20 — LST61-08**

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (Rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We've obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC 7:30 AM, return ~ 4:15 PM. \$40 (includes admission).

**Olive Crush Festival & Wine Tasting Yocha Dehe Farm and Ranch/Séka Hills - Cache Creek****Sunday, October 22 — LST62-08**

Join us on a new outing to the annual Olive Crush Festival at Séka Hills Olive Mill next to Cache Creek Casino (Note: This IS NOT a casino trip). This fall day will be filled with the celebration of the olive crush with live music, local artisanal food purveyors, food vendors, cookbook author demonstrations and our own private mill tour to see the processing side up close. Sample freshly pressed olio nuovo olive oil fresh from the mill and other estate grown products - balsamic vinegars, honey, and nuts. Our group will also partake in an included private wine tasting. Lunch on your own, Wheels roll from OC at 9:15 AM; return ~4:15 PM. \$39.

**Additional Date Added!****Ferry to San Francisco—Fisherman's Wharf****Saturday, October 28 — LST65-07**

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy some time on your own to explore the Ferry Building with some time for shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on return trip. \$54.

**—Overnight/Extended Travel—****Overnight!****Top Gun Tour—Fallon Naval Air Station Nevada****Tuesday, September 19 to****Wednesday, September 20 — LST39**

Join your Trip Coordinator Katrina and the LH Veteran's Club for a tour of the Top Gun training facility in Fallon, Nevada. The air to air & air to ground Naval Fighter Weapons Training School was moved from Miramar NAS in San Diego to Fallon in 1996. Fallon NAS is also the home of Navy Seal combat search and rescue. Our tour of Fallon NAS starts with a morning walk around the static displays at the airpark with stops in-between at different base locations and ends at the observation deck at the flight tower. (There is an elevator!) Included lunch at the dining hall (Cafeteria style). Hotel stay at Nugget Resort & Casino in Sparks at Victorian Square with a \$5 slot and \$3 food credit. There will be an included dinner stop on the return trip at Boomtown where you'll have time for some gaming or a walk next door to Cabela's. The US Navy requires your full legal name, date of birth and last four digits of your social security number, be prepared to provide that information at time of registration. Wheels roll from OC at 1:30 PM, Tuesday, September 19, return Wednesday, September 20 ~ 8:00 PM. *A signed liability waiver is required for each participant.* \$131 per person double occupancy. \$157 single. Deadline to purchase for USN Security clearance is Friday, September 1.

**Featured Trip! Two Night Stay!****Yosemite National Park****Wednesday, October 11-Friday, October 13 — LST45-07**

Join Katrina, your Trip Coordinator, for two days in Yosemite National Park. Spend one day on the Valley Floor experiencing the visitor's center and Spirit of Yosemite film before we head over to the Majestic Yosemite Hotel (formerly the Ahwahnee) for a white-tablecloth luncheon. The two-hour Valley Floor tour will

Continued on page 67

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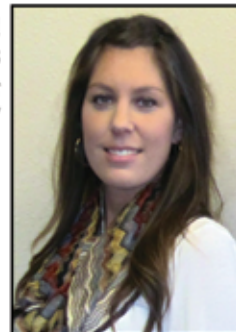
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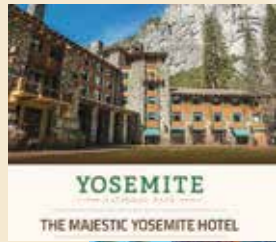
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follow in an enclosed coach instead of the open-air tram. The second day in the park will bring you to the newly re-opened and restored Mariposa Grove, home to over 500 mature Redwoods including the Grizzly Giant and the Tunnel Tree. Tram tours have been discontinued at the grove and the site has been restored to a more natural setting. A Yosemite Conservancy tour guide will lead a walking tour through the grove. The walking tour is about 1.6 roundtrip miles and rises in elevation by 400 ft. Many of the roads within the grove were converted into hiking trails. There will also be over a half-mile of new accessible trails and boardwalks. Be prepared to be at altitudes up to 6600 feet. On day of arrival in Oakhurst we'll also enjoy a docent led tour of Fresno Flats Historical Village founded in 1856 as a farming town and supply center for lumber and mining in Oakhurst. Lodging will be at the Yosemite Gateway Inn that sits on six-acres with some parts on a hill. Enjoy the onsite restaurant and lounge along with the outdoor and indoor pool with a spa. No elevators and limited ADA rooms available. Luggage service included.

Trip Inclusions:

- Docent-led tour at Fresno Flats Historical Village
- Two-night stay at Best Western Plus Yosemite Gateway Inn — Oakhurst
- Luggage service
- Daily hot breakfast buffet at hotel
- Valley Floor ranger-led tour in an enclosed coach with several stops for picture taking.
- Mariposa Grove walking tour led by Yosemite Conservancy guide.
- Lunch at Majestic Yosemite Hotel (formerly the Ahwahnee): *Includes soup of the day, Choose from: Chicken Marsala, Rainbow Trout Amantine or Vegetable Bowtie Pasta Primavera. Traditional Yosemite dessert Boysenberry Pie included along with Iced Tea or Coffee.*
- Lunch at Big Trees Hotel (formerly The Wawona Hotel): *Includes tossed green salad, Choose from: Lemon and Herb Marinated Breast of Chicken or Vegetarian: Chef's Choice (Not pasta), Iced Tea or Coffee with Apple Crisp for dessert.*
- Lunch at Santa Fe Basque: *Lunch served family-style and includes Fried Chicken, Pork Spareribs, Soup, Bread & Butter, Macaroni Salad, Vegetables, Iced Tea or Coffee and Ice Cream for Dessert.* Be prepared to give your Yosemite Park lunch choices when you register.

Please advise of any dietary or accessibility issues during registration. If you have mobility concerns, please contact Katrina prior to registration at 625-4002. We'll be taking Highway 41 in and out of Oakhurst and the park. Included meals: two breakfasts and three



lunches; dinner on your own. Pick-up copy of itinerary outline at Activities Desks. Wheels roll from OC at 8:00 AM, October 11, return October 13 ~ 5:45 PM. *A signed liability waiver is required for each participant.* \$527 per person double occupancy. \$682 single.

Five days, four nights! Only a few spaces remain Celine! Las Vegas

Tuesday, November 14 to Saturday, November 18 — LST18

Join Katrina, your Trip Coordinator, as we see the amazing Celine Dion at Caesar's Palace in fabulous Las Vegas! It's a relaxing trip as there are rest and meals stops and we overnight at a mid-point in Bakersfield before cruising in to Fremont Street in downtown Las Vegas and stay again on the return trip home. You'll have a free afternoon and evening in Las Vegas to do as you wish. **Trip Package includes:**

- Seven meals (three breakfasts, two lunches, two dinners)
- Lunch at Harris Ranch
- Overnight stay at Doubletree by Hilton in Bakersfield with included full hot buffet breakfast
- Two-night stay at Four Queens hotel on Fremont Street in the newly renovated South Tower with in-room coffee makers and refrigerators and included luggage service
- Free Fun Book for Four Queens Hotel & Binion's Gambling Hall
- One Hot Breakfast at Four Queens Coffee Shop
- Dinner Buffet at the Number #1 rated buffet in the USA, Caesar's Bacchanal Buffet prior to the Celine show with a private reserved room for our group
- Reserved ticket in the 1st Mezzanine Section 4 or 5 at the Celine Dion show at Caesar's Palace
- Docent led tour of the Las Vegas Mob Museum
- Stop at Borax Museum and Mine on return trip
- Basque style dinner in Bakersfield
- Return overnight stay at Doubletree by Hilton Bakersfield with full hot buffet breakfast
- Lunch at Hilmar Cheese Factory.

Gratuities included for lunches, dinners, luggage service at Four Queens and bus driver. Wheels roll from OC at 8:15 AM, Tuesday, November 14, return Saturday, November 18 ~ 4:30 PM. *A signed liability waiver is required for each participant.* \$877 per person double occupancy, \$1065 single. Pick up detailed trip itinerary, seating chart, menus and trip insurance information at Activities Desks or view online. Trip insurance highly recommended.

Two nights!

Sun City Sierra Winter Holiday Train Roundtrip Reno
Monday, December 4 to Wednesday, December 6 — LST64-08

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two-nights in Reno. Last year trip participants

Continued on page 69



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had a great time on the second day visiting the UNR Planetarium, Reno Auto Museum, Nevada Museum of Art, movie theaters and National Bowling Stadium, reached easily by a short walk or shuttle making a loop around downtown. Trip package includes per person:



- Motor coach transportation to and from Roseville train station
- Casino shuttle to & from Reno train station
- Baggage portage from Reno train station arrival platform to hotel and back
- Reserved rail car for our group on train
- Non-smoking room at Eldorado Hotel & Casino
- \$15 food credit per person to the restaurant of your choice in the Eldorado for dinner (includes Roxy or The Prime Rib if you desire!)
- Reserved seat ticket to the newly renovated Eldorado's Showroom holiday presentation (TBA)
- One breakfast/brunch buffet per person
- \$10 additional food credit per person for breakfast on day of departure at Millie's Coffee Shop
- Gratuities for bell service and bus driver

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$290 per person double occupancy. \$349 single.

Look for U.S. Figure Skating Championships in next month's **COMPASS!**

Sold Out Trips

Trip • Date • Departure Time

- **Cache Creek Casino**
Wednesday, August 23 • 9:30 AM
- **Half Moon Bay for the Day**
Saturday, August 26 • 6:45 PM
- **Ferry to San Francisco—Fisherman's Wharf**
Tuesday, October 24 • 8:15 AM
- **Andre Rieu Bus #1-3**
Wednesday, October 25 • 6:30 PM
- **Andre Rieu Bus #4**
Wednesday, October 25 • 6:15 PM
- **Beautiful**
Tuesday, November 7 • 6:45 PM
Wednesday, November 8 • 6:45 PM
- **Something Rotten**
Tuesday, January 2, 2018 • 6:45 PM
- **Jersey Boys**
Tuesday, January 30, 2018 • 6:45 PM
- **Book of Mormon**
Tuesday, March 13, 2018 • 6:45 PM
Wednesday, March 14, 2018 • 6:45 PM

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@sclhca.com

Classes

Vacation Drop-In

In response to students' request, a number of classes are now 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.

www.sclhresidents.com

— Special Summer Classes with Grandkids —

Make this summer memorable for you and your grandchildren. We have special classes where you and your grandkids can create something together. Share a day of activities with your grandchild. Each class has their own special requirements, so please read class descriptions below before registering. Maximum two kids per adult for any class.

Clowning Around with Your Grandchildren

Friday, August 18 — **LSC108-07**

10:00 AM-12:00 PM (KS) \$20 Adults; \$10 per kid. Maximum two kids per adult. Instructors: Trudy and Loretta. Recommended for kids six years and older. Discover with your grandchildren the fun of becoming a clown! Trudi, our official event face painter and animal balloon maker, will share her talents and knowledge with everyone. Learn how clowns walk in those big shoes and where they walk. Oops C. Daisy and Hugz (aka Trudy and Loretta) both professional clowns will give a brief history of clowns and how they have transitioned into today's society. Class will demonstrate different types of clown faces and makeup options. Grandparents and grandchildren will help design and paint each other's faces and get ready to clown around!



Art

—Announcement—

Fine Arts Class Gallery Featuring the Art of Marilyn Rose and LH Students

Opens Friday, September 15

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Marilyn Rose and community art students. Focus is on Oils. Pieces will remain on display until November 16 and can be viewed anytime an art class is in session.



—Drawing—

New Time! Beginner Drawing Thursdays, September 7-28 — LSC125-08

9:30 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 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 with one-on-one instruction. Supply list available at Activities Desks and online.



Mixed Media

Art Journaling

Tuesdays, September 12 & 26 — LSC127-08

9:00 AM-12:00 PM (OC). \$45 (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.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, September 6-27

9:00-11:30 AM Class — LSC128-A08

Or 1:30-4:00 PM Beginners Class — LSC128B08

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Maybe you have always wanted to try oil or acrylic painting, or perhaps you haven't painted in years. Or you paint already and want some congenial company and tips to improve.



All of these are great reasons to stop by the Fine Arts Room at Orchard Creek any Wednesday morning or afternoon and see what this fun and informative class is all about! 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 student understanding and implementation of techniques. About the Instructor: 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. Take a look at her work on <https://artistmarilynrose.com>. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online.

Vacation drop-in: PAINT — \$17 per session.

Sip and Paint “Sunset”

Friday, August 18 — LSC71-07

Or Sip and Paint “Eiffel Tower”

Friday, September 29 — LSC130-08

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese

and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists alike. 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 stroke techniques, use of pallet knife, and offer help and advice. All supplies included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for 30+ years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.



Continued on page 73

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—Watercolor—

Watercolor Painting**Thursdays, September 7-28 — LSC131-08**

1:00-4:00 PM (OC). \$60 (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 instructor 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.

**Ceramics**

—Pottery—

Beginning/Intermediate Ceramics**Tuesdays, September 5-26 — LSC132-08**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.

Vacation drop-in: CERD1 — \$17 per session.**Advanced Ceramics****Tuesdays, September 5-26 — LSC133-08**

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for 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.**New Instructor and New Time!****Ceramics: Beginner/Intermediate and Advanced****Thursdays, September 11-28 — LSC134-08**

4:00-7:00 PM (OC). \$41 (three sessions). Instructor: Linda Miller. 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 and techniques are given to introduce new and exciting projects.

Vacation drop-in: CERD2 — \$17 per session.**Crafts**

—Card Making—

Intro to Card Making 101—Level 1**Mondays, September 11-25 — LSC135-08**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.

**Card Making Level 2—Intermediate****Tuesdays, September 12-26 — LSC136-08**

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

**Card Making Level 3—Intermediate/Advanced****Wednesdays, September 13-27 — LSC137-08**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 4 — Advanced

Fridays, September 15-29 — LSC138-08

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dotie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment 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, September 5-26 — LSC139-08

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. New Beginners, a revamped foundation and fundamentals class low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements while developing skills of the foundations of clogging at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, September 5-26 — LSC140-08

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. Good for beyond beginners. Check with the instructor before signing up for this class.

Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging

Tuesdays, September 5-26 — LSC141-08

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. This class will move a bit faster this year and really get into more Intermediate level dances.

Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, September 11-25 — LSC142-08

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

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, September 11-25 — LSC143-08

6:00-7:00 PM (KS). \$18 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances that will be taught this month will be: "Sleeping Child and an East Coast swing routine."



Country Line Dancing

Fridays, September 1-29 — LSC144-08

3:00-4:00 PM (KS). \$30 (five sessions). Instructor: Jim & Jeanie 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.

—Hula—

Hula Basics

Thursdays, September 7-28 — LSC145-08

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught. This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class, pamahoa@hulapono.com or 521-0474.



Hula Intermediate

Thursdays, September 7-28 — LSC146-08

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information

Continued on page 77

Donna Judah



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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.

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

—Jazz—

Jazz Class for the Beginner

Thursdays, September 7-28 — LSC196-08

11:00 AM-12:00 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 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 Performance

Tuesdays, September 5-26 — LSC197-08

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Not open to new students. At this time this class is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.

Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that 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, September 11- October 30 — LSC147-08**
4:00-5:00 PM (KS). \$48 (eight sessions).
Instructor: Audrey Fish.
- **Thursdays, September 7-October 26 — LSC148-08**
9:00-10:00 AM (KS). \$48 (eight sessions).
Instructor: Yvonne Krause



Line Dance I—Beginner

Prerequisite: Not for newbies, students that have completed the Intro level and have mastered basic line dance steps, movements and dances. Beginner dances may have more turns and combinations of steps connected together, sometimes to faster

music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, September 4-25 — LSC149-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause
- **Thursdays, September 7-28 — LSC150-08**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Tuesdays, September 5-26 — LSC151-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Line Dance II—High Beginner/Improver Class

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

- **Mondays, September 11-25 — LSC152-08**
5:00-6:00 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish
- **Wednesdays, September 6-27 — LSC153-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor Sandy Gardetto
- **Thursdays, September 7-28 — LSC156-08**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause

Easy Intermediate Class

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

- **Wednesdays, September 6-27 — LSC157-08**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

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

- **Thursdays, September 7-28 — LSC158-08**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish

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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 is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was 8 years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and most of all fun. Join Sandy and her class during the Farmers Market Opening on May 24.



- **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.



—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.



Choreography for Fun 1 & 2

Thursday, September 7-28 — LSC159-08

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Alyson Meador.

Choreography for Fun 1 & 2

Mondays, September 11-25 — LSC160-08

11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Alyson Meador.

Technique Classes

• **Tuesday, September 6-27 — LSC161-08**
10:00-11:00 AM (KS). \$32 (four sessions).

Technique Classes

• **Thursday, September 7-28 — LSC162-08**
10:00-11:00 AM (KS). \$32 (four sessions).

Technique Classes

• **Mondays, September 11-25 — LSC163-08**
10:00-11:00 AM (KS). \$24 (three sessions).

Jewelry

—Beading—

Leather Flower Earrings

Tuesday, September 12 — LSC117-07

9:00 AM-12:00 PM (KS). \$15 (one session).

Instructor: Cathie Szabo. Supply fee: \$10

due at start of class includes all you need to make one pair of earrings. Beginners note: this is the perfect way to try your hand at beading. Simple "wrap around" technique adds multi-colored beads to leather flowers. Finish off with a small flower and you have unique earrings! Check the display in OC for samples of how your earrings could look. Be sure you get the proper materials list when you register for the class (check for the correct photo and class number). Besides noting the contents of a kit, the materials list will itemize the few everyday items you'll need to bring to class.



Dutch Spiral Necklace

Tuesdays, September 26 & October 10 — LSC164-08

9:00 AM – 12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Another variation on the favorite twisted necklace – this Dutch Spiral uses different sizes and shapes of beads for a thick and thin spiral! Simple to do once the technique is learned. OK for folks who can handle small beads. Classes are two weeks apart to allow for completing the spiral before finishing techniques are shown. Check the display in OC for a sample. Be sure you get the proper materials list when you register for the class (check for the correct photo and class number).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, September 11 — LSC181-08

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 on the day of the workshop.

Fused Glass Jewelry

Monday, September 18 — LSC165-08

9:30 AM-12:00 PM (KS). \$25.

Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria. Learn how to make fused



glass jewelry with the focus on Dichroic glass or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month to choose from. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four pieces of jewelry or one plate or other similar sized project. Additional projects or larger projects are available for an additional supply fee.

Stained Glass

Mondays, September 11-25 — LSC166-08

1:00-4:00 PM (KS). \$44 (three sessions). Supply

fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes short pants o.k. 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 butterfly 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 27 years of stained glass experience.



Movies

The Star Wars Saga (Part 1)

Wednesday, September 20-October 11— LSC167-08

1:00-4:00 PM (KS). \$30 (four sessions). Instructor:

Ray Ashton. On September 20, we will begin our journey "A long time ago in a galaxy far, far away..." Over two four-week sessions, we will take an in-depth look at filmmaker George Lucas and his phenomenon called "Star Wars." In Part 1 we will start our story at the beginning with "Episode 1: The Phantom Menace" and the introduction of the young Anakin Skywalker. Then in "Episode 2: Attack of the Clones" & "Episode 3: Revenge of the Sith" we continue to see Anakin's amazing transformation. In our fourth class we will discover a new cast of characters (with a few surprises) who courageously attempt to obtain the secret plans for the Empire's "Death Star" in "Rogue One: A Star Wars Story." Our classes will help us get to the center of this great Saga and the impact that it has had on audiences of all ages. "May the Force be with you."



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, September 6-27 — LSC168-08

8:00-10:00 AM (KS). \$44 (four sessions). Instructor:

Bill Sveglini. Advisory: Class is currently closed 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, September 4-25 — LSC169-08

8:00-10:00 AM (OC). \$44 (four 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, September 6-27 — LSC170-08

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini.

Advisory: Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This 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, September 7-28 — LSC172-08

8:00-10:00 AM (OC). \$44 (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



Continued on page 82

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styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Guitar 4—Advanced

Thursdays, September 7-28 — LSC173-08

10:00 AM-12:00 PM (OC). \$44 (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, September 5-19 — LSC175-08

1:00-2:00 PM (KS). \$27 (three sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes; a good singing voice is not a prerequisite! Emphasis is 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, not emphasized. Information on how to choose and purchase a guitar for personal use, beginner through advanced, will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun, 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. Questions: Call Darrell at 989-8532.



Folk Guitar for Fun Folks 102

Intermediate Class

Tuesdays, September 5-19 — LSC176-08

2:00-3:00 PM (KS). \$27 (three 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 student feels comfortable 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

Fridays, September 1-29 — LSC177-08

10:30 AM-12:30 PM (KS). \$55 (five 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

Two-day class! AARP Driver Safety Training

Tuesday & Wednesday, August 29 & 30 — LSC114-07

9:00 AM-1:00 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.



Creative Writing & Storytelling

Wednesdays, September 20-October 11 — LSC182-08

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



Sewing

—Certification—

Bernina Serger Certification

Monday, September 11 — LSC178-08

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies

Continued on page 84



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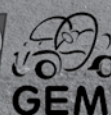


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provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification Monday, September 11 — LSC179-08

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, September 11 — LSC180-08

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.

—Quilting—

Mystery Quilt III

Mondays, September 18 & September 25 — LSC 184-08

9:00 AM-12:00 PM (OC) \$35 (two sessions). Plus \$10 pattern fee payable to instructor. Instructor Betty Kisbey. **Prerequisite:** Must be able to sew an accurate $\frac{1}{4}$ " seam allowance and know how to safely use a rotary cutter. Join in on the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Intermediate skill level Please select your fabric before the class because fabric pre-cutting is required. *Note: Please see pattern requirements and the supply sheet. You are required to have the fabric cut before class. Be sure you get a supply sheet and pre-cutting instructions when you register.*



Charming House Quilting Placemats

Fridays, October 20, November 17,
December 15, January 19 — LSC194-08

1:00 -3:30 PM (OC) \$60 (four sessions). Instructor Betty Kisbey. This placemat-of-the-month class will be offered over four months. You will make two placemats each month from the book, **Charming Houses, Dressed for Show**. At the end of the class, you should have 8 placemats measuring approximately 14"x18". In class, instruction will be given for cutting out the pattern, how to sew the block together, and how to add borders. Some sewing may have to be finished at home. In addition to using good sewing techniques, the use of embellishments will be emphasized.

Wool Embroidered Scissors and Needle Case

Saturday, October 28 — LSC185-08

10:00 AM-3:00 PM (OC) \$30. Instructor Betty Kisbey. Make this attractive scissors and needle case using wool and cotton fabrics with decorative stitches. Learn the common stitches used on wool. This scissors and needle case is very handy to have when traveling with your handwork. These are very easy to make. Make one for yourself and/or make one as a gift for that special friend. Great for the beginner who would like to learn some basic embroidery stitches and how to work with wool. In class we will be working with hand stitching on wool, however, putting it all together requires machine stitching and will be done at home. **Note: Kits are available for \$20 from instructor including supplies on day of class that include supplies needed to make one needle case.**



Technology

—PC—

Google Chrome

Tuesday, September 12 — LSC186-08

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.



Windows 10 Basics

Tuesday & Wednesday, September 26 & 27 — LSC187

9:30 AM -12:00 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. If you are new to Windows 10 or you just don't feel you've mastered the basics, this class will give you the confidence to use it more effectively and even appreciate its new format and features. Windows 10 is so customizable that Rita can even show you how to set your system up so it is more like the Windows 7 system you knew and loved! Bring your Win 10 device with you if it portable. Handout reinforces class work. Questions? Call Rita at 543-6962.



—Smart Phones and Tablets/Mac—

iPhone Basics Workshop

Wednesday, August 30 — LSC116-07

9:00 AM -12:00 PM (OC). \$30 + \$5 paid to instructor for class

Continued on page 86



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material. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone 7, or iPhone 7 Plus; and you must be on iOS 10.3.1 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of you iPhone? Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.



Android Smart Phones Basics

Monday, September 25 — LSC188-08

1:00 -4:00 PM (OC). \$45. Instructor: Len Carniato. **Prerequisite:** Gmail account. If you are still new to your Android SmartPhone [from any carrier], you could be feeling a little overwhelmed with all it can do. In this BASICS seminar you will learn SmartPhones are actually very easy to use and you will be able to master yours quickly. On our large screen display we will focus how to navigate screens, manage phone calls, organize your contacts, text messaging, email, use the internet, 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. Remember, SmartPhones are the future, so join us for a fun and educational session!



Chromebook—Your Next Laptop

Tuesday, September 26 — LSC189-08

9:00 AM 12:00 PM (OC). \$40. Instructor: Len Carniato. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There's a new and better-suited alternative—the "Chromebook". Chromebooks are simple and fast computers, so if you're thinking of replacing a laptop, you really should take a look. If you already have a Chromebook, come and learn more. In this class we'll explain many capabilities of these new laptops. **Although incredibly affordable**, a Chromebook will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, [or your Windows Laptop with Chrome] if you don't yet have a Chromebook, and join our class to learn more. Remember, your grandkids are already using them in school now!!



Photography 101

Thursday, October 5-November 2 — LSC191-08

9:00 - 11:00 AM (OC). \$58. (four sessions; no class October 26). Instructor: Robert Chang. Have you ever want to take better photos but never learned photography or how to use all those controls on your digital camera? In this class you'll learn how to operate the essential features of modern digital cameras, regardless if it's a small compact, professional DSLR, or a smartphone

camera app. You'll also learn important photography principles that will help you take better photos by utilizing good composition, effective camera angles and focal lengths, interesting lighting and color theory photos that are aesthetically more pleasing and artistically more interesting. In addition, you'll also learn how to use simple digital photo editing techniques that will significantly improve the quality of your photos. Please bring the cameras you want to learn to use and take photos with (including mobile devices with decent built-in cameras such as smart phone and tablets).

Digital Drawing and Painting

Monday, October 2-30 — LSC192-08

6:00-8:00 PM (OC). \$58 (four sessions; no class October 9). Instructor: Robert Chang. **Prerequisite:** Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you'll also learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Supply list available at Activities Desk and online.



Facebook 101

Saturdays, September 9-23 — LSC113-07

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. There are 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.



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WellFit Orientations

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- **Tuesday, August 22**
11:00 AM-12:00 PM, Fitness Floor (OC)
- **Wednesday, September 13**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, September 19**
11:00-12:00 PM, Fitness Floor (OC)
- **Wednesday, September 27**
1:00-2:00 PM, Fitness Floor (KS)

Disease Prevention & Management Session-Based Classes

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

Arthritis

Tuesdays, September 5, 12
Thursdays, September 7, 14
Fridays, September 1, 8, 15

Fridays, 12:00-1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM-12:00 PM, Aerobics Room (OC). Classes are priced differently: Tuesdays and Thursdays \$17.50 (two sessions), Fridays; \$26.25 (three sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase 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. 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, explore and share companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates

Fitness Center (OC). \$30 (one session, one-hour long). This session is a **prerequisite** 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.

Healthy Living with Exercise Part 2 Mondays and Wednesdays, September 6-27

3:00-4:00 PM, Aerobics Room (OC). \$70 (seven 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 punch pass class. Note: Class requires completion of Healthy Living Assessment.



Lessons

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

Nordic Pole Walking Monday and Tuesday, September 11 & 12

9:00-10:30 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.



Pro Tennis Lessons Sundays, August 20-September 24

Beginner 8:00-8:50 AM
Intermediate 9:00-9:50 AM



Advanced 10:00-10:50 AM

Courts #10/11. \$75 (five 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.

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Martial Arts & Mindful Movement

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Mindfulness Training for Health Wednesdays, September 6-27

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. It is no secret that emotional, mental, social and spiritual factors can directly affect health. In fact, up to 80% of illnesses are related to chronic stress. Fortunately there are techniques that can help manage and minimize the effects of stress. The Mindfulness-Based Stress Reduction (MBSR) program is designed to help participants by inviting them to enter into a new relationship with the present moment. This session is an experiential and intensive four-week training program offering powerful, integrative approach for tapping into and mobilizing innate inner resources for healing and well-being. Participants can develop a life affirming approach to living with stress influenced conditions such as chronic pain, anxiety, depression, headaches, high blood pressure, sleep disturbances, immune health gastrointestinal issues and weight management.



Mindfulness Weekend Retreat— Discovering the Presence of Peace Saturday, September 9

9:00 AM-12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor Michelle Jamieson. Renew your energy, take time for yourself, and explore ways to calm your mind and body during this weekend retreat. This six-hour event will focus on mindfulness practices that will allow you to let go of your “to-do list” so you can relax and focus on the present moment.

Tai Chi—Qigong Introductory Class Tuesdays, September 5-26

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor Peli Fong. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath in order to improve one's health and vitality. This clinically proved system is the fastest-growing form of exercise throughout the world as it is greatly recommended by healthcare professionals such as the Mayo Clinic, to improve posture, balance, and tranquility. The series of mindful movements that are synched with the breath are confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level



Tai Chi Qigong L1 Tuesdays, September 5-26

2:00-3:00 PM, Aerobics Room (KS). \$35 (four 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, September 5-26

3:00-4:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. 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.

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Money Matters

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Anticipating the Next Recession

Tuesday, August 29

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Gauging the time and length of a Recession is a difficult task and one that even the best economists have trouble perfecting. However, having this information can help you decide if it's time to get more conservative in your investments as well as your life in general. Come to this timely class that provides current and relevant information that can help you make these decisions.



Active vs. Passive Management

Tuesday, September 26

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Some investors choose to invest on their own, using more Index-like investment vehicles referred to as Passive Investing. These allow the investor to enjoy the markets when they advance but suffer the pain when they decline. On the other hand, an alternative to Passive, Active Investing, provides an option for investors to have their funds managed by professionals who attempt to capture the growth but minimize the declines. Which is best for you and when should you consider either one. Come to this class to get more information on Passive vs Active Investing.

Nutrition

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

Back in October!

Re-Start—Your Health in Just Five Weeks

Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



Coming Soon! Restorative Wellness with Audrey Gould

“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their own health by teaching them how to reverse the effects of the modern diet and live in “Health Nirvana!” Restorative Wellness is sold in three month packages to help residents resolve specific health issues that can't be solved in one session. The three Month Nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body
- Six hours of personalized nutrition consulting including a two-hour initial assessment
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price.)
- A personalized program that will identify the areas and strategies for both the short term and long term goals.
- An understanding of your specific symptoms.
- Personalized food and/or supplement recommendations that are specific to your individual needs.

Total Cost: \$549. *Additional consultations @\$75/session after the completion of the three-month program.* Audrey Gould is a clinically trained Registered Dietitian/Nutritionist, Nutritional Therapy Practitioner and a Restorative Wellness Specialist. Audrey teaches the popular Re-Start Nutrition classes at SCLH and is committed to helping her clients find their *best self*.

Muscle Strength, Bone Density, Nutrition and You

Thursday, September 21

2:30-3:30 PM, Aerobics Room (KS) \$20 (Single Session). Instructor: Milly Nunez. Bone density, muscle mass, and cognitive function all change as we grow older and nutrition plays an important role. Improving our nutritional habits and increasing our physical activity can dramatically help us as we age so come and learn how to become a healthier adult!

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the Activities/WellFit Departments or online.

Getting Your Stuff Together: Organizing Your Estate

Tuesday & Wednesday, September 12 & 13

9:00 AM-12:00 PM, Oaks & Gables (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.

Let's Talk About Advance Health Care Directives

Friday, September 22

9:00 AM-12:00 PM, Oaks and Gables (OC). \$30. Instructor
Continued on page 93


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Marcia Van Wagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



as a worthwhile activity to do every day.

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.

Back By Popular Demand!

Dream a Little Dream— Managing your Sleep Apnea and other Sleep issues

Tuesday, September 19

1:00- 2:30 PM, Multipurpose Room (OC)
\$20. Instructor Victoria Florentine, RRT,
Respiratory Care Practitioner. This class is
open to anyone who has experienced sleep apnea or other sleep
disorders. Learn the best strategies for managing your sleep with
respiratory equipment. Learn the facts from an expert in cardio-
pulmonary care! There will be a question and answer session at
the end of the 75-minute presentation.



Memory: The Long and Short of It Wednesday & Friday, September 13 & 15

10:00 AM-12:00 PM, Multipurpose Room (OC)
\$30. Instructor: Alice Jacobs. This two ses-
sion interactive workshop will cover current
scientific information about memory - including
the components of memory, memory changes
with age—reviewing normal and abnormal
changes, tips and techniques for improving
memory, and new advances in memory diagnosis. Participants
will create a personal memory improvement plan. Educational
physiologist, Dr. Alice Jacobs is a pioneer in brain wellness and
memory training, and is the founder and CEO of Brain Gain™
(www.braingain.info). She has taught health and health-related
courses for several universities including private and public
institutions.



Beginning Sudoku

Tuesday, August 29

Tuesday September 26

9:00-10:30 AM, P-Hall (KS). \$5. Instruc-
tor: Russ Abbott. Come learn the basics
of Sudoku, one of the most popular
puzzles in America today. Puzzle layout,
logic, and playing methods will be discussed and reviewed.
The instructor's own Box Rule of Two strategy will be taught,
making you feel much more comfortable with Sudoku. Come
enjoy something the American Medical Association has cited



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 schedul-
ing 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**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member and 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@sclhca.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

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

Continued on page 95

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.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per 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:**



Nick Brooks #00960821 Keneta Sanchez #00960821

 Gail Cirata 206-3503 #00481659	 Michelle Cowles 295-8532 #01821892	 Pamela Everett 426-8088 #01134130	 Don Gerring 747-5050 #00631339	 Steve & Jo Ann Gillis 316-0815 #01968756 / #01018109	 Yvonne Holm 616-6555 #01969667
 Donna Judah 412-9190 #00780415	 Tish Leo 257-3410 #01217895	 Jill Mallory 201-3855 #01844285	 Paula Nelson 240-3736 #01156846	 Kathy Nowak (408) 348-0641 #02002833	 Wendy Olsen 276-4194 #01763197
 Peggy Poole 765-3434 #00521665	 Tony Portman 214-7888 00686943	 Ann Renyer 408-7008 #01746828	 Michael Renyer 343-6044 #00894446	 Bill & Jan Rexrode 408-3997 #01700676 / #01700677	 Loree Risi 716-0854 #01203309
 Holly Stryker 960-3949 #01900767	 Margaret & Karl Thompson 508-0152 #01483633 / #01033383	 Doreen Traxel 698-0801 #00822877	 Tangi Walker 316-1112 #00820609	 Tony Williams 521-3400 #01390054	 Sharon Worman 408-1555 #00905744



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- **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.

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.

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

SGT—Parkinson's Indoor Cycling Wednesdays & Fridays, September 6-29

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Milly Nuñez. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of "forced exercise." Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise" (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact JJ Mortensen with questions at 408-4825 or jeannette.mortensen@sclhca.com.



SGT—TRX Interval Training L3 Mondays & Wednesdays, August 23-September 20

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 9/4). Instructor: Mike Yamamoto. 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! *This class is available for the SGT Drop-in Pass.*

SGT—Fit 101 L1 Mondays & Wednesdays, August 28-September 25

10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class 9/4). Instructor: Danielle Lawlor. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—"Fun"ctional Fitness L3 Tuesdays & Thursdays, August 31-September 28

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 9/7). 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. *This class is available for the SGT Drop-in Pass.*



SGT— Bootcamp L3 Mondays & Wednesdays, August 23-September 20

4:30-5:30 PM, Aerobics Room (KS). \$135. (eight sessions; no class 9/4) Instructor: Mike Yamamoto. Take your workout to the next level! L3 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. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst Group Training L2 Mondays & Wednesdays, August 23-September 20

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions; no class 9/4) 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! *This class is available for the SGT Drop-in Pass.*



New! SGT—TRX L2 Tuesdays and Thursdays, August 24-September 21

5:30-6:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 9/7). Instructor: Danielle Lawlor. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

SGT—TGIF TRX & More L2 Fridays, September 8-29

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



SGT—Healthy Back L1 Mondays and Wednesdays, August 28-September 25

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 9/4). Instructor: Marilyn Harder. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretch-

ing 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, August 23-September 20

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class 9/4). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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 100-103 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.

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• **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. 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!

• **Back to Basic Step L2:** Get your heart rate up while learning the basics of step. Learn or continue to love step in a fun and safe environment. A great challenge...a great workout!

• **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.

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- **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 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 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!
- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night’s sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!
- **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.
- **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 L2:** 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. Tuesday and Thursday 7:30 AM classes will be in the outdoor lap pool while open during summer months. Enjoy the sun and fresh air while getting an outstanding work out!

- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. 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.

- **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:** This easy-to-follow program lets you move to the beat at your own speed. 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.



OC WellFit Class Schedule September 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15							
8:00	New Instructor Strictly Strength L3- Jen	New Instructor Back to Basic Step L2- Kim	New Instructor Strictly Strength L3- Jen	Back to Basic Step L2- Kim	Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	Yin Yoga L1-3 - Marilyn	Yoga Basics L1- Cynthia/Sara	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie		Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola		
12:00	Yoga Stretch L1- Julie			Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	12:15-1:15pm iRest Meditation and Yoga L1 - Iram			Basic Chair L1- Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Ashley	SGT- Balance & Fall Prevention L1- Danielle				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	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)		Mindfulness 101 - Michelle				
5:00		Activities		Activities			
6:00			Mixed Levels Yoga L1-3- Jennifer				
	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.						

WellFit Pilates Reformer Class Schedule September 1-30, 2017

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

OC Aqua WellFit Class Schedule September 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Water Works L2/3- <i>Theresa</i>	OC Outdoor H2O Bootcamp L3 <i>Danielle</i>	OC Water Works L2/3- <i>Theresa</i>	OC Outdoor H2O Bootcamp L3 <i>Annamarie</i>	OC Water Works L2/3- <i>Annamarie</i>	OC	OC
8:30	Aqua Fitness L2- <i>Theresa</i>		Aqua Fitness L2- <i>Theresa</i>		Aqua Fitness L3 - <i>Alexis</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Alexis</i>		
10:30	H2O Bootcamp L3- <i>Annamarie</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H2O Bootcamp L3- <i>Annamarie</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 <i>Annamarie</i>		H2O Bootcamp L3- <i>Annamarie</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							



An Introduction to Mindfulness

Thursday, August 24 — Free

7:00 PM, P-Hall (KS). Just as exercising our muscles strengthens our body, training the mind makes it more resilient, improves focus and attention, and assists in working with emotions to maneuver more easily through life. Studies have proven numerous benefits of “Mindfulness,” including reduced stress and anxiety, greater self-awareness, increased calm and relaxation, improved sleep, and the development of pain management skills. Come and learn what Mindfulness is and discover ways to introduce it into your life. Presented by Michelle Jamieson, part of the Integrative Medicine Team at Sutter Health and founder of Sierra Mindfulness.



The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force

Wednesday, September 6 — Free

7:00 PM, Ballroom (OC). The Lincoln Hills Astronomy Group brings “The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force” presented by Dr. Seth Shostak, Senior Astronomer at the Search for Extraterrestrial Intelligence Institute (SETI). Many people assume that our descendants will join a galaxy-wide, multi-world society similar to that portrayed in the “Star Wars” franchise. Dr. Shostak, one of the series’ most popular public speakers, will separate the science from the fiction in the most successful space franchise of all time. Q & A follows the presentation.



What is the Salt Mine? Learn About a Local Charity the Benefits Others

Thursday, September 14 — Free

2:00 PM, P-Hall (KS). You may have donated food or furniture items to the Salt Mine, but do you know about all of the important services this charity provides? Pastor Eric Long will be the Community Forum presenter to tell you how the Salt Mine, which opened in 1985, benefits the Lincoln community every day. Learn about their programs to feed the hungry, give clothing and household items to qualified families, and provide youth and



adult and senior programs for those in need, including the homeless. There will be time for a question and answer period, too.

Hit the Road with Healthy Feet

Thursday, September 28 — Free

7:00 PM, Ballroom (OC). Do your feet ever hurt? Dr. Masoud Ghalambor, M.D., a specialist in arthroscopic and reconstructive surgery of the foot and ankle will discuss some common foot problems and options for treatment: bunions, hammer toes, types of arthritis in the feet and ankles, Achilles tendon disorder, Morton’s neuroma, and plantar fasciitis. He will describe what these conditions are, what the symptoms are, and what you can do to prevent or treat them. Foot pain can have ramifications for one’s overall health and quality of life. Put one foot in front of the other, and come listen to this presentation. There will be a question and answer session following the presentation.



Working Together—The Lincoln Police Department & You

Tuesday, October 10 — Free

9:00 AM, P-Hall (KS). Douglas R. Lee, was appointed Chief of Police for the city of Lincoln in January. He served 31 years with the Sacramento County Sheriff’s Office, then two years as Chief Deputy of Law Enforcement and Homeland Security for the Governor’s Office of Emergency Services. He holds a BS degree from Sacramento State University and an MA degree from the Naval Postgraduate School. A well-qualified man for the position he is now holding, Chief Lee’s goal is to first give the audience some insight on how the Police Department operates, and then open the forum to a Q&A session.



Del Webb—The Man, The Legacy

Monday, October 16 — Free

10:30 AM, Ballroom (OC). “What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with Sun City Lincoln Hills? Find out as Judy Bennett relives the history and legacy of Del Webb, the man, the vision and the history of Sun City Lincoln Hills. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb’s Northern California communities. As part of the executive management team, Judy sat at the strategic planning table from 1994-2007. Learn interesting “insider” history, including the Lincoln Hills’ Ghost story.”



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • An Introduction to Mindfulness Thursday, August 24, 7:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • Working Together—the Lincoln Police Department and You Tuesday, October 10, 9:00 AM, P-Hall (KS)
<ul style="list-style-type: none"> • The Science of Star Wars: Space Travel, Aliens, and the Force Wednesday, September 6, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Del Webb—The Man, The Legacy Monday, October 16, 10:30 PM, Ballroom (OC)
<ul style="list-style-type: none"> • What is the Salt Mine? Learn About Local Charity/Benefits Others Thursday, September 14, 2:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • Public Health and Travel Issues for Seniors Wednesday, October 25, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Hit the Road with Healthy Feet Thursday, September 28, 7:00 PM, Ballroom (OC) 	<p>Watch for more Community Forums in upcoming issues of the COMPASS, on our website, and on eNews.</p>

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Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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

Fitness Center Hours: OC & KS

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

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

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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

Sunday Brunch 10:00 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

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Associate Editor: Wendy Slater Resident Editor: Doug Brown

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Richard Pearl, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

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