

COMPASS



The Official Magazine of Sun City Lincoln Hills

March 2017

**Service Awards and
Recognition... pages 2 & 7**

**Watching Out for
Scams... page 27**

**It's the Lifestyle 2017
Photo Gallery... page 25**

**Lifelong Learning
in Lincoln Hills Clubs... page 17**



In This Issue

Activities News & Happenings 9, 104
 Ad Directory/COMPASS Advertisers 103
 Association Contacts & Hours Directory 102
 Beyond Point and Shoot 17
 Beermann's Building Then and Now 19
 Board of Directors Report 2
 BOD Service Awards 2
 Bulletin Board 43
 • You are invited to attend 43
 • Community Perks 46-47
 Calendar of Events 3
 Classes, Activities Department 63
 Classes, WellFit Department 87
 Club Ads: Chorus, Garden 12
 Club Ads: SCOOP, Senior Softball 13
 Club News 29
 Committee Openings 15
 Community Forums 100
 Compliance Committee 5
 Connections 3
 Day Trips & Extended Travel 53
 Employee of the Month 5
 Entertainment 49
 Executive Director 5
 Finance Committee 15
 Food & Beverage Department 8, 15
 Going for Gold in Your Golden Years 11
 Hair-Raising and Lamp-Lighting History 21
 Important Info: Entertainment, Trips, Classes 57
 In Memoriam 47
 It's the Lifestyle 2017 Photo Gallery 25
 Kitec Plumbing Video Viewing Scheduled 2
 Library News 27
 Lincoln Hills Golf Club 44
 Neighborhood Watch 27
 Service Awards and Recognition 7
 The Road to Aging Well: Exercising Your Brain is a Walk ... 21
 The Spa at Kilaga Springs 9, 22
 Upcoming Association-Related Meetings 3
 WellFit Grids 97-99
 WellFit News 11, 42

On the cover

A Bristlecone Pine in the White Mountains east of Bishop at about 12,000 feet elevation, was captured by Photography Club president Brad Senn. The club visited this same location in 2016 during their Eastern Sierras Fall Field Trip. Read more about the club and their amazing field trips on page 17

News from the Board of Directors

Ken Silverman, President, SCLH Board of Directors

"Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work."

—Vince Lombardi



On behalf of all, I would like to extend a special thank you to Jim Leonhard and Denny Valentine as they complete their term on our Board of Directors. They demonstrated a commitment to work together towards the common goal of living in an exemplary community. The Board of Directors spends a great deal of time and effort along with our committees to make sure our facilities are well maintained, our lifestyle reflects our residents' needs, and our finances are diligently managed.

At the February meeting, four members were sworn in to the Board of Directors: a second term for Molly Seamons and Donald De Santis, and returning from previous service were Ken Silverman and Marcia VanWagner. Along the way, we might not always agree, yet we respect each other's point of view and we get the added benefit of developing new friendships.

Following the Special Meeting of the Board, an organizational meeting was held where Board members vote for officers. This year our officers are:

- President, Ken Silverman
- Vice President, Marcia VanWagner
- Treasurer, Molly Seamons
- Secretary, Michael Deal

BOD Service Awards

Ken Silverman, BOD President surrounded by BOD directors, present outgoing BOD President, Jim Leonhard (second from left) with a four-year service pin and outgoing BOD secretary, Denny Valentine (fourth from right) with a nine-year service pin. For more award photos, see page 7



The following will act as Board Liaison to committees:

- Communications & Community Relations Committee (CCRC), Donald De Santis
- Clubs & Community Organizations Committee (CCOC), Hank Lipschitz
- Properties, John Snyder
- Finance, Molly Seamons

One of the Board meeting agenda items was the Proposed Design Guidelines Revisions. The motion was to postpone the vote. Civil Code requires the Association to provide general notice to all members within 15 days of making a rule change. As it is cost prohibitive to do this now and the rule changes are for clarifying, coordinating, and consistency reasons, the Board can revisit the Guidelines later in the year. When adopted, they can be provided to our members along with the annual reports distributed in November.

The Board is always open to your concerns and input. You will find our email addresses at the back of the COMPASS along with email addresses of Committee chairs.

Kitec Plumbing Video Viewing Scheduled

If you have been unable to watch the Community Forum video regarding the Kitec Plumbing information for SCLH Residents, the following dates and times have been scheduled in the Solarium (OC). There will be no formal presentations nor discussions. This viewing is in response to those who do not have a computer or who have difficulty accessing the video on the website.

- **Thursday, March 23, 1:00-4:00 PM**
- **Monday, March 27, 1:00-4:00 PM**
- **Wednesday, March 29, 8:00-11:00 AM**
- **Friday, March 31, 1:00-4:00 PM**

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

No act of kindness, no matter how small, is ever wasted. —Aesop



It was terrific seeing hundreds of you at the *It's the Lifestyle Club and Non-profit Expo* at the end of February. Your participation in club and civic activities is why we are Northern California's premier active adult community. With 70 active clubs, I am continually amazed at the expertise shared by others in a fun and engaging way. Take a look at the captivating photos provided by our Lifestyle photographers on page 25.

This issue we welcome a new feature, "Lifelong Learning in Lincoln Hills Clubs" by Resident Editor, Doug Brown. On page 17 Doug explores the Photography Club's educational opportunities and COMPASS articles will continue through the year exploring other clubs in the hope that you will be inspired to join in the pursuit of new skills and knowledge.

In addition to club activities, for the month of March alone, I counted well over 84 Group Exercise, 58 Session Based Fitness classes, plus Personal Training. We also have about 85 classes each week through the Activities/Lifestyle Department, and at least

two bus trips a week and a weekly show. If that isn't enough to keep us active, there are three Community Forums in March alone and weekly committee meetings one can choose to attend.

With all these activities, I don't see us slowing down at all. In fact we are as active as ever with one caveat: many of our community leaders are stepping down from leadership positions and we need new residents to come forward to lead and actively participate. According to the recent demographic study, available on the website library, the average age of residents is 74, and the average age of new residents during the past three years is 69. This leads me to a recent observation: we have even younger residents living in and participating in our community. Let's be sure to welcome them in our clubs, classes, on trips, and at events. As it can be intimidating to be "the new kid on the block," showing kindness with an introduction or encouraging word will go a long way to ensure we remain a premier active adult community.

Calendar of Events

March 15-April 30

Date	Event	Page #
03/15	Home, Health & Business Showcase	46
03/16	Book Discussion: <i>China Dolls</i>	30
03/16	Concert: Rita Hosking and Sean Feder	49
03/18	KS at the Movies on Sat.: Thoroughly Modern Millie	46
03/20	Astronomy: Short cuts through the Universe	29
03/20	Astronomy: Stephen Hawking/Black Hole Evaporation	29
03/20	Genealogy: Demo on Creating Your Family History Book	34
03/20	Fashion Event: Fashion Show Model Call	50
03/21	Painters: Demo Basic Approaches/Painting Cityscapes	37
03/22	Music: Play and Sing	37
03/22	Forum: Crimes Against Seniors	27, 100
03/23	Forum: Mind & Body Team in Healthy Aging	21, 100
03/23	Eye Contact: "Better Balance & Fewer Falls"	33
03/23	Garden: "All About Bees"	34
03/23	Painters: Registration date for Art and Craft Tour	37, 46
03/23	Coffee with the Mayor	46
03/24	Concert: Taylor Made	49
03/25	Performance: Sister Act, State Theater, Auburn	54
03/26	Tour: San Francisco Macy's Flower Show	58
03/31	Garden Group Plant Sale	34
03/31	Overnight: Hearst Evening Tour	63*
04/01	KS at the Movies: The Girl on the Train	46
04/03	Antiques: Child Sewing Machines	29
04/03	KS at the Movies: The Girl on the Train	46
04/04	Eye Contact: New Magnification Products	33
04/04	SCOOP: Pet First Aid	39
04/06	Investors' Study: Speaker from First Trust Advisors	36
04/06	Paper Arts: "Demo Day"	38
04/06	Concert: A Tribute to the Songs of Billy Joel	49
04/07	Performance: Mama Mia! Farewell Tour, Harris Center	54
04/08	18th Annual Senior Softball League Opening Day	40, 47
04/08	Tour: Cherry Blossom Festival, San Francisco	58
04/10	Bird: Speaker from Ducks Unlimited	30
04/11	Needle Arts: Speaker on Hand Dyed Yarns	37
04/12	Computer PC: Windows Upgrade "Creators Edition"	32
04/13	Bosom Buddies: Art of Tying Scarves Demonstration	31
04/13	Annual Golf Cart/NEV Drive Thru Clinic	46
04/13	Casino: Jackson Rancheria	53
04/14	Computer PC: Clinic Windows "Creators Edition"	33
04/15	Grandkids Event: Spring Egg Hunt	50
04/17	Genealogy: Speaker on Naturalization—Rules/Records	34
04/18	Vaudeville: Auditions for July Show	41
04/18	Performance: The Body Guard	63*
04/19	Forum: Advances in Ophthalmology	100
04/20	Book Discussion: <i>1776</i>	30
04/20	Concert: Acoustic Tribute to Lennon-McCartney	49
04/21	Tour: San Joaquin Asparagus Festival	58
04/22	Feats of Clay—Lincoln Clay Day	47
04/23	Line Dance: Party	36
04/23-26	Overnight: Getty Museums, Los Angeles	34
04/24	Document Destruction	47
04/25	Vaudeville: Auditions for July Show	41
04/27	Fashion Event: Spring Fashion Show Luncheon	50
04/27	Sports: Giants vs. Los Angeles Dodgers	57
04/28	Computer PC: Ask the Tech	33
04/28	Music Group sponsored Open Mic Night	37, 47
04/29	KS at the Movies: Arrival	37
04/29	Tour: Scottish Games & Festival	58
04/30	Performance: Men are from Mars, Women/Venus	63*
04/30, 05/01-02	Concert: Chorus "Broadway Blast"	32
05/01	KS at the Movies: Arrival	37

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

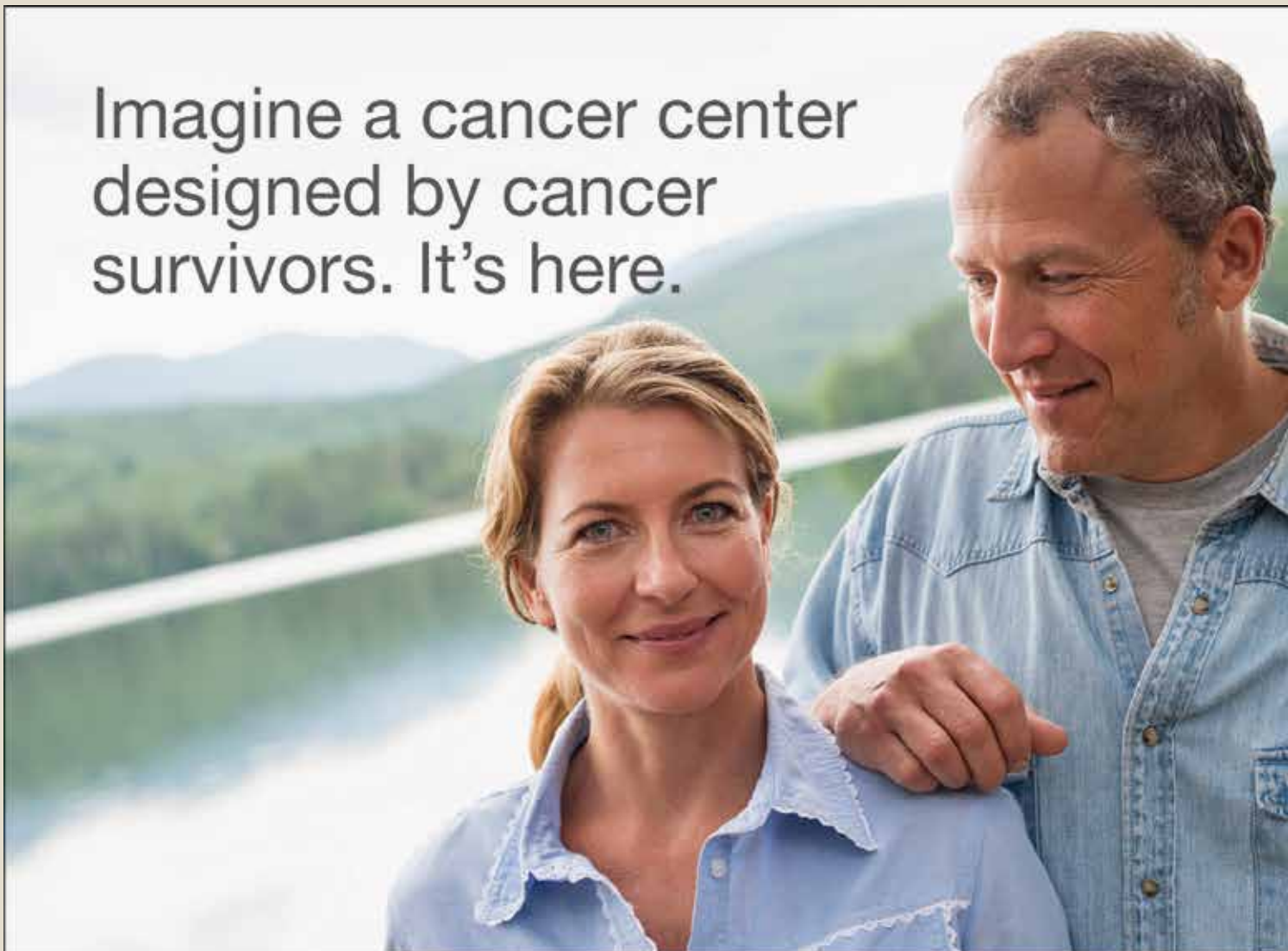
Upcoming Association-Related Meetings: Date, Time, Place

March 15-April 30

Golf Cart Registration.....	Thursday, March 16, April 6 & 20, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Monday, March 20, 9:00 AM
Board of Directors Meeting.....	Thursday, March 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, March 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, March 23, 11:00 AM
CCRC/Communications & Community Rel. Cmte. ...	Friday, March 24, 9:00 AM
ARC/Architectural Review Committee.....	Monday, March 27, 9:00 AM
Listening Post.....	Tuesday, March 28, 11:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, April 4, 9:30 AM
Compliance Committee Meeting.....	Wednesday, April 5, 10:30 AM
Elections Committee.....	Friday, April 7, 10:00 AM
ARC/Architectural Review Committee.....	Monday, April 10, 9:00 AM
CCRC/Communications & Community Rel. Cmte. ...	Tuesday, April 18, 9:30 AM
Finance Committee Meeting.....	Thursday, April 20, 9:00 AM
ARC/Architectural Review Committee.....	Monday, April 24, 9:00 AM
Listening Post.....	Tuesday, April 25, 11:00 AM
Board of Directors Meeting.....	Thursday, April 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, April 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, April 27, 11:00 AM

Meetings in OC unless noted otherwise.

Imagine a cancer center designed by cancer survivors. It's here.



Welcome to the new Sutter Cancer Center, Roseville

Together with cancer survivors, doctors and health care professionals, we created an advanced center for cancer treatment in a peaceful, healing environment. The center provides everything you and your loved ones may need in one convenient location. Our genetic counselors, nurse navigators and financial counselors are here to help you every step of the way.

Sutter Cancer Center, Roseville

8 Medical Plaza Dr., Roseville, CA 95661
916-781-5000



To learn more about the new destination for cancer care visit sutterroseville.org/CancerCare



From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

After several months of cold and rain, spring is finally coming to Lincoln Hills! The blossoms on the plum trees on East Joiner are a welcoming sign that warm weather is on the way. Of course, when its 106 degrees in August, we'll probably think fondly of the winter weather.



Kilaga Springs entryway in full bloom

The Association got off to a strong start in January, with the operating departments beating budget by approximately \$66K.

Poor weather and issues related to the golf course solar project continued to have an impact, but overall, January was a good month for us.

Spring is also the time of year when we begin to plan for firebreak mowing and bringing the grazing herd on site. This year, the grazing will start in mid-April, and the initial mowing will be timed to coincide with the grazing. As usual, Mother Nature has a vote, and weather may impact these projected start times. We will follow up with a full firebreak mow in May, with the usual goal of completion by mid-June. We will post the schedule on the website when it is finalized.

As many of you are aware, we have around 487 acres of open space in the community. For the past few years, Wildlife Heritage has placed a motion-activated camera in various places throughout the

open space to try to provide a record of the wildlife that inhabits our wetlands. I have shared these pictures with staff, and thought it would be a good idea to have these photos posted on our website for all to enjoy. It will help to reinforce how special these areas truly are.

We have added two new features to the website. The first is an "Easy Button" that residents can use if they have a question about the Association, and want the straight scoop. This is a great way to get accurate information. The other feature is a "Good News" link that shares positive stories involving programs, resident activities, and interactions that reflect the positive things that happen in our community on a daily basis. It seems that we don't celebrate the good things enough these days. We have a lot to be proud of here in Lincoln Hills. The recent "It's the Lifestyle" Expo is an example of what Lincoln Hills is all about. Let's make the time to celebrate and reflect on all of the good things about this community.

Employee of the Month Award

Julie Willett, Esthetician, the Spa at Kilaga Springs

Our February 2017 "Employee of the Month" Award is Julie Willett who joined our Spa at Kilaga Springs in May 2005 as a Nail Technician. In August of 2015, Julie returned to the Spa with her new passion and credentials as an Esthetician. Here are just a few quotes shared by our staff:

"Julie arrives each morning to work with a friendly smile and a positive attitude. She is always stepping in to help wherever needed."
"Julie has jumped right in and took control of ordering products that saved us money, and tackled this job without being asked!" "She is such a joy to work with!"

We are fortunate to have Julie as part of our SCLH Team. Thank you Julie for your dedication, hard work to our clients and to the Spa at Kilaga Springs! You are an asset to our residents and our team.

Nancy Gabriele, HR/Payroll Manager, left, and Julie Willett, Esthetician, the Spa at Kilaga Springs



Looking Back and Looking Forward

Mary Lou Taverna, Compliance Committee Chair



In January, my annual report to the Board of Directors included reference to a year of change—in leadership in both Community Standards staff and the Compliance Committee. I also referenced another noticeable change: an increased participation from residents involved in monitoring compliance and reporting non-compliance.

Complaints received in 2016, were 101 greater than the prior year. So far in 2017, new complaints received already exceed the 100 mark.

It is rewarding and helpful to see an increase in the number of residents asking questions about what is and what is not allowed, how to submit an application for landscape changes and how to be of greater help.

The Compliance Committee recently received some outstanding applications for committee membership. This also signals a desire for others to help address the issues of non-compliance and to become part of a team that focuses on the overall beauty, maintenance, and curb appeal of our properties.

In 2016, 40 percent of the closed cases were for prohibited items and designs. This is one of the easier areas in which to achieve com-

Please see "Looking Back" on page 7

The Genuine. The Original.

OVERHEAD DOOR

Overhead Door Company of Sacramento, Inc.

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

Sales * Installation * Service

Residential * Commercial * Garage Doors * Operators

Free Estimates * Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

916-421-3747

6756 Franklin Blvd., Sacramento, CA 95823

SCLH Real Estate Savvy

Your Home — Your Future
Our Commitment ♥

JILL Mallory & HOLLY Stryker
Resident Realtors® | Top Producers
BRE # 01844265 | BRE 01900767

JILL (916) 201-3855 • HOLLY (916) 960-3949

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

Supporting the Placer County SPCA

BOULDER CREEK

SYNTHETIC GRASS

(916) 532-8124 CL #827258

Pat's Medical Insurance Counseling

- Medicare, Medicare Supplement, HMO and Part D Information
- Medicare, Supplement and Under 65 Claims Management
- Assist with Billing Issues
- Patient Advocate
- I Do Not Sell Insurance
- Free Phone Consultation
- Senior Resources

Pat Johnson
pat@patstoby.com • Since 1977
www.patsmedicalinsurancecounseling.com (916) 408-0411

Lenora Harrison TEAM

Buying or Selling?

916-765-4188

CALL THE PROS!

Coldwell Banker International President's Club Elite

CA BRE#01229917

Visit our website@WeSellSunCity.com
Lenoraharrison@aol.com, Follow us on
Facebook.com/LenoraHarrisonTeam

Each office independently owned and operated

KYVELE ARTINIAN, LMFT 916-410-8552

MOBILE WELLNESS:
Counseling in the Comfort of your own home

Experience Counts

Families
Individuals
Couples

Life Changes
Addiction
Anxiety
Depression

Practicing Since 2005

CA. License #41732

COUNSELOR

EAGLE PLUMBING
and roofer

24 Hour Emergency Service
For Your Total Plumbing Needs

Tim Martin
Owner

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

2008-2015 BEST OF THE BEST LINCOLN

GARY'S SPRINKLER REPAIR SERVICE

Residential Experts
25 Years Experience
Troubleshooting & Repairs

- Timers Changed
- Wiring Issues
- Bad Valves
- Drip Systems
- Broken Pipes

All Work Guaranteed
Lic. # 869624

(916) 223-3706

Service Awards and Recognition



Ross Pelton, John Solander, Jim Prosser, Jack Swanson were recently recognized by The Performing Arts Committee and the SCLH Community Association for sharing their expertise and for their major contributions to the development of the audio and visual program and equipment used by the Pre-

forming Arts groups and the Association over the last 15 plus years. We wish them well in their retirement and thank them for support and always being there for us.



Ken Silverman, BOD President, presents ARC member Elsa Schmidt with a three-year service pin



Ken Silverman presents outgoing Properties Chair, Bill Attwater with a three-year service pin.



Ken Silverman presents outgoing ACR Chair, Mark Hutchinson with a five-year service pin



The Elections Committee (names shown with asterisks) was recognized by the Board of Directors for their service to the Association. From left: Carol Larsen*, Laila Glahn*, John Snyder, Rita McPeake*, Hank Lipschitz, Marcia VanWagner, Michael Deal, Molly Seamons, Don De Santis, Patty Jackson*, Al Roten*, and Ken Silverman

Looking Back

Continued from page 5

pliance in a timely manner. Most of these complaints can be easily remedied without major expenses. Examples include: prohibited yard decorations (gnomes, bird feeders, statues of all types, etc.); excessive number of pots and pots in non-allowed colors; mow strips without a lawn; improper pet fencing; excessive rock; visible storage sheds, garbage cans, grills, and garden equipment; artificial foliage; cardboard or foil in garage windows; cars parked in driveways in need of repairs; and red bark.

Some of the above issues can be improved within a few hours. Others may require researching the Design Review Guidelines

(DRGs). Section 10, number 80 of the DRGs addresses the issue of yard decorations. All yard decorations, if visible from the neighboring property or from the sidewalk, require ARC approval.

These rules are not meant to disparage any homeowner's choice of decor. It's just that one person's object of art may be another person's kitsch. To allow homes to exhibit a wide array of these items in sight of their neighbors would make our community look like any other subdivision found in many of the surrounding areas.

Let's all keep our community in great shape, by being informed and in compliance.

Savor the savings!

HAVE YOU JOINED THE
LOYALTY CLUB?

Get a stamp for every \$15 you spend. When you collect 10 stamps, turn in your card for up to \$20 off your bill!

NOT VALID WITH ANY OTHER OFFERS. 1 CARD PER BILL.

GET YOUR
Meridians
LOYALTY CARD TODAY!

Meridians
LOYALTY CLUB

Get a stamp for every \$15* you spend. When this card is full, turn it in next time for up to \$20 off your bill.



*Not valid with any other offers. 1 Card Per Bill.



Activities News & Happenings

Springtime Synergy in Sun City Lincoln Hills!

Lavina Samoy, Lifestyle Manager



March 20 marks the start of spring and we're excited!

With the abundance of rainfall this year, we can expect a spectacular spring show of blooms and greens. Enjoy our wonderful outdoors: walk, hike, or garden—it will be good for your body and spirit!

To complement this beautiful season, we have a few perfect activities just for you! For the first time, we are bringing you **Spontaneous Shakespeare** in the Amphitheater on **May 12** (page 53). This experimental presentation from Synergy Theater delivers an improvised play in the true Bard style filled with hilarity, mistaken identities, star crossed lovers, and even sword fights! With the magnificent views of the 18th hole as backdrop, spring can't get any better than this!

Our **Spring Fashion Show, Destinations**, on **April 27** (page 50) will demonstrate fashions for the season. Find fun outfits from Chico's, Lucy's and Marilyn's for any destinations in your book, modeled by your friends and neighbors. Our annual **Parking Lot Sale is on May 13** (page 49). Register for your space before it sells out. The **Lincoln Hills Community Chorus** will have your toes tapping with their **Broadway Blast** concert on **April 30, May 1 & 2** (page 49).

The outdoors is just a bus ride away. Discover **Sequoia and Kings Canyon National Parks, June 11-13** (page 63) and all the splendors both parks have to offer including John Muir's Giant Forest, Forestiere Underground Gardens and the historic Kearney Mansion. How about **The Getty Villa Museum and the Getty Center** (page

60)? We are heading back to Los Angeles on **April 23-26** for a three-night escapade with a side trip to the Universal Citywalk, Santa Monica Pier, and fun at the beach.

Update your home décor by creating wood signs with your favorite quote on **April 24** with **Make and Take Wood Signs** (page 68). **Chef Ian** (page 68) will demonstrate how to make fresh salads and homemade dressings to welcome spring on **April 11**. Movie instructor Ray Ashton shines the spotlight on four of the best films of award-winning director **Steven Spielberg** with a weekly presentation beginning **April 19-May 10** (page 78).

Public registration for Activities classes continues to grow. To clarify, public participants must be 45 years and older to register; may only register beginning the 27th of the month and are required to pay \$5 more for each class.

Now, let's hop into spring!

The Spa at Kilaga Springs

Awaken the Skin for Spring!

Trudy Smith, Manager, The Spa at Kilaga Springs

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

Greetings from the team at The Spa.



Spring is on the way bringing growth and renewal. Our staff is dedicated to providing and promoting your growth, renewal, and well being. We provide treatments that are more than an indulgence, they promote health and wellness.

The health benefits of **massage** include tension release, pain suppression, blood pressure lowering, circulation improvement, and stress release. **Facials** infuse the skin with the restorative benefits of peptides and proteins, benefitting the skin, keeping it firm and rejuvenated. We customize treatments for post-surgical issues, circulation improvement, cranial problems, migraines, and more.

In honor of the change of seasons we are featuring two new springtime treatments that will awaken your skin.

Dry Brushing

This service begins with dry brushing the body with a natural fiber brush. Dry brushing is exactly what it sounds like—brushing the skin in a particular pattern with a dry brush, usually before showering. Next is a fine mist blend of essential oils and green tea

Your treatment is completed with a Hydropeptide invigorating or soothing balm application. We send you home with your dry brush and home treatment instructions.

The benefits of dry brushing include:

- Stimulating your lymphatic system (in your body, your lymphatic system is the system responsible for eliminating cellular waste products)
- Exfoliation
- Increased circulation
- Stress relief
- Improved digestion and kidney function

- Invigorating energy and blood flow
- ### Radiance You Can C Four-Layer Facial

In this treatment, four luxurious layers of exfoliating masks are expertly massaged to give your skin that peptide glow. This creates invigorating effects for a fresher look, and reduces fine lines and wrinkles. It also enhances your pigmentation and evens out skin tone and texture. Perfect for the transition to spring!

Farmhouse Fresh Products

New in our Retail Boutique are "Farmhouse Fresh Products." Each product is crafted around delicious food and drinks, using up to 99.6% natural and naturally derived ingredients, and chock-full of fruits, vegetables, milks, and more from U.S. farms, including our own. Come and sample!

We invite you to expand your Health and Wellness in The Spa.

~Please see our ad on page 22.~

Call to book your appointment today — 408-4290

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

Saturday 9:00 AM-5:00 PM

Gift cards at: www.kilagaspringsspa.com



STRUCTURAL **FINDLEY** ORNAMENTAL
IRON SINCE 1988 **WORKS**
 B - C51 License # 530311 License # 813868
 150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658
 look for our Red Dragon on hwy 193 between Lincoln & Newcastle
 (916) Phone: 663 - 1887

Custom Garden Art
 Garden trellises
 fences

Security
 Doors
 Gates

www.findleyironworks.com

 **Herb Hauke**
 License # 490908

Accu Air & Electrical
Quality Heating & Air Conditioning
Service, Repair and Installation
(916) 783-8771

www.accuairroseville.com
 accuairroseville@yahoo.com

 Most Major Credit
 Cards Accepted 

Design, Contracting, and Maintenance

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

A-R Smit & Associates
 Excellent References • License #919645

(916) 997-4600

Lincoln based business
 Family owned & operated




Affordable Computer Help
 PC Help IN YOUR HOME

- Remove Viruses
- Fix Spyware
- Wireless Setup
- Customized Training
- Memory Upgrades
- All your Computer Help Needs




- 15% Senior Discount
- DSL setup
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files

Your Fulltime Computer Specialist
Jerry Shores 663-4500
 PO Box 981, Lincoln, CA 95648. Reg No. 85117



Michael J. Donovan
 Attorney at Law



Wills, Trusts & Probate

(916) 295-9714

Over 800 Living Trusts prepared
 for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

FOOTHILL ALARM SYSTEMS, INC.
 Contr. Lic. No. 410787
 Alarm Lic. No. LA000771

Professional • Reliable • Affordable
 Peace of Mind Since 1976

916.786.0626
 800.528.8957
 916.626.3199 FAX

233 Technology Way, #A-8
 Rocklin, CA 95765

Honeywell
 Authorized Security Dealer

First Alert
 PROFESSIONAL SECURITY SYSTEMS™
ADEMCO

www.foothillalarm.com



A PET'S WORLD

PET SITTING IN YOUR HOME

Serving Placer County
 Licensed • Insured

Dale McCoy
 (916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650
 www.a-pets-world.com

GARY'S REFINISHING

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



(916) 759-8950



WellFit News

Swimming Pools and Gym Etiquette

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

Swimming Pools

After a month-long survey of usage of OC and KS pools, of the 502 people who responded, 65% said OC temperature was perfect and 63% said KS is too cold, 32% said perfect, and 4% too warm. We will make no changes to OC temperature which runs between 84-85 degrees and KS will be brought up to 81-82 degrees.

We also received some great comments that I would like to share with you:

“Walkers are in the swimming lanes.” There are signs posted that, for your safety, walkers are only allowed to walk in designated lanes for both pools.

“Residents wear shoes from the parking

lot into the poolside area.” We ask that you not wear your outdoor shoes into the pool area, as they bring in little rocks and dirt.

“Monitors don’t monitor the pool.” The main job of monitors is to make sure no one is hurt and to provide assistance if needed. They are not there to monitor the lanes.

“Pool temperatures are not consistent.” Pool temperatures can vary up to two degrees up or down. There is no way to keep water at a certain temp 100% of the time due to classes, usage, and water inflow.

“How many should be in a lane?” Three people to a lane for swimmers; walkers may have up to four.

“Why can’t I walk in a swimming lane?”

This is not safe because swimmers cannot see people walking and could easily bump into them. Please remember that when you are sharing a lane, make sure as you enter that the other swimmers/walkers are aware of your presence. And if people are waiting, there is a 30-minute time limit.

Aerobic Room and Gym Etiquette

Please don’t carry your phone into the gym area, either for classes or solo workouts. Turn it off and leave it in your bag. Also, chatting on a treadmill is annoying to people next to you. We also ask you not to “mark” your territory or “save” spots in the aerobic rooms, which can be intimidating for a newcomer. Arrive early, be patient, be kind, smile, and be courteous and friendly to your neighbors. Share the equipment, let others work in to a rotation. Remember, there’s a 30-minute time limit for all cardio equipment if people are waiting. When you’re finished, wipe down the equipment as a courtesy to others.

Well Fit Classes: pages 87-99 • Class Grids: pages 97-99

Going for Gold in Your Golden Years

Cindy Davis, WellFit Event Coordinator

Today I sat down to chat with a nice guy named John Parks; formerly a career Veterinarian with a Ph.D., still a Texan at heart and current 77 year old Decathlete. Last October, John travelled to Perth, Australia where he entered the Senior Olympics and completed ten events over two days with a group of athletes 75 to 79 years old. He was pleased to win the Bronze Medal to add to his wide collection of many silver and gold won throughout the years competing in individual events.

Active for many years in softball and tennis here at SCLH, his inspiration comes from knowing that it is because of the discipline, routine and consistency in exercise that these years of his life are great years. At WellFit when it comes to fitness, we often say, “it’s never too late to start and it’s always too soon to quit,”

and that’s just the kind of advice John likes to give. “Want to live longer and better?” he says *“Exercise!”* The most important of the lifestyle factors is exercise, including strength training and aerobic exercise. We are retired, have plenty of time and are blessed with wonderful facilities. We have no excuse. Maintaining strength as we age is important so we can retain mobility, be able to do the things we enjoy and prevent falling which can be disastrous. Strength can be increased at any age. SCLH has an indoor track, and walking, hiking and biking groups. Again there is no excuse.”

He is a firm believer that along with hobbies, activities and friendships, exercise is an absolute necessity and if his body agrees, he plans to try again to win the gold in Toronto in the next age bracket at 81 years old. I hope you are inspired by John as I was, but you don’t have to do the long jump, shot put, high jump, 100



John Parks with his collection of silver and gold medals won competing in individual events

meter dash, 400 meter run, 1500 meter run, hurdles, discus, pole vault, or javelin.

SCLH’s Lincoln PACE Race is just seven weeks away and we invite everyone to come out, taste local beer and salsa, eat a street taco or two, and “walk, run, or just have fun”!

Lincoln Hills Community Chorus

presents

BROADWAY BLAST

2017 Spring Concert in the Orchard Creek Ballroom

Music from Les Miserables, Pajama Game, Man of La Mancha and many more Broadway and Hollywood favorites will be performed by the LH Community Chorus in their Spring Concert. Begin Spring with lively and enjoyable music. We hope to see you at one of the concerts.



Sunday	April 30	2pm
Monday	May 1	7pm
Tuesday	May 2	7PM

Premium Seating \$18 General Admission \$13

Tickets available at Orchard Creek and Kilaga Springs Activities Desks
or www.suncity-lincolnhills.org/residents

Garden Group

www.lhgardengroup.org

PLANT SALE March 31

Sports Pavilion 9am-12pm

ROSE SHOW Apr 22/23

OC Lobby 10am to next day 3pm

BONSAI SHOW May 20/21

OC Lobby 10am to next day 8pm

FLOWER SHOW May 25/26

KS Lobby 2pm to next day 4pm

General Meetings
4th Thurs (2-4pm) KS

SCOOP

Sun City Organization of Pooches Pet First Aid and CPR Training

presented by **Wag Hotels**



Tuesday, April 4th, 2017 | 11:00am - 12:30pm
Fine Arts Room, Orchard Creek Lodge

Lauren Wintroub, certified Pet First Aid and CPR instructor from Wag Hotels, will teach the basics of performing CPR and First Aid on your pet.

Training topics will include: CPR, Pet Vitals, Choking, Snake Bites, Heat Stroke, and Snout to Tail Assessment.

Join us for a demonstration designed to be fun, engaging and informative!



**** 2017 SOFTBALL OPENING DAY ****

LINCOLN HILLS SENIOR SOFTBALL LEAGUE
DEL WEBB FIELD - SATURDAY, APRIL 8th - STARTING 8:45 AM
****COME MEET OUR HALL OF FAME INDUCTEES****
ENJOY THE GAMES, HAVE FUN & STAY FOR THE FOOD



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

Comp-Solve Computers
 916-276-1374
 In Home Computer Service



Lincoln Hills Special
\$79 for a 1 hour call
 Outside Lincoln Hills \$89

- Upgrades
 - Repairs
 - Wireless
 - Tune-Up's
 - Email
 - Virus
 - DSL

Ask Me About
New Windows 7
 Computers!

Your Certified
 Computer Tech is
Steve

Thank You Lincoln Hills!

Customer Testimonials - www.Comp-Solve.com
 Mailing address- 6518 Lonetree Blvd. #190, Rocklin, CA 95765

Your Old Photos Restored!



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

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



Ace Appliance Repair
 Repair & Installation Services
(916)409-2424

*** SUN CITY LINCOLN HILLS DISCOUNT ***
\$35 SERVICE CALL (REGULAR \$60)

Refrigerators • Dishwashers
 Microwaves • Washers • Dryers
 Garbage Disposals • Ovens • Cooktops

Lic. #A46835
 2242 Thomsen Way
 Lincoln, CA 95648

A LOCAL, FAMILY OWNED COMPANY
 FAST, FRIENDLY, RELIABLE SERVICE



ALL PRO WINDOW CLEANING

Residential & Commercial
 Hard Water Spots
 Screens & Blinds • Mirrors & Gutters
Adam & Nicole Perry

Family Owned & Operated Insured & Bonded

(916) 765-5623

DIAMOND VAN
DDD Shuttle Service, LLC

RESERVE NOW!
(916) 343-5726


"You Never have to share your ride!"

- *AIRPORT SHUTTLE
- *WINE TOURS
- *SPECIAL EVENTS/CONCERTS



Notary on the Go!

National Notary Association Certified Signing Agent



Available 9:00 am to 5:00 pm daily
 Weekends by appointment
 Mobile Notary "I come to you"
 Se Habla Espanol

Anna McClellan **Phone: (707) 480-4646**
 Notary Public Fax: (916) 409-5318
 Lincoln, CA Email: anna_mcclellan@yahoo.com

Every Tile Roof Needs To Be Serviced!



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

(916) 595-4660
www.calroxroofing.com
 Family owned and operated
 CSLB #987296

CAL-ROX ROOFING, INC.

Andes Custom Upholstery
 Since 1977

For Lincoln Hills Residents Only

Up to 40% off fabric & labor
 Excellent fabric selection
 New foam inserts

Call Jay **645-8697**
Free Estimates Many Lincoln Hills Referrals



Springtime at Meridians

Kristy Woodin, Director of Food & Beverage

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

Weather is starting to get beautiful, so join Meridians on the patio for all day dining. We have installed new awnings that block the hot sun to come later this summer, so come enjoy yourself with friends!

Meanwhile, our **Spring menu**—with the creativity of Chef Ian’s touch—will be available starting Wednesday, March 22. With Daylight Savings Time now giving us lovely twilight dinnertime views, how about indulging in a pleasant evening out at Meridians?

And speaking of Chef Ian, come on out and welcome the season on Tuesday, April 11 when Chef will demonstrate how to make **fresh salads and homemade dressings**, which will put some “spring” into your springtime. (See page 68 for information.)

Easter is just a month away, and as you all know, our **Easter Brunch** sells out fast. Let us do the work for you while you relax with family and friends. Call Meridians at 625-4040 to make reservations.

I want to thank everyone for participating in our **Loyalty Club**. The Loyalty Club ends on March 31, so if you have any full cards, bring them in and use them. They will not be honored after that date. Don’t fret, there will be another type of Loyalty Club in the future, so stay tuned! **Please see our ad on page 8.**

Finally, we want to send a big thank you to the groups and clubs that have been nice enough to move their dates around for the Catering Department when we have the opportunities to bring in large banquets. Your flexibility

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 102.

- **ARC/Architectural Review Committee**
- **CCRC/Communications and Community Relations Committee**
- **Elections Committee**

is greatly appreciated, and is a *win* for the whole community!

We’re Spending Your Money!

Joe Stewart, Finance Committee Member



“You guys spend a lot of my/our money! Tell me, **who decides** how much we’ll spend, and on what? Is there a process, how does it work... and do I have any say or get to vote on it?”

These are relevant questions and you need to know how the process works and

what’s involved. Let’s look at what the procedures are for things like proposed additions, projects, and remodeling in our community, some of which may involve the Annual Budget, and others our Community Enhancement Fund (CEF). The process begins with **ideas** that come from many sources: residents, staff, committees, and our Board of Directors.

Project requests begin with an application (available online or at the front desk), which is sent to Executive Director Chris

O’Keefe for review. Requests over \$2,000 will then go to the Properties Committee, who analyze it and determine if additional information is needed. If they decide the proposal has merit and adds value to our community, they will then approve it and send it on to the Finance Committee.

Finance looks at the numbers—the cost. Does it “pencil out”? Will the benefit justify the cost? An example: the **solar array** in the OC parking lot. When it first came up, the savings didn’t justify the cost. Time passed, costs came down, the idea was re-examined, and then approved. The Committee developed and analyzed different financing options. Then it went on to the Board for discussion and approval. The Community gave their assent and we now have solar panels in the OC parking lot, with Kilaga Springs parking lot up next!

That’s how it works. **What about input from the residents?** Well, each step in the process is publicized and depending on
Please see “We’re Spending” on page 27

Preliminary Statement of Operations YTD January 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$692,229	\$681,803	\$10,426	\$8,297,274
Administration (Expense)	(148,308)	(171,140)	22,832	(1,859,690)
The Spa at Kilaga Springs	(3,000)	(3,240)	240	8,085
Fitness	(35,246)	(49,715)	14,469	(538,400)
Activities	(75,399)	(94,776)	19,377	(530,150)
Rec. Center / Maintenance	(201,752)	(208,925)	7,173	(2,576,760)
Landscape Maintenance	(179,000)	(181,870)	2,870	(2,728,080)
Food & Beverage	(45,868)	(35,125)	(10,743)	(87,895)
Capital Asset	6,333	6,333	-	(76,000)
Net Revenues (Expense)	\$9,989	(\$56,655)	\$66,644	(\$91,616)
CEF	26,283	-	26,283	-

Now Accepting New Clients

Individuals & Business Tax Preparation
Bookkeeping & Payroll Services
Insurance & Financial Services

Enrolled Agents - knowledgeable representation before IRS

\$25 OFF \$25 OFF your first tax service valued at \$50 or more with this ad!

Delivery Service Available



28 years in business and still counting.



671 Newcastle Rd., Suite #1, Newcastle, CA 95658
www.SageTaxSolutions.com • (916) 663-4825

Downsizing and Moving Coordination

SMOOTH TRANSITIONS[®]
of SACRAMENTO^{llc}



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



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

916 838-7922



Connie James

connie@movingforseniors.com

SMOOTH TRANSITIONS OF SACRAMENTO[®], LLC

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

WHAT CAN I DO FOR YOU? Selling Lincoln Hills Homes since 1999

When you list your home with me, I provide:

- Strategy for getting the highest price for your home, including photography and staging
- Excellent exposure for your home on top national real estate websites as well as my dedicated Sun City Community website
- Referrals to trusted tradesmen and oversight to make your move easy
- 30 years of real estate experience



Call me for a free home evaluation today:

SHELLEY WEISMAN

916.595.0130

www.BuyLincolnHills.com



BRE# 00892873

Keep Your Trees and Shrubs Fit and Trim!

- A** - Affordability: our pricing will always be competitive
- C** - Competence: our Certified Arborists and Tree Workers are well trained
- O** - Organization: we are organized in our operations for prompt and timely service
- R** - Reliability: we return our phone calls and will be on time
- N** - Neatness: your property will always be left cleaner than when we arrive
- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured
Contractor Lic. #953007

916-787-8733 (TREE)



www.787tree.com • www.acornarbicultural.com



Cover Story
Beyond “Point and Shoot”
Photography Club opens new vistas
Doug Brown, Resident Editor

Lifelong Learning In Lincoln Hills Clubs

We're pleased to debut a column that will inform *COMPASS* readers about *educational opportunities* within our 70-some clubs. And we hope we'll inspire you to boldly go where you might not have otherwise gone to *learn a new skill* or *stretch your brain*. All the experts say healthy aging involves... living an active life, cultivating new relationships, and challenging your *mind* and *body*. All of which you can enjoy in so many of our clubs!

“You know, I just like to tap my ‘camera’ icon on my smart phone and shoot. I get nice pictures! Simple as that.” This oft-heard comment says we're satisfied and usually pleased with the automatic technology loaded into our phones, tablets, or “real” cameras.

“But you'd be even more delighted with some simple things you can do to *enhance* photos beyond just point and shoot,” said Jeff Andersen, longtime Photography Club member. “And ‘post-processing’ is so much fun!” he added, explaining that what you do with a photo *after* you take it offers marvelous options.

“But I'm such a novice,” I responded. “Photographic technology intimidates me. I'd be too overwhelmed to join a club full of shutterbug wizards!”

The next hour of conversation with Jeff, Brad Senn, club President, and Truman Holtzclaw, Vice President, explained how those “wizardly” club members are a treasure trove of expertise, and also revealed a host of opportunities for “Photography 101” fledglings like me to allay my camera trepidation.



“Yosemite Half Dome”
 by Bob
 Baikauskas



“Crater Lake”
 by Brad
 Senn



“Spotted Owl” by Truman Holtzclaw

Brad assured me, “There are lots of members who join with virtually no photography background. We welcome everyone to experience the pure joy of being able to capture an image.” He described club offerings for learning new skills:

- Monthly meetings featuring **speakers and demonstrations**
- A **website**, managed by Bob Baikauskas, offering, among other features, an astounding **gallery** of members' photos. Log onto www.lhphotoclub.com
- **Video tutorials** on the website offering tips for taking better photos, using Photoshop, and more
- Special Interest Groups focusing on **enhancing** photos, tips for **printing** photos, and successful **videography**
- Field trips offering **organized photo adventures** (coming soon, Death Valley trip)
- A list of members' favorite nearby **photography locations**

Truman weighed in on what makes a good photo. “Some of it is the ‘science’ of camera technology and tools, but a lot of it is the ‘art’ of looking at an image and seeing... clouds behind the image, shadows, background, foreground, lighting, and color.” With a wry smile, Truman added, “And I go crazy playing with *color!*” A great instance of *art*: beauty in the eye of the beholder—and photographer!

What are you doing Wednesday, April 12, at 8:30 AM? You're welcome to join their next meeting in the Presentation Hall (KS).

Stretch your brain... and, who knows, astonish your family and friends with your next photos?



Photo Club Vice President Truman Holtzclaw, left, and President Brad Senn at the recent *It's the Lifestyle Expo* (with two banished members at far right)

Planning a trip to Maui or Tahoe?



See Website Photos & Call 408-1188
 SCLH resident Gil Van Valkenburg
 • Maui www.homeaway.com/368171
 • Maui www.homeaway.com/368174
 • Tahoe www.homeaway.com/275698

Care Coordination and Resource Referrals




- Residential Care - Assisted Living, Board & Care, Memory Care
- In-Home Care, Hospice Care
- Day Programs, Independent Living
- Veteran's Aid and Attendance Allowance

Phone: 916-209-8471
Cell: 916-798-7347
jpayne@seniorcareconsultinginc.com
 SCLH resident


Judy Payne, RN

Senior Care Consulting Inc.
 FREE Phone Consultation and Guidance

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



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



BRE # 01390054
 Each Office is Independently Owned and Operated

Three generations —
 Since 1977.
 Good maintenance saves
 you money!



• SALES • SERVICE • INSTALLATION



Call Now
 (916)
 409-0768

Lic # 566294

www.PeckHeatingAndAir.com ~ 4221 Duluth Ave, Rocklin, CA



ANNE WIENS
 REALTOR® | BROKER ASSOCIATE


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



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

www.ActiveAdultPlacer.com

Ronald T. Curtis
Plumbing Since 1985



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

Call 916-759-6680

License # 483169 • Lincoln Resident • Insured

Service — Repair — Installations



Good Value
 Heating and Air Conditioning

Glenn Julian (916) 532-7252

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

\$30 off any repair

Free service call & estimate for any repair

Tune-up for \$44.95 — save \$20

www.GoodValueHeatandAir.com

NEW LEGACY LANDSCAPING

20% OFF Landscaping Packet

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

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

Lic. # 988769
 Bonded & Insured



Beermann's Building Then and Now

Al Roten, Roving Reporter

Yes, we newer Lincoln residents know the large two-story building on the south side of Fifth Street as the Beermann's Building. However, stop and look up; at the parapet and you will see IOOF emblazoned in metal letters. In the historic annals of Lincoln, this is known as the International Order of Odd Fellows Building.

In 1864, this beautiful brick building was constructed as a 24 by 80-foot structure to house the IOOF Lodge upstairs with stores at the street level. Note, in the photo taken in 1900, the stairway was located outside, off the alley, when this was the Lincoln Cash Store, and check out the fine delivery wagon ready to serve the community. In 1905 the building was expanded to its present size, which is three times as wide as the original. Over the years more than ten fraternal organizations held their meetings on this upper floor.

The street level space in the building has been used for many enterprises during

the past 150 years. It was a butcher shop for more than 50 years, a general store, drug store, and electric shop. It was even a movie theater for a time.

In the late 1990's a major renovation was undertaken, turning the ground floor into a restaurant and brewery and the upper floor into a theater, meeting rooms, and bar. Before 2010, the restaurant was closed and remained without occupants for several years.

Within the last two years it has again become home to Beermann's Brewpub with new ownership and management. On the ground floor is the Brick Oven Pub and Supper House serving an affordable array of food and beverages. The bar serves local brews and some of their own, handcrafted by Brewmaster Andrew.

Upstairs is the Victorian Lodge Steakhouse and Empire Ballroom, which is currently available for special events. There are reports that the upstairs harbors the past with occasional ghostly visitors!

Venture to Downtown Lincoln and discover the charm of yesteryear buildings now serving the community with modern goods, services, and meal offerings. Enjoy lunch at historic Beermann's then take a leisurely



Photos—Clockwise from top: Beermann's Building today; IOOF Building after 1913; IOOF 1905-1913; IOOF about 1905

walk around shops and other businesses. Or come for dinner and linger in the luxury of the Victorian décor.



Michelle Cowles
 REALTOR® ~ BRE #01821892
"Don't make a move without me!"
(916) 295-8532

COLDWELL BANKER
 SUN RIDGE REAL ESTATE

1500 Del Webb Blvd.
 Suite 101
 Lincoln, CA 95648

www.TheRealtyExperts.com
 Michelle@TheRealtyExperts.com

Each office Independently Owned and Operated

1A ADVANCED GARAGE DOORS

Garage Doors, Garage Door Repair, Service, Opener Installation, Springs Replacement

(916) 838-8182

1agaragedoors.net
 CSLB #925606

\$15 off Senior Discount

LAW OFFICE OF DARREL C RUMLEY

- Estate Planning
- Trusts
- Wills
- Healthcare Directives
- Trust Review
- Mobile Notary
- Probate



Darrel C Rumley
Attorney at Law
Serving Placer County

"As a senior myself, I understand our needs. I know that a living trust is THE most important & thoughtful gift you can leave your loved ones. By having an estate plan in place, YOU decide end-of-life decisions as well as the financial distribution of your estate. Your loved ones are saved the expense of probate. Questions? I'm here to listen & help you."

915 Highland Pointe Drive
Suite 250
Roseville, CA 95678

916.780.7080

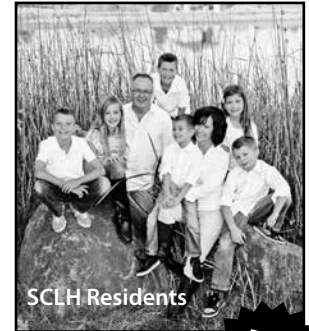
Hwy 65 & Pleasant Grove Blvd.
www.rumleylaw.com/trusts

**Quality Flooring & Installation
at Outstanding Prices**

Carpet Discounters & More

We Specialize In Great Service

- Carpet
- Hardwood
- Laminate
- LVT • Vinyl



SCLH Residents

**Mon-Tues 10am-4pm
Weds-Thurs 10am-5pm
Fri 10am-2pm
OR by Appointment**



(916) 784-3727

**FREE
Estimates**

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

www.carpetdiscountersstore.com

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

**GRIFF'S
JOHNNY ON THE SPOT!
CARPET CLEANING
TILE & GROUT CLEANING**



LINCOLN HILLS RESIDENT

IICRC Certified • Licensed • Insured

**Three rooms of
carpet cleaning for only \$69**

FREE ESTIMATES 916-290-2550

Biggest truck-mounted unit for hot water extraction
High efficiency & faster drying



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



Dr. Brian P. Keller, DPM

**ON SITE X-RAY &
DIAGNOSTIC ULTRASOUND**

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

916 434-6410

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



Hair-Raising and Lamp-Lighting History

Nina Mazzo, Roving Reporter

Why do we collect certain objects? Psychologists say everybody collects something. Did you know an *archtophilist* collects teddy bears, a *deltiologist* collects postcards and a *horologist* collects clocks?

Please meet collectors Frank & Marianne Kleman. Marianne began her unusual collection through her great aunts on both sides of her family and fondly remembers their dressing tables decorated with their celluloid *hair receivers*.



Marianne Kleman shows a sample of her hair receiver collection

Hair receivers are made from a variety of materials and Marianne's collection includes glass, jasperware, ceramics, and porcelain. Most are round in shape with a small opening at the top. These beautiful works of art are mostly produced in Europe and Japan.

While Marianne built her collection, Frank began to collect kerosene lamps. Around 1850, kerosene replaced whale oil in lamps. The lamps were modified, chimneys were added, and the wick or mantle was protected with a glass globe or tube. Frank told me that the use of these continued in some rural areas into the mid 1940's. Frank has a variety of styles, shapes and sizes, and he keeps almost all in working order! Examples include lamps or lanterns for students, skaters, windproof ones, banquet/table, metal figure, stem style, and more.

With stories and anecdotes, Frank had the lamps take on a new meaning for me. They were not simply a decorative item but also functional. He reminded me that barbers used a special lamp as it could be tilted towards a customer's face as the barber shaved. Some could be hung on the wall and you would simply carry it where needed.

Here is a fun fact: Frank showed me a lamp with a small area on top where a fragrance or essential oil could be placed to provide fragrance in one's home, like a modern-day plug-in air freshener.

The Klemans' collectible curiosities make history come alive!



Frank Kleman and his kerosene lamp collection

The Road to Aging Well

Exercising Your Brain is a Walk in the Park... the Sidewalk... the Gym!

Cindy Davis, WellFit Event Coordinator

The birds are singing, the Lincoln Hills are alive with the sound of music, and now is the season to increase the pep in our step! When we get moving, it's truly incredible what transpires in our brain. Dopamine is released for focus and learning. Norepinephrine is released, improving attention, perception and motivation. Endorphins are released, dulling the sensation of pain. Serotonin is released, enhancing mood, and hormones go to work repairing neurons from injury and degeneration. Walk with a partner and get bonus points as your brain responds even more with social engagement.



For *double* bonus points replace gluten with good grains and incorporate "mindfulness" practices as well. What is mindfulness? Mindfulness is focusing on what is happening right now rather than replaying things from the past or worrying about what's next. Like "water off a duck's back"? Yes! It's a method with proven benefits like increased relaxation, improved sleep, and development of pain management skills.

At WellFit, we have several springtime offerings just for you. Get ready for May's 10k/5k PACE Race with two training options (page 89). Also, enroll in Audrey's "ReStart" (page 90), Alice's "Brain Gain" (page 80), Victoria's "How to get a Good Night's Sleep with CPAP" (page 80) or Michelle's new "Mindfulness" sessions (page 82). Reserve your spot in one of our weekly orientation sessions to get educated further on the many programs happening each day at WellFit (page 87).

This month's Health Education Forum (see page 100) will feature neuropsychologist Dr. Linda Trettin. Dr. Trettin will share with us the latest research on what strategies we can take to promote healthy brains and how "studies are debunking myths that cognitive decline is an inevitable aspect of aging." (They must have studied the amazing active adult residents at SCLH!)

Now, if I could just remember where I parked my car...

DO YOU SPA?

BALANCE YOUR MIND, BODY & SPIRIT TODAY



Spring Specials

RADIANCE YOU CAN C FOUR LAYER FACIAL

Four luxurious layers of exfoliating masks masterly massaged to give your skin that peptide glow. This creates invigorating effects for a fresher look, reduces fine lines and wrinkles. Assist with hyper pigmentation, evens out skin tone and texture.

Only \$140!

Plus receive 15% off Radiance You Can C Kit when purchased at the time of facial

AWAKEN THE SKIN FOR SPRING

This service begins with Dry Brushing the body with a Natural Fiber Brush. Dry Brushing is exactly what it sounds like, brushing the skin in a particular pattern with a dry brush, usually before showering. Next is a fine mist blend of essential oils and green tea. Your treatment is completed with a Hydropeptide Invigorating or Soothing Balm.

Only \$85!

Includes the Natural Fiber Brush to take home

Benefits of Dry Brushing:

- Stimulate Your Lymphatic System. In your body, your lymphatic system is the system responsible for eliminating cellular waste products
- Improve Digestion and Kidney Function
- Exfoliation
- Increased Energy and Blood flow
- Stress Relief
- It's Invigorating

* Offers valid from March 15 - April 15



916.408.4290
KilagaSpringsSpa.com
info@KilagaSpringsSpa.com

1187 SUN CITY BLVD. LINCOLN, CA 95648

Thinking of Selling ?

Sharon Worman

916-408-1555



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

www.sharonworman.com

Email: sharonworman@aol.com

Coldwell Banker Sun Ridge

Almost 30 years of local Real Estate experience

BRE #00905744



ROBERTSON | ADAMS

Trust & Estate Attorneys

Formerly Adams & Hayes Law

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



Juliette T. Robertson*
Principal Attorney

Michelle A. Martin
Senior Associate
Attorney

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



*Certified Specialist, Estate Planning, Trust & Probate Law

458 McBean Park Drive
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551

www.robertsonadamslaw.com

Pest-free is worry-free!

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



Inspired
PEST MANAGEMENT

inspiredpestmgmt.com

916.917.8402

License #7244

Call today for your free inspection!

Welcome Home Care

We provide quality in-home care to residents of the Sacramento area. All services we provide range from \$18-22/hr.



916.778.7150 welcomehomecareca.com



Over 32 years in business!

SunDance Interiors

CONT. LIC. #677243

Custom Draperies & Upholstery

Slipcovers • Shutters
Blinds • Bedspreads

Workroom
& Showroom

781-2424



400 Washington Blvd., Ste. C • Roseville
www.sundanceinteriors.com

California's Finest Handyman

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

No Job Too Small

Patrick Holland, Contractor

License # B-813306

(916) 223-3330

e-mail: patholland402@gmail.com

website: www.workswithtools.com

You Call We Screen™

Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings

530-878-0784

FREE ESTIMATES

MasterCard VISA

Lic. # 779998

SCREENMOBILE
America's Neighborhood Screen Stores.
www.screenmobile.com

Carpet Cleaning Service

CLEAN IMPRESSIONS, INC

Also Available: Outdoor High Pressure Hot Water Cleaning
(Driveways, Patios, Side Walks)

Charles Pond President

Cell 916-257-2074 Message 916-355-8501

Contractors License # 495383

cleanimpressions@un.att.com

Don't trust your system to a handyman!

Brown's Quality Electric

Residential • Commercial

- LED Upgrade
- Attic Fans
- New Circuits Added
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

Call Today!

(916) 600-2024

10% OFF Any Service
With coupon.
Not valid with any other offer.

Lic. #824668



A Family Owned & Operated
Company You Can Trust

Commercial & Residential

Water Heaters • Drain Cleaning • Electronic Leak Detection
Water Treatment Systems Installation • Trenchless Sewer Line Replacement
Faucets & Fixtures • Remodeling • Sewer Line Inspection

Your Local Full Service Plumbing Company • Free Estimates
Senior & Military Discounts • 24/7 Emergency Service

916-368-9134

Lic. # 992727

www.maplesplumbing.com

APEX AIRPORT TRANSPORTATION

Sacramento International Airport

Non-stop Service

Since 2006

Jim Plotkin

Derek Darienzo

(916) 344-3690

Email: ATCOVAN@SBCGLOBAL.NET

WWW.APEXTRANSPORTATION.VPWEB.COM

CA PUC License TCP25881P

It's the Lifestyle 2017 Photo Gallery



Thanks to photographers Jim Cormier, Truman Holtzclaw, and Klara Kleman



Not All Home Care is Alike

Home Care Assistance Provides the Industry's Best Caregivers!

- Our **Cognitive Therapeutics Method™** keeps aging minds engaged through research-based activities designed to improve mental acuity and slow symptoms of mild to moderate cognitive decline.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.



Debbie Waddell, Co-Owner and Director of Client Care. Call me today to find out many other ways we differ from the rest!



Let's talk. **916-226-3737**
HomeCareAssistancePlacerCounty.com
 HCO #314700010

We're Family

As a fourth generation family business, all of us at Merrill Gardens know the importance of staying connected. It's what helps our residents feel more at home.

Call today to schedule your personal visit.



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



Lic #317005584

Retirement Living • Assisted Living • Memory Care



Nick Brooks #00960821
 Keneta Sanchez #00960821



SUN RIDGE REAL ESTATE

Each Office Independently Owned and Operated.
 Lic. #01441035

"Your Neighborhood Real Estate Office"

(916) 543-5222

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

Property Management Services Available (916) 408-4444



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
 #01217695



Jill Mallory
 201-3855
 #01844265



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
 #00620609



Tony Williams
 521-3400
 #01390054



Sharon Worman
 408-1555
 #00905744

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



Neighborhood Watch

Watching Out for Scams

Crimes Against Seniors Seminar, March 22

Patricia Evans, Neighborhood Watch Reporter



These days, when we answer the telephone, open our email, or answer the doorbell, we tend to be justifiably cautious.

On Wednesday, March 22, from 1:00 to 3:00 PM in the Orchard Creek Ballroom, Neighborhood Watch and the Lincoln Hills Community Forum (see page 100) will present the latest information about these dangers. The speakers will be Shannon Quigley, Deputy District Attorney, and Laura Mitchell, Senior Victim Advocate, from the Placer County District Attorney's Office and their Elder Abuse Taskforce Team.



Quigley will share current information about crimes against seniors in Placer County and the world of scams, how to take preventive measures, and what to do if you have concerns.

Mitchell will explain cases involving elder abuse, and ways to recognize them. Sadly, these often involve family members.

Medical identity theft is increasingly occurring and is a particular vulnerability for seniors. You have probably been asked to produce identification proof when you have medical tests. However, the familiar standbys of stealing your purse or wallet, dumpster diving, and stealing mail are still in vogue.

Professionals tell us that the sophistication and innovation of scammers is growing by leaps and bounds. Their emails are acquiring a polish to entice even the most cautious readers. On the telephone, they present an amazingly persuasive performance.

The “digital shadows” you leave on your computer, mobile phone, or other digital devices are also used to target your interests, preferences, and activities.

Please turn to page 37 for ways to receive free credit reports and other scam prevention information.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
- Mary Cranston, 434-5362
marysclh@gmail.com

Neighborhood Watch Website
www.SCLHWatch.org

Library News

Sandy Melnick, Library Volunteer



Just a reminder to everyone, when you return sets of CDs or DVDs, please check to see that **all** discs in the set are included. Sometimes we find one disc missing, which might mean they are left in the disc player or your car. The whole set is worthless unless every disc is returned. Thank you.

Most of you have seen the new shelves for the paperbacks. These shelves are much needed to expand our space at the Kilaga Springs Library and we are very happy to have them.

Sometimes books have to be placed on lower shelves and it is very difficult to see and reach these

lower books. Please feel free to use the chairs from around the table and turn them so that you can see these hard to reach areas.

I read a very interesting hard-bound novel by E. B. Moore called *Stones in the Road*. It takes place in 1867 when an 11-year-old boy leaves his Amish home because he fears he killed his father. What happens to him in the “Englischer” world is well worth reading.

Contacts: Sandy Melnick (408-1035) for donations, Pam Combes (530-613-4185) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

We're Spending

Continued from page 15

the project's size, scope, and cost, final approval is preceded by forums, workshops, and lots of info. Resident input is truly desired, requested... **and listened to**, every step of the way!

Generally, major purchases or projects require residents' vote or assent, as spelled out in our CC&R's and enabling documents, which delegate the power and responsibility for other policy and financial decisions to the Board. In the final analysis, the ultimate decisions are always made by the Board of Directors, **not** the Committees. We only "...approve and recommend them to the Board for approval."

I hope this helps! In an upcoming article we'll talk about the budget process.

MEET YOUR NEWEST REAL ESTATE SECRET WEAPON: CENTURY 21® AGENT #396-04. **YOU CAN JUST CALL HER MARY OLSEN.**



Mary Olsen

BRE#01313270
CENTURY 21 Select Real Estate, Inc.
801 Sterling Parkway
Suite 100
Lincoln, CA 95648
916-521-5492
mary.olsen@c21selectgroup.com

CENTURY 21 Agents:
SMARTER. BOLDER. FASTER.®



©2016 Century 21 Real Estate LLC. All rights reserved. CENTURY 21® is a registered trademark owned by Century 21 Real Estate LLC. An equal opportunity company. Equal housing opportunity. Each office is independently owned and operated.

FREE Senior Placement & In Home Care Referral Service

We Help With:

- In-Home Care Services
- Assisted Living Communities
- Residential Care Homes
- Memory Care • Respite Care
- Hospice Care
- Independent Living
- Rapid Response 24/7
- Veteran's Aid & Attendance Pension
- Rehabilitation Care Centers
- Personally Guided Tours
- Follow up to assure you're happy
- Support - From start to finish, we are here



916-208-3338
www.ASeniorConnection.com



A Senior Connection

Connecting Seniors with Heart



Did you hear that?

We can help you hear better.



Offering the latest & greatest in **hearing aid technology by experienced audiologists.**

Special offer for Sun City Lincoln Hills Residents: Free hearing screening & one box of free batteries with every hearing aid purchase!

Hesitant about making the switch? Take 45 days to try the hearing aid. In the event you return the device, you will be refunded the full amount!

Call **916.391.6123** for a **FREE** consultation

S.E.N.T. Hearing Aid Center



LOCATIONS

SACRAMENTO

1111 Exposition Blvd., Bldg. 700
Sacramento, CA 95815
916.736.1911

FAIR OAKS

8600 Mercy Ct., Ste. 180
Fair Oaks, 95628
916.986.2700

FOLSOM

1561 Creekside Dr.
Folsom, CA 95630
916.984.8835

STOCKTON

10200 Trinity Pkwy., Ste 201
Stockton, CA 95219
209.851.3030

ROSEVILLE

2 Medical Plaza Dr., Ste. 225
Roseville, CA 95661
916.391.6123



Club News

Alzheimer's/Dementia

Caregivers Support

You missed a very informative and helpful presentation by Laura Wayman last month, advising the need for us all to understand that dementia in its many forms and stages is widespread. If that's the case, then senior communities especially benefit from knowing how to manage the social inconsistencies and vagaries of brain diseases. Manage is the word, because



Laura Wayman on "Transforming Dementia Care"

the progress of these diseases cannot be prevented, stopped, or changed. But they can be managed, just as we all have learned to manage other life events that required a change of perspective. And both personal and professional perspectives on patient management is what we talk about each fourth Wednesday of the month. We meet at 1:00 PM in the Multipurpose Room (OC).

April 18 will be our next Senior Cafe, and we hope to have an ever larger turnout to socialize and laugh together in friendship and understanding.

Contacts: Judy Payne 434-7864;

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

Amateur Radio

The Lincoln Hills Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the city of Lincoln. We are available if there is a natural disaster or terrorist attack. Our repeater frequency is 443.225 MHz, with a PL of 167. Should cell towers or community communications infrastructure be destroyed, we have radio equipment with antennas and batteries to handle

emergencies. If you are an amateur radio operator and live within the Lincoln Hills community, we would like to know you and your call sign. You are welcome to come by any Monday night at 6:30 PM to the South Gate Entrance Building to check us out or just visit and talk about radio. Or, just call into our net at 7:00 PM on Monday to let us know you are there in case of an emergency. The repeater frequency is 443.225, PL of 167.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lhag.org

Antiques Appreciation

Our March 6 program was presented by one of our members sharing her collection of Perfume Bottles dating from 1880's to 1980's; she has recently joined the International Perfume Bottle Association. Club members joined this program by bringing one or two of their favorite Perfume Bottles.

Our April 3 program will be presented by a collector of child sewing machines, who will speak about the history of the machines made in eight different countries. She will share 40-45 different machines each with a story attached, together with sewing related items created during the time the machines were made from 1885 to 1950.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

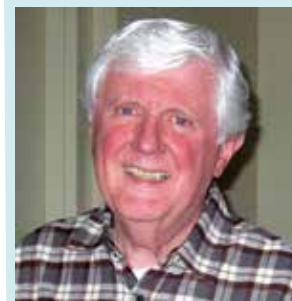
Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415

Astronomy

Monday, March 20, the Cosmology Interest Group (CIG) continues the DVD series "Black Holes Explained," by U.C Berkeley professor Alex Filippenko. This month's lectures will be Lecture 9 "Shortcuts Through the Universe and Beyond," and Lecture 10 "Stephen Hawking and Black Hole Evaporation" in the Fine Arts Room (OC) at 6:45 PM.

Thursday, March 23, The Telescope Interest Group (TIG) will meet in the Multipurpose Room (OC) at 6:45 PM. Observing



Speaker—
Bill Goff
American
Association
of Variable
Star
Observers

Event/Activities Planning. We will discuss what Observing Events/Activities are of interest to the group, and when to schedule them. We encourage all interested people to attend and contribute their ideas.

Wednesday, April 5, At our monthly general meeting starting at 6:45 PM in the P-Hall (KS) Presentation topic and speaker to be announced. Check our website at www.lhag.org to see the announcement.

Contacts: Morey Lewis 408-4469,

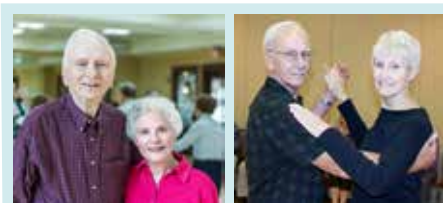
eunmor@pobox.com; Cindy Van Buren

253-7865, rvbcvb@att.net

Website: www.lhag.org

Ballroom Dance

On March 4 the Multipurpose Room (KS) was awash in a sea of Kelly Green as spirited dancers celebrated St. Patrick's Day a wee bit early. Table covers and centerpieces echoed the "Everything Irish" theme. As usual, club members enjoyed dancing to selected ballroom tunes while partaking in delicious desserts and refreshments. We move our dance to the Ballroom (OC) where on April 2 from 2:00-5:00 PM we will enjoy an Ice Cream Social reminiscent of an Afternoon Tea Dance.



Bill & Ruth Woodmency;
Clyde & Kay Masters

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles, who want to learn or refresh ballroom dance steps while mingling with friendly people who love ballroom dancing. 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-

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

4:00 PM. In April, Bill & Ruth Woodmencey will be instructing the Foxtrot, popularized in Big Band era.

Contacts: Sal Algeri 408-4752;
Olivia Eckert 740-6972



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 meetings will be April 12 and May 10. 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, Wednesday, March 22 and at Buca di Beppo, Tuesday, April 18. Meet in front of OC Lodge at 11:15 AM to carpool or meet us at the restaurant about 11:40. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue,
joanlogue@sbcglobal.net



Billiards

Women's Tournaments will be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering free lessons at (KS) to all residents Tuesdays, 9:00 to 10:00 AM. This is for new and beginning players (men and women); you do not need anything to play. Just show up and see what



Co-ed five of six games—Rich Lujan and Sandy Limas;



Challengers Billiards winners—Steve Fowler, Rita Baikauskas, Peshu Irani

we have to offer. Remember it's free.

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



Bird

Ducks Unlimited was started during the 1937 Dust Bowl and has become one of the leading organizations in habitat conservation for North American's waterfowl. Join us on Monday, April 10 at 1:30 PM to hear John Ranlett, regional Biologist for Ducks Unlimited, speak to our group about wildlife habitat and preservation. We look forward to John's presentation in the P-Hall (KS).



Many species of ducks enjoy Northern California's Central Valley Wetlands; a pair of Cinnamon Teal, the Wood Duck and her



babies; Common Mergansers



With the wet winter weather, our outing on March 24 to the Twelve Bridges Trail should provide a nice variety of birds. The morning begins at Coyote Pond then continues on a leisurely two-mile walk. If you decide to only walk the half mile around the pond, we do see waterfowl, raptors and song birds. In early April our group usually visits Vic Fazio Wildlife Area but with all the high water we may need to make other plans. So check our new website at www.lhbirders.org.

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



Bocce Ball, Mad Hatters

We hate to sound like a broken record but water is again the story of the day. In the last month we have only played Bocce on one Thursday. As we write this on February 23, today is the only day we could

play and we only had ten people show up. We fear that people have forgotten what they used to do on Thursday morning. If you get the urge to play Bocce please feel free to swell our ranks every Thursday morning at 10:00 AM.



Ponding on the courts; no boogie boarding allowed



Selby was kind enough to take some pictures of the standing water on the Bocce Courts that we talked about last month. The problem persists and we have had the same problem this week. Fortunately we are almost into drier weather.

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



Book

On March 16, we will discuss *China Dolls*, by Lisa See. The lives of three young Chinese-American women in pre-World War II San Francisco intersect as they become glamorous entertainers at the city's famous all-Chinese cabaret, Forbidden City. This novel is another acclaimed work of historical fiction by popular author Lisa See.

Schedule, remainder of 2017:

- April 20, *1776*, by David McCullough.
- May 18, *The Sun Also Rises*, by Ernest Hemingway.
- June 15, *A Man Called Ove*, by Fredrik Backman.
- July 20, *The Virginian*, by Owen Wister.
- August 17, *Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War*, by Karen Abbott.
- 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 on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC) for discussions.

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

Instead of a speaker in March, we hosted a "Meet and Greet" which gave us the opportunity to learn more about each other. Members shared personal stories and information, and we all went home knowing a little more about each other.

April's meeting will feature a demonstration by Cindy Redhair on the art of tying scarves. This will be a special treat for those of us who've spent years trying to copy the stylish accessories shown in magazines only to wind up with knotted clumps of material at the base of our throats. You won't want to miss what promises to be a fun presentation.

Before each meeting, members and guests are invited to get together at Meridians for lunch. To make a reservation, call Val Singer at 645-8553.



Our February speaker, poet Jeanie Robertson (middle), with new members Bobbi Wickersham and Kathy Woodward; Members get together for a pre-meeting lunch at Meridians

Bosom Buddies welcomes residents who have survived breast cancer as well as those still undergoing treatment.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.sclhresidents.com



Bridge, Duplicate

The winter Bridge exchange with our Sun City Roseville neighbors occurred on February 22. It was well attended and took place in the Ballroom (OC). Brunch is always provided at these exchanges before the Bridge competition. As expected, we enjoyed a pleasant day of Brunch and Bridge with our friends "next door."

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner in any of the open games, call Lynne White (253 9882). For a partner in the Wednesday or Saturday limited games, call Sheila Ross (434 6165) or Lynne White (253 988).

Contact: Jim Collart 995-7233

Website: 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 standbys, and we must finish by 8:30 PM. With noise levels increasing between rounds, please keep the talking on a quiet level.

Winners: January 26—First: Bruce Fink/Stan Mutnick with high round of 2010; second: Beverlee/Allan Blaine; third: Janet Pinnell/Linda Theodore; fourth: Hilla/Bob Fawcett.

February 2—First: Dolores Marchand/Carol Mayeur; second: Gay Gladden/Reta Blanchard; third: Nancy Turrini/Marty Jacobson; fourth: Edith Kesting/Erika Wolf with high round of 1590.

February 9—First: Ralph Madsen/Chet Winton with high round of 3400; second:

Linda Theodore/Janet Pinnell with a Grand Slam; third: Joanna/Alan Haselwood; fourth: Erika Wolf/Edith Kesting.

February 16—First: Carolyn/Bob Calmes; second: Beverlee/Allan Blaine; third: Reta Blanchard/Gay Gladden; fourth: Jyoti/Viren Sitwala. Pat/Frank Kamienski had high round of 1720.

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.

January and February Winners—First Place: Jodi Deeley, Mo Scarpitti, Dick Lund, Joe Phelan, and Sarah Free; Second: Joe Phelan, Linda Scott, Lynda Sader, Ralph Madsen, and Frank Kamienski; Third: Lynda Sader, Virginia Hanford, Warren Sonnenburg, Linda Scott, and guest, Steve Nesseler; Fourth: Jim Monnin, Frank Kamienski, Mo Scarpitti, Joan Singer, and Dolores Marchand.

For reservations in March and April contact Chet Winton, 408-8708, cnwinton@sbcglobal.net or Linda Scott, 253-9893, Lcscottaz@gmail.com.

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 Card Room (OC). If you play bridge but need a Refresher Class, you are welcome to come.

Contact: Jodi Deeley 208-4086, jodideeley2@gmail.com



Bunco

In February, the Bunco Group welcomed a new player, Shirley Rainman. The dice were flying with several buncos in the first couple of rounds. The competition was happening, three players in the running with three buncos each, then there were four. The race was on! A roll off occurred in the end to win most buncos.



Happy
St. Patrick's Day

The traveling bear was also a popular item down to the bitter end. There is never a dull moment with bunco play!

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

February Winners: Most Buncos Marsha Pimentel; Most Wins Paulette Rhoads; Most Losses Sharlene Christianson; Traveler Janet DeWitt.

Next Bunco is Thursday, March 16.

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



Ceramic Arts

Looking for a fun place when it rains? Do you have a case of cabin fever? Need to get out of the house for a bit? Come visit with us at the studios at KS or OC. We are working on several collections for the next weeks of window decorations—dragons have been seen to hatch and roost and spring themes are developing in the form of chicks, flowers and baskets.



A colorful dragon; spring is in the works

We hope that you had time to visit us at It's the Lifestyle on February 28 and enjoyed gathering more info about our group. Working with clay is a wonderfully relaxing hobby that allows you to tap into your creative side. Or discover that you have one...

We are looking forward to our next ceramic arts exhibit in the OC lobby beginning in May. Our talented artists will display pieces in May and June. Come see if there is something that will make your day with a smile.

Contacts: Mary Clark 502-1527; OC Pottery Gabriele Dawson 209-3683, Diane Mayer; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: www.sclhresidents.com



Chorus

"Broadway Blast" is fast approaching! Our spring concert on April 30 and May 1-2 will feature some of Broadway's greatest hits, dating back to "Anything Goes" from Cole Porter's 1934 show of that name. Another oldie, "Forty-Second Street," debuted in a 1932 movie musical but the Broadway production that revived it wasn't staged until 1980.



Chorus accompanists Stan Stewart and Paul Melkonian rehearsing for "Broadway Blast"

Our most recent Broadway hit is "Can't Take My Eyes Off of You." Of course we heard it from Frankie Valli in 1967 long before "Jersey Boys" reprised it in 2005.

In between we'll sing you "One" and "What I Did for Love" from "A Chorus Line," a Broadway smash in 1975, along with "I Dreamed a Dream," "On My Own," and "Suddenly" from "Les Misérables," on Broadway in 1987.

There's plenty more, so don't delay: turn to page 49 for concert details and get your tickets soon. We promise you a "Broadway Blast!"

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

Computer



Apple User Group

For those of you still using your starstream.net or wavecable.net email accounts, the word from your Apple User Group brain trust is: don't! For security and stability reasons, we recommend strongly that you change to an IMAP-based email server. It is very simple to sign up for an iCloud or Gmail account. In addition, we highly recommend using Apple Mail, the application (program) that



Helen Rains presenting "Tour The Mac"

is included with every Apple computer and device. Mail allows great interactivity with other Apple applications and even browsers. You can automatically transfer event dates, times and places from incoming emails and Safari to your Apple Calendar. If you'd like to see and hear more details on this, please go to lhaug.org and select the video tab and look for "Mail Done Right." And check the Calendar tab for upcoming seminars. All this and Open Labs for just \$15/year per household.

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



PC

Main Meeting April 12, 6:30 PM, Placer Room (KS)—presentation by Terry Rooney. In April 2017, Microsoft will release the next major upgrade, "Creators Edition." Things more useful and appealing to SCLH users are many updates and enhancements to the Microsoft Edge browser, fully replacing the outdated Internet Explorer. Features for tabs and bookmarks have been improved. Battery life is far superior to Chrome. The Reading Panel lets you see the story without distracting images; all the settings for applications have been logically grouped together. Privacy settings have been significantly upgraded and made more logical and transparent. Changing resolution is now trivial. Windows Mail continues to add useful enhancements like folders. Bluetooth settings are now much more convenient.



Terry Rooney will talk about Microsoft's next major upgrade at our April 12 meeting

Clinic April 14, 3:30 PM—a continuation of the main meeting, both meetings at P-Hall (KS).

Ask the Tech April 28, 10:00 AM—Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

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



Country Couples

Our Sweetheart Dance was a sold out event held February 11 from 5:00 to 9:00 PM at KS. Jim Keener was our DJ for the evening. The room was decorated in red, white, and pink with hearts everywhere. The table centerpieces were a confection of netting with twinkle lights shining through. Dinner was potluck and dessert was cheesecake topped with cherries. We are lucky to have some good cooks in our club and many outdid themselves with their offerings. Again we give thanks for those who volunteer their time and



Tom & Ern Hargis; beautiful table centerpiece; group of CC's lovely ladies;



talents to make our club and our events fabulous. Let me take this opportunity to let you know that you are appreciated.

Our club membership currently stands at 92 strong. There is still time to send in your dues if you wish to continue receiving emails from us and to get discounts on dances.

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



Cribbage

We welcome you to come join the fun in the Card Room (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 January were Ken VonDeylen, week one, Tom Eaton, week two, Larry O'Donnell, week three, Lorrie Rodrigues, week four, Bob Frank, week five.

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



Cyclists

We are seeing more electric assisted bikes in our group. As we age, we lose strength and stamina. In order to keep up with fellow riders and not have to quit cycling, many riders are finding that an electric bike is the answer. These "EBikes" can be ridden with or without power. Once the rider starts pedaling, the motor turns on to assist the rider. If a hill is encountered, the bike can be put in one of the various "modes" to assist the rider in climbing. When on the flats, the rider may pedal in the off mode. The battery is charged by plugging it into a 110V outlet. On a fully charged battery, you can ride at least 50 miles in the eco mode. There is an indicator on the bikes computer so you can see how much further you can ride. Is an EBike in your future?

Contact: Steve Valeriotte 408-5506, lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

Living Skills Meeting, Multi-Media Room, OC, Thursday, March 23, 10:30 AM-12:00 PM. Facilitator, Elaine Small, will lead us through this session on "Better Balance & Fewer Falls." There will be lots of new exercises to try. As we lose vision we also lose depth perception and are more susceptible to imbalance. Plan to participate and learn new ways to keep healthy!

General Meeting, Fine Arts Room, OC, Tuesday, April 4, 2:00-3:30 PM. Cory Hanosh of NorthState Assistive Technology will present some new magnification products including NuEyes glasses with magnification and text-to-speech, the portable Go Vision magnifier with text-to-speech capability, and a scanner which reads to you. We will have time for a "hands on" experience to try some of them out.

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

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



Fishing

Well I hope the rain settles down a bit so the rivers, streams, lakes and ponds will settle down for a bit of fishing soon.

Our latest speaker, Captain Maury Hatch is a guide who works the Delta, and the American, Sacramento and Yuba rivers for the best Stripers and other fish to get your heart beating quickly and fish jumping in your dreams. It was an enjoyable evening. We hope to have a few more speakers this year.

Learn how to fish or join in on a fish-out, bring a grandchild for a great time for the both of you. You can fish from the shore, boat or float tube, just fish!

The Fishing Club gets together on the second Monday of each month, at 7:00 PM, P-Hall (KS), to discuss the latest fishing hot spots, equipment, & other interest to members.



Guess what these are?; What's this!; Dan's big grin

To join, contact Jim Kerbey, jmalcolm2@aol.com.

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



Garden

There's a reason we say "busy as a bee!" As gardeners, we depend on all of our pollinators—bees, butterflies, hummingbirds, etc., for fresh vegetables and fruits.

"All About Bees" is the topic of our March 23, P-Hall (KS), 2:00 to 4:00 PM) General Meeting. Guest speaker, Josephine Goodenow, says she appreciates the opportunity to talk with people about our native bees and encourages everyone to become involved with these fascinating pollinators.

All members checked-in by 2:00 PM on March 23 will receive a ticket for drawings of Home Depot's donated plants.

Garden Group Plant Sale is Friday, March 31, 9:00 AM to 12:00 PM, Sports Pavilion. This is our Annual Fund-Raiser to benefit Lincoln Civic Garden Projects. Pre-ticket

sales for the opportunity drawings' donated gift items will be available at the March General Meeting. (\$1 per ticket or \$5 for seven tickets.) Contact: Marie Salers (408-3895) or Madelynn Mossar (434-6153).



Honey Bee Pollinator; Marie Salers, Plant Sale Co-Chair



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



Genealogy

March 20 is not only the first day of spring, it's also the date for our monthly Genealogy club meeting. This month Joanne Schumacher will be showing us step-by-step how easy it is to create Your Family History Book using My Canvas. Joanne's example will be importing trees from Ancestry.com and enhancing them with photos and clippings from your computer. Once you've assembled your family story in My Canvas you can print it yourself or have the company print it for you. Members sign in before 6:30 PM, P-Hall (KS) to be eligible for the door prize



On March 20, Joanne Schumacher will show us how to create "Your Family History Book" using My Canvas

which is an Epson Workforce All-in-One Printer. Stay for the social across the hall after the meeting and enjoy refreshments and networking with others who have a wealth of information.

Our April 17 speaker is Barbara Leak on Naturalization: Rules and Records. The DNA SIG for members meets separately monthly.

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



Golf, Ladies Ladies XVIII

For only the second outing this year in eight weeks, the gals were able to play the soggy Orchard Course, to finish February. A couple highlights included Lissi Bedford stiffing her tee shot on hole four and sinking the just-over-three-foot putt, to make a birdie and to earn the CTP, for the day. She also holed a 30-foot, downhill putt on hole 11 to save par. Stroke play results were not available.

The weekly tournaments are produced alternately by six ladies who kindly work diligently creating pairings, printing scorecards and calculating results. This sometimes thankless task is complicated by last-minute cancellations and the weather. Our gratitude is extended to Lissi Bedford, Mikie Briggs, Peggy Carr, Rita Drinkard, Val McElroy, and Pat Morgan, who have stepped up to manage our playdays.

New members are always welcome. The spring is a wonderful time to join. Donna Sosko is the contact.

**Contact: Donna Sosko 434-5527
Website: lhlgxviii.com**

Lincsters

Breaks in the rainy weather have allowed the Lincsters to have three Wednesday play days since the first of the year. Play was on the front nine of The Orchard on January 25. Winning first place in Flight A was Elfie Jenkins. Flight B was won by Marie Bossert; Flight C winners were Mary D'Agostini and Carmen Farrington, and flight D was won by Mary Lou Taverna.

Playing the front nine of The Hills on February 1 were winners Kate Gold (Flight A), Marie Bossert (Flight B), Charlotte Rai-

faisen (Flight C), and Bev Johnson, Joyce Bauer, and Cheryl Yost (Flight D).

On February 15, playing the front nine of The Hills were winners: Sue Pharis (Flight A), Jeannine Wuschnig (Flight B), Barbara Parsons and Claren Bolton (Flight C), and Joyce Bauer (Flight D).

Welcome to new member Laura Niles. The first General Meeting for the Lincsters will be March 22.

Contact: **Pat Shafer, gdskd70@aol.com**
Website: **lincsters.com**



Golf, Men's

The Slosfest tournament was indeed a slos fest. Net winners were: Wayne Lynch, Jesse Reuter, Bruce Lyau, Tony Portman, Gary Anderson and Alvin Olivieri. Gross winners were: Howard Hamilton, Les Hanson, Dan Kramer, Joel Kaufman, Glen Arney and James McCarthy.

Winners in the ABDC tournament were Flight One team one: Mike Munro, Rob Davies, Hal Mclaughlin, Dave Jansen, team two: Sylvan Braa, Ross Burkett, Ron Rober-son, Roy Craig. team three: Brian Stowe, Tony Portman, Bill Fagan, Dee Reynolds. Flight Two team one: Joe Angel, Joe Varner, Glenn Arney, Robert McGragh. team two: Jim Smyrak, Tony Dipaola, Bob Arts, Jim McCarthy, team three: Jack Dillon, Jerre Haynes, Bob Mangan, Larry Mowrer. Flight Three, team one: Alan Elsey, Ron Weech, Chuck Edmonds, Ron Balderston. Team two: Ron Avanzino, Charley Kendall, Doug Hinchey, Rich Yoshigawa. Team three: Mark Hamilton, Darrell Rinde, Bill Zeek, Alvin Olivieri. Congratulations, great fun was had by all in both tournaments!



Honorary Men's Club Member, Jim Anderson with his Tournament of Champions trophy

Jim Anderson is now an Honorary Member of LHMGC. Jim has continued to pay his dues to our club even though he can no longer play. Jim likes getting the information regarding NCGA and still has his Ghin number.

The next is the NCGA two man best ball tournament on April 4. Days are getting longer, a good time to play more golf!

Contacts: **Gene Andrews, eandgolf@sbcglobal.net;**
Tom Traxel, tom.traxel@sbcglobal.net
Website: **www.lhmgc.org**



Healthy Eating

The Healthy Eating Club recently launched its new website and it quickly became an excellent gateway to many credible healthy eating sources that we carefully assembled for our members' use. The website enables us to track and report on two ongoing Healthy Eating Club initiatives: the Kaiser Sugar Chal-lenge and our Building Com-munity With Soup gatherings. Several members are sharing their successes as well as their shortcomings (yes, failures!) they are experiencing with the sugar challenge, and we had four very enjoyable soup shar-ing gatherings during February at members' homes.

We were pleased to have Audrey Gould, Registered Dietician and Nutrition Therapy Practitioner, as our Guest Speaker for the February General Meeting. Audrey offers



*Soup Exchange at Pam's house;
Soup Exchange at Bobbi's House*

a five-week course titled Re-Start, Your Health In Just Five Weeks through the WellFit/Wellness Department.

Our club has its monthly General Meet-ings in P-Hall (KS) on the fourth Monday at 2:00 PM, guests welcome.

Contact: **Don R. Rickgauer 253-3984, sclh13HealthyEating@gmail.com**
Website: **HealthyEatingClub.wildapricot.org**



Hiking & Walking

The rain this winter has caused some of our walks and hikes to be can-celed. However, the February trip to the UC Arboretum was spectacular! The winter rains have given way to beautiful flowers, the easy hike was enjoyed by all.



Whitney Ranch to William Jessup University for lunch; New members, from left—David, Tom and Maryanne with Hike Leader Dan

Join us for a strenuous hike on the Ste-vens Creek Trail, March 23. Not ready for strenuous? Try the easy Twelve Bridges Nature Trail on March 28. Something for everyone! It's time to start moving, the rains are finally subsiding and we can get out on the trails and enjoy the magnificent wild flowers, flowing streams, and views of the Sierras still covered with snow. It doesn't get any better than this!

At the March Hike Leaders Meeting many plans were made for activities in May-August. Check the website for details. We'll look forward to seeing you on a walk or hike soon.

Contact: 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 welcoming Strider Ellass of First Trust Advisors to our Thursday, April 6 meeting at 2:30 PM in P-Hall (KS). Mr. Ellass is an economist responsible for analyzing economic indicators, writing economic commentaries and producing pieces on First Trust's blog. Over the last several years his team has been ranked as one of the top forecasters of the economy. It should be an interesting presentation. And there will be questions, I'm sure.



*Doug Côte,
Joan Brenning*

Russ Abbott will bring us up-to-date with his Playbook and welcome comments and questions. All residents are welcome and we have refreshments after the meeting. John Noon 645-5600

The Active Investors subgroup meets on the second Monday of the month, 3:00-5:00 PM, in the Multimedia Room (OC). Norm Qunattributed 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 Sun City Lincoln Hills.

Dog Walkers and Friends gather on Saturdays at 9:00 AM, followed by coffee at the Kilaga Springs Café, or just come join us for coffee at 10:00 AM. Call or check the website for dog walk meeting place.

Movie Day is the third Tuesday of the month, with Happy Hour afterwards, or join us for Happy Hour. Call or check website for movie times and Happy Hour

meeting place.

Breakfast at Thunder Valley is the first Wednesday in the month, 9:30 AM. Bring your Thunder Valley card to get the Senior Day discount.

Activities: Greater Placer PFLAG meets on the second Monday of the month from 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

It's not just Country and Western anymore! All styles of music are used in line dancing. You will see that especially at our dance parties that are held twice a year. The first one will be held on April 23, 1:00 PM, in the Ballroom at (OC). The second one will be held on August 13. All levels of dancers will find dances they will enjoy.

On April 29 you can attend a workshop, Dancing for the Dream, at the Clarke Dominguez Gym in Rocklin. The very



Audrey's Line Dance II Class

talented Jo Thompson Szymanski and Michael Barr will lead us in a variety of dances. Fun day!

We saw so many future line dancers at It's the Lifestyle on February 28. They got a preview of our new line dance shirts and a sweet treat to boot. Line dancing is fun and good exercise. Come join us.

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. Winter 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 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 or Marsha.

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551



Mah Jongg, National

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 and master, but once you do, your ability to excel in the game is limitless."

This quote sums up the fun and excitement of the game.

We invite you to join us every Tuesday in the Card Room (OC) from 12:30-4:00 PM. If you don't know how to play, Fran Rivera offers free lessons in her home and you may contact her, see phone number below. If you would like to learn, please call her to arrange a time to begin.

Within a couple of months you will be ready to join us on Tuesdays.

Contacts: Patti Kingston 587-3056;

Elsa Paszek 253-9709; Fran Rivera 434-7061



Mixed Media

Our club provides a friendly and fun environment for creative expression by using various methods of media, textures, dimensional elements, papers, clippings, photos and so much more. Occasionally, we have "hands on" demonstrations and presentations on the latest techniques in the mixed media art world. We meet on the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC).



A few of our 32 members: Jan Stephens, Linda Kuruhara, Vicki Bohlen, Frima Stewart, Patricia Branham, Rhonda Campbell, Nancy Griffin

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



Motorcycle RoadRunners

The arrival of March signals the start of the 2017 riding season for the RoadRunners. The club's Road Captains have laid out a great schedule of rides for the second Saturday of the month, March-November. Some examples of the upcoming season include touring the East Bay Hills, the California Delta, Santa Rosa and Bodega Bay. Also in August there will be an overnight ride to Mount Lassen National Park and Susanville. The club also hosts social events that include a Mother's Day ride, Dinner ride and a Bocce Ball tournament/Barbecue.

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). The next meeting will be on March 23. Guests are always welcome!

"Ride Safe—Ride With Friends."

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



Music

Calling all musicians to the Music Group Meeting! We play and sing on March 22, from 6:30-8:30 PM in the Fine Arts Room (OC). Come join the fun and connect. There will be a Blues Jam at the end of the meeting. Bring your instrument.

The next Open Mic is scheduled for April 28 from 6:00-8:00 PM, P-Hall (KS). Perform-

mance sign-ups start at 5:30 PM. Open to SCLH musicians. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00-3:00 PM, Multipurpose Room (OC). Open to SCLH residents. Contact Ron Peck (409-0463) for information.

Contacts: Don Smith, donsmith6704@frontier.com
Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

The April General Meeting will feature Lorna Miser, owner of ZombieYarns.com, speaking on hand dyed yarns and sharing her kits and patterns. Join us April 11 at 1:00 PM in the P-Hall (KS). Guests are welcome.



Lorna Miser,
Zombie Yarns

Needle Arts has many breakout groups or small special interest groups—Appliqué, Beading, Community Service, 2Cross-Stitch, Hardanger, Knitting/Crocheting, Machine Embroidery, Needlepoint, Quilting/Sewing, Rug Braiding, Wearable Art. A new breakout group, Sewing Circle, has been added.

There are openings for the Needle Arts Retreat at Mercy Auburn, May 1-5, and it is open to *all* forms of needle arts. For more information, contact Kris Volker, kmvolker@gmail.com or 543-9668.

The Spring Luncheon will be held May 16 featuring opportunity baskets. Information will be made available the first week of April.

Find out more information about the Needle Arts Group at www.sclhna.com.

Contact: Jean Storms 408-1515, jslres@pacbell.net
Website: www.sclhna.com



Neighborhood Watch

Last year Neighborhood Watch had approximately 200 residents

attending our annual Security and Safety Seminar, including around 50 people standing. This year for our presentation on Wednesday, March 22, from 1:00-3:00 PM in the OC Ballroom, we will have additional seating to hear speakers from the Placer County District Attorney's Office. See our main article on page 27 for information. We suggest you come early!

California is one of the epicenters of crimes against seniors. Through our Neighborhood Watch constant distributions of information and the vigilance of our residents, our area has given scammers limited success. Let's keep it that way!

Here's a protection everyone can use. To receive three free credit reports a year, make a request at the central website www.annualcreditreport.com or make a free telephone call to 1-877-322-8228. Any other website or telephone number is not the official website and may charge you for the report.

Contacts: Larry Wilson 408-0667, lgwlincoln@gmail.com; Mary Cranston 434-5362, marysclh@gmail.com
Website: www.SCLHWatch.org



Painters

I hope you visited the annual Fine Arts Show that was held in February—there was a lot of great art to see—the rain gave us a break and many art lovers came out to appreciate the local talent. If you missed the Fine Arts Show, the next chance to see our residents' talent will be the Art and Craft Tour held on May 20-21. Artists and crafters that are SCLH residents are invited to show and sell your handmade work. Registration will be March 23 in the Fine Arts Room (OC) at 10:00 AM.

In February our club meeting had a great demo in oils using a limited palette by Patty Miller of Patris Studio of Sacramento, painting and lecturing at the same time. Thank you, Patty! On March 21, we will hear from Philippe Gandiol, who will demonstrate basic approaches to painting cityscapes.

Contact: Joan Musillani 712-4393, joanmusillani@gmail.com
Website: <http://lhpainters.org/index.html>



Paper Arts

Thank you, Beth Barnes and Joanie Hinman who led our February project: a bookmark, candy bag, and beautiful greeting card, all with a Valentine's theme.



Beth Barnes and Joanie Hinman; No surprise: February's project had a Valentine's Day theme



Ron Darville took the idea of 'Random Acts of Kindness' to heart by distributing a lengthy list of ideas, 122 to be exact, about ways to help others. Thanks Ron for sharing your enthusiasm.

While our February window was overflowing with hearts, in March we present 'A Mixed Bag', cards with a variety of themes.

At our April 6 meeting, we will hold our annual "Demo Day." This is a chance to see some new techniques as well as brush up on more common ones, and create a few, fun 'make and takes.'

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, 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, dorisdeross@gmail.com



Photography

The Photography Club's Flash Field Trips offer our members unique challenges to photograph new subjects and locations, and at times they would ordinarily not do. Flash Field Trips offer the comfort of a group setting while less experienced photographers have the benefit of working side-by-side with photo coaches that can offer tips and share techniques. On February 13, 11 club members, armed with their trusty tripods, took on the night lights on a Flash Field Trip to Old Sacramento. Old Sacramento is filled with endless photo opportunities. It has many unique features like riverboats, railroad exhibits, horse drawn carriages and historical landmarks. It is also known for its robust nightlife—its streets are lined with restaurants, clubs and museums.

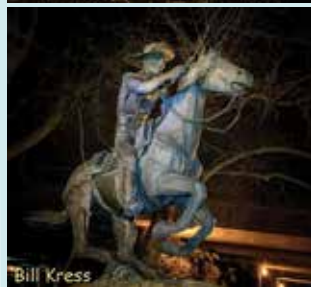


Joe Mello



otruman.com

Embassy Suites Hotel



Bill Kress

Joe Mello; Truman Holtzclaw; Bill Kress

Follow this link for even more amazing night shots of Old Sac: <http://otruman.net/p551130835/h837fcbba#h837fcbba>

Contact: Brad Senn, (530) 409-2499, LHPhotoClub_President@mail.com Website: www.lhphotoclub.com



Pickleball

As spring approaches, the Pickleball Club is inviting all residents to fun lessons and competitions for rookie and advanced players alike.

For those who want to learn the game, the first "Welcome Saturday" introduction program is March 25 from 11:00 AM to 1:00 PM. There will be a basic lesson, beginner play and snacks. Paddles provided; no reservations needed.

Residents are invited to introductory lessons every Wednesday at 1:00 PM. Paddles provided; no reservations necessary.



Toni Taylor strikes a forehand during the Pickleball Club's free introductory class every Wednesday

Once comfortable, new club members can join the ladder, similar to leagues, based on skill level. There will also be tournaments for new players and other advanced competitions are in the works.

For experienced players, Richard Norman and Mike Hilton start classes April 3 for those rated 3.5 plus. Lessons are the first and third Monday at 6:30 PM. Size is limited. Sign-ups taken at courts at 9:00 AM the Monday of the class.

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



Players

We missed you at our last meeting—did you miss the time and date? We meet on the second Monday of the month, 4:00 PM at the P-Hall (KS). We are into our third month of planning our venues, and we are sure there are some budding stars out there who would

like to participate in a play or two—either onstage or backstage. Business is a small part of our meetings, then we have time for education on performance/stage techniques—or a bit of entertainment just because we like to entertain.

Readers Theater just completed their first presentation of this year, "Mr. and Mrs. Smith"; we hope you were in the audience, giving the actors that wonderful round of applause they received. We enjoy pleasing you all!

Our next play will be a Main Stage production in the spring—watch for more information as our plans take form.

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

Website: www.lincolnhillplayers.com



RV

As you can see from the pictures, we visit, spend time planning for the future, then visit some more with shared appetizers at our monthly meetings!

As you read this, a group will be in Chula Vista enjoying everything San Diego area has to offer. Hopefully this will include



VP
Barbara
Miller
discussing
future
rallies;
club
members
enjoying

snacks after the meeting; Past President David Africa visiting with the LaFaunces

some sunshine! This will be followed by short trips to Calistoga in early April and Jackson Rancheria in May.

The club has about eight trips each year, with destinations to the coast, the mountains and lakes. Some are nearby and others are more distant. In September the group will travel to Albuquerque to the hot air balloon festival with interesting stops all along the way!

The club meets at KS on the second Thursday of the month at 4:30 PM. Visitors who have an interest in RV life are always welcome.

Contact: Marlowe Skar 434-7799

Website: www.lhrvg.com



SCHOOLS

Make a difference in our classrooms! New volunteers for SCHOOLS are accepted throughout the school year. Help is needed and it's a rewarding experience. There are no teaching requirements, just an enthusiasm for working with children in classes K through 12. Volunteers may choose the school and preferred grade level. Many start in a classroom one day a week, morning or afternoon. The teachers appreciate us, Principals welcome us. The children look forward to our visits. The teachers guide us to participate where they know we can be effective; sometimes working one-on-one with students who need extra attention, or in small groups, or to correct and review papers with students. One fourth grade teacher said to her volunteer after they completed a holiday project in December, "I couldn't have done it without you."

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary)
543-8617, ceelledge@sbcglobal.net;
Irma Mendez (High School),
jmeidm@aol.com;

SCOOP

SCOOP has a full schedule of interesting activities coming up this year! We invite you to join us and become a member of SCOOP if you aren't a member already. Go to our website to view these activities, additional information and how to become a member.

Tuesday, March 7, Dog Walk, meet at

Orchard Creek Lodge Main Entrance at 8:00 AM.

Tuesday, April 4, 11:00 AM, SCOOP Meeting, Fine Arts Room (OC). "Pet First Aid and CPR including snake bites and heatstroke," by Wag Hotels.

Wednesday, April 26, 7:00-9:00 AM, "Pooches on the Patio" at the Meridians Breakfast Buffet. Cost: \$6. Bring your dog on a leash.

Tuesday, May 2, Dog Walk, meet at Orchard Creek Lodge Main Entrance at 8:00 AM.

Tuesday, June 6, 11:00 AM SCOOP Meeting, Fine Arts Room (OC), "Dog Nutrition and Grooming," Crystal Pierson from Fashion Fo Paws.

Friday, July 7, First Annual Memorial Sheila Murphy Dog Walk, details to follow.

Additional activities will be posted later this year.

Join us for some or all of these activities!

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. Newcomers are always welcome!

In the past few weeks, we've been happy to have some new faces join us including Kathy, Mary Jo, Carol, Marilyn, Barbara, Charrol, Sue, and Joe.

Start off the spring by increasing your vocabulary with a game of Scrabble!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Shanghai

We play this unique card game every Thursday at 12:30 PM in the Card Room (OC). Come and join us and experience the fun. We also play on the second and fourth Friday nights at 5:45 PM. Don't know how to play? We will teach you.

Contact: Howard Beaumont 408-0395



Singles

March Madness begins: March 16 at 4:30 PM we have Dining Out at Kobe Restaurant, Lincoln! Call Darline for reservations. On March 23 at 6:00 PM our monthly social is *The Singles Fundraiser Auction* in the Ballroom (OC). That is when Singles auction off dinners, trips, parties or services to other Singles. Call Kathy 209-3307 for details.

April in Lincoln Hills: On April 2 at 4:00 PM we have our Birthday Celebration in the Sports Bar at Meridians. Free drinks for all single celebrants having April birthdays. Apriling along to April 6 at 4:00 PM we have our Cocktail Time—TBD. On to April 8 at 9:00 AM we have our Second Saturday Breakfast in the Sports Bar at Meridians. On April 13 at 6:00 PM we have our Monthly Business Meeting with our no-host bar. On the Agenda is Officer nominations/speaker.

Are your taxes done? That's all folks!!
Written by Richard Martinez.

Contact: Kathy Shaddox 209-3307



Softball

Finally, after a long wet wait, the 18th annual Senior Softball season will start on Saturday, April 8th. If rained out, the festivities will be on the following Saturday, April 15th. Whichever day, come and see all the teams in action. Ceremonies will begin at 9:00 AM, with new inductees entering our softball Hall of Fame, that recognizes members who have contributed to the success of our softball program. Enjoy a great day at Del Webb Field with pageantry, softball, food and prizes.

Continue to support our Lincoln High School scholarship program by bring recyclables to the ballpark between 9:00-11:30 AM on Mondays and Wednesdays.

Not signed up but want to play? Start by downloading an Application from our website. Softball is a great way to make new friends and have lots of fun.

Contact: Marty Rubin 408-3494,
marty629@gmail.com
Website: LHSSL.net



Sports Car

At our February meeting CHP Officer David Martinez shared with

us the latest DMV laws and shared some interesting anecdotes.

We celebrated February Birthdays for Linda Steinkraus, Don Songey, Rex Nico-demus, Virgil Berry and Alison Phillips. We continued to play "Who Are They Now?" and even though a few/many years have passed, we are identifying pictures of members taken long before they arrived at Lincoln Hills.



Dave & Linda Steinkraus rainy day; Bud & Sharon stocking up; "Who Are They Now?" February Meeting

Our first Social Event is a St. Patrick's Day Celebration on March 16. Other events are planned for October and December.

Our first rolling event is set for March 10—A Sausage Run to Lockford with lunch in Jackson. Other Trips are in the planning stages. Be sure to check out our website for more information. If you are not currently a member and you own a sports car and want to enjoy your car with other enthusiasts contact tom.breckon@sbcglobal.net.

By Rob Phillips.
Contact: Tom Breckon 434-6989,
Tom.Breckon@sbcglobal.net
Website: Lhsportscars.com



Sun City Squares

Sun City Squares is continuing beginning square dance classes this month. If you have an interest in Square

Dancing, please call regarding the class. Come join the fun!

- * Monday 1:15-2:30 PM Beginning Class, KS
- * Monday 2:30-4:00 PM Plus Dancing, KS
- * Thursday 1:00-3:00 PM Advanced Dancing, KS

For more information regarding the classes, please call Frank Reina 543-3132 or Robert Hodge 543-4742.

Contact: Jean Grupp 408-1868,
jean@grupphomes.com



Table Tennis

Thank you Lawrence & Brenda Spencer for your generous gifts of a play table and robot for our club. They are welcome additions.

On March 11 some of us plan to go to the U.S. Table Tennis Open at Inderkum High School in Sacramento.

For some chairside excitement, go online to "The Duel: Timo Boll vs. Kuka Robot." You will see one of the best table tennis players in the world play a robot with incredible skills. For some hands-on fun, come to one of our weekly play times. Fridays, 8:00 to 11:00 AM; Sundays 12:00 to 5:00 PM; and Tuesdays, 6:00 to 9:00 PM.

February 14th we had valentine cookies and candies for our players. Thank you Mary Akey for our treats! I am blessed! I get to play ping pong with my sweetheart.

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



Tennis

Our Valentine's Tournament winners at each level are:

7.0 Bracket: First Jerry & Judy Dong; second Mark & Lisa Snapp. 6.5 Bracket: First David & Linda Mateer; second Jerry & Linette Ingram. 6.0 Bracket: First Bud



7.0 First Place and Second Place Winners

Soto and Jill Gossard; second Ted Komaki and Carol Judd.

Thanks to all who participated. A big thank to all the wonderful people who helped dry the courts early in the morning for tournament play.

“Sporting the Green,” will be on March 18. Be ready to sign up for another fun day of tennis. Check out our website www.sclhtg.com for all information.

Contacts: Pam Flaherty, pamflaherty@gmail.com
Barbara Davis, barb7dick@att.net



Vaudeville

This seems like a bit early to be thinking about the Vaudeville Show but it will be here before you know it. This year the show is July 7 & 8 with two performances each day in the P-Hall (KS). The show auditions are April 18 and April 25. Posters and flyers will be posted at both Lodges announcing these dates. We are always looking for talented members of our community. We know you're out there.

If you haven't seen the show in a while, please join us this year. It's a two-hour variety show packed with talented Vaudeville Troupe members. You won't be disappointed. Call our director, Yvonne, to make your audition appointment.

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



Water Volleyball

Water volleyball is a great sport for all since we offer different levels of play. Our newbies get evaluated and advance at their own rate. At KS we play evenings and Saturday mornings. Not to be confused with other fitness programs, this is not a drop-in activity. Any LH resident interested in playing should contact Rhonda George.

With spring comes the ranking period for our competitive players and recreational players interested in moving up. These players participate in a peer ranking system. The ranking sheets are tabulated and new rosters are posted in April. The Net Two team rosters the top 22 ranked players, and the Net One team rosters the next 22 ranked players.

We all work hard to improve level of play, but a special thank you to Sandy, Harriet, Gary, and Mel. See you in the water!

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Woodcarvers

Coming soon in May is the annual Capital Woodcarvers Show held in Sacramento. Many members of the Woodcarving Club have either started carvings to be submitted or are looking for that plan or idea that will inspire a carving to be created and displayed. Woodcarvers Club has been very successful in past years, winning many awards. This speaks highly of our group as there are many hundreds of submissions by various clubs and individuals.

In lieu of entering a carving show, some items are made as a request or a gift idea.



Ben Horner carved spice racks for his wife with relief carving of flowers; Ben's carving of a wedding cake topper for a relative



Woodcarvers Club members have a large library of carving books, magazines and DVDs for plans and ideas. We have carving tools that you can use.

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

Contact: Dick Skelton 626-0895



Writers

The Writers Group recently welcomed new member, Kathy Woodward, who writes both prose and poetry. She introduces herself—

Kathy and Rich moved from the Midwest in 1972, now having grown families in Davis and Orlando. (“bicoastal grandparents!”). Art, teaching, writing, reading and words are important in Kathy's life. She's taught from “toddling to doddering”—in-



Kathy Woodward

cluding Middle School. After volunteering at CityTeam Ministries in 1991, she was challenged to “make a school.” As Director of Education and Employment, she planted several learning centers. Working in recovery, Kathy learned about substance abuse, addictive behaviors, and formulating programs to help individuals rebuild their lives from the ground up. Before retiring in 2015, after successfully fighting cancer, she and husband moved to SCLH, where she's enjoying writing and other interests.

If you're new to writing, or a long-time writer, please join us every second, fourth, and fifth Monday at 6:30 PM in the Ceramics Room (OC).

Contacts: Geoff Young,
gwyong01@wavecable.com;
Freddie Dempster, fredeedee@gmail.com;
Susan Gust, srg2266@gmail.com

Run with WellFit's PACE Race Training Options!



SUN CITY
LINCOLN HILLS
WellFit



GET MOVING!

MILLY Couch to 5K Training L1-L2

Fridays, March 17-April 28 — 8:00-9:00AM, KS Fitness Center entrance
835190-A4 - \$99 - 6 sessions (no class April 14)

Have you ever wanted to successfully complete a 5K? Now's your chance to go from Couch to 5K in just six weeks. This group will give you the confidence and endurance you need to succeed.

DANIELLE 10K Preparation L1-L2

Wednesdays, March 29-May 3 — 3:30-4:30PM, KS Fitness Center entrance
835190-B4 - \$99 - 6 sessions

Have you already done a 5K and you are ready to take the next step? Prepare for the 10K with specific muscle conditioning for walking, jogging, or running to help prevent injury. We will also learn valuable stretching techniques to help prevent shin splints, cramping or tendinitis.

REBECCA Planning on the PACE Race?

Get Loose with Bowen 30 for \$30

Take advantage of this exclusive PACE Race Special! 30 minutes of lower body Bowen for \$30. See the Fitness Center front desk to get your special pricing (see page 89).

PACE: PROMOTING AGELESS COMMITMENT TO EXERCISE!

Lincoln PACE Race
SUN CITY LINCOLN HILLS
LINCOLN, CA 10K/5K/FUN RUN



SATURDAY, MAY 6, 2017 ★ 7:30am - 1pm

REGISTER AT: LINCOLNPACERACE.ORG

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.

Bocce For Fun

Spring Bocce drop-in fun with neighbors and friends every Friday at 6:00 PM at the Bocce Courts starting April 7. Draw names for teams. More info: Brenda, brenda@spencerbrenda.com or 705-1070.

Caregiver Support Group

The Caregiver Support Group meets at the Lincoln Twelve Bridges Library the third Thursday of each month. We will be meeting on March 16 from 9:00-10:30 AM. If you are caring for a friend, spouse, or other loved one, come join and learn about resources to assist you and gain encouragement from others. Please come in the back employee entrance. More info: Brenda Cathey, 253-7537.

Cloggers

Happy spring! We cloggers invite you to journey all the way (!) to Sacramento for the Northern California Cloggers Association's Annual Convention on April 21 and 22. No need to book a hotel room, just drive to the Crowne Plaza Hotel, 5321 Date Ave., Sacramento 95841. You will enjoy fantastically-exciting workshops and demonstrations, music and dance! More info on this event: nccaa-inc.com. More info on clogging: Natalie Grossner, 209-3804.

Glaucoma Support Group

On April 12 at 4:00 PM, the Glaucoma Support Group will meet in the Multimedia Room (OC). Our meetings are open to all who are living with the diagnosis of Glaucoma. We will continue to share ways of managing our disease. Since Glaucoma is a chronic condition, we always learn new ways to deal with its progression. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a faith-based weekly seminar/

You are invited to attend...

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

• Thursday, April 13 • 10:00 AM Seminar—Preparing is Caring, Heights (OC)

support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group started February 7 and goes through May 2. We meet each Tuesday, 9:30-11:30 AM, at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

Innovations Club

We meet to explore the impact of today's technology on our lives. Investigated areas are determined by member's interests. We explore what is available today, trends and their potential impact in five and ten years. We communicate our "best guess" regarding changes in various areas to the community through scenarios describing the effect on daily life. Health care, independent living, communications, security, technology, transportation are potential areas for investigation. Our first meeting will be March 22 from 7:00-8:00 PM in the Multipurpose Room (OC). Info regarding the meeting: Ray Dunaway, 794-0002.

Lincoln Democratic Club

We meet on Thursday, March 16, at 6:30 PM in the Placer Room (KS); the meeting starts at 6:45 PM. Meeting info: our club website www.democraticclublincolnca.org/ or email Al Witten, lincolndems@gmail.com.

LH Italian Club (LHIC)

Curious about your Italian cultural heritage, including art, history and food? Be sure to attend the fourth in our Regions of Italy series: "All things Puglia/Basilicata," to be held on April 22 at KS. With summer coming what is better than

a day of barbecue and bocce? How do ribs and chicken sound? The bocce will include both lessons and a tournament. Come join the fun on May 21 at the Sports Pavilion. If you are of Italian heritage, and are interested in these events or any other activities, check the Club's website: www.lhitalianclub.org.

Lincoln Multiple Sclerosis Group

What is the Multiple Sclerosis Achievement Center? At our March 7 Meeting, MS Achievement Center Director, Brian Hutchinson, Dignity Health, plans to speak and show a DVD about the Center. All are invited to discover this exceptional resource for thriving with MS: Tuesday, March 7, 1:00 PM, Sierra Room (KS). Program questions: Jeri Di Fiore, 408-7565 (leave message).

Lincoln Parkinson's Group

The Lincoln Parkinson's Group will be meeting on March 21 at 10:00 AM. We meet at the Granite Springs Church, 1170 E. Joiner Parkway. Come join in and learn from one another as we discuss new medications, alternative therapies and just get to know one another. Our April 18 meeting will feature Dr. Byrd, a Sutter Neurologist and Monsma Quinn with a discussion on Deep Brain Stimulation (DBS) for Parkinson's patients. More info: Brenda Cathey, 253-7537.

Movie Lovers Group

SCLH Movie Lovers Group meets monthly on the second Thursday of the month 6:30-8:30 PM. Next meetings are March 9, April 13 and May 11. At monthly meetings we review and discuss two or three movies, selected by members the prior month, and which are showing locally. We focus on quality movies rather than "special effects blockbusters." Recently we reviewed "Moonlight" and "Hidden Figures." This has been Awards season so there have been many excellent current

Continued on page 46



WORLD'S LARGEST
GOLF OUTING™

GOLF FOR GOOD



REGISTER TODAY FOR
THE 7TH ANNUAL
WORLD'S LARGEST
GOLF OUTING

SOCIAL

WORLDSSLARGESTGOLFOUTING

@WLGO_BCG

@WORLDSSLARGESTGOLFOUTING

CHARITIES



SPONSORS



COME TOGETHER



MONDAY, MAY 1ST

LINCOLN HILLS GOLF CLUB

\$236

FOURSOME

\$118

TWOSOME

\$59

SINGLE

PRICE INCLUDES:

- 18 HOLES WITH CART
- RANGE BALLS
- DONATION TO WLGO CHARITIES
- LUNCH

7:00 AM

REGISTRATION

8:30 AM

SHOTGUN START

1:30 PM

AWARDS

★ REGISTER AT WORLDSSLARGESTGOLFOUTING.COM/REGISTER ★

Rebark Time, Inc.

- Year round services
- Our color enhanced material holds its color for years!
- Ask about our weed Abatement programs



- We also offer:
- Complete landscape design
 - All tree and plant installation
 - Tree and shrub fertilization
 - Pruning and thinning
 - Irrigation and lighting

Easily understandable irrigation drip timers



Call for a free estimate
(916)-764-7650
www.rebarktime.com



Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo
Certified Public Accountant
(916) 771-4134



1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678

Our Family Means Business

We Have Been Serving Lincoln Hills Since 1999
Integrity - Exceptional Service - Outstanding Results
Together We Serve You Better



www.CarolanProperties.com
CA BRE # 01272617
916.253.1833

Serving All of Your
Real Estate Needs



Megan Carolan
916.420.4576
Realtor
CA BRE # 01937273



Penny Carolan
916.871.3860
Broker Associate
Top Selling Broker 2012, 2013 & 2015
CA BRE # 01053722

Courtney Carolan Arnold
916.258.2188
Property Manager
CA BRE # 01471287



Carolan Properties

www.CarolanPropertiesRentals.com
CA BRE # 01468489
916.253.1833

Full Service On-Site
Property Management

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

Continued from page 43

movies. Anyone interested in joining our group please let me know: cliffroe@ix.netcom.com or cell, 408-205-8765.

Open Play Games

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) Fridays from 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

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, 408-4771 or amoon38@sbcglobal.net.

Shalom Social Group

The Shalom Social Group is a diverse group of people who enjoy Jewish experiences through social, sporting,

cultural, community and holiday events. Besides our bi-monthly meetings, we have activities for everyone: current events discussions, table games, active sports (hiking, bowling, bocce ball, miniature golf, etc.) and spectator sports such as River Cats games, and an annual picnic. We have two sub-groups, Women Together and our Men's Club. We had a Hanukkah party in December and an ice cream social in February. Coming up we have a Passover Seder on April 12. More info: Membership Chair Vida Morrison, 984-1043.

Shooting Group

Weather permitting, we meet on Tuesdays

~ Community Perks ~

**Home, Health & Business Showcase
Wednesday, March 15 — Free**

10:00 AM to 2:00 PM, OC Lodge. Learn about latest products and services for your home, health, garden, transportation and personal and financial matters.



**Register to participate in the May Annual Arts & Craft Tour
Thursday, March 23 — Free**

10:00 AM-12:00 PM, Fine Arts Room (OC). If you are an artist or crafter and a resident of SCLH, you're invited to show and sell your handmade work. Any handcrafted work you made yourself for sale is eligible! Registration to be on the Tour March 23. The annual Arts and Craft Tour is Saturday and Sunday, May 20-21.



**KS at the Movies on Saturday: Thoroughly Modern Millie
Saturday, March 18 — Free**

1:30 PM, P-Hall (KS). Rated G, 138 minutes, Comedy/Musical/Romance. Starring Julie Andrews, Mary Tyler Moore, Carol Channing, James Fox. A zany romantic spoof of the Roaring Twenties and a musical that won an Oscar for Best Original Music Score! Millie, an innocent country girl, comes to the city in search of a husband. She becomes the secretary of rich and famous Trevor Graydon, befriends sweet Miss Dorothy, fights off white slaver Mrs. Meers and hooks up with a lively paper clip salesman. It takes a rich nutty jazz baby to unravel these complications.



**Now Two Showings! KS at the Movies: The Girl on the Train
Saturday, April 1 — 6:00 PM — Free
Monday, April 3 — 1:30 PM — Free**

P-Hall (KS). Rated R for violence, language, nudity, and sexual content. 112 minutes, Drama/Mystery/Thriller. Starring Emily Blunt, Haley Bennett, Rebecca Ferguson, Justin Theroux, Allison Janney. A divorcee becomes entangled in a missing persons investigation that sends shock waves throughout her life.



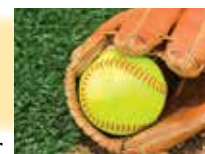
**Coffee with the Mayor
Thursday, March 23 — Free**

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 the fourth Thursday of every month. 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 ask questions and hear about what is going on within the city of Lincoln. This month Fire Chief Kurt Snyder, will accompany the Mayor. They will share the latest on City Fire Services and answer SCLH resident questions. After the meeting, please join our SCLHCA Board of Directors at their monthly meeting at 9:00 AM in the P-Hall (KS).



**18th Annual Opening Day
Senior Softball League
Saturday, April 8 — Free**

Ceremonies begin at 8:45 AM. Mark your calendars and be sure to come out for the festivities. Meet our Hall of Fame Inductees. Enjoy a day at Del Webb Field with pageantry, softball, food and prizes. Rain date: April 15.



**Annual Golf Cart/NEV Drive Thru Clinic
Thursday, April 13 — Free**

12:00 to 4:00 PM, Sports Pavilion. Experienced Neighbors InDeed personnel will check your golf cart or NEV for tire pressure (and filling), battery connections, lights, parking brake, seat belts, and more. NID can make minor adjustments,

for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet, 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. More info about shotgun shooting sports: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club, 150 Lincoln Blvd. More info about rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net. Come out and have fun!

In Memoriam

Dennis Bowcut

Born and raised in Los Angeles, California, Dennis served in the U.S. Army and with the G.I. Bill graduated with a degree from Iowa State. His career was spent at various Silicon Valley companies ending at Applied Materials where he worked on the 300 mm RTP Team. This machine is on display at the Tech Museum of Innovation in San Jose. After moving here with his wife, Brenda, he became an instructor in Computer Education

and Photography. Birding was a primary focus and he studied and photographed birds across the United States. He loved teaching many residents in classes or on walks in open space. Dennis' sense of humor, intelligence and love of all things new will be greatly missed by his wife, family and friends.

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

but not repairs. This clinic is open to all golf cart and NEV owners in Lincoln Hills, and is free of charge. Be sure to call Neighbors InDeed at 223-2763 to sign up for a reserved time slot. This is your chance to get a free check-up for your vehicle. It could save you some money (and grief) later! If you wish to make a small (tax deductible) donation to Neighbors InDeed, it would of course be appreciated.



Feats of Clay—Lincoln Clay Day Saturday, April 22 — Free

10:00 AM-2:00 PM, Beermann Plaza, 640 5th Street, Lincoln. Celebrate the Earth as Art on Earth Day! Clay Artists, demonstrations, Teams of Clay, Rotary sponsored Kid's Camp Clay, Lincoln Archives Museum Displays, Gladding McBean historical exhibit in City Hall Rotunda Gallery and "GMcB through the Artist's Eye" at the Art League Gallery. Sign up for the Art League Newsletter or become a Member and receive special offers. Reception: April 22, 5:00-6:30 PM, Art League Gallery, 580 Sixth Street, Lincoln. www.all4art.net.



Document Destruction Monday, April 24

10:00 AM-12:00 PM, Look for the truck in the Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite. Paper clips and staples on files okay, but no plastics or cardboard. \$10 cash or check per average file box payable to SCLHCA.



Music Group Sponsored "Open Mic Night" Friday, April 28 — Free

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



Now Two Showings! KS at the Movies: Arrival Saturday, April 29—6:00 PM — Free Monday, May 1—1:30 PM — Free



P-Hall (KS). Rated PG-13 for brief strong language, 116 minutes. Drama/Mystery/Sci-Fi. Starring Amy Adams, Jeremy Renner, and Forest Whitaker. When 12 mysterious spacecraft appear around the world, linguistic professor Louise Banks is tasked with interpreting the language of the apparent alien visitors. Nominated for eight Academy Awards.



Annual Parking Lot Sale Saturday, May 13

7:30 AM-12:00 PM. Fitness Parking Lot (OC). Shop early for the best choices! Enjoy an early morning romp checking out unique items at bargain prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We'll also have doughnuts and coffee available! Interested in being a vendor? Read details under Entertainment Section, page 49.



KS at the Movies on Saturday: Enchanted Saturday, May 20 — Free



1:30 PM, P-Hall (KS). Rated PG, 107 minutes. Romance/Comedy/Family. Starring Amy Adams, Patrick Dempsey, James Marsden, Idina Menzel. A young maiden (Amy Adams) in a land called Andalasia, who is prepared to be wed, is sent away to New York City by an evil queen (Susan Sarandon), where she falls in love with a divorce lawyer (Patrick Dempsey).



Inspired
TREE & LANDSCAPE
Care!

- CERTIFIED ARBORISTS
- TREE & SHRUB CARE
- SEASONAL MAINTENANCE PROGRAMS
- PLANTING
- IRRIGATION UPDATES & REPLACEMENTS
- WATER CONSERVATION PROGRAMS
- FERTILIZATIONS
- PEST & DISEASE MANAGEMENT
- CUSTOM-DESIGNED LANDSCAPING
- GREEN GARDENER QUALIFIED

(916) 412-1077
CAPITALARBORISTS.COM

Helping you Buy and Sell the Del Webb Lifestyle Since 1997!

Price per Square Foot?
PRICELESS!!!



“Put my 17 years Del Webb experience, Legal Education and Internet Marketing to work for you.”

Paula Nelson
Broker Associate

916-240-3736
REALTOR@PaulaNelson.net



SUN RIDGE
REAL ESTATE



DRE No. 01156846

Each Office Independently
Owned and Operated.

Roseville's Hidden Jewel



SierraRegency
RETIREMENT LIVING

- 1 & 2 Bedroom Apartments with Full Kitchens
- Gated Community with 24 Hour Staffing
- Indoor Heated Pool & Spa
- Putting Green/Horseshoes/Billiards
- Weekly Wine Social
- Salon/Chapel/Library

Monthly Rent Includes: All Day Dining, Weekly Housekeeping, All Utilities Except Phone & Cable, Full Kitchen, Stackable Washer/Dryer & Transportation

(convenient location off Sunrise, near Cirby)
1015 Madden Lane • Roseville, California

(916) 786-3173

www.sierraregency.com



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

Entertainment

—Club Performance—

LH Community Chorus Presents Broadway Blast

Sunday, April 30 • 2:00 PM — 5530-03A

Monday, May 1 • 7:00 PM — 5530-03B

Tuesday, May 2 • 7:00 PM — 5530-03C

Tap your feet, snap your fingers! The LH Community Chorus will be singing favorite Broadway and Hollywood songs such as, "What I Did for Love," "Can't Take My Eyes Off of You," "Hernando's Hideaway," and many others. The chorus will be accompanied by a pianist, drummer, and bass player to add to your listening enjoyment. We appreciate your support and look forward to seeing you at the concerts. Ballroom (OC) **Premium Reserved Section Seating, \$18, General admission, \$13.**



Community Event

Annual Parking Lot Sale

Saturday, May 13 — 5513-03

With only one date in 2017, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Residents who want to sell are limited to two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.** Registration is limited to in-person at the Activities Desk.



—Concerts—

Rita Hosking and Sean Feder

Thursday, March 16 — 5516-01

"In scorching form" (*Telegraph*), Northern California's Rita Hosking sings original country-folk about culture clash, dishes, forest fires, the working class, and hope. Her latest of six albums, the hero's journey themed "Frankie and the No-Go Road," was



praised by *Maverick* as having "more authenticity and integrity than you can shake a stick at." With her stories in song and soul-stirring voice, Rita partners with Sean Feder on sparkling dobro and banjo to deliver what *Acoustic Magazine* calls "timeless, unhurried elegance." Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved seating, \$16.**



Taylor Made

Friday, March 24 — 5524-01



How sweet it is! Taylor Made, The James Taylor Tribute Band, consists of a group of musicians who are dedicated to bringing the uplifting, soulful and memorable sounds of the legendary singer-songwriter to be enjoyed in any setting. Paying close attention to the details of each song, this distinctive group has crafted a sound that captures the live and recorded experience of listening to James Taylor in concert. The next best thing to JT himself! This special presentation of Taylor Made is dedicated in this special presentation of "Unplugged" to an intimate version of the band where guitar, bass, percussion, and the occasional horn perform many of the tunes that the full band plays. This show is like hearing the classic tunes of James Taylor as if they were played in your living room! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24. General admission, \$21.**



Joel: A Tribute to The Songs of Billy Joel

Thursday, April 6 — 5506-02



Joel is the premier rock and roll Billy Joel Tribute band on the West Coast. Fresh off the national tour of Billy Joel's Tony Award-winning rock musical "Movin' Out," Piano Man Kyle Martin and his group of professional musicians continue to tour California and play events and clubs throughout the country. Forrest Hartman of The Reno Gazette Journal says, "Kyle Martin isn't just good, he is spectacular!" The band performs Billy Joel's timeless repertoire including songs like "Big Shot," "Only the Good Die Young," "An Innocent Man," and "New York State of Mind." They are blazing hot, and will have you singing along all the songs that you know and love. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24. General admission, \$21.**



Two of Us An Acoustic Tribute to Lennon-McCartney

Thursday, April 20 — 5520-02



Two of Us brings together a pair of top-notch vocalists/musicians whose passion for the music of The Beatles shines through in their per-



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

performances. The group features The Sun Kings' Lennon-McCartney duo, Drew Harrison and Jim Funk. *Two of Us* presents an evening of your favorite Beatles songs, performed acoustically. Their unparalleled vocals and musicianship will amaze you. This is a must-not-miss! Save \$1 off \$4 or more at Kilaga Springs Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved Seating, \$20.**

Dixieland Jazz Concert

The Sacramento Youth Band "River City Swingers"

Thursday, May 18 — 5518-03

River City Swingers will take you back in time to the roaring 20's and beyond with their take on New Orleans Jazz. Our two combos, Sactown Stompers and Tower Bridge Trad will wow you with their musicianship, stage presence, and age. Each group is made up of middle and high school students, but don't let their age fool you! Close your eyes and listen to songs like "Struttin' with Some BBQ," "Everybody Loves My Baby," "St. Louis Blues," "Five Foot Two," "Charleston," "Do You Know What It Means to Miss New Orleans," and many more! You will feel like you are sitting at a club in the French Quarter or walking down Bourbon Street! Concert 7:00 PM. P-Hall (KS). **Reserved Seating, \$15.**



Cornet Chop Suey

Thursday, May 25 — 5525-03

The Cornet Chop Suey Jazz Band has enjoyed a meteoric rise in popularity since its arrival on the jazz scene in 2001. The band's unique front line with Brian Casserly on trumpet, Tom Tucker on cornet, Jerry Epperson on reeds and Brett Stamps on trombone is driven by a powerful rhythm section consisting of Paul Reid on piano, Jay Hungerford on bass and John Gillick on drums. Best known for a wide variety of styles, Cornet Chop Suey applies its own exciting style to traditional jazz, swing, blues and "big production" numbers. Every performance by Cornet Chop Suey is a high-energy presentation and is always a memorable experience for the audience. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22. General admission, \$19.**



—Grandkids Event—

Spring Egg Hunt

Saturday, April 15 — 5515-02

An eggciting time for all the kids and kids at heart! Bring your grandchildren to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don't forget your cameras for



picture-perfect photo opportunities! *Please make sure to bring a basket for collecting eggs.* Sign up your grandchildren, **toddler to ten years only please.** Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Toddlers' hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM on Saturday, April 15. Event hours: 10:00 AM to 12:00 PM. **General Admission, \$12 per child.** Limited space. *Event may be cancelled due to rain.*

—Fashion Event—

Fashion Show — Model Call March 20 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of **all** ages and sizes to walk the runway for our Spring Fashion Show on April 27.



Modeling is a great way for those new to the community to make new friends and meet new people! Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require some measurements and contact information. Submission deadline is March 20 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).

"Destinations"

Spring Fashion Show Luncheon

Thursday, April 27 — 5527-02

Destinations unknown! Whether playing pickleball in our community or cruising to Alaska, we will showcase beautiful collections to whisk you away on your adventures in style. Spring is a great time to check out the latest trends to help you plan for those upcoming trips. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shop Marilyn's Fashionations as well as established fashion stores Chico's and Lucy. Watch your friends and neighbors model on the runway with their spring and summer collections plus outfits from our very own Lifestyle Retail. Chef Ian has prepared a delicious luncheon plus dessert to celebrate the occasion. (Check the Activities Desks for the complete menu and entrée options to choose from.) Mimosas will be available for individual purchase. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the



Continued on page 53

GUCHI *Creating Beautiful Homes*
 INTERIOR DESIGN ...ONE ROOM AT A TIME



*Call Our Team of Professionals For Your
 Next Kitchen & Bath Remodel
 & Design Project!*

- HARDWOOD • TILE • CARPET • CUSTOM WINDOW COVERINGS
- CUSTOM CABINETS • FIREPLACE DESIGN & REMODELING • AREA RUGS
- FAUX PAINTING & FINISHES • PATIO DESIGN & REMODELING

GUCHI INTERIOR DESIGN

10050 FAIRWAY DRIVE, SUITE 100
 ROSEVILLE, CA 95678 (916) 786-9668
 WWW.GUCHIINTERIORDESIGN.COM
 MONDAY - FRIDAY 10-5, SATURDAY 10-5
 CONTRACTORS LICENSE NO. 938832

**I help safe drivers
 save 45% or more.**



Julie Domenick
916-434-5250

741 Sterling Parkway, Suite 500
 Lincoln
 juliedomenick@allstate.com
 CA Insurance Agent #: 0712097



Insurance and coverages subject to terms, qualifications and availability.
 Allstate Indemnity Co. Northbrook, Illinois © 2010 Allstate Insurance Co. 144712



SACRAMENTO EYE CONSULTANTS



Offering specialized eye care near you

Our fellowship trained cornea and glaucoma specialists are now providing advanced eye care at a new location in Lincoln. Contact us for a consultation.

Laser Cataract, Cornea, and Refractive Surgery

Dr. Richard Grutzmacher
 Dr. Samuel Lee
 Dr. Patrica Sierra

Laser Cataract and Glaucoma Surgery

Dr. Jacob Brubaker
 Dr. Richard Lewis

(916) 649-1515

845 Twelve Bridges Dr, Suite 130
 Lincoln, CA 95648

Shari McGrail
Realtor®

*Results...with INTEGRITY
and FOLLOW-THROUGH*





916-396-9216
Resident Since 2004
Top Producing Realtor Since 2005
CaIBRE#01436301



www.SunCityShari.com

Family Owned and Operated Since 1982



Your Dreams — Our Passion

- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms



Made in the USA



www.InteriorWoodDesign.com
334 Sacramento Street • Auburn • 530.888.7707
Lic. #540107

Placer Dermatology



**MEDICAL * SURGICAL * COSMETIC
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

**“Survival rates for certain skin cancers can be 99% IF diagnosed early”...
Make it a priority to schedule yourself or a loved one for a skin check today!**



ARTUR HENKE, MD
American Board of Dermatology Certified

(916)784-3376
9285 Sierra College Blvd
Roseville, CA 95661

www.placerdermatology.com

latest accessories and fashion items in the Pre-Function Area, 10:30 AM-2:30 PM.

—Special Outdoor Presentation—

Spontaneous Shakespeare A Presentation by Synergy Theater

Friday, May 12 — 5512-03

Mayhem, mirth and merriment abound with Spontaneous Shakespeare, a completely improvised two-act play in the style of William Shakespeare! Chock full of bawdy humor, mistaken identities, outrageous disguises, star-crossed lovers, mischie-

vous spirits, wily servants, exciting sword fights, hysterical wordplay, and more “these” and “thous” than you can shake a cudgel at, this hysterical improvised comedy is made up on the spot and all based on your suggestions. Thou wilt not believe it’s improvised. Synergy Theater from Danville will present a fun evening in the style of Shakespeare in the beautiful Amphitheater. Show starts at 5:30 PM. **Reserved Seating: \$22. General Admission: \$18.** *In case of inclement weather, the show will be moved inside to the Ballroom where comparable seating will be available.*



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Jackson Rancheria Thursday, April 13 — 170717-02

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice spring drive to Amador County and the foothills. Four hour stay at the recently remodeled and expanded casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



Cache Creek Casino Wednesday, May 31 — 170917-03

We’re returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure you bring along an accepted form of Military, guard, reserve, dependant, veteran, retired veteran or retired veteran dependant IDs to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.



—Museum—

Asian Art Museum—San Francisco Tomb Treasures: New discoveries from China’s Han Dynasty Thursday, May 18 — 176617-03

One of the most powerful civilizations of the ancient world, China’s Han dynasty achieved profound cultural and artistic influence, technological advancements and military might.

Two thousand years later, discoveries of royal tombs allow us to glimpse these extraordinary accomplishments firsthand. Emulating their grand palaces, Han royals built lavishly furnished tombs so that, in the afterlife, no need would go unmet. Daily utensils, kitchen vessels, royal symbols, weaponry and even toiletries were all accounted for. And the nobility spared no expense in anticipation of an afterlife to surpass this world. On view for the first time in the U.S., 160 rare selections from recent excavations—including a jade coffin, rare bronze bells, elaborate crafts and much more—share the extravagance, artistry and elegance of Han royal clans. The Asian Art Museum is the only venue for this exhibition. Also enjoy the special limited time exhibit of Saints and Kings: Arts, Culture and Legacy of the Sikhs. View the permanent exhibits of one the most comprehensive collections of Asian Art in the world. Includes admission, lunch on your own in museum café or bring your own. Depart 8:00 AM, return ~ 6:15 PM. \$63.



California Academy of Sciences Golden Gate Park, San Francisco Monday, May 22 — 178017-03

Join your Lincoln Hills Astronomy Club on a trek to the California Academy of Sciences in Golden Gate Park. You’ll enjoy a docent presentation while you partake of an included lunch in a private dining area. It’s as if the Academy brings the whole universe under one roof—an aquarium, a planetarium, a natural history museum and more! The 412,000 square foot structure is not only physically impressive, but it just may be the greenest museum on the planet, with a 2½ acre Living Roof, an expansive solar canopy, an extensive water reclamation system, and walls insulated with recycled blue jeans. Your admission includes access to all museum and aquarium exhibits, including the rainforest, planetarium, and living roof. This popular Bay Area attraction includes a wide range of daily



Continued on page 54

programs and activities, including dive shows, penguin feedings, swamp talks and more. Some highlights of the museum include the deepest coral reef exhibit in the world, climb into the canopy of the four-story tropical rainforest, a towering T-Rex skeleton, a colony of African penguins, and a new exhibit on earthquakes, these are just a few of the many exciting venues, exhibits and animals found within the Academy. Lunch choices: *Asian Chicken Salad, Sirloin Steak Sandwich, Fish Tacos or Grilled and Roasted Vegetable Plate, includes Iced Tea or Coffee*. Trip open to all residents; limited to 48. Rest stop on return. Leave OC at 8:30 AM ~return 8:30 PM. \$106.

—Performances—

Sister Act — State Theater, Auburn Saturday, March 25 — 185917-01

The State Theatre Acting Company and the Auburn Placer Performing Arts Center are pleased to present the musical *Sister Act*. *Sister Act* is the feel-good musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony and eight-time Oscar winner, Alan Menken, this uplifting musical was nominated for five Tony Awards including Best Musical. Filled with powerful gospel music, outrageous dancing and a truly moving story, *Sister Act* is a sparkling tribute to the universal power of music and friendship. Directed by one of our great instructors, Ray Ashton. Matinee show, floor seating. Leave OC at 12:30 PM, return ~ 5:30 PM. \$47.



Mamma Mia! Farewell Tour Harris Center, Folsom Friday, April 7 — 181917-12

A mother, a daughter, three possible dads and an unforgettable trip down the aisle... *Mamma Mia!*, the hit musical based on the songs of ABBA, returns to the Harris Center for five performances. It's one of the most successful musicals ever—the eighth longest running show in Broadway history, and for good reason. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the Greek island they last visited 20 years ago. An enchanting tale of love, laughter and friendship that plays so very well to the intimacy of the Harris Center. Not to be missed! Middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 6:00 PM, return ~ 11:00 PM. \$121. Trip is a Go!



Roman Holiday Golden Gate Theater, San Francisco Saturday, June 10 — 180417-02

A runaway princess. A dashing reporter. A Roman holiday neither one will ever forget. Based on the classic Academy Award-winning film and featuring such unforgettable Cole Porter songs as "Night and Day," "Ev'ry Time We Say Goodbye," and "Easy to Love," *Roman Holiday* comes to San Francisco in the pre-Broadway

premiere of the musical sure to steal your heart. In the midst of a whirlwind tour of European capitals, a young princess yearns to experience life—to explore the world beyond diplomatic dinners and Royal balls. Enter an American reporter, who almost overnight goes from covering the royal family to covering up her great escape. And in the span of 24 unforgettable hours, they discover the magic of Rome, the promise of love, and a secret they will share forever. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$129.



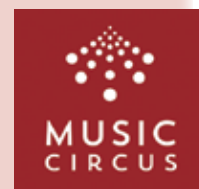
The Curious Incident of the Dog in the Night-Time Golden Gate Theater, San Francisco Saturday, July 22 — 180817-03

Winner of the 2015 Tony Award for Best New Play, the acclaimed National Theatre production of *The Curious Incident of the Dog in the Night-Time* is now on its first North American tour. Two-time Tony Award winner Marianne Elliott (*War Horse*) directs this "dazzling, pulse-pounding and remarkable" adaptation by Tony and Olivier Award winner Simon Stephens that brings Mark Haddon's internationally best-selling novel to thrilling life. Fifteen-year-old Christopher has an extraordinary brain; he is exceptionally intelligent but ill-equipped to interpret everyday life. When he falls under suspicion for killing his neighbor's dog, he sets out to identify the true culprit, which leads to an earth-shattering discovery and a journey that will change his life forever. Called "one of the most fully immersive shows ever to wallop Broadway" by *The New York Times*, *The Curious Incident of the Dog in the Night-Time* is a record-breaking theatrical phenomenon that simply must not be missed. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$123.



2017 Music Circus

Due to declining interest for several shows last season, we are doing a limited subscription to this year's Music Circus Season. We've chosen three exciting shows that we believe will be of interest to you. These Broadway musicals are performed in a "Theatre in the Round" at the air-conditioned Wells Fargo Pavilion in Sacramento. All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Leave OC at 6:15 PM, return ~ 11:00 PM. \$98 each show.



Continued on page 57



At Your Service

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

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

916-645-1600

www.bzplumbing.com



CONTRACTOR'S LICENSE #577219

ALL WORK GUARANTEED
Locally owned and operated since 1990



Wallbeds
"More"

YES!
A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive, Rocklin, CA 95677

Showroom hours:
Mon-Sat 10am-3pm

Call (916)

753-4966

www.wallbedsnmore.com



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

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

The Right Care, Right at Home®
916.302.4243
www.rah-valleyoaks.com
Sacramento, Placer, San Joaquin



Valley View Church
Lincoln Hills



loving God...loving each other

Sundays at 9:30 a.m.

A new message Series for March & April
"I Love My Church"

Please join us for Easter Sunday April 16
"A Morning Like No Other"



Pastor Tom & Linda Galovich
Phone: 916-740-3044
vvclhse@gmail.com

Kilaga Springs Presentation Hall



Jim Miller, Assistant Pastor
Phyllis Miller, Music Director

www.valleyviewchurch.us

Find us on Facebook



Gail Cirata
(916) 206-3503

Gail@GailCirata.com
Resident ~ Broker
 License #00481659

- Over 35 years Brokering your Real Estate needs
- Thirteen years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures and Exchanges



"When You Want The Very Best"

www.homesinlincolnhills.com

Each office independently owned & operated.



BEST PROPERTY MANAGEMENT



Gold Properties

- Full Service Property Management
- 50 Years of Property Management Experience
- Locally Owned & Operated
- Serving Lincoln, Rocklin & Roseville and surrounding neighborhoods



www.goldpropertiesoflincoln.com

916-408-4444

GoldPropertiesofLincolnPM@gmail.com

Reverse Mortgage Questions?

Call or stop by to talk with your friendly "hometown" reverse mortgage team!

HANK RHOADS
 NMLS ID #459674

THAD STANLEY
 NMLS ID #1284368

LEAH GREEN
 Distributed Retail Relationship Manager

916.409.7424

BRANCH LOCATION
 1510 Del Webb Blvd., #B102
 Lincoln, CA 95648
 NMLS #1262927



Office in the heart
 of SCLH



1510 Del Webb Blvd.

Sun City Blvd.



This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, License No. 4131266. Loans made or arranged pursuant to a California Finance Lenders Law license, License No. 603K578 © 2016 Reverse Mortgage Funding LLC, 1455 Broad St., 2nd Floor, Bloomfield, NJ 07003, 1-888-494-0882. Company NMLS ID # 1019941 www.nmlsconsumeraccess.org. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. L434-Exp052017

On The Town**Wednesday, July 12 — 181817-3A**

Three sailors on a 24-hour shore leave in New York City find three high-spirited women in an unforgettable adventure. The soaring score by Leonard Bernstein features “Lonely Town” and “New York, New York.”

**9 to 5****Thursday, July 27 — 181817-3B**

A hilarious story of friendship and revenge in the office place, based on the hit 1980 movies, featuring the Tony Award-nominated score by Dolly Parton including the Grammy Winning title song.

**Damn Yankees****Tuesday, August 8 — 181817-3C**

A devilishly clever multi-Tony Award winning Best Musical that any baseball fan will appreciate. Megafan Joe Boyd trades his soul to lead his beloved Washington Senators to victory over the New York Yankees, only to realize the true worth of the life he left behind.

**—Sports—****San Francisco Giants**

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room with extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on third base side where seats are located.) Portions of club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium will be with your receipt.* Seats located in Club Section 230. All games depart OC 8:45 AM, return ~ 8:00 PM. There will be a rest stop on the way home. All game start times are 12:45 PM. See individual games below for price.



- **Giants vs. Los Angeles Dodgers**

Thursday, April 27 — 186017-1A

\$154.

- **Giants vs. Los Angeles Dodgers**

Wednesday, May 17 — 186017-1B

\$154.

- **Giants vs. Kansas City Royals**

Wednesday, June 14 — 186017-1C

\$154.

**Important Information:
Entertainment, Trips, Classes**

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


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

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

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

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

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

• **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.

- **Giants vs. Cleveland Indians**
Wednesday, July 19 — 186017-1D
\$154.
- **Giants vs. World Series Champion Chicago Cubs**
Wednesday, August 9 — 186017-1E
\$192.

—Tours/Leisure—

San Francisco — Macy's Flower Show
Sunday, March 26 — 179917-01

Join us for a spring trip to the city by the bay and enjoy a behind the scenes tour at the Macy's annual Flower show! Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Rest stop on way home. Leave OC at 8:30 AM, return ~ 8:00 PM. \$44.



Cherry Blossom Festival — San Francisco
Saturday, April 8 — 173317-02

The 2017 Northern California Cherry Blossom Festival® celebrating its 50th year, is one of California's most prominent celebrations of Asian traditions. Each year, over 200,000 people attend this dazzling display showcasing the color and grace of the Japanese culture and the diversity of the Japanese American Community. The festival will be held on Post Street between Laguna and Fillmore Streets and includes food booths, cultural performances, martial arts, live bands, the annual Queen Program, and more. The 50th year celebration will be filled with special events and new attractions. The Northern California Cherry Blossom Festival® is said to be the second largest festival outside of Washington, D.C. to celebrate the blooming of cherry blossoms; and held at one of three remaining Japantowns in the United States. Leave OC 8:30 AM, return ~ 6:30 PM. \$44.



San Joaquin Asparagus Festival
Friday, April 21 — 172117-02

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun. Enjoy asparagus alley, live



entertainment, Health & Wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Enjoy many types of dishes including deep fried asparagus, asparagus ice cream, asparagus lumpia, asparagus chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues and plenty of seating areas. We'll arrive at opening of event and stay for four hours. Leave OC at 8:30 AM, return 4:00 PM. \$37 (includes admission, food and drink on your own),

Scottish Games & Festival
Saturday, April 29 — 171917-02

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture without having to travel thousands of miles. Join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC at 10:15 AM, return ~ 4:45 PM. \$38 (includes admission, food and drink on your own).



Lodi Street Faire
Sunday, May 7 — 172817-02

Due to many requests, we're going back to the Lodi Street Faire! This event attracts vendors from throughout California and takes up a 10-square block area of downtown Lodi. More than 600 vendors participate in this biannual event, selling antiques, arts & crafts and commercial items. While shopping, visitors can satisfy their appetite with their choice from 25 food vendors offering everything from hamburgers, to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. And, no faire is complete without sweet treats and cold drinks. You'll have four hours to spend to shop, lunch (on your own) and explore downtown Lodi. Leave OC at 8:00 AM, return ~ 3:00 PM. \$29.



Performing Animal Welfare Society Open House
Saturday, May 13 — 177517-03

Join us on a very special visit to the Performing Animal Welfare Society (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful and natural habitats, free from fear, chains, and harsh confinement. They are at complete liberty to act out natural behaviors in the comfort of their individually designed enclosures. PAWS animals are not

Continued on page 60



Discover the magic of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Your community. Your life. **Your choice.**

We're coming to YOU!

Wednesday, March 22, 2017

11:30 am - 1:00 pm

(Sign-in starts at 11)

The Solarium at Orchard Creek Lodge

Have lunch on us and learn the many benefits of becoming a member of Eskaton Village Carmichael. Q & A session afterward. Reserve a spot for yourself and a guest by calling 916-827-1480.

eskaton.org/evc

ESKATON

Transforming the Aging Experience

Eskaton Village Carmichael
Continuing Care Community (CCRC)

916-827-1480

License # 340913383 | COA # 202

Monthly fees from \$3673



Pet Friendly



EQUAL HOUSING OPPORTUNITY



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

bred, traded, sold, rented or forced to perform in any way. Groups get to arrive one hour before the general public for this special open house. Our tour bus will take us through the ARK 2000 facility to visit the bear, lion, tiger, leopard and elephant habitats. Once you exit the bus, you will be walking on grass, dirt, gravel, and some paved surfaces, *so please wear comfortable shoes*. PAWS staff and volunteers will be on hand to tell you about the animals and answer questions. A gift shop area will be available for some souvenirs during the tour. Box lunch from Meridians included to allow you more time with the animals. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Trip size is limited to 33 people. **Be aware, since trip is same day as Parking Lot Sale, trip will load and depart from Kilaga Springs Lodge.** Leave KS 7:45 AM, return ~ 4:30 PM. \$87.



- Docent led tour and free-time at Jack London State Historical Park. Box lunch choices from Basque Boulangerie: *Organic Green Salad with Roasted Chicken & Champagne Vinaigrette, Prosciutto & Brie on a baby baguette, Basque Club Sandwich of Turkey, Bacon and Avocado with organic greens and tomato on wheat. Roasted Seasonal Veggie on sliced sour dough. Includes Fruit Salad, Cookie and bottle of water.*

Be prepared to give your meal choices when you register. Complete menu descriptions for both lunches available at Activities Desks or from our website. Please advise of any dietary issues during registration. **A signed liability waiver is required for each participant.** \$291 per person double occupancy, \$398 single. Depart Tuesday, May 9, 8:00 AM, return Wednesday, May 10, ~ 5:30 PM. **Deadline to meet minimum count for vendor is Thursday, March 23 at 12:00 PM.**

—Overnight/Extended Travel—

Overnight! Sonoma Valley Gardens and Parks
Tuesday, May 9-Wednesday, May 10 — 197417-02

Join us on an overnight trip to the Sonoma Valley for a special spring gardens and parks tour! We'll be visiting the new location of Sunset Gardens at Cornerstone Sonoma. Enjoy a docent-led tour at Quarryhill Botanical Gardens, one of the pre-eminent Asian botanical gardens globally that features one of the largest collections of documented wild collected Asian plants in the world. We'll finish our trip at Jack London State Historic Park for a docent led "Beauty Ranch" tour and museum visit. We'll be staying at the Best Western Sonoma Valley Inn just a short block off the main plaza offering the Valley of the Moon Certified Farmer's Market that includes live music and a variety of local vendors. **Trip Inclusions:**



- Cornerstone Sonoma—Sunset Gardens and Marketplace visit. Box lunch choices: *Meridians Box Lunch: Turkey, Roast Beef or Vegetarian wrap with fruit, chips, cookie and a bottle of water.*
- Docent led tour and free-time at Quarryhill Botanical Gardens
- Terrain can be uneven and has several low- to mid-grade hills. A golf cart is available for accessibility. Please advise in advance if needed due to limited availability.
- Free time at downtown Sonoma plus dinner on your own
- Overnight stay at Best Western Sonoma Valley Inn with hot breakfast buffet
- Luggage handling and gratuities for bus driver

Three Night Stay! Getty Museums, Los Angeles
Sunday, April 23-Wednesday, April 26 — 197017-02

Join Katrina, your Trip Coordinator, on a tour of the Getty Villa and the J. Paul Getty Museums in Los Angeles. The Getty Villa is a visit to ancient Greece and Rome located in Malibu. The Getty Villa has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. Special featured exhibit of Roman Mosaics across Europe. The next day, you'll have a full day at The Getty Center which has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Feature exhibits include Degas and the life of J. Paul Getty. Lunch on your own at the casual café or enjoy the full service white tablecloth experience of the Getty Restaurant.



- Trip Inclusions:**
- Three night stay at Best Western Plus Sherman Oaks with hot cooked-to-order breakfast each day of stay
 - Admission to Getty Villa Museum and Getty Center
 - Includes six meals: three breakfasts, two lunches (Harris Ranch and Bubba Gump's at Santa Monica Pier) and one dinner (Bucca di Beppo)
 - Free time to explore the Santa Monica Pier and beach
 - Shop and dine on your own at Universal Citywalk
 - Shop and dine on your own at The Original LA Farmer's Market & the Grove Center
 - Lunch on your own at Bravo Farms in Kettleman City on return to LH
 - Luggage handling and gratuities for bus driver and included meals
- Be prepared to give your meal choices for Bubba Gumps (Lunch Choice of *Fish & Chips, Chicken or Shrimp Caesar Salad, Accidental*

Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome

The Latest Instruments & Techniques • Drill-Less Dentistry

NightLase™ • Dental Implants: Eat, Chew & Smile Naturally Again!

Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay

Conscious Sedation Available • Complete Orthodontic Care With Our Specialists



Dental Care

Roseville • Lincoln

www.LincolnDentists.com

Tim Herman, D.D.S.

Flaviane Petersen, D.D.S.

Chris Cooper, D.D.S.

Susan McAdams, D.D.S.

Orthodontist

Thais Booms, D.D.S., M.S.

Periodontist

Brad Townsend, D.D.S., M.S.

© 2015 sclh



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • 916-408-5557

Appointments From 7am-7pm & on Weekends!

Buying or selling a home
doesn't have to be a drag...

ROCKSTAR
REAL ESTATE

Serving Sun City Residents since 1999

Tara Pinder

(916) 600-2836

mspindy@mac.com



Selling your home is Serious Business.
Experience Matters! Lic# 00898876



No Other Garage Door Opener Opens Your World Like a LiftMaster®



8550 DC Battery Backup
Belt Drive Garage Door Opener

What garage door opener alerts you when it opens or closes with MyQ® Technology? Gives you the ability to control it from anywhere? Safeguards your home with advanced security features, and powers up so you can access your home, even when the power is down?

The LiftMaster® 8550 DC Belt Drive
Garage Door Opener.

CJ'S GARAGE DOOR

Service, Repair, and Replacement



LiftMaster®

G A R A G E D O O R O P E N E R S

CJ'S GARAGE DOOR REPAIR

916-803-3895

ROSEVILLE, CA 95661

cjsgaragedoor.com

CL# 1016972



San Francisco
and Bay Area
Native

JOHN J. PEREZ
Broker Associate
Resident Realtor®
BRE# 00763471

12 Year Resident
35 Years Real Estate Experience
Community Tours Available



(916) 759-1637 — Direct Line
jjpj56@sbcglobal.net

Lincoln Medical Supplies

Sales • Service • Rentals • Repairs



\$699
LIFT CHAIR
SALE
**with this ad*



- Life Aides
- Mobility Scooters
- Lift Chairs
- Ramps & Vehicle Lifts
- Bedroom/Bathroom Safety

916-543-3377

711 Sterling Parkway, Suite 100
Lincoln, CA 95648

lincolnmedicalsupplies.com



Licensed & Insured CLN #740008

Why Choose DYNAMIC PAINTING, Inc?

- Over 1200 Jobs Completed in 10 Years in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State of California Contractor's Board
- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence and Garage Floor Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

(916) 532-2406

www.dynamicpaintinginc.net

Fish—broiled fish, or Mama Blue's Southern Charmed Fried Shrimp. Includes garlic bread and side salad, dessert, soft drink, coffee or tea) when you register. Complete menu descriptions for meals are available at Activities Desks or from our website. Please advise of any dietary issues during registration. Pick-up a copy of the itinerary outline at Activities Desks. Leave OC at 8:00 AM, April 23 return April 26 ~ 5:30 PM. A signed liability waiver is required for each participant. \$528 per person double occupancy. \$716 Single.

Two Night Stay!

Sequoia & Kings Canyon National Parks Sunday, June 11-Tuesday, June 13 — 196217-03

Join Katrina, your Trip Coordinator, to enjoy the splendor of two of the nation's oldest and most scenic national parks. Sequoia and Kings Canyon National Parks lie side-by-side in the southern Sierra Nevada east of the San Joaquin Valley. We'll have a naturalist guide with us for the day who will lead us through some of the largest redwoods in the world including John Muir's Giant Forest! Tour Forestiere Underground Gardens, originally built as a home by Sicilian visionary and self-taught artist/builder Baldassare Forestiere and it is considered "a spectacular and unconventional example of vernacular architecture." The Underground Gardens consist of a network of hand-built underground rooms, courtyards, passageways, grottos, skylights, arches and stone-walls which are quite reminiscent of ancient catacombs because of Baldassare's interest in ancient Roman architecture. We'll also visit historical Kearney Mansion that provides a glimpse of the San Joaquin Valley's agricultural beginnings through the life and times of M. Theo Kearney—a California agricultural pioneer who came to be known as the Raisin King. We'll be staying in the charm of Clovis' meticulously restored downtown, offering



visitors a blend of yesteryears' hospitality with a turn-of-the-century atmosphere and western tradition. **Trip Inclusions:**

- Lunch at Merced Fruit Barn Choice of: *Pastrami & Swiss on Rye, Turkey & Provolone on Wheat or Tuna on Wheat. Includes seasonal fresh fruit, cookie, chips and water.*
- Two-night stay at Best Western Clovis Cole in Old Town Clovis
- Breakfast buffet each day of stay
- Dinner at Santa Fe Basque Restaurant: *Dinner served family style and includes Roast Beef, Fried Chicken, Soup, Bread & Butter, Potato Salad, Vegetables, Iced Tea or Coffee and Dessert.*
- Guided tour of Forestiere Underground Gardens, Historical Kearney Mansion and the national parks
- Lunch at Hilmar Cheese Factory with self-guided tour on return to LH. *Lunch sandwich buffet includes cheese soup and green salad.*
- Free time in Old Town Clovis and the park for some souvenir shopping and meals on your own

Be prepared to give your Merced Fruit Barn lunch choice when you register. Please advise of any dietary issues during registration. Included meals: two breakfasts, two lunches and one dinner. Pick-up copy itinerary outline at Activities Desks. Leave OC at 9:00 AM, June 11 return June 13 ~ 4:30 PM. A signed liability waiver is required for each participant. \$406 per person double occupancy. \$522 single.

Sold Out Trips

Trip • Date • Departure Time

- **Hearst Evening Tour**
Friday, March 31 • 8:00 AM — 195017-01
- **The Bodyguard**
Tuesday, April 18 • 6:45 PM — 1793-06D
- **Men are from Mars, Women are from Venus**
Sunday, April 30 • 10:45 AM — 185017-12
- **Phantom of the Opera**
Tuesday, May 23 • 6:45 PM — 1793-06E & EE
- **Hamilton**
Wednesday, June 7 • 10:45 AM — 180017-01



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

Activities Department Classes

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.

I have dementia.
I also have a life.

Live Well At Home is
Transforming Dementia Care.

We fill your loved one's
 day with fun, friends and
 engaging activities, as
 well as compassionate
 personal in-home care.

Find out more at
 LiveWellAtHome.com
 or call us today at
 916.459.3220.



916.459.3220 | LiveWellAtHome.com

A Toast to Saint Patrick's Day



Kathy Sullivan and Gail Hubbard

EXPERIENCE • SERVICE • RESULTS!

Looking for Service, Knowledge of Real Estate and an outstanding job of buying or selling — call us!

62 Years of Experience — Serving SCLH since 1999

Kathy Sullivan
 (916) 761-4502
 always@wavecable.com
 BRE# 00887979



Gail Hubbard
 (916) 919-5727
 gail.hubbard7@gmail.com
 BRE# 00885381

ASK ABOUT OUR 3-D VIRTUAL TOUR OF YOUR HOME!

SPRINGTIME IS HERE. LET'S DESIGN HAPPINESS AND BEAUTY INTO YOUR YARDS . . . WE ARE GLAD TO HELP!



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



Geo Paradise Landscape
 CA. LIC. #987476

Dhetchai Allison

Owner & Designer UC Davis (1991)

geoparadiselandscape@gmail.com
 geoparadiselandscape.com

P.O. Box 215420 Sac., CA 95821

FAX (916) 348-6829

CELL (916) 205-6303



Art

—Announcement—

Fine Arts Class Gallery Featuring the Art of Marilyn Rose and Lincoln Hills Students Friday, March 17

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 and Acrylics. Pieces will remain on display and can be viewed anytime an art class is in session.



—Drawing—

Beginner Drawing Thursdays, April 6-27 — 132217-03

6:00-8:00 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, April 11 & 25 — 143117-03

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, April 5-19 9:00-11:30 AM Class — 113117-03 Or 1:30-4:00 PM Class — 113217-03

AM and PM sessions are not interchangeable. (OC). \$39 (three 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.

Painting Pastels or Oils with Barry Mondays, April 3-24 — 105117-03

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. About the Instructor: Barry is an award-winning artist, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, www.pastelpainter.com.



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

Sip and Paint “Cherry Blossoms” Friday, March 24 — 122117-02

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 students help and advice. All sup-



Continued on page 66

CLEANED WHERE THEY HANG

SIERRA HOME & COMMERCIAL SERVICES

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

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

We Clean All Fabric Window Treatments

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

www.sierrahcservices.com

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

Call For Your Free In-Home Estimate Today

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

HOME

Monday-Friday

Handyman Services
Home Ownership Made Easy

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

Special Pricing for SCLH Residents

No job too small, Plumbing, Electrical, Drywall

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



Dr. Sarala Ghanapuram, MD
Internal Medicine
Medical Director



Dr. Ravi Chinthakindi, MD
Internal Medicine
Admitting Privileges at Sutter
Roseville Medical Center

The Care You Need When You Need It!

Same Day Appointments

Mon-Fri 9am - 4pm

Walk-Ins Welcome



89 Lincoln Blvd., Ste. 100 • LincolnMedicalPractice.com

916.434.8800

L&D HANDYMAN SERVICES

LENNY 916.622.7544

L & D
HANDYMAN SERVICES

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



AND MUCH MORE!!!



PC & Mac Resources

Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner



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

Phone: 916-543-9474

Email: tarooney@gmail.com

2425 Swainson Lane, Lincoln, CA 95648

STEVEN POPE LANDSCAPING

CSL#656957

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

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

P.O. Box 7766 • Auburn, CA 95604

(916) 730-7256

**CLUB CRUISE & Travel supports
the Lincoln Hills Foundation
serving our Lincoln Community**



5% of your new cruise booking through Club Cruise
will be donated to the Lincoln Hills Foundation
when you mention this ad.

Let's support the local community together.

Restrictions may apply. Offer Valid on new reservations made 09/01/16 - 10/15/16

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

Living Trusts \$495 Complete

Vic DiMattia, Attorney at Law Ca. Bar #129382

Mr. DiMattia has created thousands of Living Trust over the past
25 years and has lived in Sun City Lincoln Hills for two years.

Documents include:

- Revocable Living Trust
- Notary Service
- Health Care Directive
- Community Property Agreement
- Durable Power of Attorney
- Pour-over Will
- Trustee instruction checklist
- Home appointment available

Please call **800-775-2698** or **916-824-1700**

for a free consultation.

plies are 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 over 30 years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.

Sip and Paint "Paint Your Pet" Friday, April 28 — 122217-03

5:00-8:00 PM (OC). \$55. Instructor: Unni & Jakob Stevens. Paint your pet (or an animal you love) in this custom Sip N' Paint class! Learn to bring your own favorite animal to life on canvas while sipping good wine and snacking on hors d'oeuvres. Instructors will be available to guide you and help you learn new techniques, tips and tricks as you create your furry (or scaly, or feathered) masterpiece. By the end of class, you will have a finished painting ready to hang. All materials are included and will be set up for you prior to arrival. Canvases will be under-painted, and you may choose to have the image of your pet traced in pencil for you prior to class. Just email the instructor at unni@unniart.com a picture of your pet at least one week in advance if you would like your animal already traced onto your canvas, ready to paint. You may also text it to 626-2144, or bring a photo to the Activity Desk when you sign up for the class. Price of admission includes a glass of wine, a selection of cheeses, crackers and fruit, with extra wine available on a pay-as-you-order basis. *About the Instructors:* Unni work has been in several curated shows in Northern California. Uni will be joined by her artist son Jakob.



—Watercolor—

Beginning Watercolor Painting Thursdays, April 6-27 — 131117-03

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

—Lladro—

Spanish Oil Painting Wednesdays, April 5-26 — 206117-03

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** No new students will be accepted in April. Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

Vacation drop-in: LADD — \$12 per session.



—Pottery—

Beginning/Intermediate Ceramics Tuesdays, April 4-25 — 212117-03

1:00-4:00 PM (KS). \$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, April 4-25 — 212217-03

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.



Ceramics: Beginner/ Intermediate and Advanced Thursdays, April 6-27 — 221117-03

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations and techniques are given to introduce new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you



Continued on page 68

work independently on any project. Supply list available at the Activities Desks and online.

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

Crafts

—Card Making—

Intro to Card Making 101 — Level 1 Mondays, April 3-17 — 317117-03

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, April 4-18 — 317217-03

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, April 5-19 — 317317-03

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, April 7-21 — 317417-03

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie 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.

—Craft Corner—

New! Make and Take Wood Signs Monday, April 24 — 302017-03

9:00-11:00 AM (KS). \$26. Instructor: Jennifer Forsyth. If you've been looking for a sign, this is the class for you! Each participant will create a 4"x 24" wood sign using vinyl lettering and acrylic paint. No special artistic talent required! This is a quick, fun and easy way to explore a unique art medium. Participants will choose their sign phrase and paint color at the class. 50+ different phrases and different colors to choose from! Jennifer Forsyth, The Sign Gal, will provide all of the necessary materials at the class along with easy instruction to complete your sign. Step into spring learning something *new!* Questions? Contact Jennifer @ 707-372-2519.



—Flower Arranging—

Wreath Class Tuesday, March 28 — 301017-02

10:00 AM-12:00 PM (KS). \$30. Plus \$75 supply fee payable to instructor. Instructor Selia Yrlas and Jennifer Steele. Spring Garden. Let's get together and make a beautiful Spring faux floral wreath. Instructor's Selia Hernandez and Jennifer Steele will go step by step with the class to get creative and fun using high quality permanent botanicals. This wreath will be a great addition to your home year after year. Please bring your wire cutters.



Cooking

Spring in the Season with Chef Ian Tuesday, April 11 — 322117-03

9:00-11:00 AM (KS). \$20. Chef Ian is excited to teach you how to make scrumptious spring salads complete with homemade dressings.



Dance

—Belly Dancing—

New Class! Beginning Basic Belly Dance Thursdays, April 6-27 — 420117-02

6:30-7:30 PM (KS). \$32 (four sessions). Instructor: Ann Woods. Learning the art of belly dance is not only fun, but a great way to remember who we are as women. Working on posture, core and technique. Belly dance is a Full body workout that tones muscles as you slowly get your lovely figure back in shape. The rhythms of middle eastern musicians are the best part of all. Anna Woods performed for 15 yrs on stage Washington DC Chicago, Los Angeles, and Harrahs Tahoe. Belly dance belts will be avail-

Continued on page 71

Knock on Wood Distinctive Designs in Cabinetry

Bruce R. Wallace
916.622.0294
knockswood@gmail.com



CSLB: 970076



Before



After

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

Try GENIUS™ 2.0 Technology by
Miracle-Ear® Featuring Our
BEST SOUND QUALITY EVER.

No Batteries to Change.

INCLUDES THE FOLLOWING GENIUS™ 2.0 FEATURES:

- **Inductive Charging** fully integrated RIC design delivers 24-hours of performance with unlimited streaming—all on a single charge!
- **Speech Isolation** reduces background noise, focuses on the direction of the speaker and elevates the most important speech over all other sounds.
- **Music Master** allows you to enjoy music to its fullest. Listening at home, at a concert or performing on stage, there's a setting that's best for you!
- **Phone Surround** improves speech understanding while on a phone.



SAVE NOW!

Trade in, Trade up!

And Receive

\$2000 OFF

Valid at participating Miracle-Ear® locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on ME-1, ME-2. Cannot combine with any other offers. Cash value 1/20 cent. OFFER ENDS 03/31/2017

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. Your hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor.

©2017 Miracle Ear, Inc.

1639809A

Call and Schedule your
FREE HEARING EVALUATION*

985 Sun City Lane
Suite 100

(916) 209-3443

www.Miracle-Ear.com



Explore New Horizons!
Enjoy life in the comfort of your own home.



The FHA Insured Reverse Mortgage

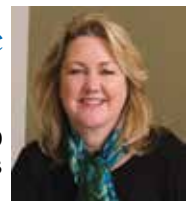
- Proceeds are non-taxable.
- You own your own home—not the bank.
- No principal and interest payments required.
- Pay off your current mortgage with a new HECM.
- No mortgage now? Create a line of credit or monthly income stream.

Taxes and insurance paid by owner. Must be primary residence, 62 or older, and normal upkeep required. Licensed by the Dept. of Business Oversight under CRMLA.

NMLS: 294774/831612/1850 ~ BRE: 00950759/01215943

Beth Miller-Rowe
Reverse Mortgage Specialist

3478 Buskirk Avenue, Suite 1000
Pleasant Hill, CA 94523



Office: 925.969.0380

Cell: 925.381.8264

Beth@YourReverse.com



www.YourReverse.com

Specialize in comfort, style, stability and fit
 Friendly, knowledgeable and courteous staff

**NARROW
 & WIDE
 WIDTHS**

**MON-SAT
 10:30-5:30**

**SHOES
 FOR ALL OCCASIONS**

del Sole
 Shoe Store

*Dress-Athletic-Comfort
 Casual-Work-Walking
 Arch Supports, Foot Care
 Products and Accessories*

(916) 543-0479

825 Twelve Bridges Dr. #60 • Lincoln, CA 95648

CREMATION AND FUNERAL SERVICES

Direct Cremation \$695*

We offer Celebrations of Life and Preplanning.

Family Owned – Community Focused



*Serving the needs of families
 in our community and
 honoring their loved ones
 is our greatest privilege.*



Douglas G. Wagemann
 CCFE, CFSP
 President/CEO
 FDR 2864
 CA INSURANCE LIC. 0149635

CS PC

Cremation Society of Placer County, FD2199

5701 Lonetree Blvd., Suite 209, Rocklin
 916.550.4338
 www.csopc.com

**Excludes retail & cash advances. Other fees may apply.*

It's Spring Clean
 Your Estate
 Season!

SEASONS LAW P.C.
 An estate planning law firm for life's seasons.



Lynn A. Dean
 Attorney at Law
 McGeorge School of Law J.D., 1980
 30 years serving Sacramento
 and Placer Counties.

- Wills
- Living Trusts
- Durable Power of Attorney
- Health Care Directives
- Trust Administration
- Elder Law
- Probate
- Document Review & Updates



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



(916) 786-7515

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



Client-centered. Compassionate Listeners. Experienced Advisors.

TERRAZAS LANDSCAPE

Family Owned Since 1998

COMPLETE LANDSCAPE MAINTENANCE!

Top ten (10) reasons to call Isaac at 916-247-2748 for your maintenance needs:

1. Lawns mowed weekly!
2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers checked every eight (8) weeks!
5. Shrubs pruned as needed!
6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!



Licensed & Insured

Contractor License #: 877722

able for use. Leggings, yoga pants, or long skirts will all work.

—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, April 4-25 — 332117-03

10:00-11:00 AM (KS). \$21 (three sessions; no class April 11). Instructor: Janice Hanzel. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended. Welcome the new year with enthusiasm. Join us for fun class.



Easy-to-Intermediate Clogging

Tuesdays, April 4-25 — 332217-03

11:00 AM-12:00 PM (KS). \$21 (three sessions; no class April 11). 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, April 4-25 — 332317-03

12:00-1:00 PM (KS). \$21 (three sessions; no class April 11). 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 in the new 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, April 3-24 — 344217-03

7:00-8:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country

being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level Three & Four Mondays, April 3-24 — 344417-03

8:00-9:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances this month will be "A Waltz in Time and Tennessee Waltz Surprise."



Country Line Dancing

Fridays, April 7-28 — 346117-03

3:00-4:00 PM (KS). \$24 (four 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.

—Dancing with Dolly—

Beginning Dance for Life

Thursdays, April 6-27 — 353517-03

5:00-6:30 PM, (OC). \$50 (four sessions). Instructor: Dolly Schumacher. You've always wanted to try it! Master teacher, Dolly Schumacher James will gently guide you through a variety of dance styles. No memorization required, no experience needed, just a willingness to try. Each week will be something new and fun. Whether it's Jazz, Soft Shoe, Musical Theater, Country, Folk, Lyrical or Comedic, you'll get a great workout and learn basics of various dance styles. Dance will strengthen your core, help with balance, stretch and lengthen your muscles, increase memory and co-ordination. Have fun with your neighbors and friends while learning the basics of dance movement. You'll leave class smiling!

Dance for Life Intermediate

Fridays, April 7-28 — 354717-03

2:15-3:45 PM OC. \$50 (four sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun*!! From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James.

Continued on page 72

This class is for intermediate students. Class size is limited, so register early. Not open to new students.

—Hula—

Hula Basics

Thursdays, April 6-27 — 390117-03

12:00-1:00 PM (KS). \$24 (three sessions no class April 20). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Highly recommended for new students of hula and also 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, April 6-27 — 390217-03

1:00-2:15 PM (KS). \$30 (three sessions; no class April 20). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students.

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

—Jazz—

Jazz Class for the Beginner

Thursdays, April 6-27 — 353017-03

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, April 4-25 — 353117-03

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.

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, April 3-24 — 370117-03**

9:00-10:00 AM (KS). \$24 (four sessions).

Instructor: Yvonne Krause-Schenck.

Substitute Ginger Fullerton on April 3 & 10

• **Thursdays, April 6-27 — 360117-03**

2:30-3:30 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish.

• **Tuesdays, April 4-25 — 380117-03**

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, April 3-24 — 360217-03**

5:00-6:00 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish

• **Wednesdays, April 5-26 — 380217-03**

9:00-10:00 AM (KS). \$24 (four sessions).

Instructor: Sandy Gardetto

• **Thursdays, April 6-27 — 370417-03**

10:00-11:00 AM (KS). \$24 (four sessions).

Instructor: Yvonne Krause-Schenck

Substitute for April 6 & 13 — Ginger Fullerton.

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, April 5-26 — 380317-03**

10:00-11:00 AM (KS). \$24 (four sessions).

Instructor: Sandy Gardetto

Continued on page 75

Energy Experts

FAMILY OWNED & OPERATED SINCE 2000

We service ALL makes & models!

- Furnace Repair
- Maintenance & installation
- No diagnostic fee with all repairs
- FREE second opinions

916-585-1779

**Heating
tune-ups
\$49.50**

1328 Crystal Hollow Way ~ Lincoln, CA 95648
www.SacramentoHeatingAndAC.com

Lic # 793622

GRUPP & ASSOCIATES REAL ESTATE & LENDING

**SUN CITY LINCOLN HILLS
RESIDENT REALTORS SINCE 2003**

Always Serving Your Best Interest!



**Jean Grupp,
Broker**

**Bob Grupp,
Realtor**

— Office —
(916) 408-4098

— Cell —
(916) 996-4718

**Thirty-five years of Real Estate Experience
LISTINGS & SALES ~ HOME LOANS**

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

CARPET CLEANING THREE ROOMS & HALL

\$74.95 up to 400 sq. ft.
includes free pretreatment!

"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."

Curtis B.
Lincoln Hills Resident

Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR * LINCOLN RESIDENT * IICRC CERTIFIED

916-508-2521

DEPENDABILITY * INTEGRITY * EXCELLENCE
www.GCcarpet.com

Denzler Family Dentistry

New Patients Welcome

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partials
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable
Digital X-Rays, Private Computerized Treatment Rooms,
Senior Discounts

(916) 645-2131

www.mylincolndentist.com

588 First Street (Corner of First & F Street)

Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations



Minimum inconvenience, 1 Day Installation

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

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

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

(916) 258-7564

\$250 OFF

Your next organizational project (\$1000 minimum)



CA 757092

Flocchini Circle • #200 • Lincoln, CA

Donna Judah



Specializing in the Western Placer Area

- Coldwell Banker, Placer County and Lincoln Hills top producer
- Active in Real Estate and Lending for over 34 years
- I am a former Del Webb sales agent... and I know your home!

FREE HOME MARKET EVALUATION

FREE PARTIAL STAGING & VIRTUAL TOURS ON A NEW LISTING!

916-412-9190
djudah@sbcglobal.net



1500 Del Webb Blvd., #101, Lincoln, CA 95648
 CalBRE#00780415

Vision to Last a Lifetime

Complete Eye Care at Wilmarth Eye and Laser

Serving SCLH since 2000

Care You Can Trust

With over 35 years of experience as a board certified ophthalmologist, Dr. Wilmarth is in a unique position to bring state-of-the-art technology and techniques to your eye care. We suggest ways of achieving your personal visual goals with the best technology at a reasonable price.

Laser Cataract Surgery brings a new level of precision and safety to cataract removal.

Dr. Wilmarth and his staff will discuss the many options for intraocular lens (IOL's) implantation and help you select the lens that fits your visual goals and financial resources. All IOL's are available to you: Symphony; Restore; Cystalens; Toric lenses; others.

Financing Options Available



Dr. Wilmarth is a Board Certified ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus

LASIK (Advanced Laser Vision

Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in northern California and he serves as Medical Director of the Horizon Roseville Center.

State-of-the-Art Care

Dr. Wilmarth is Co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All his staff are Certified Ophthalmic Assistants and Technicians. We bring the best of care and technology to our patients.

Complimentary Consultations

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



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

www.wilmartheye.com
916-782-2111

Intermediate/Advanced Class

Dances will be taught at a faster pace to usually a smaller group of dancer's 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, April 6-27 — 360317-03**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

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.



- **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.

Beginning Tap

Thursdays, April 6-27 — 410117-03

10:00 -11:00 AM (KS). \$24 (three sessions No class April 13). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

New Class!

Tap Choreography Fun Class

Mondays, April 3-24 — 410417-03

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class April 10). Instructor: Alyson Meador. **Class closed to new students.** Learn a routine just for fun! This class is designed to teach tap dancers how to learn and retain choreography. Have fun bonding with teammates as you work through the challenges of learning a routine. This class is ideal for people who love the challenge of learning a routine but do not want to perform on stage. Class will run in segments of 10 to 12 weeks, depending on the routine, with a fresh start every new segment. New students may start in the middle of a segment. Open to all skill levels.

Technique Classes

- **Mondays, April 3-24 — 410517-03**

10:00-11:00 AM (KS). \$24 (three sessions, No class April 10).

- **Tuesdays, April 4-25 — 410217-03**

10:00-11:00 AM (KS). \$24 (three sessions, No class April 11).

- **Thursdays, April 6-27 — 410817-03**

11:00 AM-12:00 PM. (KS) \$24

(three sessions, No class April 13).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, April 3 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. Prerequisite: For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk on the day of the workshop.

Fused Glass Jewelry

Monday, April 17— 495117-03

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria.

Continued on page 77



Do you need help with your PC?

Expert assistance with software and hardware problems. Over 35 years of experience as a Computer Consultant, and I live in Lincoln Hills and am only a short distance from you.

- Virus Removal
- Printer Setup
- Computer Upgrading
- New Computer Installs
- Training Sessions
- and much more...

Jim Puthuff & Associates
 (916) 768-3936
 www.puthuff.com

HAWAII from only *\$1,399

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



Ports: San Francisco
 Kauai, Maui, Honolulu &
 Ensenada
 Return to San Francisco.
Sailing 11/23/16
Thanksgiving Cruise!
 Also available in 2017:
 1/9, 2/3 & 3/10



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

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



3 rooms & Hall for

\$75 + FREE

Whole House Deodorizer

TILE & GROUT CLEANING

UPHOLSTERY CLEANING

Free estimates

Weekend Appointments Available

Powerful Truck Mounted

916-580-5182

Family Owned & Operated

Licensed & Insured

Let my Dad
 take care of
 your carpet!



RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



Melanie A. Bergevin

Financial Advisor

1500 Del Webb Blvd., Suite 104
 Lincoln, CA 95648
 (916) 408-4722

www.edwardjones.com
 Member SIPC

Edward Jones
 MAKING SENSE OF INVESTING

Cater Galante Orthodontics

FREE
CONSULTATION



Sun City Lincoln Hills Special Promotion
Invisalign \$4997 (normally \$6597)
 You save \$1600 — with downpayments as low as \$250



916-435-8000

6526 Lonetree Blvd • Suite 100
 Rocklin, CA 95765
 www.luvmysmile.com

Learn how to make fused glass jewelry with the focus on Dichroic glass. Beginners & experienced artists are welcome.



The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. 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 to five pieces of jewelry.

Stained Glass

Mondays, April 3-24 — 494117-03

1:00-4:00 PM (KS). \$33 (three sessions, no class April 10). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful 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 26 years of stained glass experience.



Jewelry

—Beading—

“Two Two Much” Necklace/Bracelet

Tuesdays, May 2 & 16 — 513617-03

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. For fans of “two-fers” perhaps. Two colors of seed beads, the option of two sizes of seed beads, two choices of type (necklace or bracelet), two (at least) ways to show off the two colors – it’s all “two two” much! Beginners that can handle smaller beads can handle this project; advanced beaders can dive into their stashes for a new way to use those beads! Photo shows just two possibilities of how two colors can come together – check the display in OC for a full view. Be sure you get the proper materials list when you register for the class – check for the correct photo and class number.



Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

These classes are offered through the WellFit Department; registration available at Activities/WellFit Departments or online.

Financial Strategies for Paying for Long Term Care

Tuesday, March 21 — 877600-02

1:00-3:00 PM, Gables and Heights (OC). \$35. Instructor Denise

Ash. What is your plan if you find yourself in an extended care situation? Where will you be cared for? Who will provide that care? How will you pay for care? This class explores options for all of those questions. Register at Activities/WellFit Desks or online.

Estate Planning 101

Tuesday, March 28 — 877800-02

1:00-3:00 PM, Oaks and Gables (OC) \$35. Instructor Juliette Robertson esq. An estate plan is a process that provides for the management and disposition of a person's estate during incapacity and after death. This class will explain the use of Wills, Trusts and Powers of Attorney and other documents in an estate plan. Register at Activities/WellFit Desks or online.

Estate Planning 201

Tuesday, April 4 — 877900-02

1:00-3:00 PM, Oaks and Gables (OC) \$35. Instructor Juliette Robertson esq. Estate planning can address a variety of life's special circumstances. This class will go into details of Special Trusts for people and pets, End of Life legal issues and the possible consequences of not having any planning. Register at Activities/WellFit Desks or online.

How to Invest in Stocks

Tuesday, March 28 — 871000-03

10:30-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. This class is taught once per year and is a SCLH favorite. Come learn how to evaluate stocks to buy and sell as well as how to manage in a portfolio. Up to date methods are taught to gauge valuation, quality, momentum, and industry trends. Even if you just buy mutual funds and ETFs, you will find this class informative. Register at Activities/WellFit Desks or online.

Annuities 101

Tuesday, April 11 — 877510-02

1:00-3:00 PM, Gables and Oaks (OC). \$35. Instructor Denise Ash. What is an annuity? Are annuities good or bad? Learn the good, the bad and the ugly about this investment tool that some people love and others fear. Why the dichotomy? Come get the education you need so you can make the right decision for yourself. Find out what questions to ask if you are considering an annuity. Register at Activities/WellFit Desks or online.

How to Many Advisors do you need?

How to Find them?

Tuesday, April 18 — 877520-02

1:00-3:00 PM, Gables and Oaks (OC). \$35. Instructor Denise Ash. Do you have a financial adviser? How many do you have? How many do you need? A financial adviser is anyone you would go to for advice regarding major financial decisions, whether it be a realtor for buying or selling a property, an insurance agent for home insurance, an estate planning attorney to draft your trust, and the list goes on. Most people have more advisers than they realize. This class will discuss types of advisers you may need,

Continued on page 78

how to find one you are comfortable working with, what questions you should be asking when choosing an adviser, and how to make sure they are legitimate. Register at Activities/WellFit Desks or online.

The Economics behind the Trump Policies

Tuesday, April 25 — 871000-04

10:30-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. The new administration is starting to develop its economic policies—which ones might work, won't work, or have little chance of getting done this year. More importantly, how will they affect you, your pocketbook, and/or investments? Come learn from this timely and informative meeting to prepare you financially for the new President. Register at Activities/WellFit Desks or online.

Movies

Four Films by Steven Spielberg

Wednesdays, April 19- May 10 — 521417-03

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Steven Spielberg invented the Summer Blockbuster and we will spend four weeks discovering four of these great films. First up is a film that almost never got made, the original *Jaws*. Two years later he introduced us to a new way of seeing UFOs with *Close Encounters of the Third Kind*. In our third film we journey back to those serial thrillers of our childhood with *Raiders of the Lost Ark*. In our fourth film Mr. Spielberg shows new and exciting film technology, *Jurassic Park*. We will discuss Mr. Spielberg's personal journey as he becomes one of the great filmmakers of all time. Each class will include discussion and a complete showing of the film.



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, April 5-26 — 535117-03

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, April 3-24 — 535717-03

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, April 5-26 — 535217-03

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, April 6-27 — 535317-03

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

Guitar 4 — Advanced

Thursdays, April 6-27 — 535417-03

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, April 4-25 — 536217-03

1:00-2:00 PM (KS). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is not a prerequisite! Emphasis 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, others. Various strumming styles



Continued on page 80

Wills, Trusts & Estate Planning
GIBSON & GIBSON
 A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

Estate Planning
 Trust Administration
 Wills/Trusts
 Probate
 Elder Law
 Powers of Attorney
 Health Care Directives
 Tax Planning
 Conservatorships
 Guardianships



(916) 782-4402

100 Estates Drive, Roseville, CA 95678

www.GibsonandGibsonEstatePlanning.com



Don's Awnings, Inc.
(916) 773-7616

Roseville, CA Lic. #408203

Lattice Covers

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**



Solid Covers & Drop Shades



More info on products—www.donsawnings.com



NOW LEASING!

Schedule your tour of this beautiful new assisted living and memory care community located in historic downtown Lincoln.

- Private apartments. Basic utilities, Direct TV, WIFI, weekly housekeeping and linen services
- Anytime dining, bistro snacks and refreshments
- Indoor/outdoor lounges, TV lounge, Ice Cream Parlor, scent and speciality gardens with walking paths, aromatherapy spa and Brain Fitness Center
- Professionally staffed 24 hours a day
- Scheduled medical and community transportation
- Neighborhood activities; card groups, garden club, art classes and exercise classes

567 3rd Street, Lincoln CA 95648
(916) 712-9865 sales

SummersetSeniorLiving.com

When my house became too much for me to handle by myself, my family wanted me to live with them. But I want to live life on my own terms.

I'm moving to Summerset.

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, April 4-25 — 536317-03

2:00-3:00 PM (KS). \$35 (four 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, April 7-28 — 537217-03

10:30 AM-12:30 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



Personal Improvement

These classes are offered through the WellFit Department; registration available at Activities/WellFit Departments or online.

Two-day class! AARP Driver Safety Training
Monday & Tuesday, March 20 & 21 — 481017-02

9:00 AM-12:00 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.

Intermediate Sudoku

Tuesday, March 28 — 870000-03

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn how to fully move into the Intermediate Level of Sudoku. Puzzle techniques, logic, and how to get unstuck on this Level will be discussed and reviewed. The instructor's own Box Rule of Two strategy as well as Areas of Five will be explored further to help you tackle and master this next Level of Sudoku. Two Intermediate puzzles will be played to help you learn. Register at Activities/WellFit Desks or online.



How to Get a Good Night's Sleep with CPAP

Wednesday, March 29 — 850000-03

10:00 AM-12:00 PM, Heights (OC). \$20. Instructor: Victoria Florentine. *Laugh and the world laughs with you. Snore and you sleep alone.* This two-hour class will tell you everything you need to know to stop snoring and sleep soundly with CPAP therapy. Do you struggle with your mask, mouth dryness, cold air, stomach discomfort, a noisy machine, or you just don't want to use your CPAP machine at all? This class will answer all of your questions and help you make the right choices that will lead you to quiet, restful nights with sleep therapy equipment. Victoria Florentine is a Registered Respiratory Therapist and sleep therapy expert who will share with you the tips and advice you need to get your sleep apnea under control. Let her help you discover the secrets to success and end the struggle with your CPAP equipment once and for all. Register at Activities/WellFit Desks or online.

Let's Talk About Advance Health Care Directives

Friday, March 31 — 863100-01

9:00 AM-12:00 PM, Oaks and Gables (OC). \$10. Instructor 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. Register at Activities/WellFit Desks or online.

Brain Gain 2

Mondays April 3-24 — 877200-02

1:00-3:00 PM Fine Arts (OC). \$45 (four sessions) Instructor: Dr. Alice Jacobs. Provides a continuation of interactive brain exercises that are done individually and in small groups.

Continued on page 82

916-778-7985
Diane's
Helping Hand
24 HOUR PERSONAL CARE
 Medication Mgmt., Errands,
 Shopping, Pet Care, Meal Prep,
 Recovery Assistance, Dr Appt...
dbeninger@att.net

MEXICO from only ***\$799** 
 *Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.
Plan ahead and save!

Ports: San Francisco
 Puerto Vallarta,
 Manzanillo, Mazatlan,
 Cabo San Lucas ~
 Return to San Francisco.
**Sailing *10/05,
 11/13, 12/20-2016**

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

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

Vent-tastic.com

When Was The Last Time You Had Your Dryer Vent Duct Cleaned?
 Benefits of cleaning your dryer vent regularly by a professional:

 Speeds up drying time
 Lowers utility bill
 Prevents dryer fires from arising in your home

Locally Owned & Operated **(916) 633-0004**
\$25 Off Your Next Dryer Vent Duct Cleaning


Home Repair Services
 Reliable, Quality Work
 Call for FREE Estimate
(916) 240-0071

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

Curt Bartley
 Owner/Operator
 Bartley Properties
 Lic. 871437


MEDICARE Approved Licensed Psychotherapist in Lincoln

- Specializing in anxiety, depression, and stress.
- Medicare billed directly for professional counseling services.
- No upfront fees.

Sally B. Watkins L.C.S.W.
 #LCS14533 • 25 years experience
 620 3rd Street, Suite 100A
 Lincoln, CA 95648
 healingwords42@gmail.com
 www.healingwords.net

Call for an appointment or to discuss treatment: **916-409-5060**


PLUMBING HEATING & AIR DRAIN CLEANING

Quality Passed Thru Generations ~ P.T., Dick & Hans Since 1928
Hans B. Shaver
 License #962592
916-791-4125
 Member of Roseville Chamber

\$25.00 or 10% OFF any service

SIERRA MOUNTAIN GETAWAY

Beautiful three bedroom, two bath house near Pioneer, in Mace Meadows Golf Community only two hours from Lincoln. Home is located 15 miles east of Jackson Rancheria near Gold and Wine Country. Suitable for one or two couples looking for peace and quiet with deer grazing on the fairways and lovely mountain views. For more information and availability, call—

(916) 434-7342 or (916) 747-2662

WAYNE'S FIX-ALL SERVICE

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

(916) 773-5352
 General Contractor
 Lic. # 749040
 Insured and Bonded
 Old fashioned handyman specializing in your needs
 Established 1996

your memory, prevent dementia and join the fun while giving your brain a good “neurobic” workout. Learn about current scientific information about memory, changes with age and tips and techniques for improving memory. Completion of Brain Gain I is recommended, but not mandatory. Repeaters welcome. Register at Activities/WellFit Desks or online.



New! Mindfulness 101

Wednesday, April 5-26 — 820000-02

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. 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! Michelle Jamieson leads Mindfulness-Based Stress Reduction (MBSR) and other mindfulness programs for adults, teens, and children. Prior to joining the Integrative Medicine Team at Sutter Health, Michelle led MBSR and wellness programs at the Mayo Clinic. Register at Activities/WellFit Desks or online.

The Magic of Color Analysis

Tuesday, April 11 — 123117-02

9:30 AM-1:30 PM (KS). Fee \$35 + \$25 supply fee. Instructor: Nancy Matlin. Have you ever considered changing your makeup - style of dress - hair color -to get that special look? If you answer yes to any of the above you need The Magic of Color Analysis. At this fun filled class you will learn why there are outfits in your closet you’ve never worn, what colors, makeup, and styles look best on you and discover the real Magic of Color Analysis.

Sewing

—Certification—

Bernina Serger Certification

Monday, April 10 — 591117-03

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, April 10 — 592117-03

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, April 10 — 593117-03

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 Quilting Class

Mondays, April 10 & 17 — 596217-02

9:00 AM-12:00 PM (OC). \$50. Plus \$10. Payable to instructor for pattern (two sessions). Instructor: Betty Kisbey. 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! Please select your fabric and complete the pre-cutting requirements before class. The pre-cutting instructions are found in the class supply list give to you at registration.



Learn to Quilt—Beginning Sampler

Fridays, April 7-May 12 — 596117-03

1:00-4:00 PM (OC). \$90. (five sessions No class April 28). Instructor: Betty Kisbey This 15 hour class will cover the fundamentals of quilting and making a quilt top. Over a period of five class , you will learn how to select fabrics for a quilt, use a rotary cutter, how to accurately sew ¼” seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt blocks. Students may make six blocks or nine blocks. During each session one block will be done in class and the other blocks will be done as homework. This class is for the beginner or intermediate quilter or a great review for the new

Finishing Your Quilt

Fridays, May 19 & June 2 — 596617-03

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Betty Kisbey. **Prerequisite: Must have taken a beginning quilting class and have a quilt top that is not larger than 50” x 50”.** You have made a quilt top so let’s put it all together and get the quilting and binding done so you have a finished quilt. Bring a small quilt top (not larger than 50” x 50”) that is ready to be quilted, batting, backing, and binding material to class and learn how to do basic machine quilting and binding. Discussion will be on preparation of quilt top for quilting, measuring for the backing and batting, types of batting, basic machine quilting techniques, and the procedure for binding the quilt. The student will be expected to complete some of the various activities as homework.





ENVIRONMENTAL
HEATING & AIR SOLUTIONS

www.EHASolutions.com

- Heating and Air Maintenance
- Heating and Air Replacement
- Air Duct Cleaning • On-demand Water Heaters
- Plumbing • Insulation
- Indoor Air Quality
- Custom Installation of Units

\$59 Tune-up
For A/C
Or Furnace*

\$50 Off
Any
Repair*

*Cannot be combined with any other offers

8417 Washington Blvd., Suite 170, Roseville, CA 95678
(916) 780-HEAT [4328]
 License #: 958237

Bringing Nature to Your Backyard




- Construction
- Pond cleaning and service
- Retail showroom
- Fish
- Plants
- Water treatments and more...

1835 Prairie City Road
Folsom, CA 95630
(916) 985-7663

1052 Melody Lane
Roseville, CA 95630
(916) 786-2696

www.completeponds.com

Family Owned and Operated for 25 Years

ROSEVILLE, CA
Est. 1975



AUTOS PICK-UPS VANS FOREIGN & DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS



FREE ESTIMATES INSURANCE WORK
Free Shuttle for Sun City Residents

783-5552
 FAX: (916) 783-5576
 50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80

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

Extensive List of Satisfied Customers in SCLH

Locally Owned and Operated 13 Years

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

SUNPOWER® (916) 782-3333
 Elite Dealer CCL# 817001
www.capitalcitysolar.com

Technology

—PC—

Google Chrome

Thursday, March 23 — 288217-02

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.



New! Microsoft Word for Beginners

Monday, March 27 — 282317-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Microsoft Word is the most widely used word processor designed by Microsoft. In this class, you will learn the basic tools necessary to create, format, edit, and print documents such as letters and announcements. This class is designed for students new to working with Microsoft Word. Your instructor, Bob Ringo, will point out the minor differences between the various versions of Word. Students attending the class should be comfortable using a personal computer, keyboard, and mouse. Upon completion of the class, you will be able produce and save professional looking letters, announcements, and reports.

PC Fundamentals

Wednesday, April 5 — 284117-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. New to your computer! This class is for absolute beginners like you. In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle hands-on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.

Windows 10 Basics

Monday & Tuesday April 10 & 11 — 295117-02

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.

Tips and Tricks for Beginning PC Users

Wednesday, April 26 — 282117-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.



More Tips and Tricks for Beginning PC Users

Friday April 28 — 282217-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive

—Smart Phones and Tablets/Mac—

Introduction to Android Smart Phones

Wednesday, March 22 — 256217-02

Or Monday, April 24 — 256217-03

March 22 9:00 AM 12:00 PM- April 24, 1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. If you just bought an Android SmartPhone from Verizon, AT&T, T-Mobile, etc., you could be feeling a little confused, or maybe you just need some help mastering the fundamentals. In this BASIC seminar you will learn that Android SmartPhones are actually pretty easy to use and you will probably be able to master yours very quickly. On our large screen display you will learn how to navigate screens, manage calls, store contacts, send and receive text messages, use email, the internet, take and share photos, get driving directions, install useful and fun apps, 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. This is the class for beginners !!



macOS X Sierra Workshop

Monday, March 27 — 267917-02

1:00-4:00 PM (OC). \$30. Plus class material \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an Apple

Continued on page 87

Heritage Oaks Memorial Chapel

FUNERAL AND CREMATION CARE FD 1990

Placer County's Premier Funeral Home

6920 Destiny Drive
Rocklin, CA 95677
916.791.CARE (2273)

Full funeral and cremation services with caring staff.
Family owned & operated locally by veterans.
Quality services at affordable prices.

www.HeritageOaksMemorialChapel.com
Conveniently located off Hwy 65 near Stanford Ranch Rd

Where lives are honored and celebrated

Attend our "Preparing Is Caring" Seminars.
Estate, Burial and Cremation Planning.
Watch for our flier in the Compass for Date & Location.
Ron Harder, FDR2875 CA Insurance Lic 0809569



NEW YORK CITY

"Bucket List" Holiday & Event Packages! Family Hotel & Entertainment Vacations

*BROADWAY THEATER WEEKEND - PACKAGE SPECIALS

See "The Lion King", "Wicked", "Cats", "Hello Dolly!", "Hamilton" or any of the other Top Hits on Broadway!

*MACY'S THANKSGIVING PARADE PACKAGES
with Hotels right on the Parade Route and exclusive, comfortable, indoor and outdoor, viewing options!

*ROCKEFELLER CENTER TREE LIGHTING DINNER PARTY

Once in a lifetime opportunity to comfortably see the Tree Lighting in Rockefeller Plaza!

*NEW YEAR'S EVE "BALL DROP" IN TIMES SQUARE

Gala Dinner Party with Indoor View of the Times Square "Ball Drop"!

*NYC SPORT PACKAGES

See the YANKEES, METS, GIANTS or JETS

US OPEN TENNIS VACATION as featured in the NY TIMES

*JULY 4th FIREWORKS BBQ & CRUISE

Experience the fireworks from the center of the harbor with the Statue of Liberty as a backdrop!

*LET OUR NYC DESTINATION SPECIALISTS personally help you with BALLET & OPERA Tickets, HOTELS, SIGHTSEEING, ATTRACTIONS, MUSEUM Admissions, TOURS and DINING.



An NYCVP
Vacation
Package was
recently
featured in
the 8/24
NY Times!

For a FREE 2016-17 NYC Brochure & Travel Planner,
Call 877-NYC-TRIP (877-692-8747) or visit www.NYCTrip.com
Or call your favorite Travel Agent and ask for NYCVP

INITIAL
VISIT
ONLY
\$79.95

Complete Pest Control
\$60 Every Other Month
(Under 1500 sf)



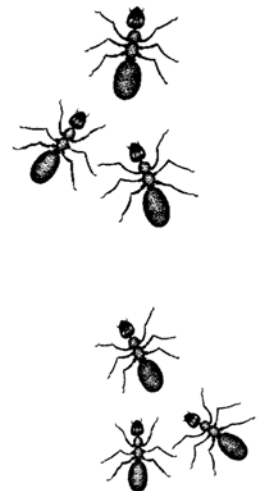
One-Time Services Available

PEST CONTROL



Your satisfaction is
guaranteed!

Miles Noble, President



349-2044

Free Pest Estimates

House Cleaning

Weekly
Bi-Monthly
Monthly

Rich Haley
Diane Haley

(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents

THE GILLIS GROUP – Results that move you!



Steve & Jo Ann Gillis

Jo Ann Gillis • BRE# 01018109
gil1788@aol.com

916-316-0815

Steve Gillis • BRE# 01968756
stevegilllis106@gmail.com

916-303-6420

SCLH Resident Realtors

Visit us at www.teamgillis.realtor

Each office independently owned and operated.




Tile Cleaning
Marble Sealing
Travertine Polishing
Limestone Tile Changes
Slate Repairs
Granite Color Staining

916-297-3356
Lic # 988004

SRS
simplyrestoredsurfaces.com

Lic. # 669316

**DURAN LANDSCAPING
INSTALLATION & DESIGN**

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

QUALITY GUARANTEED

FREE ESTIMATES (916)660-1835
Ask for Victor Duran www.duranlandscape.com



COLDWELL BANKER
SUN RIDGE REAL ESTATE

Don Gerring

Patience, Experience & Quality Service
"I'm always here for you!" -Don

- Lincoln Hills Resident Agent
- Del Webb Agent for 10 Years
- 30+ Years R.E. Experience

Let Don Help List & Sell Your Home!
Free Home & Market Evaluation

(916) 747-5050 • dgerring1@gmail.com • Lic#00631339

Each office independently owned & operated

Sprinkler-Medic 

• DRIP • DRAINAGE • SPRINKLERS

— INSTALLATION & REPAIR —
— LANDSCAPE & MAINTENANCE —

916 663-9931

Rick Johnson Sprinkler-Medic.com LIC # 918143

COUNSELING FOR YOU



- Depression
- Anxiety
- Family Problems
- Personal Challenges
- Anger

(916) 543-5233

Geeta Dardick, LMFT
Licensed Marriage and Family Therapist
22 years experience

Lic # 35801




**SUN CITY
LINCOLN HILLS
WellFit**

GET IN. GET FIT.

computer with **macOS Sierra** (Version 10.12.2 or later) installed on it. Do you want attend a workshop on **Sierra**, the newest Mac Operating System? Then this workshop is for you. We will explore and review all of the items that appear on Sierra's desktop. We will also review some of the basic Apps like Safari, Mail, Siri, Dictation, and Messages. There are only 10 iMac's in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at: 916-474-1544.

iPhone Basics Workshop

Saturday April 8 – 262817-03

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor for class 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 10.2.1 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.

—Social Media—

Facebook 101

Saturdays, April 8 & 15 — 272117-03

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



WellFit Classes

WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers Starting March 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Wednesday, March 15 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, April 5 — 700100-O1**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, April 13 — 700100-O2**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, March 23 — 700100-K3**
3:30-4:30 PM, Fitness Floor (KS)
- **Tuesday, April 11 — 700100-KA**
11:00-12:00 PM, Fitness Floor (KS)
- **Wednesday, April 19 — 700100-KB**
1:00-2:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 68. From beginner, intermediate, to advanced skill level; dance classes provide great exercise. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1/L2

Tuesdays, April 4-25 — 801100-4A

Wednesdays, April 5-26 — 801100-4B

Thursdays, April 6-27 — 801100-4C

Fridays, April 7-28 — 801100-4D

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday, Wednesday, Thursday and Friday \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish



Continued on page 89

Victoria Mosur, D.D.S.



Victoria Mosur, DDS

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

New Patients Welcome

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

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

(916) 645-3373

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



*When it comes time to say
goodbye, we're here to help.*



Pet Cremation With Compassion
Free pick up at your home or vet
603 4th Street • Wheatland, CA 95692
530-377-9709 • www.HeavensGatePMC.com

Luxury Senior Living

The community you've imagined...with the care your loved one deserves



1101 Secret Ravine Pkwy • Roseville, CA 95661
(adjacent to Sutter Medical Center)

916-297-4512
oakmontofroseville.com

Oakmont of Roseville, a luxury senior living community, offers five-star services and amenities with a continuum of care.

Enjoy exquisite dining, friendly concierge service, weekly housekeeping and much more!

*Restaurant-Style Indoor and Outdoor Dining
Private Movie Theatre • Day Spa • Fitness Center
Pet Park • Resident Gardens and Walking Paths*

Close to shopping, restaurants and medical centers

Assisted Living & Memory Care
Oakmont
of Roseville



Tours Available Today!

a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship.” Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates — 881000-04

Fitness Center (OC). \$30 (one session, one-hour long). This session is a **pre-requisite** for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Healthy Living with Exercise Part 2 — 878000-04 Mondays and Wednesdays, April 3-26

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. Note: Class requires completion of Healthy Living Part 1.



Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the larger community outside our Fitness Centers.

Lincoln PACE Race 10k/5k/Fun Run at SCLH Saturday, May 6, 7:30 AM-1:00 PM

Walk, Run or Just Have Fun!

Beer Tasting, Salsa Tasting,
Street Tacos, Music,
Petting Zoo for the kids



Lifestyle Retail

Stop in and shop!

- ~ Yoga Apparel from 90 Degrees ~
- ~ His & Hers SCLH Denim Shirts ~
- ~ SCLH Men's Hats and Ladies Visors ~
- ~ WellFit Gym Towels & Water Bottles ~

New! PACE Race Prep! Couch to 5K Training L1-L2

Fridays, March 17-April 28 — 835190-A4

8:00-9:00 AM, KS Fitness Center entrance. \$99. (six sessions/ no class April 14). Instructor: Milly Nuñez. Have you ever wanted to successfully complete a 5K? Now's your chance to go from Couch to 5K in a matter of weeks. Participants will follow a guided training schedule with the coaching of experienced coach and runner, Milly Nuñez. Whether you want to “Walk, Run or Just Have Fun!” this group will give you the confidence and endurance you need to succeed. We will progress through the use of intervals and speed so your body will adapt over time. The sessions include a thorough warm-up and cool-down as well. Our goal is to have you all ready to participate and complete the Lincoln PACE Race on Saturday, May 6.



**10k/5k/Fun Run
Saturday, May 6
LincolnPACERace.org**

New! PACE Race Prep! 10K Preparation L1-L2

Wednesdays, March 29-May 3 — 835190-B4

3:30-4:30 PM, KS Fitness Center entrance. \$99. (six sessions) Instructor: Danielle Lawlor. Have you already done a 5K and you are ready to take the next step? Prepare for the 10K with specific muscle conditioning for walking, jogging, or running to help prevent injury. We will also learn specific stretching to help prevent shin splints, cramping or tendinitis. Have fun while preparing your body for the 10K Lincoln PACE Race on Saturday, May 6.



Planning on the PACE Race?

Get Loose with Bowen 30 for \$30

Take advantage of this exclusive PACE Race Special. 30 minutes of lower body Bowen for \$30. Bring in your PACE Race or PACE Race Prep receipt to either Fitness Center front desk to get your special pricing.

Lessons

Programs that provide learning the mental and physical

Nordic Pole Walking

Tuesday & Wednesday, April 4 & 5 — 750000-04

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



Continued on page 90

poles are available for each class at no charge with option to purchase at final session.

Pro Tennis Lessons

Sundays, April 23-May 28

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

Courts #10/11. \$75 (six sessions).

Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online.



Martial Arts & Mindful Movement

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

Tai Chi Qigong L1

Tuesdays, April 4-25 — 730100-04

Saturdays, April 1-29 — 730100-4A

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$43.75 (five sessions). Tuesdays 1:30-2:30 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, April 4-25 — 730300-4A

Saturdays, April 1-29 — 730300-04

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five sessions). Tuesdays, 2:45-3:45 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.

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Tuesday, March 28-April 25 — 862000-03

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). 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.

Re-Start—Your Health in Just Five Weeks

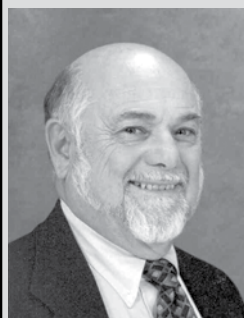
Evening session

Wednesday, March 29-April 26 — 862000-3A

6:00-7:30 PM, Fine Arts Room, March 29, April 5, 12, Multipurpose Room April 19, 26 (OC). \$129 (five sessions). Instructor Audrey

Tax Preparation & Retirement Planning

Prepare for a Financially Secure Retirement



**CALL FOR A FREE ANALYSIS
AND CONSULTATION**

AL KOTTMAN

EA, CFP® Economist

Enrolled Agent, Certified Financial Planner

(916) 543-8151

Email: alfredkottman@sbcglobal.net

Website: www.ajkottman.com

Lincoln Hills Resident

HALLSTEAD TREE SERVICE

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



Rich Hallstead • I.S.A. Certified Arborist

Insured ~ Free Estimate

Cont. Lic. # 803847

(916) 773-4596

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.

Healthy Cooking with Chef Serena

Monday, April 3 — 860002-4A

12:00-2:00 PM. Social Kitchen, (KS) \$35. Instructor: Serena Olson, Certified Personal Chef. Let's spring into April with a fun healthy cooking class brought to you by Chef Serena Olson. She will teach you the fun and easy way to put together a nutritious dish using the super food, Quinoa (can you say "keen-wa")! In this hands-on cooking class you to learn how to prepare this protein rich, gluten free grain and add your favorite vegetables, meats, nuts and herbs for a delicious and quick lunch or dinner side dish.

"Fit" Foods

Thursday, April 27 — 867250-04

2:30-3:30 PM, Aerobics Room (KS). \$20 (single session). Instructor: Milly Nuñez. How does nutrition effect performance in your everyday life? We all feel better when we eat well, and certain foods have a great influence on your energy. Join Milly's class and learn about the different macronutrients and the unique functions they play in the body to help you make better food choices before, during, and after working out. We will discuss current nutritional myths and learn facts that will help you find your very best y-o-u!



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.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- Four-class membership package—\$80 per month
- Eight-class membership package—\$135 per month
- 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 — 835110-A4

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

Continued on page 92



CM Ponds & Stuff
CHUCK COTTAM
 Ph: 916-408-7474
 Cell: 408-691-6431
 Email: cottamcm1@aol.com

302 Sunnyside Court
 Lincoln, CA 95648
 License # 675667
 USAF MSGT Retired

Fish Pond Builder
20 Years Experience



Helping people with
 their home remodel,
 repair & maintenance needs

MG Construction

Michael Gee
 CA #966281

(916) 660-2269
 mgconstruction13@att.net

U.S. Navy Vet

basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.



SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

SGT—Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50.
- **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:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Clinical Training:** One client and one trainer. One hour session cost is \$60, half hour session \$40.
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

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. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

New! SGT—Parkinson's Indoor Cycling Wednesdays & Fridays, March 29-April 26 — 835132-A4

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class April 14). 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 Express L2

Tuesdays & Thursdays, March 28-April 20 — 835211-A4
5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This class is an intermediate class and a great

Continued on page 94

MNM PAINTING

916.765.7132

Over 500 homes painted in
Sun City Lincoln Hills.

Come see our work and compare the
caulking and prep work to others!
Call about Winter Specials!

KELLY-MOORE
PAINTS™



See each house of the day on our facebook

Lincoln owned/operated

CA Lic. #912348



SANCHEZ

Home & Yard Service

Proudly Serving Sun City Lincoln Hills

Clean-Up and Hauling

FREE ESTIMATES

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

Call (916)
408-3902

Specializing in
one-time Clean-Ups



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

Bennett's HANDYMAN SERVICE

NO JOB TOO SMALL
Licensed & Insured
(916) 276-9874

Make *Our* Backyard *Your* Backyard!

Patio Sets & Accessories

Outdoor Kitchens

Portable Spas

Portable Weber Gas Grills

- Largest Selection in Northern CA
- Factory Trained Representatives
- We Guarantee What We Sell
- We Service & Deliver Ourselves
- 4 Convenient Area Locations

See our Sales Rep Chuck Smith,
Lincoln Resident



ELK GROVE
1437 ELK GROVE BLVD
927-9900
Mon-Sat 10-5, Sun 11-5
775-4800

ROSEVILLE
1083 ROSEVILLE RD.
773-4300
Mon-Sat 10-6, Sun 11-5
355-5100

GOLD RIVER
ARDE HAZEL & HWY 99
363-5100
2901 Arde
488-5100
Mon-Sat 10-6, Sun 11-5

SACRAMENTO
2901 AR
488-
Mon-Sat 10-6, Sun 11-5
063-9000

way to get a full body workout in a short amount of time. You will develop strength and stability needed in the core, hips and throughout the body. *This class is available for the SGT Drop-in Pass.*

SGT—TRX Interval Training L3

Mondays & Wednesdays, April 3-26 — 835800-A4

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! *This class is available for the SGT Drop-in Pass.*



SGT—Fit 101 L1

Mondays & Wednesdays, March 27-April 19 — 835500-A4

Tuesdays & Thursdays, April 4-27 — 835500-B4

Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Are the new machines at Kilaga 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.



Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: Marilyn Harder. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center.



Whether you choose to take this class at the Kilaga Springs or the Orchard Creek Fitness Center by the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays, March 28-April 27 — 835600-A4

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 4/11 & 4/13). 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, April 3-26 — 835400-A4

4:30-5:30 PM, Aerobics Room (KS). \$135. (eight sessions) 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, April 3-26 — 835310-A4

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your 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.*



SGT—TRX L1

Thursdays, April 6-27 — 835214-A4

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Curious about the TRX? This class will teach you the basics about the TRX in a non-intimidating atmosphere. Join this class and learn the basics about the TRX and "bootcamps" so that you can feel comfortable taking any small group training class.

SGT—TGIF TRX & More L2

Fridays, April 7-28 — 835200-A4

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,****April 3-26 — 835700-A4**

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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 (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT— Balance & Fall Prevention L1/L2**Mondays & Wednesdays, March 27-April 19 — 835710-A4**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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. See page 89 for special pricing.

**Punch Pass Class Descriptions**

Please see the colored grids on pages 97-99 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for

mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.

- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace. 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!

- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

Continued on page 96

• **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

• **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

• **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

• **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

• **Low Impact 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!

• **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and

relaxation. A variety of equipment may be used.

• **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

• **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

• **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

• **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

• **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

• **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

• **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well-rounded workout that will benefit your daily activities!

• **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

• **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great.

It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

• **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun!

Continued on page 98

OC Aqua WellFit Class Schedule April 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Theresa		Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule April 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2 Carol	Mixed Equipment L1-L2- 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	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding 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

OC WellFit Class Schedule April 1-31, 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:15				Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Cynthia/Sara
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2-Peli
11:00	Piloga L2 - Lola/Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1-Peli
12:00	Yoga Stretch L1- Julie		Arthritis L1/2 -Linda	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	Chair with Flair L1- Julie		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)	Activities	Mindfulness 101 - Michelle			
5:00	Zumba L3 - Summer					
6:00		Mixed Levels Yoga L1-3- Jennifer	Activities			
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.						

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.

KS WellFit Class Schedule April 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	7:15-8:15am SGT- Morning Bootcamp L2 Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TGIF TRX L2- Danielle		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	8:00am HI NRG Cycle L3- Paige	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30							
12:00	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	WaiDan Gong L1- Joan		
1:00			12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		
1:30	Yoga Basics L1- Cynthia	Tai Chi Qigong L1- Peli		SGT- TRX L1- Milly			
2:30	SGT- TRX Interval L3- Julia		SGT - TRX Interval L3- Julia				
3:30		(2:45-3:45) Tai Chi Qigong L2 - Peli	Begins March 29th SGT- Pace Race Training- Danielle		SCLH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
4:30	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike				
5:30		SGT-TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia			
6:00		Water Volleyball PreMeeting					
Group Exercise Classes (punch pass) \$3.50					Wellness Classes (session based)		
					Small Group Training (session based)		
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							



Crimes Against Seniors

Wednesday, March 22 — Free

1:00 PM Ballroom (OC). Seniors First partnering with the Placer County District Attorney’s Office and their elder abuse task force team, Shannon K. Quigley, Deputy District Attorney and Laura M. Mitchell, Senior Victim Advocate, are committed to educating the community about the types of crime being perpetrated against the seniors in Placer County, informing our citizens about what to do if you are concerned for yourself or others, and prosecuting those who dare to take advantage of our senior citizens. Learn about signs of financial and physical elder abuse, recognizing scams, protecting yourself from fraud, what to do if you become a victim and available resources and referrals. There will be a Question & Answer period.



Mind & Body: Winning Team in Healthy Aging

Thursday, March 23 — Free

7:00 PM, P-Hall (KS). Exciting research is accumulating on what strategies we can take to promote healthy brain aging. Studies are debunking myths that cognitive decline (problems with our thinking abilities) is an inevitable aspect of aging. Dr. Linda J. Trettin, Neuropsychologist, will address the frustrating challenges that some may experience; these can include problems with memory, attention, and organization. The presentation will cover functional, concrete strategies to tackle those hurdles successfully. The discussion will also focus on lifestyle changes that can reduce your risk for cognitive disorders, including dementia. Topics will include nutrition, exercise, cognitive activities, psychological well-being and social engagement.



Advances in Ophthalmology: Hope for the Present and the Future

Wednesday, April 19 — Free

7:00 PM, Ballroom, (OC). Many conditions may affect the eyes

of the senior including cataracts, macular degeneration, glaucoma, and corneal disease. While some of these can be resolved using a variety of procedures, others may require more extensive treatment. Dr. Mark J. Mannis and the UC Davis Eye Center specialists return to share the most current information available. Included in their presentation will be the innovative research that will pave the way for better diagnosis and treatment options for all who are living with eye disease. Please join us to hear this informative and hopeful presentation.



Inca Trail Presentation

Monday, May 15 — Free

2:00 PM, P-Hall (KS). In 1911, Yale professor Hiram Bingham electrified the world by locating Machu Picchu, the “Lost City of the Incas.” His discovery opened the door to a century of scholarship and tourism, and Machu Picchu became one of the premier archaeological sites in the world. Bob has visited and studied this site multiple times, including two hiking treks via the Inca Trail. He will present an illustrated talk on the history of the Inca empire and the past and present of this extraordinary place.



Myths vs. Reality in Our Criminal Justice System: A View from the Trenches

Thursday, June 8 — Free

2:00 PM, P-Hall (KS). Do you believe that crime is on the rise in America? How about DNA evidence being foolproof? Views of America’s justice system are filled with misconceptions. John Paneton, a former federal prosecutor, criminal defense attorney and a Professor at California State University, Sacramento, will share personal experiences from 40 years of legal practice to dispel a few of these unfounded beliefs. The presentation will also cover research on the scope and nature of America’s “crime problem.” In addition, the various types of evidence used to convict a defendant will be analyzed including references to expert testimony and eyewitness identification.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Crimes Against Seniors Wednesday, March 22, 1:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Managing Your Blood Sugar Naturally Wednesday, May 31, 7:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Mind & Body: Winning Team in Healthy Aging Thursday, March 23, 7:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • Myths vs. Reality in Our Criminal Justice System Thursday, June 8, 2:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Advances in Ophthalmology: Hope for the Present and Future Wednesday, April 19, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • What’s Up with Movement Disorders? Wednesday, June 28, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Inca Trail Presentation Monday, May 15, 2:00 PM, P-Hall (KS) 	<p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and <i>eNews</i>.</p>

William J. Sweeney

Attorney at Law

Member California Bar
Trusts & Estates Section
Past President, Placer
County Bar Association



Serving South Placer County since 1975

We Can Do Home Visits

- Estate Planning
- Wills/Trusts
- Health Care Directives
- Powers of Attorney
- Probate/Trustee Assistance



916/786-2011 | 915 Highland Pointe Dr., Ste 250
Roseville, CA 95678 (Near Hwy 65 & Pleasant Grove)
www.RosevilleLegalAdvice.com

WE MOVED TO A NEW LOCATION!



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

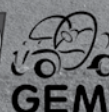


ELECTRICK MOTORSPORTS INC.

3730 Placer Corporate Dr.
Rocklin, CA 95765

(916) 652-2222

www.electrickmotorsports.com



Elegant Ireland Land Tour ~ 7/24/17 ~ 10 Days



Your 10 Day Elegant Ireland Itinerary:

July 24 - July 26 ~ 2 nights Cong, Ashford Castle (5 stars)
July 26 - July 28 ~ 2 nights Killarney Plaza (4 stars) with sightseeing to the Ring of Kerry, Torc Waterfalls & Ross Castle
July 28 - July 30 ~ 2 nights Kilkenny, Mt. Juliet (5 stars) with sightseeing to Cobh Heritage Centre & Blarney Castle
July 30 - August 2 ~ 3 nights Dublin, O'Callaghan Stephens Green (4 stars) with sightseeing to Guinness Storehouse, Trinity College-Book of Kells & St. Patrick's Cathedral.

Tour Date 07/24/17 to 08/02/17

Tour Cost Including
Airfare*

***\$4,299 per person
double occupancy**

Government Taxes, Fees are \$285 additional.

LIMITED AVAILABILITY!

Hosted by Jeffrey and Amanda Huber, in addition to a local Irish Tour Guide & Driver.

What's included? *Round Trip Airfare from Sacramento and most West Coast Cities. Transfers from the airport to your castle hotel in Shannon and your hotel to airport in Dublin. Transportation between hotels. 4 and 5 Star Hotel Accommodations with breakfast daily. Sightseeing and entrance fees. Farewell dinner in Dublin.

*Fares are per person, based on double occupancy and apply to the first two passengers. Please call for singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Deposit of \$1200 per room. Final payment 90 days prior to departure.

CLUB CRUISE & Lincoln Travel 916-789-4100

Located at 851 Sterling Parkway, Lincoln CA

CST#2033380-40



Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

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

Executive Assistant/Office Manager

Christy Goodlove 625-4062 christy.goodlove@sclhca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@sclhca.com

Accounting

Director of Finance

Bruce Baldwin 625-4013 bruce.baldwin@sclhca.com

Advertising & Promotions

Advertising & Promotions Manager

Jeff Caponera 625-4057 jeff.caponera@sclhca.com

Community Standards

Community Standards Manager

Melinda Rogers 625-4006 melinda.rogers@sclhca.com

Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 cesar.orozco@sclhca.com

Membership

Membership Clerk

Amy Gonzales 625-4000

amy.gonzales@sclhca.com

membership@sclhca.com

Room Booking & Club Support

Room Booking & Club Coordinator

Shelvie Smith 625-4021 shelvie.smith@sclhca.com

•Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Manager

Lavina Samoy 625-4073 lavina.samoy@sclhca.com

Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@sclhca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@sclhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 deborah.meyer@sclhca.com

Lifestyle Trip Coordinator Katrina Ferland

625-4002 katrina.ferland@sclhca.com

COMPASS

Editor • Jeannine Balcombe

625-4020 jeannine.balcombe@sclhca.com

COMPASS Advertising Coordinator

Sharri Black 625-4014 sharri.black@sclhca.com

Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Director of WellFit and The Spa at Kilaga Springs

Deborah McIlvain 625-4031 deborah.mcilvain@sclhca.com

Fitness Supervisor Jeannette Mortensen 408-4825

jeannette.mortensen@sclhca.com

Wellness Supervisor Carol Zortman 625-4032

carol.zortman@sclhca.com

•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Kristy Woodin 625-4049 kristy.woodin@sclhca.com

Catering

Banquet Sales Manager

Kathy Cameron 625-4043 kathy.cameron@sclhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Trudy Smith 408-4071 trudy.smith@sclhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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

Fitness Center Hours: OC & KS

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

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

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Ken Silverman, President

Ken.Silverman@sclhca.com

Marcia VanWagner, Vice President

Marcia.VanWagner@sclhca.com

Molly Seamons, Treasurer

Molly.Seamons@sclhca.com

Michael Deal, Secretary

Michael.Deal@sclhca.com

Donald De Santis, Director

Donald.DeSantis@sclhca.com

Hank Lipschitz, Director

Hank.Lipschitz@sclhca.com

John Snyder, Director

John.Snyder@sclhca.com

Committee Chairs

Architectural Review Committee

arc@sclhca.com

Clubs & Community Organizations Committee

ccoc@sclhca.com

Communications & Community

Relations Committee

ccrc@sclhca.com

Compliance Committee

compliance.committee@sclhca.com

Elections Committee

elections.committee@sclhca.com

Finance Committee

finance.committee@sclhca.com

Properties Committee

properties.committee@sclhca.com

Please thank your advertisers and tell them you saw their ad in the Compass.

Advertisers listed in this issue are shown here by category followed by the page number (**bolded**) location of the ad.

ACCOUNTING/TAX

AJ Kottman, **90**
 Riolo, Roberts and Freddi, **45**
 Sage Tax & Financial Solutions, **16**

ACTIVITIES DEPARTMENT

Activities News, **9**
 Joel, **104**

ALARM SYSTEMS

Foothill Alarm Systems, **10**

APPLIANCE REPAIR

Ace Appliance Repair, **14**

AUTOMOBILE SALES/SERVICE

J & J Body Shop, **83**

CARPET CLEANING

Clean Impressions, **24**
 Gold Coast Carpet & Uph., **73**
 Joe's Carpet Cleaning, **76**
 Johnny on the Spot, **20**

CHURCHES

Valley View Church, **55**

COMPUTER SERVICES

Affordable Computer Help, **10**
 Compsolve Computers, **14**
 Jim Puthoff & Associates, **76**
 PC & Mac Resources, **66**

COUNSELING

Dardick Counseling, **86**
 Kyvele Artinian, **6**
 Sally B. Watkins, **81**

DAY SPA

The Spa at Kilaga Springs, **9, 22**

DENTAL

A1 Personalized Dental Care, **61**
 Cater Galante Orthodontics, **76**
 Denzler Family Dentistry, **73**
 Victoria Mosur, DDS, **88**

ELECTRICAL SERVICES

Brown's Quality Electric, **24**

EYE CARE

Sacramento Eye Consultants, **51**
 Wilmarth Eye/Laser Clinic, **74**

FINANCIAL/INVESTMENT

Edward Jones, **76**
 Reverse Mortgage Funding, **56**
 Reverse Mortgage Group, **69**

FOOT CARE

Lincoln Podiatry Center, **20**

GOLF CARS—SALES/SERVICE

Electrick Motorsports Inc., **101**

GOLF CLUB

Lincoln Hills Golf Club, **44**

HANDYMAN SERVICES

A-R Smit & Associates, **10**
 Bartley Home Repair, **81**

Bennett's Handyman Service, **93**
 CA's Finest Handyman, **24**
 Home Handyman Services, **66**
 L&D Handyman, **66**
 Wayne's Fix-all Service, **81**

HEALTHCARE

Lincoln Medical Practice, **66**
 Lincoln Medical Supplies, **62**
 Placer Dermatology, **52**
 Sacramento Ear, Nose, Throat, **28**
 Sutter Health, **4**

HEALTHCARE REFERRAL SVCS.

A Senior Connection, **28**
 Senior Care Consulting, **18**

HEARING

Miracle Ear, **69**

HEATING/AIR CONDITIONING

Accu Air & Electrical, **10**
 Energy Experts, **73**
 Environmental Heating & Air, **83**
 Good Value Heating & Air, **18**
 Peck Heating & Air, **18**

HOME CARE SERVICES

Home Care Assistance, **26**
 Live Well at Home, **64**
 Right At Home, **55**
 Welcome Home Care, **24**

HOME FURNISHINGS

Andes Custom Upholstery, **14**
 California Backyard, **93**
 Gary's Refinishing, **10**

HOME IMPROVEMENTS

1A Advanced Garage Doors, **19**
 CAL-ROX Roofing, **14**
 Capital City Solar, **83**
 Carpet Discounters, **20**
 CJ's Garage Door, **61**
 Don's Awnings, **79**
 Findley Iron Works, **10**
 Guchi Interior Design, **51**
 Interior Wood Design, **52**
 Knock on Wood, **69**
 MG Construction, **91**
 Overhead Door Co., **6**
 Screenmobile, **24**
 Simply Restore Surfaces, **86**
 The Closet Doctor, **74**
 Wallbeds & More, **55**

HOME SERVICES

Diane's Helping Hand, **81**
 Sanchez Home & Yard Service, **93**
 Vent-tastic Vent Cleaning, **81**

HOUSE CLEANING

Rich & Diane Haley House Cleaning, **86**

INSURANCE/INSURANCE SVCS.

Allstate Insurance, **51**
 Pat's Med. Ins. Counseling, **6**

INT. DESIGN, WINDOW COVERS

SunDance Interiors, **24**

LANDSCAPING

Boulder Creek Synthetic Grass, **6**
 CM Ponds & Stuff, **91**
 Complete Ponds, **83**
 Duran Landscaping, **86**
 Geo Paradise Landscape, **64**
 New Legacy Landscaping, **18**
 Rebark Time, Inc., **45**
 Steven Pope Landscaping, **66**
 Terrazas Landscape, **70**

LEGAL

Gibson & Gibson, Inc., **79**
 Law Office Darrel C. Rumley, **20**
 Michael Donovan, **10**
 Robertson/Adams, **23**
 Seasons Law, **70**
 Vic DiMattia, **66**
 William J. Sweeney, **101**

MORTUARY SERVICES

Cremation Soc./Cochrane Wagemann, **70**
 Heritage Oaks Memorial Chapel, **85**

MOVING SERVICES

Smooth Transitions, **16**

NOTARY PUBLIC

A McClellan, Notary Public, **14**

PAINTING CONTRACTORS

Dynamic Painting, **62**
 MNM Painting & Drywall, **93**

PEST CONTROL

Inspired Pest Management, **23**
 The Noble Way Pest Control, **85**

PETS

A Pet's World, **10**
 Heaven's Gate, **88**

PHOTOS

Visionary Design, **14**

PLUMBING

BZ Plumbing Co. Inc., **55**
 Class Act Plumbing, **81**
 Eagle Plumbing, **6**
 Maples Plumbing, **24**
 Ronald T. Curtis Plumbing, **18**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **56**

REAL ESTATE

Better Homes & Gardens
 - Kathy Sullivan and Gail Hubbard, **64**

Century 21 - John Perez, **62**
 - Mary Olsen, **28**
 Coldwell Banker/Sun Ridge, **26**
 - Anne Wiens, **18**
 - Don Gerring, **86**
 - Donna Judah, **74**
 - Gail Cirata, **56**
 - Holly Stryker and Jill Mallory, **6**
 - Jo Ann & Steve Gillis, **86**
 - Lenora Harrison, **6**
 - Michelle Cowles, **19**
 - Paula Nelson, **48**
 - Sharon Worman, **23**
 - Tara Pinder, **61**
 - Tony Williams, **18**
 Grupp & Assocs. Real Estate, **73**
 HomeSmart Realty - Shari McGrail, **52**
 Keller Williams - Carolan Properties, **45**
 Lyon Real Estate - Shelley Weisman, **16**

RESTAURANTS

Meridians, **8, 15**

SENIOR LIVING

Eskaton Village - Carmichael, **59**
 Oakmont of Roseville, **88**
 Sierra Regency, **48**
 Summerset, **79**
 The Pines, **26**

SHOES

del Sole Shoes, **70**

SHUTTLE SERVICES

Apex Airport Transportation, **24**
 Diamond Van Shuttle, **14**

SPRINKLER REPAIR

Gary's Sprinkler Repair Service, **6**
 Sprinkler Medic, **86**

TRAVEL

Club Cruise, **66, 76, 81, 101**
 New York City Vacation Packages, **85**

TREE SERVICE

Acorn Arboricultural Svcs. Inc., **16**
 Capital Arborists, **48**
 Hallstead Tree Service, **90**

VACATION RENTALS

Maui & Tahoe Condos, **18**
 Sierra Mountain Getaway, **81**

WELLFIT

Lincoln PACE Race, **42**
 WellFit News, **11**

WINDOW CLEANING

All Pro, **14**

WINDOW TREATMENT CLEANING

Sierra Home & Comm. Svcs., **66**

Compass — A monthly magazine established August 1999

Editor: Jeannine Balcombe 625-4020

Associate Editor: Wendy Slater

Resident Editor: Doug Brown

Advertising: Sharri Black 625-4014

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

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without

express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.



JOEL

A TRIBUTE TO THE SONGS OF BILLY JOEL



**THURSDAY, APRIL 6
BALLROOM (OC)
CONCERT AT 7:00 PM**



The band performs Bill Joel's timeless repertoire including songs like "Big Shot," "Only the Good Die Young," "An Innocent Man," and "New York State of Mind." They are blazing hot, and guaranteed to have you singing along!



**EVENT CODE: 5506-02
PREMIUM RESERVED SECTION SEATING: \$24
GENERAL ADMISSION: \$21**

Tickets available at the Activities Desk (OC/KS) and at Lifestyle Online at www.webtrac.sclhca.com