

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



12 S.C.H.O.O.L.S. — Making a Difference in Lincoln

13 Coming Up on Twenty in this Land of Plenty

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On the cover - Concorso Raduno
Photo by Jim Cormier.



Board of Directors' Report

Who Are We?

Marcia VanWagner, President, Board of Directors

At the July Board meeting, Chris O'Keefe presented our latest demographic data. Did you realize there is more than a 50-year difference between our youngest and oldest residents? Three generations are living here— from ages 55 and up, plus a few residents under 55. The Board's challenge is to lead all residents safely through their transitions, supporting the needs of each group, while embracing the vision and purpose of the community.

Our "Greatest Generation" residents, about 4%, who are over 90, have slowed down. Physically and mentally they find it difficult to live alone without assistance. This group may still have financial resources, but long-term care costs continue. They need services of in-home assistance, transportation, and help with resources to ease their circumstances – services that are not available in an active adult community. How have you planned for aging in place?

The "Silent Generation" (75 to 90) comprises 43% of SCLH. These residents are living the active adult lifestyle. They are traditionalists; change is difficult. They work hard, play hard, and are civic-minded. Most are retired from their first career but continue "working" as volunteers and consultants. Their attention

to health and fitness keeps them active. As a group, they need health and supportive care, access to resources, and education to prepare for their future. Some are financially challenged, finding it difficult to afford the lifestyle in Lincoln Hills. Have you made your plan for the future?

The "Baby Boomers" (55 to 74), 50% of our population, are our newest neighbors, moving to a community with a reputation as a premier active adult community. They live an active lifestyle to its fullest: they are focused, disciplined, competitive. They run, walk, hike, swim, lift weights, play pickleball, do Pilates, yoga, and Tai Chi. They are open to change and adapt easily. Not quite digital natives, they are tech-savvy. Many still work, so weekend and evening leisure options are important. They're not afraid to challenge the status quo.

Today, the community faces the dilemma of meeting the lifestyle needs of these very different "generations" living in the same community. Fifty-three percent of our population is under 74. The average age of our nearly 600 new residents this year is 69.

The Board's role is to prepare this community for the future while meeting the lifestyle needs of its active adult residents. What plans should the Board make for 2020? For 2023?



*At the July 26 Board of Directors Meeting, the Board recognized the Properties Committee for their volunteer service to the community. Pictured from left to right (*indicates Properties Committee member): *Greg Burke, Marcia VanWagner, Hank Lipschitz, *Elise Homer, Joe Stewart, *Michele Hutchinson, Molly Seamons, Don De Santis, Ken Silverman, *Joe Moore, David Conner, *Vern Luke. Members of the Committee not pictured: Kathi Ridley and Sarah Lambrose.*

Calendar of Events

August 17, 2018 - September 15, 2018

Date	Event	Page #
8/17	Dirty Cello – Concert.....	54
8/18	iPhone Basics Workshop	83
8/18	Airport – Movie	48
8/20	Produce with a Purpose	71
8/22	Android Smart Phone Basics	83
8/22	Understanding Labels	51
8/24	Garratt Wilkin & The Parrotheads	53
8/27	Moonlight Trail Walk	48
8/28	Savings Through Retirement	89
8/29	Best in the West – Trip	57
8/30	Turner Sparks – Comedy.....	54
8/31	Sip and Paint	69
9/1-2	Softball Tournament	48
9/7	ForeJour – Concert.....	53
9/7	Amazon Echo Dot	81
9/13	Montbleu Casino – Trip.....	57
9/13	Interchange Reconstruction	51
9/14	Daniel Storrow – Comedy	54
9/14	YouTube TV	81
9/15	Benicia Fine Arts & Crafts Fair	62
9/15	Mindful Transformations	86



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the August edition of the COMPASS. July was a great month for the Association. On July 10 the Association held its first ever Concours Raduno event at Orchard Creek Lodge. The amphitheater provided a beautiful backdrop for the over 70 custom cars. From my perspective, the best part of the event was the opportunity for several of our residents to participate alongside other high-end car owners from out of our area. We had great feedback from our residents, and have now set the stage for the 2019 Concours event. Hope to see you there!

The Food & Beverage Department had their third consecutive month with positive earnings, along with hosting a number of successfully catered events in July. The Food & Beverage Task Force is finalizing the new menu, and the F&B team is in the planning stages for the all-day menu concept.

The Lifestyle Department had two great concerts. We should take a minute to celebrate the amount of work that goes into the concert series, as well as thank the residents who help make these concerts such a success.

The July Finance Committee meeting went very well. I would like to thank our Accounting Team – Bruce, Staci, Julie, Judi, and Nancy for the work they put to preparing the financials for the committee.

Our new Facilities Manager Erik Rosales has been one the busiest members of the team for the past month. He has done a great job of keeping all of the plates spinning in the air. It's a big responsibility, and I am confident that Erik will learn quickly and grow into the position. As residents, you can take an active part in assisting Erik by being a second set of eyes. If you see an issue that needs attention, please feel free to contact him directly with your observations. Erik's contact information is located on page 102.

The first half of the year is over, and we sit in a strong financial position, our operating departments are functioning at a high level, and we have enjoyed the participation and support from all of our resident volunteers. We have a lot to celebrate and be thankful for. Lincoln Hills is a beautiful and successful community. Thanks for helping to make it that way. See you in September.

Holiday Hours

Labor Day – Monday, September 3

Administration: Closed

Spa: Closed

Kilaga Café: 6:00 AM to 4:30 PM

Lifestyle Desk (OC/KS)

8:00 AM to 8:00 PM

Meridians: 7:00 AM to 8:00 PM

Wellfit (OC/KS): 6:00 AM to 5:30 PM

Election News

Get Set...RUN for the Board!

Here are important dates if you plan to run for the Board of Directors:
August 30 Candidate Information Session (1:00 – 3:00 PM, P-Hall, KS)
 This will be video recorded for the SCLH website.



Former and current Board members will discuss:

- What the Board does.
- What commitments are needed.
- Positive contributions/rewards of being a Director.
- The process for running for Director.
- Any questions you may have.

Candidate Information Packet will be available at the session and online. It will include:

- Campaign rules for the pre-election period.
- A list of help provided by the Election Committee.
- Candidate ballot statement form.
- Campaign ideas.
- Estimated campaign printing costs for flyers, business cards, and signs.
- A job description for a Director.
- Primer on the fiduciary duties of Directors.
- Information on estimated time commitments and daily challenges.
- Questions for candidate’s consideration.
- SCLH Governing Documents chart.
- Candidate **application** for the Board.

Date	Day	Event
2018		
Aug 30	Thu (1-3PM)	Candidate Information Session
Sep 10	Mon	Candidate Filing opens
Oct 10	Wed	Candidate Filing closes
Oct 12	Fri	Candidate Briefing Session
Nov 9	Fri	Candidate Ballot Statements due
Dec 11	Tue	Articles from Candidates due
Dec 23	Sun	Candidate yard signs may go up

Date	Day	Event
2019		
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due
Feb 14	Thu	New Board seated

For more information contact: Al Roten, Elections Committee Chair at roten.elections@gmail.com



Team Member of the Month Award – July 2018



Our July 2018 “Team Member of the Month” Award is Corina Frazer! Corina joined our F&B Department at Kilaga Café in June of 2015 as a part-time Barista and has recently been promoted to Kilaga Café Supervisor! Here are just a few quotes from her team members:

“Corina has befriended many residents and has worked hard for her promotion. Her passion is giving the best customer service and making sure everyone leaves the Café with a smile on their face!” *“She comes up with the most delicious coffee specials that I’ve ever had!”* *“Corina genuinely cares about the residents, and keeps the Café nice and tidy!”* *“Her enthusiasm to learn and grow professionally exceeds expectations!”* *“Corina always works very hard, and makes sure the clients and residents are taken care of!”*

Congratulations Corina! We are delighted to have you be a part of our Lincoln Hills Family! Thank you for providing outstanding customer service, dedication, and commitment to Sun City Lincoln Hills!

Upcoming Association Meetings: August 15 – September 30

Golf Cart Registration	Thursday, August 16, September 6 & 20, 9:00 AM
Finance Committee Meeting	Thursday, August 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, August 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, August 23, 10:30 AM
Board of Directors Executive Session	Thursday, August 23, 11:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 27, 9:00 AM
Elections Committee Candidate Information Session	Thursday, August 30, 1:00 PM, P-Hall (KS)
Elections Committee Meeting	Friday, August 31, 10:00 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, September 4, 9:30 AM
Compliance Committee Meeting	Wednesday, September 5, 9:00 AM
Finance Committee Budget Presentation Workshop Ph. I	Wednesday, September 5, 9:00 AM
Finance Committee Meeting for Reserve Fund Approvals	Wednesday, September 5, 10:30 AM
Properties Committee Meeting	Thursday, September 6, 9:00 AM, P-Hall (KS)
Finance Committee Budget Presentation Workshop Ph. II	Friday, September 7, 9:00 AM
Community Leadership Development Committee	Friday, September 7, 1:00 PM
ARC/Architectural Review Committee Meeting	Monday, September 10, 9:00 AM
New Resident Orientation	Wednesday, September 12, 2:00 PM
Listening Post	Tuesday, September 18, 11:00 AM
Finance Committee Meeting	Thursday, September 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, September 24, 9:00 AM
Board of Directors Meeting	Thursday, September 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, September 27, 10:30 AM
Board of Directors Executive Session	Thursday, September 27, 11:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.

Listening Post Update – Chris O’Keefe, Executive Director

The July Listening Post continued the recent trend of high attendance; I am grateful for the resident participation. We started off with our usual audio-visual issues and then got into quick updates on the rail fence project, as well as the automatic door installation at the Orchard Creek Lodge.

We had a discussion on pool maintenance at the Orchard Creek outdoor pools. We displayed pictures that were sent to me by a resident showing areas of concern, alongside pictures from the Facilities team for comparison. The main take away from the conversation is that questions and concerns should be directed immediately to staff. We are here for our residents, and if there is an issue, the team wants to address it as soon as possible. We also extended an offer to walk the outdoor pools after the Listening Post was over, three residents took us up on our offer.

We held a brief discussion on the 2019 budget preparations, the biggest issue facing the Association is the impact that the \$1.00 minimum wage increase will have on all of the departments. Keep in mind that this affects all aspects of our operation, and it is imperative that we develop a plan that places the Association in

the best possible financial position, not just in 2019, but thru 2021.

The final topic was facilities usage requests. Groups like Kiwanis, Special Olympics and others that would like access to our common areas must fill out a facilities request form and turn it into staff. These requests are then placed on the next Board of Director’s agenda.

The Board reviews the requests and approves, rejects, or requests further information. It is an open process, and over the 18-plus years the Association has been in operation, our boards have done a great job making decisions on facility usage that are in the best interests of the entire community.

As always, it is a privilege for me to host the Listening Post. We have great residents, and I appreciate the comments and questions. Our goal is to use the feedback to make us better. Thank you to all who attend – it truly makes a difference.

Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.





Finance Committee Report 2019 Budget Planning Begins Soon

Pete Saco, Finance Committee

The month of September is a big month as the Finance Committee (FC) will be recommending a budget to the Board for approval. Each committee member has been assigned a department, and the FC member meets with the designated department head monthly to review the prior month's finances, discuss upcoming issues or concerns that may exist for their budget, and discuss the goals that were established by the department heads during the prior year's budget process. This has been extremely helpful to the department heads and the FC as well.

The current dues are \$121 per month. The breakdown is: Administration: \$21.82; WellFit (Fitness) \$5.89; Activities: \$6.26; Facilities and Landscape Maintenance: \$65.12; Food and Beverage: \$0.44; CEF (Community Enhancement Fund): \$1.00; Reserves: \$20.97. The carryover of 2016 Net Revenue/Expenses was (\$0.32), and the Spa is projected to make a small profit of (\$0.18). Each dollar of your dues is equivalent to \$81,396.

The FC will be working on the upcoming budget for 2018, beginning with two workshops on September 5 and September 7. The different

departments will present their budgets at these two sessions. The final budget meeting will be held on Thursday, September 20. All of the budget sessions will be held in the Kilaga Presentation Hall at 9:00 AM. The FC will recommend a budget on September 20 to the Board of Directors for their September 27 meeting.

The Statement of Operations for June was good. Overall, the budget is solid, and our financial status remains outstanding. WellFit (Fitness) has rebounded from the recent closure and is operating close to budget. The Spa is on target to be ahead of budget at year end, and the Hydrafacial continues to prosper each month. Food and Beverage continues to do very well, especially with increased revenue from catering.

In conclusion, it is always our goal to keep our dues as reasonable as possible, but with the need to increase reserve funding, add COLAs, account for minimum wage increases, etc., there may be a need for a dues increase this year. It is our ultimate goal to find a way to keep it to a minimum for the 2019 budget. Please be sure to join us at the FC Budget Sessions.

Preliminary Statement of Operations YTD June 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,154,331	\$4,132,523	\$21,808	\$8,261,646
Administration (Expense)	(1,038,506)	(1,022,130)	(16,376)	(1,977,330)
The Spa at Kilaga Springs	7,919	4,440	3,479	15,010
Fitness	(230,750)	(240,290)	9,540	(479,280)
Activities	(285,308)	(276,790)	(8,518)	(509,370)
Rec. Center / Maintenance	(2,651,990)	(2,673,600)	21,610	(5,300,730)
Food & Beverage	(73,107)	(43,428)	(29,679)	(35,538)
Net Revenues (Expense)	(\$117,411)	(\$119,275)	\$1,864	(\$25,592)
CEF/FMA Net Change YTD Jun 30, 2018	\$277,414	CEF/FMA Balance Jun 30, 2018		\$1,014,192



Architectural Review Committee

Another Great Winner

Carole Dummett, ARC Chair

OKAY – ANOTHER GREAT WINNER for June 2018 Yard of the Month contest. Michael and Stephanie Greaney on Secret Lake Loop decided to create a landscape that utilized a drought-resistant design of plants and trees, while maintaining a small turf area, thus creating a beautiful balance that presented an interesting and cohesive visual all year long.

They were presented with a \$100 SCLH Gift Card at the July 26 Board meeting. Thank you, Michael and Stephanie, for a job well done.

This contest will run to September 1, 2018, so keep the submissions coming. Place in the ARC Drop Box at Orchard Creek Lodge or email to sam.mckee@sclhca.com.

We all enjoy the beauty of our residential and common area landscaping. Just like our landscaping, the exterior paint also ages and should be refreshed every seven to ten years. When neglected, it leads to more expense due to fascia board dry rot splitting and peeling, which often-times extends to other wooden elements. Several years ago, the ARC updated the available color palettes for our community. You have likely noticed several of the updated color choices on a neighbor’s house or maybe even used one for your home. Thinking there are not enough choices, there are actually 42 palettes (base

stucco colors) with various color options for roofline and stucco trim. Well over 800 different color combinations are available. If you consider options for front door colors, shutters and shingles, there are even more. The Community Standards department is available to ensure you utilize the color combinations correctly. It is important to remember that ARC approval is necessary for whole house painting and any color changes. The color palette book, paint application form, and exterior painting standards are available in the Community Resource room next to the activities desk at Orchard Creek Lodge.

As a reminder, we have discontinued the weekly paint reviews held on Thursdays and have incorporated these applications into our meetings held on the second and fourth Monday of each month.

Our Design Guidelines, application forms, and accompanying checklists are available on the resident website under Library, or through Community Standards at Orchard Creek Lodge.

Let’s all strive to maintain the beauty of Sun City Lincoln Hills.



Let us serve you with a view
Meridians
Restaurant & Bar

Monday Theme Nights

Kristy Woodin, Director of Food & Beverage

Every Monday night is theme night at Meridians. Chef’s Tastings on Monday nights give you a sampling of small bites, all under \$5. Chef’s Tastings will run August 6 through September 10 from 5:00 to 8:00 PM; Bar Menu or Tasting Menu available only during this time.

Happy Hour at the pool ends August 30, so go enjoy it before it’s gone! Live music, a full bar, and snacks are available.

Trivia Mondays in the Sports Bar is always a fun event and very well attended. Like last year, it will be moved to Thursdays during the NFL football season. The last Trivia Monday will be August 27 and will resume on Thursdays starting September 20 at 6:00 PM. Trivia will then be every Thursday until December 27 and will go back to Mondays on January 7.

Don’t forget Meridians is delivering to your door. Delivery is Tuesday through Saturday between the hours of 1:00 and 7:00 PM. Please go to www.meridiansrestaurant.com

to view the delivery menu! You can also pick one up the next time you are at Meridians. The delivery line is 916-625-4044. This is for Lincoln Hills residents only, so take advantage!

Chef’s recipe of the month:

Indian Butter Chicken
Ingredients

- 6 tablespoons butter, divided
- 2 lbs chicken breasts, cut into 1” chunks
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 Tbsp garam masala
- 1 Tbsp fresh grated ginger
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1 can tomato sauce (14 oz)
- 2 cups heavy cream
- salt & pepper
- lime & cilantro, for garnish
- Naan & rice for serving

1. Using 2 Tbsp of butter in a large skillet over medium-high heat, brown the pieces of the chicken. They do not need to be fully cooked all the way through. Work in batches, and set aside when you are done.
2. Melt another 2 Tbsp of butter in the pan over medium heat. Add the onion, and cook until beginning to soften — about three minutes. Add the garlic, garam masala, ginger, chili powder, cumin, and cayenne. Stir to combine, and cook for about 45 seconds before adding the tomato sauce.
3. Bring the mixture to a simmer and let cook for five minutes before adding the cream. Bring the mixture back to a simmer, add the browned chicken, and let simmer for 10-15 minutes. Keep the heat low here — not a rolling boil.
4. Stir in the remaining 2 Tbsp of butter, and season with salt and pepper, to taste.
5. Serve garnished with lime and cilantro, alongside rice and naan.



The Marketing Corner

Best of Lincoln 2018

Jeff Caponera, Communications and Marketing Manager

As we approach the 20-year anniversary of Sun City Lincoln Hills, it's pretty fascinating to see how much the City of Lincoln has grown in that time. Several businesses have opened up or relocated to Lincoln, and the population has grown as families choose to put down their roots and raise their kids here. Credit goes out to the city for re-branding itself, and the Best of Lincoln awards are an extension of that.

Lincoln Hills has been a part of the community since 1999 and this year's Best of Lincoln voting results reflect not only the operation excellence in every department but how much pride the Lincoln Hills Community has.

Sun City Lincoln Hills walked away winners in five categories this year!

- BEST MEETING FACILITY—ORCHARD CREEK LODGE
- BEST DAY SPA—THE SPA AT KILAGA SPRINGS
- BEST WEBSITE—SUN CITY LINCOLN HILLS
- BEST WEDDING LOCATION—SUN CITY LINCOLN HILLS
- BEST WEDDING PLANNER—SUN CITY LINCOLN HILLS

Campaigning is a big part of the Best of Lincoln. Ads are placed in the Lincoln News Messenger as well as their website. Email blasts start going out early to notify everyone it is time to vote. It is a great and inexpensive way for business both small and large to advertise their services.



2018

Concours d'Elegance

On July 10, the Concours Raduno came to Lincoln Hills, and we had a tremendous turnout with over 70 automobiles. Four hundred people plus braved the 100-degree temperatures to come out and see some fabulous cars, listen to good music, and have a scrumptious dinner at the Meridians Restaurant. This will continue to be an outstanding annual event. We cannot wait for the next contest of elegance on May 19, 2019. **The May show will welcome past winners of the Concours with a gathering of rare and antique automobiles; this is an event you do not want to miss.**





Lifestyle News & Happenings

Programs for Your Lifestyle

Lavina Samoy, Lifestyle Manager

This year's Summer Grandkids Classes were another great success with newly added programs, expanded age groups, and sell-out participation. A huge thank you to our instructors for their creativity and planning to create these memorable classes. If you were inspired by Grandkids Classes, consider giving these workshop classes a try: **Abstract Art Workshop with guest instructor Faye August on Mondays, October 1 and October 8, page 68;** Sip and Paint "Golden Gate Bridge" on Friday, September 28 page 69; **Produce with a Purpose on August 20 or September 24, page 71.**

Summer is coming to an end, but not before we have a few more concerts in the Amphitheater. Join us for a relaxed night of music and dancing with **Garratt Wilkin & The Parrotheads, A Tribute to Jimmy Buffet, August 24.** Get ready to rock to the beat of **ForeJour: Foreigner and Journey Tribute, September 7,** and August nights continue into September with **Hot August Night: A Neil Diamond Celebration featuring Dean Colley, September 21.** If you're looking for some indoor entertainment, be sure to catch return-performer **Duffy Hudson** as he presents **The Relativity of Einstein, Thursday, October 11.** Read about the Summer Series and other exciting Entertainment

starting on page 53.

When attending any event, be considerate of volunteers, staff, and attendees. For the Summer Amphitheater Concert Series, we have Guidelines in place to enhance everyone's experience and ensure safety. Guidelines are available at the Lifestyle Desks (OC/KS).

Bask in all things fall and join us at **Apple Hill** where you will enjoy a guided historical tour, art, wine, food and shopping. Pick your date, **Thursday, October 11, or Monday, October 29.** If it's a show or comedy relief you're looking for, look no further than the ever-changing musical quips of **Beach Blanket Babylon's Holiday Edition on Wednesday, December 12, or Thursday, December 13.** Read about all of our Trips, starting on page 57.

Speaking of Holidays, the season of giving is rapidly approaching. We are kicking off the giving season with our **Second Annual Giving Drive for The Gathering Inn.** For a complete list of needed items, see the Lifestyle Desks (OC/KS).

Save the Date: **Lincoln Hills First Annual Holiday Expo at Orchard Creek Lodge on October 16, from 10:00 AM to 6:30 PM.** One stop to find gifts for everyone on your list!



WellFit News

Frequently Asked Questions and Concerns

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

QUESTIONS: "Is WellFit open to the public?" No it is not, the only people that can use the facilities are residents and their guests. **"Is there a limit on how long I can be on the Cardio equipment?"** Yes, if others are waiting, 30 minutes. This goes for swimming lanes too. We work on an honor system so be courteous to your neighbors. **"I forgot my card! What now?"** Everyone needs to have their membership card with them when using the facilities. A few suggestions: If you bring your keys with you, add the key fob with an SCLH key release (we sell these at WellFit); this way you can unhook the key fob from your keys if you need a locker. Don't bring keys? Then how about using your smartphone? You can download our SCLH App to your phone which will have your membership card, or take a picture of your card; that works too! If you don't have your card or phone, we will refer you to membership for a daily pass.

CONCERNS: "The Aerobics room is too hot." The system turns off automatically when not in use, and if

it detects usage it will turn on. In the summer the room could run warmer in the morning and cooler in the winter. We keep that room at a set temperature range to be considerate for all classes. Unfortunately, this room was not designed for multiple exercise formats, so it is difficult to get the right temperature for all types of classes. We provide floor fans, ceiling fans and shades that can be drawn to cover the windows and skylight. **"Please add another bike."** During the upgrade of cardio equipment, we did add another bike (YAY!). **"Who cleans up the outdoor pool area at OC; the furniture is always messed up, and the cushions are too thin."** The Facilities team cleans and checks the pools morning and night, and they also make sure all the furniture is put in place by 5:30 AM. If things are moved around, it is due to people moving the furniture, so please remember to put everything back when you are done. We are also looking into replacing furniture in the near future.

Have you tried Pilates Reformer yet? We don't often offer discount incentives, but you're in luck! See page 91 for Pilates Reformer special.



The Spa at Kilaga Springs

Come See the Perk!

Trudy Smith, Spa Manager

We are very happy with the addition of the HydraFacial! So happy, in fact, that we added a service from the same company called the PERK. The Perk is an eye and lip treatment using the HydraFacial patented technology.

Eye treatment: \$50

WHAT IT IS: This quick service uses a multi-peptide blend that helps to gently brighten tone and firm the outer eye area while maintaining hydration.

WHAT IT IS FORMULATED TO DO: The Eye Replenishing Serum awakens the delicate eye area with energizing tea extract and brightens dark circles naturally with citric acid.

WHAT YOU TAKE-HOME: You take-home ½ of the Eye Replenishing Serum to enhance and extend treatment benefits. Soothing Eye Masks are included to calm and soothe under the eyes with hydrating cucumber and seaweed extract.

Lip Treatment: \$50

WHAT IT IS: Lips are smoothed, moisturized and perfectly primed with this express service that will leave your pout ready for the night out.

WHAT IT IS FORMULATED TO DO: Lip Revitalizing Serum uses key ingredients such as

peppermint oil and peony extract to gently exfoliate, hydrate and lightly plump lips.

WHAT YOU TAKE-HOME: You take-home ½ of the Lip Revitalizing Serum to apply on your lips, day and night, or whenever your lips need a hydration boost. Plus, protect your pout with Hydrating Lip Balm SPF 30* that locks in moisture.

We have officially launched the HydraFacial monthly and bimonthly memberships. This is a commitment to your best skin ever!

Signature membership – \$149 (normally \$169)

Deluxe membership – \$199 (normally \$229)

We are continuing our “Enhancement Massage,” \$85 for a 60-minute massage is a healthy way to take care of your body and mind.

Here are a few enhancements:

- **Aromatherapy – Relaxes and heals your mind and body using the restorative properties of essential oils.**
- **Cold Marble Stone – Enhances the effects of the massage by cooling down the inflammation response and reducing pain.**
- **Joint Relief Lotion – with MSM, glucosamine, and arnica.**
- **Sports/Deep Tissue – Intense, full body deep tissue concentrating on the deep layers of muscle and fascia in the body.**

We hope to see you in the Spa and bring your friends and remember we are open to the public.



DAYCATION
Social Senior Day Program

Expert care for those with dementia.

We're here to Help!

State license #317005915

**M-F flexible start times. Rates as low as \$132 a week
(916) 899-6166 | www.daycationforseniors.com**

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Locally Owned & Operated
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916-587-2741
Lic #GSD01820



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

Making a difference in Lincoln

Nina Mazzo, Roving Reporter

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

–Nelson Mandela

This month I introduce you to a Lincoln Hills club making a difference in our local community. Their name says it all: **Sun City Helping Our Outstanding Lincoln Schools (SCHOOLS)**. What might surprise you is that this club is composed not only of residents with an education background but many whose professions were in business, engineering, creative arts, and many other occupations. You do not need a degree in education to volunteer with SCHOOLS. What these volunteers share is the desire to motivate students in the classroom and a majority will tell you that the reward of this inter-generational experience is awesome!

Let's take a closer look at their focus, schools, tasks, needs, and requirements.

Focus. Kindergarten through 5th grade and Phoenix High School (the continuation school for Lincoln High).

Schools. Six elementary schools in Lincoln, one elementary school in Sheridan and Phoenix High School.

Tasks/Needs. Volunteers support and motivate students. They work in the classroom with students and/or assist teachers with special projects. Some work with individuals and others with small groups. Some assist the teacher with clerical jobs or correcting papers as well as taking on special requests (examples

include chess club, Mother's Day boutique, and Christmas basket events).



Eileen Hacker



Diane Leonardini



Carol Kaftop

Phoenix High School is small – less than 80 students – and is located next door to Lincoln High School. Their staff identifies students who would benefit from working with a volunteer in those subject areas which are challenging to them for High School credits. Subjects include English, World and U.S. History, Math, etc. Generally, one adult works with one or two students to keep them focused.

Requirements. The answer is simple and easy: patience, caring, encouraging, and sharing your life skills with kids. A question or comment that often arises from potential volunteers is, "I am hesitant to sign on as I travel or have other commitments."

Well, good news! Flexibility is the key—flexibility on placement, time commitment, as well as your skills and interests.

Thank you, SCHOOLS volunteers who last year provided around 10,000 hours to local schools!

Are you looking for a new purpose? Do you want to foster and encourage student learning? Curious and want to learn more about SCHOOLS? Website: www.schoolssuncity.org.

Contacts: Crystal Elledge – ceelledge@sbcglobal.net or Jim Klein – jimklein123@gmail.com



Coming up on Twenty in this Land of Plenty

Cindy Inman Davis, WellFit Event Coordinator

Time flies! Next year will be here before we know it. 2019 marks a significant landmark for our Lincoln Hills community. We will be 20 years old! An anniversary committee has begun discussing ideas to create super special events commemorating this milestone, and there are certainly plenty to highlight. Recently I was passing through the hallway at the Orchard Creek Lodge and observed a resident showing his friend all of the activities taking place in the various rooms. The poker players, the guitar class, the ceramics room, the wall of Clubs. "Yep," I heard him say, "they have everything here you never knew you wanted to do!"

The term "land-of-plenty" as defined by Wiktionary is "a utopia that provides for all one's needs." That is truly an accurate description of Lincoln Hills. The definition of a utopia is "a community or society that is highly desirable or nearly perfect." I think that describes us to a T; we are certainly darn close. There will always be things we wish were different, and the flow of comment cards we receive regarding our fitness centers and the remodel are evidence of that.

Yet for every ten complaints and suggestions logged, there is always at least one nice compliment, and we are grateful to read them. I stopped and talked to a gentleman the other day who was in the gym wearing a souvenir T-shirt from Panama. When I asked him how he enjoyed Panama, he explained that it was fine, but the 21-day trip was just too long and that he preferred trips around ten days max. I said, "Out of all the places you have traveled, which has been your favorite?" He contemplated my question then asked, "Out of ALL the places?" I nodded. He got a big grin on his face and exclaimed, "LINCOLN, CALIFORNIA!"

I like definitions, and I like quotes. Sometime in the 15th century, it was poet John Lydgate who said: "You can please some of the people all the time, please all of the people some of the time but..." Well, you know the rest. In the meantime, call us crazy, but we will keep on trying.

Tom Rumolo, SCLH resident and former food scientist, will present "Understanding Labels for Supplements and Food" on August 22. See page 51.



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Summertime and the Livin' is Easy – for Scammers

Volunteer Appreciation Party
Patricia Evans, Neighborhood Watch

The scammers sit at home in their pajamas, with a cup of coffee, sending out hundreds of messages or phone calls. These rascals are professionals who have honed their persuasive skills until smooth as silk. Just one or two residents responding to the scammer's lies can bring handsome rewards.

Your first defense is the delete key, or to hang up the phone. Government agencies, banks, and businesses do not call or send electronic messages unless they have first sent a letter. Never call an offered number. Call the company directly.

Sweepstakes or lottery winners are notified by U.S. Mail. You can ignore any other communication. For more scam information, go to www.SCLHWatch.org and click on Security.

A resident recently lost \$6,000 to a grandparent scam caller impersonating a grandchild. When this scammer calls immediately ask, "What is your name?" Ask for other information only the grandchild would know and call the parents. Scammers may claim money is needed for expenses following an accident, legal fees, or being stranded in a foreign country.

In another recent scam, an Apple Support Group impersonator persuaded a resident to turn over control of his computer and purchase over \$1000 in gift cards to "fix things."

Volunteers for Neighborhood Watch are invited

to a free Appreciation Dessert, Friday, September 14, from 6:30 to 8:00 PM at Kilaga Springs Multipurpose Room. Lincoln Hills has one of the lowest community crime rates in the nation and we celebrate our volunteers' contributions to our safety and security.

Contact Numbers can be found on the Association Contacts and Hours page.

Please turn to page 35 for Neighborhood Watch Club news.



Pauline Watson, Neighborhood Watch Nominations Committee Chair, invites Director Applications.

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Enhancing Our Lincoln Hills Trails More than a walk...they're an experience!

Doug Brown, Resident Editor

Have you noticed something new on our trails lately? A few steps onto some of our 18 fitness and wildlife preserve trails and you'll immediately see results of a year-long process to "make trails more appealing, engaging, and educational," says Cherie McGrath of the Trails Enhancement Project (TEP).

In 2017, at Chris O'Keefe's request, Dee Hynes launched the TEP. The vision of this partnership of a team of residents, staff, and clubs is "to promote the discovery of trails throughout the community and heighten awareness of our four wildlife preserves." The development process has involved team meetings, site visits, collaboration with key staff (including Chris O'Keefe, Communications and Marketing, and Facilities and Maintenance), field trips with the Wildlife Heritage Foundation (our partners in managing trailside wildlife preserves), and coordination with several clubs/groups.

We are already seeing results of this amazing effort to provide, in our 26 miles of trails, what

the TEP describes as "an upgraded quality experience with educational highlights."

Large trail maps are now posted outside OC and KS fitness centers and Sports Pavilion, giving a broad overview of all



Wildlife Heritage Foundation Senior Biologist Gaylene Tupen leading residents on Wetlands Trail

18 trails. Printed maps are also available at OC/ KS activities desks.

Improved trail signage: Trailhead maps will show trail routes with specific information (for

example, at the Canyon Oaks Trail, "Challenging 2 mile loop, ¾ mile unpaved preserve trail"). Signs will include colorful photographs taken by residents, directional signs to and on trails, and – guess what – QR codes on trailhead signs for accessing information on your mobile devices.

Interpretive signs will give related information on wildlife, developed in partnership with the Wildlife Heritage Foundation (for you to better appreciate the multiplicity of "residents" in the preserves).

Other enhancements include: ¼-mile markers on some trails (to gauge walking distances); additional benches; railings on stairways; and additional trail-side landscaping.

Special events: Next up is a full-moon walk on **Monday, August 27 at 7:30 PM** to Mallard Pond, complete with trailside telescopes, kindness of the Astronomy Club. For details, see **Community**

Perks, page 48, or contact Gay Mackintosh, mackintoshbg@msn.com or 916-209-3628.

These enticing improvements beckon you to get out on the trails and enjoy the surrounding beauty and the physical and emotional health benefits of walking – including increased energy, weight control, improved appetite, blissful sleep patterns, and the social connections you make as you walk and meet your neighbors. See you on the trails!



Facilities staff Paula Horsley and Dave Watson installing 1/4-mile trail markers with TEP team member Brenda Bowcut



New Trails logo



Residents enjoying a spring wildflower walk on Kingfisher Trail

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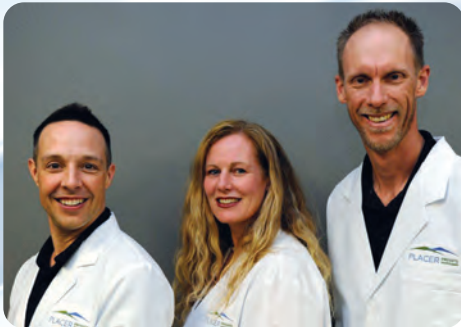
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Library News

Sandy Melnick, Library Volunteer

Have you been to our wonderful Kilaga Springs Library lately? If not, you are missing one of the highlights of Lincoln Hills. We not only have books of multiple subjects, but also many items you do not know about. Do you like driving your car and listening to books on CD? We have racks of these. How about movie DVDs? Again, so many to choose from. For the people who are having reading difficulties, we have an enlarging machine as well as large print books on many subjects, including Reader's Digest books. Not only do we have novels, but also biographies, history, and politics. Look around the library (high and low) and introduce yourself to many hours of delight.

Remember that both our libraries, Kilaga Springs and Orchard Creek, are on the honor system. That means that we do not check out books but ask that you return all books in a timely manner. All of our books are donated; we do not purchase any books, CDs, or DVDs. Donated books need to be published in 2012 or later. If you need assistance finding any item, please ask one of our volunteers.

My latest read is *Clementine* by Sonia Purnell, the story of Clementine Churchill, wife of Winston Churchill. The biography tells the story of the interplay between husband and wife during the worst and best of years. Fascinating! You can find this book in the biography section under Churchill.

Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).



In Memoriam

James Hughes Wyatt

Jim was born and raised in Oakland, California. After college he joined the California National Guard. He married Lynne in 1967 and they traveled in Europe for business for a year. Jim worked for the Railroad for 34 years and enjoyed fishing and building fishing rods in his spare time. After moving here Jim was active in Softball. He is missed by his dear wife, Lynne and son, Eric as well as many 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 at 916-434-0749.

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VOLUNTEER OPPORTUNITIES!

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- **Clubs & Community Organizations Committee (CCOC)**

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

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Contact information for clubs can be found on the Resident Website under the clubs tab or by requesting a handout at the Lifestyle Desks.



Club News



Amateur Radio

The Amateur Radio Group will participate in the Western Placer County Amateur Radio Club Ham Fest on 15 September. The Ham Fest is an annual event held in McBean Park which enables amateur radio operators to swap or sell surplus equipment and visit with vendors to examine the latest amateur radio equipment on the market. LHARG is the emergency communications group for Lincoln Hills and the City of Lincoln. The LHARG operates a repeater at 443.225 MHz with a PL code of 167. If you are an amateur radio operator or want to become one, join LHARG members on Monday nights at 6:30 at the South Gate Entrance to Lincoln Hills to learn about the LHARG and the community projects.

Website: www.lharg.us



Antiques Appreciation

On Labor Day, September 3, the program will be presented by one of our members, Clare Fletcher. Featured will

be inkwells from the early 19th century through the 1950's. The presentation will include very simple glass bottle forms to larger, whimsical pieces made from materials such as pottery, cast iron, glass, porcelain, shell, and stone.

Remember this was when people wrote with pen, ink, and paper? A very nostalgic look at writing from the past. Can you imagine? Someone actually wrote a letter and put a stamp on it! We meet in the Heights and Gable Room (OC) on the first Monday of every month. 10:00 to 11:30 AM. Finish out the morning with a nice lunch at the Meridians and a visit with other collectors.



Astronomy

Thursday, August 16, Telescope Interest Group (TIG). Observing at the Sports Pavilion. Telescope viewing will be from 8:00 to 10:30 PM. Contact Bob Collins.

Monday, August 20, Cosmology Interest Group (CIG)

Fine Arts Room (OC) 6:45 PM. Cosmology is starting a new lecture series on Radio Astronomy.



Radio Astronomy astronomers can see in different wavelengths get additional information not available visually. 2 Lectures on Radio Astronomy: Lecture 1, Radio Astronomy and the Invisible Universe. Lecture 2, Thermal Radio Emissions: The Planets Contact Morey Lewis for more information.

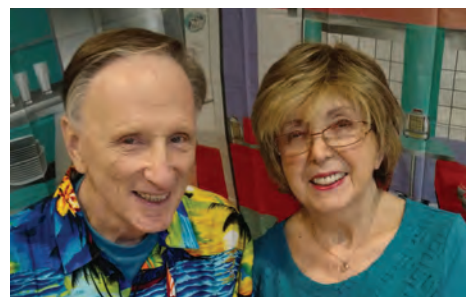
Wednesday, September 5, LHAG General meeting 6:45 PM in the P-Hall (KS). John Combes will present an update on New Horizons trip to Pluto and beyond. Visit our website for more information.

Website: www.lhag.org



Ballroom Dance

On August 4, club members came out in force to celebrate all that was "The 50s". We jived, twisted and waltzed to the oldies, enjoying memories of a simpler time. The "malt shop" décor, root beer float refreshments, and



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member's attire reminiscent of the era emphasized the popular theme. Waltz lessons taught by Belinda and Nancy continue during August. They will teach the popular Fox Trot each Tuesday in September. If not a member, you may attend a couple of lessons before committing. Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples, and singles. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM.



Big History

It's been asked over and over during this first year as a club: just what the heck is Big History?

The short answer: it's a multi-disciplinary approach encompassing 13.8 billion years — from the Big Bang forward. David Christian, an Australian professor who co-founded the Big History Project with Bill Gates, describes it as "a single coherent story that will explain how everything came to be the way it is, how we fit in and where perhaps everything is going" (www.youtube.com/watch?v=4VICS9clugo).

Club sessions resume September 17 (we are up to the agricultural resolution circa 10,000 BC). We meet at 10:00 AM the first and third

Mondays in P-Hall (KS). Please visit our website for further details. **Website: www.bighistorysclh.com**



Billiards

The Women's Tournament is every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is



George Miller 1st 2nd Jane Murphy.
Randy Fann

for new and returning players (men and women) you do not need anything to play just show up and see what we have to offer. Remember it's free.



Bird

On Friday, September 7, we start our fall birding season with an outing to the Woodland Wastewater Treatment Plant. This will be a driving trip with frequent stops along the way; so, we should enjoy a nice variety of birds. The group will stop for lunch in Woodland.

The upcoming September 10 meeting will feature a presentation



American White Pelicans having their July breakfast at Ferrari Pond.

by John Garfein. He recently returned from a trip to the Islands of the Scottish Coast, the Faroe Islands, Iceland, and Greenland. This is not only a beautiful area but has a wonderful diversity of birds.

Our monthly meetings continue to be on the second Monday of each month in the P-Hall (KS) at 1:30 PM. Remember to check the website for activities throughout the fall.

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instructions and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no

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Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

We will discuss *A Gentleman in Moscow*, by Amor Towles, during our meeting on August 16. This is a 30-year saga of Count Alexander Ilyich Rostov, who is placed under house arrest inside the Metropol Hotel in Moscow in 1922 because of his 1913 revolutionary poem.

Schedule, remainder 2018:

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

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

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

December 20: Holiday Luncheon. We meet for book discussions on the third Thursday of the month at



Book club members enjoying the annual Tea in July

1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

Website:

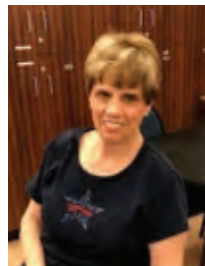
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Bridge, Duplicate

If you want to learn duplicate bridge, there's never been a better time. Join millions of people who are hooked on this fascinating game. There are several ways to learn: Ask a friend or relative. Sign up for group lessons. Try teaching yourself with books, websites or bridge software.

Gayle Koedel taught bridge to our Lincoln Hills Community for years. Gayle is now enjoying her "retirement" from teaching. She's earned it! Her popular classes helped many people to learn or improve their game. Gayle has served on our



Gayle Koedel

Board, chaired the Education Committee and made many other generous contributions.

Games are played at Kilaga Springs (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

www.bridgewebs.com/lincolnhills




Bridge, Partners

Call club phone numbers on SCLH Resident website or show up with a partner in Sierra Room(KS) by 5:30 PM Thursday. Play begins at 5:45 PM, finishes by 8:30 PM.

Winners: June 28-First: Linda Theodore/Janet Pinnell with high round of 2200; second: John Butler/Byron Hansen; third: Barbara Bryan/Reta Blanchard tied with Frank Kamienski/Jay Southard. July 5-First: Warren Sonnenburg/Larry Mowrer with high round 1580; second: Dee Cole/Ed Hartnett; third: Janet Pinnell/Linda Theodore; fourth: Bev/Allan Blaine. July 12-First: Lorraine Minke/Joe Phelan with high round of 1620; second: Erica Wolf/Edith Kesting; third: Dianne Conforti/Linda Scott; fourth: Chris Jacobson/Chuck Dietz. July 19-First: Judy Olson/John Griggs ; second: Edith Kesting/Erika Wolf; third: Nancy Turrini/Lydia King; fourth: Mary Bailey/Judy Barkhurst. Carolyn/Bob Calmes had high round 1720.

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Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:25 PM. Reserve your space by contacting Pat Mullins. Winners from June 22 to July 20: First Place: Lois Burke, Pat Mullins, Johann Kiesel (twice), & Yvonne Jacobson. Second Place: Byron Hansen (twice), Judy Ganulin, Frank Kamienski, & Harry Collings. Third Place: John Butler, Jay Southard, Warren Sonnenburg, Byron Hansen, & Judy Ganulin. Fourth Place: Joe Phelan, Judy Ganulin, Jodi Deeley, Kurt Wolff, & Jaylene Gerdes. Congratulations to Marge Phillips & Byron Hansen for making a 7NT Grand Slam. Bob Calmes and Jim Monnin made a 7D Grand Slam also! Classes are Wednesdays, Card Room (OC). Drop in, no sign-up.



Bunco

In July, the Bunco group welcomed a new player Carole Galbraith. As beginner's luck would have it, Carole won the prize for most Wins. What is with Kathy Gire scoring 57 points in one game including three of a kind back to back. Great job Kathy just for that you won the loser prize!

Please consider joining us for a morning of laughter, fun, and friendship! Bunco is a

non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM.

July Winners: Most Buncos – Gail Emery; Most Wins – Carole Galbraith, Most Losses – Kathy Gire; Traveler – Barbara Conner. Next Bunco is Thursday, August 16.



Ceramic Arts

There are still two weeks left to see the Art in the Alcove show at OC. There are pieces shown from all ability levels, and some are for sale so check it out. If you're interested in getting your hands dirty, come play with clay in Tuesday or Thursday classes. We have terrific teachers and welcome new potters. Earthenware and Spanish Oils have open studio Sunday afternoons at KS.

Kudos to our die-hard artists who stuck it out for three days without air conditioning. Art is everything! New solar screens were installed in July in the Ceramics room, and we're enjoying the results. Open studio is on Friday afternoons.



Chorus

On September 4 the Community Chorus will return from its summer break and begin rehearsing for its mostly Christmas concert on December 9-11. After contributing so much to our success



Paul Melkonian and Nina Malone

during the past year, Paul Melkonian and Nina Malone will also return to direct and accompany us again.

At the start of every season we invite new members to join us, so if you like to sing here's your opportunity. All voices are welcome, especially those with some choral experience. If you're unsure about committing yourself, take a free trial run with us for three weeks. You'll get plenty of help from computerized music files for home practice and sectional and full rehearsals Tuesday afternoons. Check our website for more information and contacts.

Website: www.lincolnhillschorus.org

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16th Anniversary Celebration. Dress in 50s-60s duds (poodle skirts and saddle shoes are good) or whatever is comfortable. The date is Tuesday, September 11, from 5:00 to 8:00 PM in the Ballroom (OC). Dinner is a buffet of Chicken, Tri-Tip, and the trimmings. Cost is \$30 per member; \$40 for those who have not yet come over from the Dark Side. Andy Petro will again emcee the evening and hopes you will learn at least two new things. Checks to: LHAUG - Bonnie Esker - 934 Gold Nugget Circle. Be there or be square.



Sock Hop

Website: lhaug.org

PC



Main Meeting September 12, 6:30 PM sUAS (commonly referred to as "drones") and their effect on your lives – Pete Beckett. References to drones seem to be "everywhere" nowadays! In this presentation, Pete will at-



Pete Beckett

tempt to provide factual information on their current status within USA society and show a little about the many uses that the technology enables – some of which might surprise you! The term sUAS will be defined! Regulations governing the use of sUAS will be discussed, focusing on the differences between those related to professional/commercial (FAA certified) and hobbyist (self-regulated) operators. Some military uses for sUAS will also be illustrated. P-Hall (KS). Ask the Tech: September 28, 10:00 AM informal Q & A session for any and all technical questions (OC).

Website: www.sclhcc.org



Country Couples

Country Couples features choreographed dances; cha-cha's, waltz's, rumba & more! This makes it easier for men, eliminating the added pressure of having to lead a dance solely. Women like it because they know what their partners next step will be. Perfection is not expected here. Our desire is that you have fun learning a new dance, meeting



Irene, Ivan, April, Randy, Gary & Laura

new friends and enjoy socializing. Beginner classes taught Monday evenings at (KS) from 7:00 to 8:00 PM with Saturday practices included. News on our July Picnic Dance will be coming soon. Our next dance is September 22.

Note: Six Country Couples members auditioned for Vaudeville (Eleven Left Feet and A Bad Knee) and performed three sold-out shows on July 6 and 7. Anyone can try out! Happy Summer!




Cribbage

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score. The weekly winners for June were Sue Cirerol, week one, Larry O'Donnell, week two, John (Guest), week three, Dennis Morin, week four. We always welcome new players.



Cyclists

As we age, some of us find that riding our bikes has



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Sun City (LH) Helping Our Outstanding Lincoln Schools

You're invited to hear Scott Leaman, Superintendent of WPUSD**, discuss the current direction for our local school district. As we did at last year's Annual Meeting, we'll have a Q&A session at the end so bring your questions.

When: Wednesday, 19 September, 10AM – noon

Where: Kilaga Springs Presentation Hall

All Sun City Lincoln Hills residents are welcome!



After Scott's presentation, there will be a short session on the SCHOOLS program and how our Sun City Lincoln Hills residents participate in the Lincoln classrooms.

If you would like to know more about volunteering in Lincoln schools, check our website for more information and contacts.

<http://schoolssuncity.org>

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become problematic. Thankfully, there is a solution, E-Bikes. Many of our members have already become E-Bikers and are enjoying their experience. E-Bikes have advanced electric motors that enhance your pedaling power, allowing you to meet your fitness goals. E-Bikes require that you pedal while providing assistance to enhance your pedal stroke. There are various configurations to choose from, depending on your riding style. No need to stop riding and enjoying the outdoors. An E-Bike Demonstration Day has come to my attention. It will take place at McBean Park in Lincoln on Thursday, August 30 from 8:00 AM to Noon. You will have the opportunity to test ride the many styles of E-Bikes now available.

Website: lincolnhillscyclists.com



Fishing

That's why it's called fishing, right? Our members dream of fishing at many places and hope to catch one, why not? Many of our members have left for fishing holes near and far, to escape the heat and also to have fun and enjoy friendships. Take advantage of guide services and offers; they know the places. Start your journey or resurrect it, become a better fishing person by meeting new



A monster catch

fishing partners. Join; \$20 dues. Enjoy our annual BBQ's & Holiday dinner, come to a monthly meeting; second Monday P-Hall (KS) at 7:00 PM. YouTube – your access to great videos on fishing – you will be surprised. To join, contact Ralph or Henry.



Garden

Back by popular demand from surveys, we're offering a repeat of a Summer Social "Gardeners Table Talk" on August 23, 8:00 to 10:30 AM, Sports Pavilion. However, there will be four different topics this year and an assortment of breakfast snacks. You must be pre-registered as this is not a drop-in social since each person is assigned a table rotation for each of the topics when you check-in. There is no charge-members only. Registration deadline is August 17, or until all spaces are signed-up prior to August 17. Contact: Lynne Gaunt.



Victor Jew, Jackie Stoll, Marie Salers, Karen & Mark Worley

This social is in lieu of a General Meeting this month. There will be another Social later this year... look for details in the August and September emails and publications!
Website: lhgardengroup.org



Genealogy

The next Genealogy Club presentation will be held on August 20, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Kim von Aspern Parker will be addressing "Adoption Research?" Kim von Aspern Parker speaks and blogs about genealogy. She provides private genealogy investigation services from her Sacramento office and has worked as a professional genealogist for more than 15 years.

Members should come a few minutes early to check in and receive your door prize



Kim von Aspern Parker

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ticket for an All-In-One printer. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests. Always check the LH Genealogy website for handouts. For more information contact Maureen Sausen or Bob Ringo.

Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

The July NetChix was awarded to Valerie Green and Yeong Ja Hur, each recording a net 68, on the Hills. Dee Arts fired a net 71 for first in Flight One, followed by Jody Watson, with 75, one stroke over Loretta Kuechle. June James and Karen McGraw tied with 71 for Flight Two, but first went to June for her better back nine, including the CTP on Hole 16. Donna Brinkerhoff placed third. Then in Flight Three, Liza Valencia earned first with a 72, edging out Mikie Briggs by one stroke. Dell Parker was third with 74. Sandra Rushing and Pat Morgan tied with 73 in Flight Four, but Sandra won the tiebreaker for the first place spot. Rosemary Heckman recorded a 75 for third.

Website: ihlgxviii.com

Lincsters

The Lincster Golf Club currently has 133 members. They will hold their Club Championship on

two separate Wednesdays, August 8 and 15. To qualify, members must have played twelve postable games from September 1, 2017 through July 31, 2018. The tournament will be followed by lunch in the Secret Garden. A Tin Cup Tournament will be held on August 29; this is also a FYOF day and will be followed by lunch. The Lincsters welcomed three new members in the past several months: Lee Jordan, Donna Sosko, and Marlene Anderson. The following members have been awarded Golfer of the Month: Kathi Carlock, February; Bev Johnson, March; May Lyau, April; Clareen Bolton, May. Congratulations to each of them.

Website: lincsters.com

Golf Men's

First Net score winning teams from the Two Man Scramble were, Mike Munro/Barry Reed; Robert Davies/Doug Hinchey; Rich Miller/Jerry Sommerhauser; Mercer Tyson/George Wuschnig; Richard Campbell. First Gross



Gene Andrews, Pete Saco, Bruce Lyau, Steve Thornton and Roger

score winners of the Two Man Scramble were Glenn Arney/Bob Schoenherr; Bruce Lyau/Steve Thornton; Roger Cummings/Virgil Dahl; Ron Dawson/Jack Dillon; Rick Garcia/Dick Thornton. September 18 Two Man Best Ball on the Hills followed by awards dinner with spouses and club sponsors. The Flight winners from the June, Two Man Better Ball Tournament were teams; Alan Elsey and Jim Pulliam, Tom Anthony and Ron Avanzino, Jim Smyrak and Paul Fellner, Bob Arts and Paul Carr, Dean Brumley and Bob Napoli.

Website: mgclh.club



Healthy Eating

At one of our recent club meetings, members were asked how many were already committed to reducing the amount of meat in their diets and nearly everyone raised their hand. But less than five of our members are true vegetarians, and even fewer are vegans. Let's face it; not many are willing to remove all meat products from their diets. We discussed "Reductarian," a term describing anyone making an effort to replace much of the meat consumption in their diets with healthier plant-based products, and that is the status of most of our members. If the nation as a whole could adopt this eating

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style, it would have very beneficial effects on our individual health, on our nation's health care crisis and the environment.

Website:

HealthyEatingClub.wildapricot.org



Hiking & Walking

It is said that as we age, it is important to meet new people, build new relationships and to enjoy the benefits of wide-ranging social networks. Our group did just that at Pescatore Winery on June 30. A round of applause to Susan for coordinating this fun event! We have a number of opportunities to meet new people and develop new friendships with the upcoming hikes to Peter



Sip and Dine at Pescatore Vineyard and Winery in Newcastle.

Grub Hut at Donner on August 16 and Genevieve and Crag Lakes at Meeks Bay in Tahoe on August 21. If staying close to home is more your style, join us on Wednesday mornings at 7:30 AM to walk our neighborhood trails. For more club information our website is the go-to place. Summer mantra-hydrate, hydrate, hydrate!

Website: www.lincolnhillshikers.org



Investors' Study

We're heading into the Fall with a bang. Russ has speakers lined up for the rest of the year, and many of us look forward to our annual Christmas/Holiday Party on December 6. Note your calendars because you won't want to miss this special event. This month all residents, as always, are welcome to join us at 2:30 PM, Thursday, September 6 in P-Hall (KS) and can look forward to refreshments immediately afterward.

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



Lavender Friends

When Robin Richie walked into her first rehearsal as Director of the Sacramento Women's Chorus eight years ago, there were 18 members. Now there are more than 100. Over the years,

she introduced choreography and has taken the chorus across the region to perform, "singing every chance we have to let people know we are here." It appears to be working: Their spring concert was sold out. She expects the winter concert also to sell out.



Robin Richie

Richie and her wife, Dru, have been members of Lavender Friends, which serves the LGBT community, since moving to Lincoln Hills in 2013. Check out the chorus' upcoming events at sacramentowomenschorus.com.

Website: www.lavenderfriends.com



Line Dance

The line dance group is having our second dance social on Sunday, August 19, in the ballroom at OC from 1:00 to 4:00 PM. If you take a line dance class, you are invited to attend. Come for an afternoon of dancing and socializing. All levels of dance will be done. We are so fortunate to have such great teachers and helpers here. They will be going over the dances so that we are familiar with them. Since there is a walkthrough for each dance,

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it might be the time to try something new. There will be one more event this year. That is our holiday party held in December. Always good to see all our dancers on the dance floor having fun.



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 . Play continues until Noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. If you have any questions, please call Bruce Castle or Marsha Ross.



Mah Jongg, National

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

interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran so she can put you on the list for the next session which will begin in early September. Lessons are weekly, lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!



Motorcycle

On July 14, Road Captains Patrick Chaves and Don Bowden led a ride through some cool Sierra high country featuring a great breakfast stop in Georgetown at the Divide restaurant. On August 11, Head Road Captain Don Heyde will be leading the way up to Chester and Lake Almanor. Coming up on September 8, Club President Doug



Meeting up before heading to Georgetown

Sterne will be leading a ride to Bodega Bay. 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 Multipurpose Room (OC) Guests are always welcome! The next meeting is on August 23. "Ride Safe - Ride With Friends"



Music

Join fellow musicians at the Wednesday, August 22 Music Group meeting! Meetings are held in the Fine Arts Room (OC) 6:30 to 8:30 PM and include musical performances, group songs, and a group jam. Go to the website to download the August group songs. (Password: musicgroup) Bring your instrument and share your music or just come and enjoy a fun musical evening. (Performers: 2 song limit, please.)

Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Contact Ron Peck for information. Check the website for the latest group information.

Website: LincolnHillsMusicGroup.org



Needle Arts

Join us September 11 for our next general meeting, P-Hall (KS) 1:00 PM. Our Speaker will be Janet Paehlig. She is the owner of Tenaj Creations, and her studio is Embellishments Artist Studio. Needle Arts does not have a general meeting in August. Our breakout groups are still meeting in August so check the calendar on the website or on the Sewing Room window (OC).

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Talented Needle Arts members show their work in July

Needle Arts Club fall Mercy Retreat is canceled. Save October 11 for a trip to Quiltfest in Santa Clara. Lincoln Hills will have a bus going. Keep your eyes open in the *Compass* for details and sign up information. For more information on the Needle Arts Group visit our website. **Website: www.sclhna.com**



Neighborhood Watch

Because our volunteers are a valuable and essential part of the Neighborhood Watch program, Neighborhood Watch is hosting a FREE "Volunteer Appreciation Dessert" on Friday, September 14, from 6:30 to 8:30 PM in the Multipurpose Room (KS).

Neighborhood Watch needs directors to serve on its board. Besides providing guidance and assistance to village coordinators and mailbox captains, directors interact with the community to strengthen neighborhood ties. This volunteering opportunity brings

with it a sense of pride and satisfaction in knowing you're giving to the community. If you're already a coordinator or captain, don't hesitate to take the next step. For more information about being a director, contact Linda Minor or Pauline Watson.

Website: www.SCLHWatch.org



Painters

We will welcome landscape painter Denise Wey to our August 21 meeting in the Fine Arts Room (OC) at 2:00 PM. Members are encouraged to bring work to share in our Show & Tell segment.

Clear out your unused art supplies and bring them to our September meeting's auction/fundraiser. Proceeds will be used to continue our exceptional line-up of artist demonstrations. In October Cynthia Charters, talented artist & retired UCD art professor will present another of her thought-provoking lectures.

In November we will unveil our "Water" Challenge entries. Remember that the Plein Air group is still hard at work, check with



Volunteers, join us for free dessert.

James Brunk for information. Open Studio is scheduled for the fourth Monday 5:30 PM in the Fine Arts Room (OC).



Paper Arts

At our August meeting, we enjoyed the return of the club's popular "Demo Day." Members demonstrated techniques and tools that can enhance our paper crafting. Stop by our next Open Lab, our informal drop-in session for members, on August 16, from 9:00 AM to 12:00 PM in our meeting room (KS). Work on your projects and share ideas with others. Check out free items. Open Lab is held the third Thursday of the month.

Hop on the bus with us as we travel to Sacramento's annual Stamp & Scrapbook Expo on October 19. Check the *Compass* for details.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). For further information, contact: Dottie Macken or Margaret Hornsby.



Lori Lucchetti and Gail Blask led our July project

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Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there. Contacts: Denise Jones or Doris DeRoss.

Photography



July was our first General Meeting with our newly elected club president, Jim Moon. He held an open discussion forum up to explore members' evaluation of past club activities; specifically what is working and what — if anything — is missing or can be improved.

One of the topics the group discussed is exhibiting our photography. We have shared a long and successful exhibiting relationship with Simple Pleasures

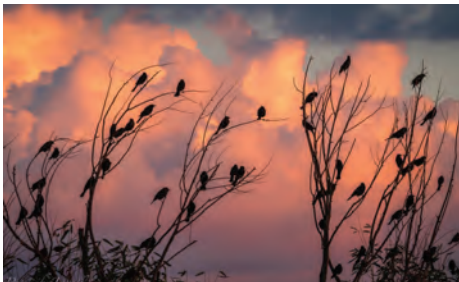


Photo by Patrick Jewell

in Lincoln. Annually, our exhibit coordinators present a challenge to members. This year's challenge was 'California Missions' which will be the theme of the next Simple Pleasures exhibit opening on July 23. Be sure to stop by for lunch and check out the many beautifully photographed California missions.

Website: www.lhphotoclub.com



Pickleball

You don't have to be a member to play in the Pickleball Club's September 13-15 Fall Classic tournament. All Lincoln Hills residents are invited. It will be a mixed doubles format divided by skill level. The \$10 fee includes a t-shirt. Entries and more information at www.lhpickleball.com. Sponsors are Paula Nelson Realtor Sun Ridge Real Estate, Schaack Physical Therapy, and Coldwell Banker SunRidge Real Estate.

Want to learn to play?

A free introduction for all residents is offered most Wednesdays



Tom and Jody Watson look for gold this year.

at 1:00 PM. No reservations or paddle necessary. Saturday introductions are at 11:00 AM September 22 and October 27.

Club members may join in league competitions and lessons. The club likes to party and play: fall social September 19; holiday party December 13.

Website: www.lhpickleball.com



Players

The Lincoln Hills Players group has been very busy this summer with a successful sold-out performance of "Bermuda Avenue Triangle," directed by Becky Nicholson. Plus, our "FREE" Readers Theatre presented two episodes of the Radio Show "Easy Aces," with Director Paul Gardner and assistant directors, Nick Gerenday and Chuck Harrison.

Stay tuned for the LH Players fall production for our main stage show written/directed by Paul Krow entitled "Marquee Memories." This will be a show stopper of excerpts from past Broadway shows with song, dance, and skits from successful musicals such as "Gypsy," "Annie Get Your Gun," "Kiss Me Kate," "How to Succeed in Business Without Really Trying," and "Bells are Ringing." Performance dates are November 15, 16 & 17 Ballroom (OC).

Website: www.lhplayers.org

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Poker

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

Effective with the New Years all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. The new plan ensures play so come on down and join the fun. Any questions, contacts: Lynne Barsky or Arnold Baker.



Eileen Hacker in Ms. Larson's 3rd grade class at Creekside Oaks



(KS). You're invited to hear Scott Leaman, Superintendent of WPUSD discuss the current direction of the district. There will be a Q and A session at the end so bring your questions. Visit our website for information and call to volunteer. We need YOU!

Website: schoolssuncity.org

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



It's time to sign up to volunteer in our Lincoln schools for the 2018-2019 school year. Teachers are requesting our eager helpers in Pre K through 5th grade. Our polling from last year showed that volunteers averaged 3 hours a week in their classroom. If you want a rewarding experience and enjoy working with children, we have a place for you!

The SCHOOLS annual meeting will be held on Wednesday, September 19, 10:00 AM at P-Hall



SCOOP

Reminder to all that the Sun City Organization of PETS now includes all creatures, great and small so, whether you share an interest and/or your home with a dog, cat, bird or ?, this club has a lot to offer. Our speaker for our August meeting was a Loomis Basin veterinarian covering the topics of dental care and euthanasia. For the June 5 meeting, we had a very good turnout for a talk by the founder of Fieldhaven Feline Center.

Be sure and plan a visit to the

wonderful new state-of-the-art facility for the Placer SPCA (200 Tahoe, Roseville). It is amazing and so worth a visit. Our next meeting will be Tuesday October 2, 11:00 AM at OC.

Contacts: Michele Murphy or Ginger Nickerson



Scrabble

We invite you to join us every Monday afternoon at 1:00 PM in the Card Room (OC) for a friendly game of Scrabble. All materials are provided and all levels of play are welcome. It's a good way to spend a hot summer afternoon. Come and try it out.



Singles

We finished the month of July by attending a Lincoln Potters Baseball game. A great time was enjoyed by all! August 16, 4:30 PM dining out at PF Chang in Roseville. August 23, 6:00 PM is our Social in the Ballroom (OC.) September 2, 4:00 PM we celebrate members birthdays in the Sports Bar. September 6, 4:00 PM cocktail time at Pink Martini in Roseville. September 13, 6:00 PM, business meeting and talent show at KS. September 15, 9:00 AM is our Second Saturday breakfast. Join us for only \$15.00 a year and you too can join in on all the fun we have!

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Ski

Planning is underway for the 2018/19 ski season. August will be the last month to sign up for the getaway trip to Whistler, British Columbia, scheduled for February 10-16, 2019. We are also planning a three-day ski trip to Heavenly Valley in mid-January, 2019; details to follow. We also have parties planned. Add to your calendar September 20, 2019, for our annual pre-season potluck party, and December 17, 2019, for the Holiday party to be held at Turkey Creek. Enjoy summer but get ready to do the snow dance this Fall!

Website: www.LHSkiClub.com



Softball

The top spots in our ten-team summer league are held by Carolan Properties, Don's Awnings, Atherton Wealth Management and Siino's Pizza/Pasta Grill. Come on out to Del Webb Field (DWF) on Monday and Wednesday mornings to catch the final games of our summer league season.

A wonderful example of real softball drama occurred recently when the gutsy Schaack Physical Therapy team staged an amazing 17-run comeback to catch league-leader Carolan in the last inning to win 30-29. Truly magical.

Regular season games end on

August 15, and the playoffs will be held between August 20-29. Our year-end banquet will be held the evening of August 29.

Our Coyotes are hosting many great regional teams in a tournament at DWF from August 30 to September 2.

Website: lhssl.net

Coyote Softball

Coyote 70's. The 70s Win in Ripon, Take 2nd in Yuba City. The 70 Lincoln Hills Coyotes have gone 7 wins and 2 losses in their last two tournaments, going undefeated in the Ripon Tournament 4-0. In the Ripon Tournament, the Coyotes defeated one of better teams in the state, Omen, who had beaten the Coyotes twice this year by one run each.

Coyote 75's. The 75s went 3-1 in the Ripon tournament July 14/15, winning their third tournament championship this season. Jim Zentner led the team with a terrific .833 on-base percentage. Forrest Burkett was second with .714. There were a number of stalwart defensive plays, including an astounding catch of a blazing line drive by Barry Cunningham.



Sports Car

The month of July was a great touring month for our club members. We left the hot temperatures of Lincoln and traveled south to the city of Lodi.

Woodbridge housed the venue for lunch; then our group toured a local winery. A few days after the Lodi tour, we toured Beale Air Force Base. Forty members had the privilege of going on base where the U2 Airplanes are housed. Many questions prevailed regarding the space suits, physical pressures on the body, and diet prior to flight. If you have a sports car and like touring with great people, come to our meeting the First Monday of the month at P-Hall (KS). Meeting time is 6:30 PM.

Website: lhsporcars.com



Sun City Squares

Sun City Squares welcomed July with a fun Fourth of July party, lots of good food, and beautiful dancing. Square Dancing is a lot of fun so if you are curious about it come and check us out!

We welcome singles as well as couples, and if you have not danced in a long time or if you have lost a partner, we are very happy to help you learn again and have a great time.

Please come and join us! Sun City Squares meets at Kilaga Springs. *Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

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Swimmers & Water Walkers

Happy Hour at OC outdoor Thursday, July 19 was a great time although a bit warm at over 100 degrees.

Our next major event is our potluck on Monday, September 17 Sports Pavilion, 3:30 to 6:00 PM.

We will have a short meeting before and will be accepting nominations for leaders for 2019. Tickets still available at the potluck for a chance at a gift certificate. Deb Dunipace graciously donated all the paper plates, napkins, etc. so money from the tickets will be used to purchase soft drinks, water, some extra food and possibly a dessert. Hope to see you all there. Contact Jean or Suzan for questions. Stay cool and enjoy the water!



Table Tennis

July 8 Sun City Roseville gave 14 from our Lincoln Hills club a great time of play followed by burgers and hot dogs with all the trimmings. While we won't be serving food, please consider playing a bit Tuesday 6:00 to 9:00 PM, Friday 8:00 to 11:00 AM or 12:30 to 5:00 PM Sunday. Thank you, Marc Fong, for instigating our trials period of July singles play at 3:00 PM. We will evaluate this for possible future singles times. Thank you Lavina Samoy for our new table at #1 position. We hope to have our second new table in operation soon. Doug Ridgway selected this table. The net on this table has "thumb-screw" drives that raise or lower the net. Way to go Doug!! Warren.



Tap Company

The Tap Company is looking forward to the new year of dancing, new people joining us, and new dances to learn. Check out the *Compass*

for the schedule of classes. Want some exercise? Want some fun? Want to meet new people? Want to renew old friendships? Come join us! Alyson is a wonderful teacher, who enjoys teaching those of all levels of tapping ability.



Tennis

Singles tournament results: Women 3.0: first Liz Stapleton 4-0, second Linette Ingram 3-1. Women 3.5: first Paula Dwelly 3-0, second Valerie Green 1-1. Men 3.5: first Ken Newell 7-1, second Bob White 4-3.

Two USTA teams competed at the 65+ NorCal Sectional Championships held in Oakley June 18-20. Captain Jerry Dong's Men's 4.0 team and Helen Berott's Women's 3.5 teams both won their local Sacramento area title to advance to post-season competition against other NorCal teams. Click USTA/SATA on our home page at sclhtg.com for their rosters, schedules, and results. Competitive home play is often on Wednesday and Saturday mornings starting at 11:00 AM and using courts 1, 2 & 8 and/or 5, 6 & 7. Come on out to see some good competitive tennis.

Website: www.sclhtg.com



Vaudeville

What a show! The sold-out Vaudeville Show is now behind us, and we are all looking forward to next July. The acts this year entertained our audiences with song, dance, and comedy. With new lighting in the Presentation Hall, the tech crew did an outstanding job, and the show took on a more professional appearance. There was a special ending to the show this year with Dolly's Premier Dancers and vocalist Isobel Hersch performing a mini version of the Broadway production, CATS. Dolly is moving



The cast of CATS with Vocalist Isobel Hersch

out of the area soon, and this was the last performance of her Premier Dancers. We will miss her outstanding choreography and mentorship and wish her good health and goodwill in her future endeavors.



Veterans

Teresa Koch, a senior peer counselor for Placer County Health and Human Services, will be the speaker at the August 16 meeting at 1:00 PM in the P-Hall (KS). Senior peer counseling is a free, voluntary, in-home program for Placer County residents aged 55 years and up who are dealing with age-related adjustment issues, such as loss of a companion, medical diagnosis, physical disability, retirement, or relocation. Peer counselors work with people on issues such as grief, caregiver stress, change in independence, family conflict, loneliness, situational depression, anxiety, change in health, and other age-related concerns.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on September 3 and 11, Labor Day and Patriot Day.



Water Volleyball

Summer has really become our most popular time to sign-up to join our club. Your first day in the water will be Saturday morning, one of our most popular time slots to play. You'll have a buddy to show you around making this first time just the



The popular and very fun Ladies Night June 19

beginning. Mark your calendars for fall starting with our potluck at the Sports Pavilion on September 9 from 5:30 to 7:30 PM. We will enjoy great food and grass volleyball. On October 13 will be the Fall Fling at the P-Hall (KS). This year's theme will be Hawaiian. Details will be announced later. Questions can be sent to our email sclhwatervolleyball@gmail.com. Our website has pertinent information that keeps our members knowing "what's happening." See you in the water!

Website: lhwatervolleyball.com



Woodcarvers

Currently, in the display windows at Orchard Creek, there is an excellent display of woodcarvings by members of the Woodcarvers Club. The window display has a range of styles and skill level which is a representation of our club members. Like any hobby, some have a natural ability to create a finished product in a short time with almost no help. Others may take a little longer utilizing assistance such as books,



Carvings by Dan Batliner

videos, classes, or help from other carvers. Woodcarving is a rewarding hobby, and the club is a place to share that common interest and make new friends. If this is an interest, please come by and see us in action. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room.



Writers

Writers are enjoying summer vacations, as well as writing. We meet the second, fourth, and fifth Monday evenings of the month in the Ceramics Room (OC) at 6:30 PM. The July meeting on the fifth Monday had several writings about "Independence." We always think of it in relation to our country at this time of year, but there are many facets to this subject. Independence now, instead of dependence on what? You name it - then write about it!

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Alzheimer's-Dementia Caregiver's Support

The Grants Committee of the Lincoln Hills Foundation recently received an activity report from Del Oro Caregiver Resource Center that demonstrates that Del Oro services are in demand. It's rewarding to know that our Caregivers are getting some time off from a 24/7 job, and getting counseling and consultation services when needed. Quotes

from a Caregiver survey taken last month speak for themselves: "Absolutely wonderful people to deal with and they are very smart, helpful, and knowledgeable. Makes be breathe easier;" "My husband thoroughly enjoys going (to the R&R program). He doesn't remember going, but is very happy when he leaves."

Last month, through the thoughtful generosity of the Lincoln Woodcarvers, our Caregivers were given hand-carved Comfort Birds for additional support on their mysterious journey.

Contacts: Jo Fratessa – 916-408-7209; Al Roten – 916-408-3155; Cathy Van Vetzen – 916-409-9332



Thank you to caring Lincoln Woodcarvers



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support

meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be September 12. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Siinos on Wednesday, August 29 at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan Logue.

Contact: Joan Logue – 916-434-0749 or joanlogue@scglobal.net



Bosom Buddies

Our August meeting, a luncheon at The Timbers in Sun City Roseville, gave us the opportunity to thank our outgoing officers and welcome the new ones. Patty McCuen succeeds Peggy Ryan as president, while Kathy

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Patty McCuen, incoming president.

Woodward takes over for Val Singer, and Corinne Ehlers remains as secretary. Cheryl Karleskint has served as treasurer, and – so far – the position needs to be filled. Cheryl is willing to train anyone who volunteers, so here is a good opportunity to get involved.

September’s speaker, Michelle Jamieson, will talk about the importance of movement to cultivate

self-awareness, focus and attention, and self-regulation, all of which are important in dealing with stress. Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room.

Contacts: Marianne Smith – 916-408-1818; Patty McCuen – 916-408-4185



Low Vision Support

Meeting, Fine Arts Room (OC), Tuesday, September 4, 2:00 to 4:00 PM. “Sharing Our Stories,” Facilitator, Joan Brant-Love. Here is an opportunity to share our experiences and take away lessons learned from each other that we can apply in our own lives. We will break into small discussion groups moderated by members of our steering committee and talk about our personal journeys with vision loss. The final part of the meeting will

be a recap of all of our discussions.

Note: Caregivers in attendance will be invited to form a separate group to discuss experiences assisting those losing vision. Meeting, Fine Arts Room (OC), Tuesday, October 2, 2:00 to 4:00 PM. Dr. Kristi Trang of Blue Oaks Eyecare will be our presenter.

Contact: Cathy McGriff - 916-408-0169 or cathy.mcgriffe@yahoo.com



Low Vision Support Group

If you have 20-20 vision, good for you!

If you are losing vision, join us to learn about:

★Technology Aids ★Current Research ★Practical Living Skills

Meetings: First Tuesday of the Month

Fine Arts Room, Orchard Creek Lodge, 2:00 PM - 4:00 PM

Contacts: Cathy McGriff 916-408-0169 or June Meredith 916-253-7574



Holiday Expo

*Tuesday, October 16
10:00 AM-6:30 PM
Orchard Creek Lodge*

Get a head start on your holiday shopping at our first

Holiday Shopping Expo!

Check everyone off your holiday gift list at this one-stop shopping extravaganza! Shop over 50 vendors of Art, Decor, Jewelry, Beauty, Accessories, Kids/Baby items, Treats, Crafts, and much more!

Door Prize Drawings every 2 hours!

Ornament Exchange Table

Bring a wrapped ornament or decor valued at \$15 or less to exchange.

Leave yours on the table and take another home!

Vendors: Calling all crafters, artisans, boutique owners, and specialty vendors of fun and unique items! Vendor application and guidelines are available from the Lifestyle Department or by contacting Shelvie at shelvie.smith@sclhca.com or 916-625-4021.

Space is limited. Registration deadline: August 31, 2018.

Bulletin Board

A Course in Miracles

The study group meets on the first and third Mondays to study and discuss the book of the same name which contains principles which, when practiced and applied to everyday life, lead to an experience of greater peace and the letting go of fear. Call Alexandra Smith at 916-409-5253 for more information.

Airport Co-op

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

Caregiver Support Group

We meet at the Twelve Bridges Lincoln Library on the third Thursday of each month from 9:00 to 10:30 AM. Please enter through the Employees entrance at the back of the Library. For more information contact Seniors First at 530-889-9500.

Cloggers

Do cloggers really wear wooden shoes while dancing? No, not anymore, but when clogging originated in Wales, England, Ireland, and Scotland, the shoe did have a one-piece wooden bottom and a leather upper. Now, with our double taps heel and toe, we dance Appalachian and Irish and bluegrass and country western and buck and more. We make a lot of noise as we dance to great music! You will love high-energy, calorie-burning clogging, so for more information on the

You Are Invited to Attend:

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

- **Thursday, August 23, 9:30 AM**—Eskaton, Solarium
- **Thursday, August 23, 2:00 PM**—C.R. Abrams, Solarium
- **Thursday, September 6 10:00 AM**—Nautilus Society, Heights (OC)

dance right here in Lincoln Hills; please contact Natalie Grossner at 916-209-3804.

CPR/AED/First Aid Training

The Lincoln Hills Foundation presents the final class this year for CPR/AED First Aid Training on Thursday, September 6 from 9:00 AM to Noon. The cost is \$10 or \$20 for certification. Get your application in soon as it is filling up. Applications can be found at the OC Lodge in the files, or on our website: lincolnhillsfoundation.org For more information call Joan Logue at 916-434-074.

Democratic Club

We meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, business meeting is at 6:45 PM, followed by the program. August 16 our speaker is Sharron Williams, an attorney practicing immigration and nationality law and global mobility. She assists clients in the United States through U.S. immigration agencies and clients abroad through consular processing. Plan ahead for our annual BBQ on Thursday, September 20, at the Sports Pavilion. Visit our website for details on the club <http://www.democraticclublincolnca.org>.

Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis 95650. Follow the signs to the proper meeting room. Call Kay F. at 916-543-3079 for more information.

Glaucoma Support Group

Are you wondering about new ways to live with Glaucoma? Maybe you need to know different ways to put your drops in. The Glaucoma Support Group shares tips and techniques for easier living with Glaucoma. Please plan to attend our meeting on September 12 at 4:00 PM in the Multimedia Room (OC). For additional information, please contact Bonnie Dale at 916-543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. It's a place where you can be around people who understand how you feel and the pain of your loss. You will learn valuable information that will help you through this difficult time in your

www.sclhresidents.com

life. A new 13-week group starts Tuesday, September 11 from 9:30 to 11:30 AM at Granite Springs Church 1170 E. Joiner Pkwy in Lincoln. Contact Cheryl at 916-505-5777 or email 63Cheryle63@gmail.com.

Heart Patient Caregiver Support Group

The urgent need to have open heart surgery often allows for very little planning time. The purpose of this new Support Group will be to assemble and distribute resource information that would be helpful to caregivers. This Support Group is intended to be useful to those here in Lincoln Hills who unexpectedly find themselves in a caregiver position. Issues will relate to the in-hospital stay, medication management, diet, returning to the lab, doctor visits, etc. If you think you would like to help others benefit from your experience, please call me, Lauri English at 916-253-7494.

Italian Club

Our club's chefs get ready to tease our taste buds at the "Pass the Pesto" tasting, August 18. Tombola—Italian Bingo, is planned for September 23 from 10:00 AM to 12:30 PM in the Ballroom (OC). Come play the Italian way, using pictures in this entertaining game of chance. Check the website for more information. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us and our monthly activities. There is always an enjoyable event on the calendar. Want to join us? Contact Sandi Graham, membership at 916-826-5711.

www.sclhresidents.com

Lincoln Library

Author Night. Meet local author James L'Etoile, at the Twelve Bridges Lincoln Public Library. Monday, August 20, "At What Cost" his 2016 debut mystery novel will be featured as L'Etoile discusses his writing influenced by 30 years as a prison consultant specializing in criminal justice and law enforcement. This free program begins at 6:30 PM in the library Willow Room and includes an author question/answer opportunity and book signing. For additional information check the Friends of the Lincoln Library website/ www.friendsofthelincolnlibrary.org.

Multiple Sclerosis Group

We've water walked, enjoyed Concerts, National Night Out, and all that Lincoln Hills has to offer. Now is time to reconnect and share our Summer's adventures at the September Multiple Sclerosis Meeting: Tuesday, September 4, 1:00 PM, Sierra Room (KS). For information regarding our meetings call, Jeri Di Fiore at 916-408-7565 (please leave a message).

Open Play Games

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

Parkinson's Group

The August meeting of the

Lincoln Parkinson's Support Group meets on August 21 from 10:00 to 11:30 AM. We host the meetings at the Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. This month's topic is a general discussion where we get to know each other better, ask a few questions, and have a bit of fun! Come join us as we journey together in Parkinson's. For more information contact Brenda Cathey at 916-253-7537.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cut-throat and/or singles. Ladies are welcome. See you on the court! Contact Armando Mayorga at 916-408-4711 or amoon38@sbc-global.net.

Republican Club

Meeting Tuesday, August 28, 6:30 PM (Doors open at 6:00 PM) P-Hall (KS). Back by popular demand, our speaker will be Einar Maisch, General Manager, Placer County Water Agency. California's new water rationing law is a tax in disguise, complete with fines. This is Governor Brown's new bill for water restrictions in which water agencies will be encouraged to have their customers limit indoor water usage to an average of 55 gallons per day or risk fines. This is really a tax. For further information, or to acquire information on membership, contact: info@RepublicanClubSCLH.org.

Retired Teachers

Let's Chat. Meet, greet, get information and socialize with other teachers. Happy Hour, September 21 from 4:00 to 6:00 PM, 1643 Fallen Leaf. Please RSVP to Henrietta Fujihara at 916-253-9213.

Shalom Social Group

The Shalom Social Group plays Bocce Ball against the Italian Club in October. This annual duel is not only a sporting competition but also a gourmet event, with each team providing Italian and Jewish foods, respectively. Meanwhile, The Shalom Group had its annual Bagel Brunch. UC Davis Political Science Professor Matthew Shugart spoke on "Religion and State in Israel: Outlook for the 2019 Knesset Election." We have

a general membership meeting coming up in late August, and we are developing a new slate of officers for 2019. For more information contact Vida Morrison at 916-984-1043.

Shooting Group

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln

Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Will hold its monthly luncheon on Tuesday, August 21 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for men new to the area to meet other retired men. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

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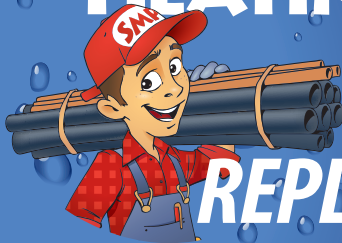
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Community Perks



Coffee with the Mayor Thursday, August 23, 8:00 AM – Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear the latest news about the City of Lincoln.



Moonlight Trail Walk Monday, August 27, 7:30 PM – Orchard Creek South and Mallard Pond Trails—Free

The Trails Enhancement Team invites you to enjoy a full moon walk on two of our wildlife preserve trails. Meet at Orchard Creek South Trail at 7:30 PM at the end of Caravelle Court off Ridge Top Lane. We will walk east about mile with gradual upgrades to Mallard Pond. Astronomy Club members will provide telescopes and share their expertise. For more information, contact Gay Mackintosh at mackintoshbg@msn.com.



KS Classic Movies on Saturday: Airport (1970) Saturday, August 18 – 1:30 PM Screening—Free P-Hall (KS)

Rated G, 137 min, Drama/Action/Thriller. A bomber on board an airplane, an airport almost closed by snow, and various personal problems of the people involved. Starring Burt Lancaster, Dean Martin, Jean Seberg, Jacqueline Bisset, George Kennedy, Helen Hayes, and Maureen Stapleton.



Softball Tournament Saturday, September 1 and Sunday, September 2 8:30 AM – Del Webb Field—Free

The Lincoln Hills Coyote 70s are hosting their 15th Annual

Invitational Softball Tournament. Participating teams are—LH Coyote 70s, Crankees of Chico, Red Hawks of Yuba City, Islanders, and Buds of Sacramento. FOOD, fun & prizes.



2 Showings! KS at the Movies: Book Club (2018) Saturday, September 1 – 6:00 PM Screening—Free Monday, September 3 – 1:30 PM Screening—Free P-Hall (KS)

Rated PG-13, 104 min, Comedy/Drama/Romance. Four lifelong friends have their lives forever changed after reading “50 Shades of Grey” in their monthly book club. Starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen.



Lincoln Hills Holiday Shopping Expo Tuesday, October 16 – 10:00 AM to 6:30 PM Orchard Creek Lodge—Free

Get a head start on your Holiday Shopping this year at our first Holiday Shopping Expo. Check everyone off your gift list conveniently with over 50 vendors offering crafts, jewelry, beauty items, clothing, books, art, decors, treats and more! In addition to shopping, enjoy an ornament exchange and a number of chances to win door prizes! Don't miss out on the fun! *Interested vendors:* Spaces are going fast! Hurry and pick up your application and guidelines from the Lifestyle Department or contact Shelvie at shelvie.smith@sclhca.com or 916-625-4021. Registration deadline: August 31.



KS Classic Movies on Saturday: Guys and Dolls (1955)
Saturday, September 15 – 1:30 PM Screening—Free P-Hall (KS)

Not Rated, 150 min, Comedy/Musical. In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other, and the bet has a hidden motive to finance a crap game. Starring Marlon Brando, Jean Simmons, Frank Sinatra and Vivian Blaine.



Tennis Club Ball Machine Practice

Saturdays and Wednesdays, 8:00 to 10:00 AM, Tennis Court—Free

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



Farmers Market Wednesdays, 8:00 AM to 12:00 PM, Orchard Creek Parking Lot—Free

Get your supply of fresh produce and support our local farmers. Shop a variety of fresh fruits, vegetables, flowers and meats from Certified Farmers as well as fun and unique items from baked goods, salsa, Tupperware, jewelry and more from local vendors. You'll never know what's in store every week, so come on over and enjoy!



Pickleball Lessons Wednesdays, 1:00 PM Pickleball Courts—Free

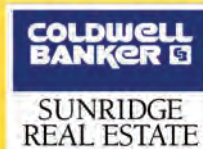
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Lincoln Hills Community Forums

Understanding Labels for Supplements and Food Wednesday, August 22, 7:00 PM, P-Hall (KS)—Free

With more than two-thirds of all Americans regularly taking at least one dietary supplement, the industry is booming. Even so, rumors and questions about the industry abound. Are supplements safe? Are they tested? Do they do any good? Tom Rumolo, Lincoln Hills resident, and former UC Berkeley food scientist, will help us become more educated and confident consumers. Learn how to read and understand labels, gain basic knowledge of the functional ingredients used to formulate supplements and food items, and discover how supplement regulations and FDA guidelines help keep you safe.



SR-65/I-80 Interchange Reconstruction Thursday, September 13, 2:00 PM, P-Hall (KS)—Free

Placer County has been carefully planning for growth for many years, timing highways, roads, transit, bicycle, and sidewalk improvements with increases in population, automobile usage, and goods movement. As a result, projects like the Lincoln Bypass were built when growth dictated their construction. However, changes in state and federal funding have made this very challenging. Placer County Transportation Planning Agency Executive Director Mike Luken and Deputy Director Luke McNeil-Caird will discuss the Interstate 80/Highway 65 improvements currently under construction as well as other critical planned transportation projects in South Placer County.



Upcoming Events

- **The Truth and Science of Cannabis for Medical Use**, Thursday, September 27, 7:00 PM – Ballroom (OC)—Free
- **Handy Helpers**, Thursday, October 4, 10:00 AM – Ballroom (OC)—Free
- **League of Women Voters**, Tuesday, October 9, 9:00 AM – P-Hall (KS)—Free
- **Internet Crime, Fraud, and Common Online Schemes: How to Protect Yourself from Falling Prey**, Monday, October 15, 2:00 PM, P-Hall (KS) —Free
- **Managing Heart Failure for a Longer Life**, Wednesday, October, 24, 7:00 PM – Ballroom (OC)—Free



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2018 SUMMER AMPHITHEATER CONCERT SERIES

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

Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for the remaining concerts below. Skip the crowd, buy your tickets early!



Garratt Wilkin & The Parrotheads

A Tribute to Jimmy Buffett

Friday, August 24 – LSE78

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



Forefour:

A Tribute to Foreigner and Journey

Friday, September 7 – LSE79

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



Hot August Night: A Neil Diamond Celebration

Featuring Dean Colley

Friday, September 21 – LSE80

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

2018 Summer Amphitheater Concert Series Guidelines

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

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

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

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

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

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

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

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

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

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

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

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

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

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com

Entertainment

—Comedy—



KS Comedy Night:
Turner Sparks
 Thursday, August 30,
 P-Hall (KS)

6:00 PM Show — **LSE115**

8:00 PM Show — **LSE135**

Born in California, award-winning comedian Turner Sparks started his comedy career in 2009 in Suzhou, China by founding mainland China's first stand up comedy club. Now a worldwide performer and a headliner across Asia and the U.S., Sparks has performed in over 15 countries and continues to draw rave reviews with his razor-sharp punch lines, quick wit, and global perspective. "An established stand-up and rising talent." —Michael H. Weber, Oscar-Nominated Screenwriter (*500 Days of Summer*, *The Disaster Artist*). Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**



KS Comedy Night:
Daniel Storrow
 Friday, September 14,
 P-Hall (KS)

6:00 PM Show — **LSE120**

8:00 PM Show — **LSE137**

Daniel Storrow started doing stand up comedy in the early part of the 21st century. He learned at a young age that if you yell something out in class, and everyone laughs, you get in trouble. But if you yell something out, and the teacher laughs, you're a Rock Star. Daniel has entertained crowds throughout the United States and as far away as Jerusalem, Israel. He has made numerous TV appearances and often performs with Louie Anderson in Las Vegas. A trained actor and San Diego native, he is known for his quick wit and intelligent musings on everyday life. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

—Concerts—



Dirty Cello
 Friday, August 17, 7:00 PM,
 P-Hall (KS) — **LSE96**

From China to Italy, and all over the U.S., Dirty Cello brings the world high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello

is cello like you have never heard before. From down-home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**

Summer Amphitheater Concert Series
Garratt Wilkin & the Parrotheads
A Tribute to Jimmy Buffett
 Friday, August 24, 7:30 PM (Amphitheater, OC)
 — **LSE78**

General admission, \$20. See page 53 for details.

Summer Amphitheater Concert Series
ForeJour: A Tribute to Foreigner and Journey
 Friday, September 7, 7:30 PM, Amphitheater (OC)
 — **LSE79**

General admission, \$20. See page 53 for details.

Summer Amphitheater Concert Series
Hot August Night: A Neil Diamond Celebration
Featuring Dean Colley
 Friday, September 21, 7:30 PM,
 Amphitheater (OC) — **LSE80**

General admission, \$22. See page 53 for details.



Mancini: The Songs of Henry Mancini
Performed by Katy Stephan
 Thursday, September 27, 7:00 PM,
 P-Hall (KS) — **LSE119**

An intimate piano and vocal journey through the movies, recordings, and classic songbook of legendary composer, conductor, and arranger Henry Mancini. An accomplished singer, pianist, and accompanist for Branden & James and Hadliegh Adams, Katy Stephan steps into the spotlight with her own brand new show featuring memorable classic songs as Moon River, The Days of Wine and Roses, LeJazz Hot, Charade and many more! Katy wowed the audience during the Branden and James concert earlier this year! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**



Broadway in Concert with Meredith Patterson and Dustin Brayley
Friday, October 5, 7:00 PM, Ballroom (OC) — LSE106

Enjoy a fun-filled, and touching concert with 42nd Street and White Christmas Broadway star

Meredith Patterson. Discover her personal journey of movie musicals to musical theatre with songs from Singin' in the Rain, Follies, 4nd Street and more. With husband, Broadway's Dustin Brayley as guest, learn their love story through duets from Grease's "Summer Nights" Smokey Joe's Café's "The Shimmy" and more. **Reserved Section Seating: \$24**, General Admission: \$20.



Fly Me to the Moon: Garuda Blue in Concert
Thursday, October 18, 7:00 PM, P-Hall (KS) — LSE106

Garuda Blue is a San Francisco-based jazz band that specializes in exceptional entertainment. The band is known for delivering

slick arrangements of well-known jazz tunes, burning solos, and a youthful, fun, hip, positive attitude in their concerts. Composed of some of the finest up and coming jazz musicians in the Bay Area, Garuda Blue brings professionalism, high quality of musicianship, and sophistication to their concerts. Enjoy jazz standards like "Autumn Leaves," "Tenderly," "On the Street Where You Live," and "Fly Me to the Moon" just to name a few! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$24.**

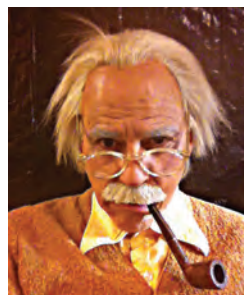


Silent Movie Night with the Roseville Community Concert Band Featuring 1925's "The Eagle" starring Rudolph Valentino
Friday, October 26, 7:00 PM, Ballroom (OC) — LSE107

The Roseville Community Band will thrill us once again with great music that will bring a silent movie to life! This year they will accompany the action/comedy "The Eagle" starring Rudolph Valentino. Silent movies were once shown in theaters with live musical accompaniment. A fun night for the classic film fan as well as families

(not recommended for kids under the age of 7). Cookies, popcorn, and drinks will be available for purchase in the pre-function area at the start and at intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, the day of the show only (ticket required). Premium **Reserved Section Seating: \$10**, General admission, \$8.

—Show—



Duffy Hudson Presents The Relativity of Albert Einstein
Thursday, October 11, 7:00 PM, P-Hall (KS) — LSE130

Broadway and film veteran Duffy Hudson returns with his unique one-man show, The Relativity of Albert Einstein. Imagine Albert

Einstein explaining the Theory of Relativity in a fun, exciting way, without mathematics or knowledge of physics. Learn about his life, humor, time travel, the Speed of Light and what is E= MC2 anyway? This show will excite anyone who is interested in looking at the Universe with new eyes. It will be a blast! Save \$1 off \$4 or more at KS Café on show night. **Reserved seating: \$12.**

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- Music of Manilow show with dinner
- Dinner cruise on the Colorado River
- Gratuities for bus drivers and included meals
- Gaming credits & coupon funbooks
- Water Taxi pass



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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

***Indicates new trip on sale August 17**

Featured Trip



Two nights!

***Sun City Sierra Winter Holiday Train
Roundtrip Reno
Tuesday, December 4 to Thursday, December 6
— LST174**

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno, escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two-nights in Reno. Last year trip participants had a great time visiting the UNR Planetarium, Reno Auto Museum, Nevada Museum of Art, movie theaters and more; all can be reached easily by a short walk or downtown shuttle.

Trip package includes per person:

- Motorcoach transportation to and from the Roseville train station
- Reserved rail car for our group on the train
- Casino shuttle to & from Reno train station
- Baggage portage from Reno train station to hotel and back
- Non-smoking room at Eldorado Hotel & Casino
- \$25 food credit per person to the restaurant of

your choice in the Eldorado, Silver Legacy or Circus Circus

- Reserved seat in the Eldorado's Showroom holiday presentation of "The Incredibles!"
- One breakfast/brunch buffet per person
- \$10 additional food credit per person for breakfast on the day of departure at Millie's Café or Starbucks
- Gratuities for bell service and bus driver

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$297 per person double occupancy. \$359 single.

Day Trips

—Casino/Races—



**Best in the West—Rib Cook-off—Nugget Resort
Wednesday, August 29
— LST155**

Witness the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! The event also includes an arts & crafts fair. Lunch on your own. We are going on the first day of the event for fewer crowds. Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$42.



**Montbleu Casino –
South Lake Tahoe
Thursday,
September 13
— LST161**

Enjoy the scenic drive up Highway 50 to the Montbleu Casino and Resort in South Lake Tahoe. If you are a hiker, here's your chance for a nice day on the trails. Senior Day visit with free slot tournament entry and \$10 gaming credit. New slot members who play 30 minutes on their favorite slots will earn \$30 in free slot play. Must earn a minimum of 150 base points to qualify. Receive 50% off café meal. 6-hour stay. Wheels roll from OC at 8:00 AM, return ~ 7:15 PM. \$32.

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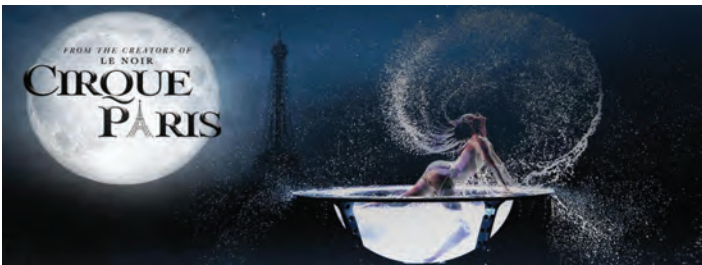


***Great Italian Festival—
Silver Legacy
Saturday, October 6
— LST162**

Celebrate the food, culture, music, and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce

Cookers Competition, a Wine Walk, an Italian Farmers Market, Bocce Ball and more! You will have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$5 food coupon. Wheels roll from OC at 8:00 AM; return ~6:30 PM. \$37.

—Performances—



**The last trip sold out quickly! *The Illusionists
Present Cirque Paris at Eldorado Reno
Tuesday, October 23 — LST169**

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



**Miss Saigon
Orpheum Theater,
San Francisco
Wednesday,
October 24
— LST166**

Experience the acclaimed new production of the legendary musical *MISS SAIGON*. This is the epic story of a young Vietnamese woman

named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast, and a soaring score, this is a theatrical event you will never forget. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



***The Ten Tenors –
Home for the Holidays
Harris Center for
the Arts, Folsom
Thursday, November 29
— LST175**

It's the most wonderful time of the year, and what better way to celebrate the holiday season than

with the international singing sensation The Ten Tenors. They are known the world over for their unmistakable charm, and vocal power. Join Australia's rock stars of the opera as they amaze and enthrall with their unique selection of traditional and contemporary favorites. With soaring versions of "Joy to the World," "Sleigh Ride," "White Christmas" and many more. Matinee show with Parterre Floor Seating. Wheels roll from OC at 12:30 PM, return ~5:30 PM. \$98.



**Two Dates!
*Beach Blanket Babylon Holiday Edition
Wednesday, December 12 — LST131
Or Thursday December 13 — LST132**

It's never too early to start planning your holiday events! Due to vendor deadlines it's time to register for the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs. This year all seats are located on the floor in the middle section. Both trips depart at 1:45 PM, show

is exclusive to adult audiences, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$110. *Reservations highly recommended for dinner, restaurant list is available at time of registration. For more information on show, check <https://beachblanketbabylon.com>.



***Hamilton
Wednesday,
April 24, 2019
— LST176**

Hamilton is back! Winner of 11 Tony Awards, *Hamilton* is one of

Broadway's biggest hits. From the mind of Lin-Manuel Miranda and Ron Chernow's bestselling biography comes a new musical about the scrappy young immigrant who forever changed America, Alexander Hamilton. Matinee performance, dinner on own at Union Square after the show. Bring your own lunch to eat en route to the theater. Wheels roll from OC at 9:45 AM, return ~ 9:30 PM. \$338. Trip limited to 55. **This trip will be sold by lottery. Registration starts August 15 at noon and continues through 9:00 AM on August 20 online or in-person. Sign-up at your convenience as all registrations have an equal opportunity to be chosen. Complete ticketing guidelines for Hamilton available at Lifestyle Desks.**



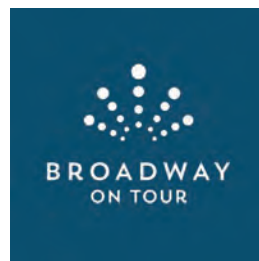
2018/2019 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento

Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points and seating choices. Reserved seating choices: Platinum – Front Orchestra seating. Gold – Middle orchestra and Silver – Rear orchestra. The bronze option is open seating in the second tier. Wheels roll from OC at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Price options and phenomenal speakers listed below.

- \$618 Platinum Seating — **Sold Out**
- \$558 Gold Seating — **LST145**
- \$438 Silver Seating — **LST146**
- \$342 Bronze Seating — **LST147**

- Leon Panetta – Wednesday, September 26
- John Cleese – Wednesday, November 14
- Ian Bremmer – Wednesday, January 16, 2019
- Diane Keaton – Wednesday, February 20, 2019
- Marlee Matlin – Wednesday, March 20, 2019
- Dan Buettner – Wednesday, April 17, 2019



**Broadway on Tour
Sacramento 2018-2019**

The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows.

All performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM. All shows \$101 each.



**On Your Feet! The
Emilio & Gloria
Estefan Story
Tuesday, October 30
— LST148**

From their humble beginnings in Cuba,

Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. *On Your Feet!*, takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. \$101.



**Waitress
Wednesday,
January 2, 2019
— LST149**

Brought to life by a ground-

breaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (*Brave, Love Song*) a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction by Tony Award® winner Diane Paulus (*Hair, Pippin, Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie

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Falsettos
Tuesday, March 12, 2019
 — **LST150**

William Finn and James Lapine's ground-breaking, Tony Award-winning musical returned to Broad-way in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. Falsettos is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. Falsettos' story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. \$101.



CATS
Tuesday, April 2, 2019
 — **LST151**

Rediscover Cats —the beloved Andrew Lloyd Webber musical with breathtaking

music, including one of the most treasured songs in musical theater, *Memory*. Winner of seven Tony Awards® including Best Musical. Featuring new sound design, direction, and choreography for a new generation — experience CATS for the first time as it begins a new life, or let it thrill you all over again! \$101.



Disney's Aladdin
Tuesday, May 21, 2019
 — **LST152**

Discover a whole new world at Disney's Aladdin; the hit Broadway

musical. From the producer of *The Lion King* comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!" \$101.

—Tours/Leisure—



Benicia Fine Arts & Crafts Fair
Saturday, September 15
 — **LST165**

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



California Capital Airshow
Sunday, September 23
 — **LST156**

Celebrate 100 years of Mather Airport and see the Air Force Thunderbirds and more at the California Capital Air Show. Included is all day access to the Flight Line Club large chalet tent near the airshow center with buffet, soft beverages and reserved table seating in the tent. Outside seating also available. Front bus drop off, golf cart service for mobility impaired, and private restrooms for chalet guests only. Don't miss this spectacular airshow. (Fleetweek will not be offered this year). Buffet menu available at Lifestyle Desks or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM. \$123.



***Fall Wine Harvest!**
Kendall-Jackson Wine Center & La Crema Estate, Sonoma Valley
Tuesday, September 25
 — **LST167**

Kendall-Jackson Wine Center in Sonoma County for a Fall Harvest tour & tasting! Along with a stop at the new La Crema Estate at Saralee's Vineyard in Windsor! The trip includes a gourmet customized box lunch from Meridians that complement our wine tasting. Free time in the lovely town of Healdsburg for happy hour/dinner on your own afterward. Box lunch choices: *Grilled Chicken on Focaccia* or *Roast Beef and Roasted Red-Pepper* on

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Ciabatta, or Vegetarian Wrap, and includes, seedless grapes, crackers, assorted cheeses, a triple-chocolate cookie, with bottled water. Wheels roll from OC at 8:00 AM; return ~ 8:45 PM. \$89. All tour, tasting fees, lunch, and driver tips included. Trip limited to 47.

Apple Hill & High Hill Ranch



Two dates to choose from!

***Apple Hill
Tuesday, October 9**

— **LST171**

Monday, October 29

— **LST172**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills.

Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an included hot lunch at The Pie House Restaurant in a reserved area. Lunch menu *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill with included stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you'll be given an Apple Fritter and a bottle of water. Wheels roll from OC at 9:00 AM, return ~ 6:00 PM. \$68.



PACIFIC INTERNATIONAL
QUILT FESTIVAL
Santa Clara, CA

***QuiltFest
Thursday,
October 11
— LST170**

In cooperation with the Needle

Arts Group we will be going to The Pacific International Quilt Festival held at the Santa Clara Convention Center. This quilt show is the largest on the west coast. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures. Meals on your own. We will stay until the close of the show. For additional information check the website at www.quiltfest.com. Wheels roll from OC at 9:00 AM, return ~ 9:45 PM. Dinner in Santa Clara and a rest stop on the way to show. \$69 (includes admission).



***Ferry to San Francisco-
Fisherman's Wharf
Monday, October 15**

— **LST173**

Are you ready for a fun-filled and carefree fall day

in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy some time on your own to explore the Ferry Building, shopping and/or lunch. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on the return trip. \$56.



**Old Sacramento
Underground Tour
Thursday, October 18 —
SOLD OUT**

May trip sold out quickly! Join Katrina, your Trip Coordinator, on a historical underground tour of Old Sacramento and more! Enjoy an "in-character" docent-led underground tour which is a ½ mile guided historical walking tour lasting approximately one hour with personal listening

devices. (Be aware: has some low ceilings and uneven walking surfaces). You will also visit the Sacramento History Museum which is dedicated to Sacramento's rich and diverse history and its unique place in the history of California and the nation. Lunch and free time on your own in Old Sacramento. Wheels roll from OC at 8:30 AM, return ~ 2:30 PM. \$48.



**Scrapbook and
Stamp Expo
Friday, October 19
— LST163**

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty"

residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC at 7:30 AM, return ~ 4:15 PM. \$40 (includes admission).

—Overnight—



**Five Days, four nights –
Fly to Laughlin, Nevada!
Laughlin, Nevada and
Grand Canyon West
Sunday, September 30
thru Thursday, October 4
— LST168**

New lower price and trip itinerary! Join Katrina, your Trip Coordinator, on a special charter air flight to Don Laughlin’s Riverside Resort on the Colorado River in Laughlin, Nevada.

Trip Includes:

- Charter air flight on Sun Country Airlines 737-800 aircraft from Sacramento Airport to Bullhead City/Laughlin Airport with two checked pieces of luggage and one carry-on item allowance
- Roundtrip bus transfers to and from both airports
- River view non-smoking rooms with included baggage service at the Riverside Resort
- Visit to Grand Canyon West on the Hualapai Tribal land with meal ticket and admission (Option to purchase admission to glass skywalk day of visit)
- Reserved showroom seats for “The Music of Manilow” tribute by Mark O’Toole (Star Search winner) with private buffet dinner prior to show
- Free day with an included pass for the water taxi
- Gaming credits and fun book with many two-for-ones
- Gratuities for bus drivers included meals and luggage service

Trip Prerequisite: Must have a government issued picture ID for required airline form. Detailed trip itinerary, menus, and U.S. State Department trip insurance providers list available at the Lifestyle Desk. *A signed liability waiver is required for each participant.* Wheels roll from OC at 12:00 PM, September 30, return October 4 ~ 1:30 PM. Registration exclusive at the Lifestyle desk. \$855 per person double occupancy. \$910 single. Limited to 47 people.

Sold Out Trips

Trip • Date • Departure Time

List below shows trips through September

- Phantom of the Opera
Thursday, September 6 • 10:30 AM
- Angel Island – Tour of Marin
Sunday, September 9 • 8:00 AM
- Giants vs. Dodgers
Sunday, September 30 • 8:15 AM

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

*Indicates new class on sale August 17

Classes

Vacation Drop-In

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

Art

—Announcement—



Fine Arts Class Gallery
Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop by the Fine Arts Room to view

wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.



***Abstract Art Workshop**
Mondays, October 1 & 8
— LSC1057

1:30 to 4:00 PM (OC). \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept to finished painting through live demonstrations and discussions. Demystify and add

texture and life to an abstract piece. Participants will compose and create a unique design with your individually selected color palette rich in color, interesting texture, value contrast, and balance of positive and negative space. This workshop will focus on creating watercolor abstracts, but participants may work in acrylic or pastel. Bring own supplies. Some painting experience helpful. For questions or recommendations on materials, please contact Faye August at 916-209-3643 or watercolorist55@gmail.com.

—Drawing—

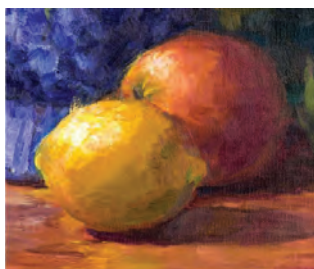


***Mixed Media Art Journaling**
Tuesday, September 11 & 25
— LSC900

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

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

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Beginner/Refresher**
Wednesdays,
September 5-26
— LSC965

1:30 to 4:00 PM (OC). \$52 (four sessions). Instructor: *Marilyn Rose*. Have you always wanted to try

painting in oil or acrylic or want a refresher? Start

with exercises in basic color mixing and brush and paint handling. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in for students who have completed one month. PAINT — \$17 per session.



***Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, September 5-26
— LSC956**

9:00 to 11:30 AM (OC). \$52 (four sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some congenial company and

tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Sip and Paint:
Paint your Pet
Friday, August 31—
LSC911**

5:00 to 8:00 PM (OC). \$55. Instructor: **Unni Stevens**. Bring your favorite animal to life on canvas while

enjoying wine and hors d'oeuvres. The instructor will guide and teach new techniques, tips, and tricks as you create your masterpiece. All art materials included. Canvases will be under-painted, with the option to have your pet's image traced in pencil for you prior to class. To do this, email your pet's photo to: unni@unniart.com, OR text to 916-626-2144, OR leave a photo at the Lifestyle Desk during registration. Price of admission includes a glass of wine, selection of cheeses, crackers, and fruits.



***Sip and Paint:
"Golden Gate Bridge"
Friday, September 28
— LSC913**

5:00 to 8:00 PM (OC). \$55. Instructor: **Unni Stevens**. Enjoy cheese and wine while painting. This class is great

for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

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—Pastels & Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and

techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

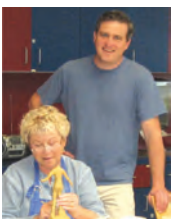
- ***Watercolor Class**
Wednesdays, September 5-26 — **LSC1034**
5:30 to 8:30 PM (OC).
\$60 (four sessions).
Instructor: *Michael Mikolon*
- ***Pastel and Watercolor Combo Class**
Thursdays, September 6-27 — **LSC639**
1:00 to 4:00 PM (OC).
\$60 (four sessions).
Instructor: *Michael Mikolon*

***Watercolor Step-by-Step**
Mondays, September 10-24 — **LSC620**

9:30 AM to 12:00 PM (OC). \$45 (Three sessions). Instructor: *Michael Mikolon*. This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. Supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided step by step to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**
Tuesdays, September 4-25 — **LSC686**
1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Jim Alovis*. An introductory class for residents who have never worked with clay, and

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



***Advanced Ceramics**
Tuesdays,
September 4-25
— **LSC1047**

9:00 AM to 12:30 PM
(OC). \$54 (four sessions).
Instructor: *Jim Alovis*.

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



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Intro to Ceramics with Taylor*Thursdays, September 6-27— LSC1752**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. A beginner's course in ceramics for those with no experience or those wishing to freshen up former passions. The class covers the basics of hand building and wheel thrown ceramics. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. First-time students will receive a materials list on the first day of class, along with some clay that is available from the instructor to help students start their first piece.



***Advanced Ceramics with Taylor**
Thursdays, September 6-27
— LSC814

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. This class is

for intermediate and advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and functional approaches to handbuilt and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further develop their skills and interests. Some tools are available from the instructor to further help the progression of an art piece.

Cooking

Produce with a Purpose
Monday, August 20

— LSC1749

***Or September 24**

— LSC1755

4:00 to 6:00 PM (KS) \$45.

Instructor: *Kerin Gould, Ph.D.* Your doctor told

you to eat more produce, but who has the time, or inspiration? This class features nutritional information about foods for fighting cancer, diabetes, and other chronic illness. Plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to take home. About the Instructor: *Kerin Gould, Ph.D.* studied natural health but learned more while helping her father fight cancer. She owns a small farm and writes a column for the local newspaper. For more information see [http://](http://www.sclhresidents.com)

www.sclhresidents.com

producewithapurpose.wordpress.com. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.



Crafts**—Card Making—**


***Intro to Card Making—Level 1**
Fridays, September 7-21 — LSC890

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. Have you ever wanted to make a greeting card, but you just weren't sure how to get started?

Then this class is for you! This class will teach all of the "ins and outs" of making 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, sign-up early to reserve your space. All supplies will be provided.

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***Card Making Level 2—Intermediate**
Mondays, September 10-24 — LSC867

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

***Card Making Level 3—Intermediate/Advanced**
Wednesdays, September 5-19 — LSC878

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

Dance

—Clogging—

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



***Beginning Clogging**
Tuesdays, September 11-25
— LSC1769

10:00 to 11:00 AM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. Start a new passion! Join this new beginners class, a low impact, revamped foundation and fundamental class. The class

will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

***Easy-to-Intermediate Clogging**
Tuesdays, September 11-25 — LSC1771

11:00 AM to 12:00 PM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

***Intermediate Plus Clogging**
Tuesdays, September 11-25 — LSC1772

12:00 to 1:00 PM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

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—Country Western Dancing—



***Country Couples
Western Dance
Beginner Level 1 & 2
Mondays, September 10-24
— LSC1773**

7:00 to 8:00 PM (KS). \$18 (three sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular.

Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

***Country Couples Western Dance
Beginner/Intermediate Level 3 & 4
Mondays, September 10-24 — LSC1774**

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

***Country Line Dancing
Fridays, September 7-28 — LSC697**

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

—Hula—



***Hula Intermediate
Thursdays, September 6-27
— LSC1017**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and

motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students. Vacation drop-in: HULA — \$14 per session.

—Jazz—

***Jazz Class for the Beginner
Thursdays, September 6-27 — LSC665**

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.


***Jazz Performance
Tuesdays, September 4-25 — LSC677**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$13 per session.


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—Line Dance—

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

Students brand new to line dancing are suggested to start with the Intro to Line dance class. The next eight-week Intro class will start in September.

**Intro to Line Dance**

The first step to learning line dancing! This class is for real beginners, introducing basic line dance steps, dances, and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class

that will prepare you for advancement to more challenging line dance classes in the future.

- ***Mondays, September 10-October 29 — LSC1775**
4:00 to 5:00 PM (KS). \$48 (eight sessions).
Instructor: *Audrey Fish*
- ***Thursdays, September 6-October 25 — LSC972**
9:00 to 10:00 AM (KS). \$48 (eight sessions).
Instructor: *Yvonne Krause-Schenck*

Line Dance—Easy Beginner

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

- ***Thursdays, September 6-27 — LSC742**
10:00 to 11:00 AM (KS).
\$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, September 7-28 — LSC997**
2:00 to 3:00 PM (KS).
\$24 (four sessions).
Instructor: *Sandy Gard o*

Line Dance—Beginner

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

- ***Mondays, September 3-24 — LSC728**
9:00 to 10:00 AM (KS). |\$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Thursdays, September 6-27 — LSC745**
2:30 to 3:30 PM (KS).
\$24 (four sessions).
Instructor: *Audrey Fish*

Line Dance—High Beginner/Improver Class

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

- ***Mondays, September 10-24 — LSC619**
5:00 to 6:00 PM (KS).
\$18 (three sessions).
Instructor: *Audrey Fish*
- ***Wednesdays, September 5-26 — LSC1776**
9:00 to 10:00 AM (KS).
\$24 (four sessions).
Instructor: Substitute: *Sandy Gard o*

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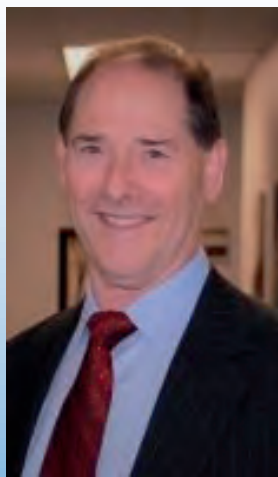
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Line Dance—Easy Intermediate Class

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

- ***Wednesdays, September 5-26 — LSC1005**
 10:00 to 11:00 AM (KS).
 \$24 (four sessions).
 Instructor: *Sandy Gard* o

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Line Dance—Intermediate/Advanced Class

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

- ***Thursdays, September 6-27 — LSC643**
 3:30 to 4:30 AM (KS).
 \$24 (four sessions).
 Instructor: *Audrey Fish*

Line Dance Instructors

• **Audrey Fish**

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



• **Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



• **Yvonne Krause-Schenck**

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



—Tap—

Tap Classes with Alyson

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

***Beginning Tap**

Mondays, September 10-24 — LSC1777

11:00 to 12:00 PM (KS). \$27 (three sessions). Instructor: *Alyson Meador*. If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham."

Technique

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

- ***Tuesdays, September 4-25 — LSC1778**
10:00 to 11:00 AM (KS). \$36 (four sessions).
- ***Thursdays, September 6-27 — LSC853**
10:00 to 11:00 AM (KS). \$36 (four sessions).
- ***Mondays, September 10-24 — LSC1779**
10:00 to 11:00 AM (KS). \$27 (three sessions).

—West Coast Swing—



***West Coast Swing Introductions/ Beginner**
Wednesday, September 5-19
— LSC1780

7:30 to 8:30 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*. Learn the

basics of this great dance from WCS Instructor

Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. Partners suggested – this class is for beginners.

***Intermediate West Coast Swing**
Wednesday, September 5-19 — LSC1273

6:00 to 7:30 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*. **Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an intermediate to advance level. This three-week session will be a time for us to review our WCS dancing and patterns. Partners suggested, the class is not for beginners.

Glass Art

***Stained Glass**
Mondays, September 10-24
— LSC1781

1:00 to 4:00 PM (KS). \$43.50 (three sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the

proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 28 years of stained glass experience.

Music

—Guitar—



***Folk Guitar for Fun Folks 101**
Beginner Class
Tuesdays, September 4-25
— LSC1782

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar songs while singing and having fun with fellow

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



***Folk Guitar for Fun Folks 102 Intermediate Class Tuesdays, September 4-25 — LSC1043**

2:00 to 3:00 PM (KS).
\$36 (four sessions).
Instructor: *Darrell*

Effinger. Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

—**Music History**—



***The History of Rock and Roll, Part 2 Wednesdays, September 26 – October 17 — LSC1717**

1:00 to 3:00 PM (KS). Instructor: *Ray Ashton*. \$30 (four sessions). Continue the journey into the History of Rock and Roll following the "Day the Music Died." Rock has been left for dead and finds rebirth in the most unlikely places: the Motor

City, the beaches of Southern California, and the poor port city on England's West Coast. The second generation of rock will rewrite the musical rules to take it to even greater heights. Discover a turbulent time, a protest movement, the fab four, and a young Robert Zimmerman, whose poetry moved a generation and changed the nature of rock lyrics forever.

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Personal Improvement



Two-day class!
AARP Driver Safety Training
Wednesday & Thursday,
September 19 & 20
— LSC743

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP

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

Sewing

—Certification—



Sewing Certification

Let’s get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association offers

Certification classes for Bernina Serger, Bernina Sewing Machine, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

Technology

—PC—



Windows 10 Basics
Tuesday & Wednesday,
August 21 & 22
— LSC1742

9:30 AM to 12:00 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: *Rita Wronkiewicz*. If you

are new to Windows 10 or you do not feel you have mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

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***Amazon Echo Dot**
Friday, September 7
— LSC1783

1:00 to 3:30 PM (OC). \$20.
 Instructor: **Bob Ringo**. The Amazon Echo Dot functions as a source of entertainment,

a personal assistant, and a smart home controller. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to voice commands. You will learn how simple it is to set up the Dot plus new “tricks” that make the Dot more fun to use. Whether you are thinking about buying one or you want to use the one you already own more effectively, this class is for you.

***YouTube TV**
Friday, September 14 — LSC1784

1:00 to 3:30 PM (OC). \$20. Instructor: **Bob Ringo**. Interested in cutting the cord? YouTube TV may be the answer. YouTube TV, not to be confused with the free version of YouTube, costs \$35 per month and includes unlimited DVR recording. Its package of 50-plus live TV channels includes locals such as ABC, CBS, Fox, and NBC as well as cable favorites like AMC, ESPN, the Disney Channel, Fox News and Bravo. In this class, you will see a live demonstration of YouTube TV plus learn how easy it is to have YouTube TV in your home.

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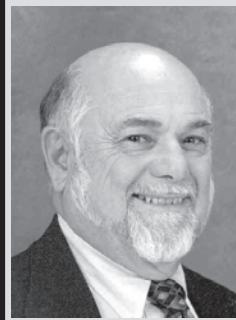
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iPhone Basics Workshop
Saturday, August 18

— **LSC1760**

1:00 to 4:00 PM (OC). \$30. \$5 material fee paid to instructor.
 Instructor: *Andy Petro*.
Prerequisite: You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X; and

you must be on iOS 11.4 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. Questions call Andy at 916-474-1544.



Android Smart Phone Basics
Wednesday, August 22

— **LSC1739**

9:00 to 11:00 AM (OC) \$35. \$10 supply fee paid to instructor.
 Instructor: *Len Carinato*. Bring your SmartPhone from any carrier, any brand and any version. This class will help you get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate

your screen, manage phone calls, organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.



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- **Tuesday, August 21**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, August 28**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, September 11**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Wednesday, September 26**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Wednesday, August 22**
3:00 to 4:00 PM, Fitness Floor (KS)
- **Wednesday, September 5**
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, September 25**
4:00 to 5:00 PM, Fitness Floor (KS)

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Arthritis

Tuesdays, September 4-25
Wednesdays, September 5-26
Thursdays, September 6-27
Fridays, September 7-28

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC) \$35 (four sessions).

Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Nordic Pole Walking Monday & Tuesday, September 24 & 25

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45 Instructor: **Dr. Richard Del Balso**. Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine.

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Tennis Lessons
Sundays, September 23 – October 28
Beginner: 8:00 to 8:50 AM
Intermediate: 9:00 to 9:50 AM
Advanced: 10:00 to 10:50 AM

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

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



New! Mindful Transformations— Meditation – What? When? How? Why? Saturday, September 15

9:00 to 10:30 AM,
Multipurpose Room

(OC). \$30. Instructor: **Sue Van Wazer**. Meditation, you hear about it all the time, but what is it really? How does it work? Learn the basics of how to focus the mind, and what to experience. This class is great for beginners and for people who have been meditating for a long time. You will develop practical steps that will answer your questions about meditation and will help you to experience a new state of being. You will be able to bring that new state of being into all areas of your life.

New! Self Hypnosis for Relaxation, Happiness, and Physical Performance. Thursdays, September 6-27

9:30 to 11:30 AM, Multimedia Room (OC) \$75 (three sessions; no class 9/20) Instructor: **Kelley Moreno**. In this series of classes, you will learn how you can use self-hypnosis to improve your life. Whether it’s pain management, improved sleep, relief from anxiety, or playing a better game of golf, cards, pool or creative pursuits – self-hypnosis is a valuable tool!

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New! Mindfulness 101
Mondays, September 10-
October 1

10:30 to 11:30AM, Multi-purpose Room (OC) (four sessions) \$80 Instructor: *Michelle Jamieson*. Just as exercising our muscles strengthens the body, training the mind makes it more

resilient, improves focus and attention, and assists in working with emotions. 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. Michelle Jamieson leads mindfulness programs for adults, teens, and children. Prior to joining the Integrative Medicine team at Sutter Health, Michelle led 8-week Mindfulness-Based Stress Reduction and other wellness programs at the Mayo Clinic.



Back by popular demand!
Establishing a
Meditation Practice
Mondays, September 10-
October 1

9:30 to 10:30AM, Multi-purpose Room (OC) (four sessions) \$80 Instructor: *Michelle Jamieson*. The path of Meditation involves slow and steady cultivation

of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



Tai Chi Qigong L1
Tuesdays, September 4-25

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi 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.

Tai Chi Qigong L2
Tuesdays, September 4-25

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

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Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

Making Your Savings Last Through Retirement with Russ Abbott Tuesday, August 28

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Saving money is difficult enough, let alone making it last through your retirement years. For most retirees, they will experience many more bear markets/recessions, interest rates falling then rising, and significant world economic events. Come to this very informative and important class to learn how to make your savings last through any type of environment ahead. Investments for both income and growth will be covered as well as protective strategies a retiree can employ to get through any market conditions.

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 Tuesdays, August 28 – September 25

1:00 to 2:30 PM, Multi-purpose Room (OC). \$129 (5 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 the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Beginning Sudoku Tuesday, September 25

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

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



Static in the Attic: Understanding About Memory and How to Preserve it!

Thursday,
September 27

9:00 to 11:30 AM, Multi-purpose Room (OC) \$30.
Instructor: **Alice Jacobs**.

Are you noticing word grope syndrome and "senior moments?" Are you frustrated because you can't remember names of people, but recognize faces? Come find out why these occur and what you can do it about it. This single session workshop covers the current scientific information about memory, changes with age, and techniques for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist, Dr. Alice Jacobs, founder and principal of Brain Gain www.braingain.info, a leader in brain wellness lifestyle promotion -this workshop provides extensive materials and hand-outs included in the fee.

Let's Talk About Advanced Health Care Directives Friday, October 19

9:00 AM to 12:00 PM, Gables (OC) \$30. Instructor: **Marcia VanWagner**. 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

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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? What is the End of Life Option Act? This interactive class will explore all these questions with handouts and resource materials.



Getting Your Stuff Together: Organizing Your Estate Wednesday, October 10

9:00 AM to 12:00 PM, Gables (OC) \$30 plus \$25 material fee paid to instructor

on first class. Instructor: **Marcia VanWagner**. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. Learn how to organize and preserve your papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™.

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

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

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session. These packages are not available online. Private Reformer Training is available. See class grid on page 101 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers. The trainer will call you to set up an appointment.

Private Reformer Training

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

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
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Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Jeannette Pyle. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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 up quickly; please register at least seven days prior to class start date, no refunds. Participants must register prior to class start date. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

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



SGT—Parkinson's Indoor Cycling Wednesdays, September 5-26

12:30 to 1:30 PM, Aerobics Room (KS). \$55 (three sessions, no class September 12). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? A trainer will guide you

using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

SGT—ParkinsonWise Combo Fridays, September 7-28

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

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SGT—ParkinsonWise
Thursdays, September 6-27

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms

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



SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays,
September 3-26

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Jared Young*. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class

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

SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays, September 4-27

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



SGT—"Fun"ctional Fitness L3
Tuesdays & Thursdays,
September 6-October 9

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class September 25 and 26). 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. 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.*



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SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
September 5-October 3

4:00 to 5:00 PM, Aerobics Room (KS). \$150 (nine sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises

to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is available for the SGT Drop-in Pass.*



SGT—Morning Burst
Group Training L2
Mondays & Wednesdays,
September 3-26

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting.

Discover ways to challenge yourself at your level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

SGT—TRX L2
Tuesdays & Thursdays, September 4-27

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



SGT—TGIF TRX & More L2
Fridays, September 7-28

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Kayla McCusker*. 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.*

New! SGT—Bootcamp Gold L2
Mondays & Wednesdays, September 5-October 1

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Kayla McCusker*. "Bootcamp Gold" is a multi-method class that combines resistance training, cardio intervals, and agility drills in order to challenge you both physically and mentally. Simple athletic movements and strength circuits target all major muscle groups while building strength and stability. High-Intensity Intervals will keep your heart rate and energy expenditure up throughout the "work" phases. Specific balance training movements reduce your risk of falls, and the flexibility component aims to recover, maintain and enhance mobility while improving functional imbalances.

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**SGT—Balance & Fall
Prevention L1/L2
Mondays & Wednesdays,
September 5-October 1**

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

**SGT—Half Hour Balance & Fall Prevention L2
Mondays & Wednesdays, September 5–October 3**

1:30 to 2:00 PM, OC Track. \$70 (eight sessions, no class September 12). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass Class

Please see the colored grids on pages 98-101 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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OC WellFit Class Schedule September 1-30, 2018

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

KS WellFit Class Schedule September 1-30, 2018

	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 - Koyla		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Scupt Interval L2 - Jeri/Danielle	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	New Location! 9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Rodina	Strictly Strength L2 - Jeri	New Location! 10:00am Zumba L3 - Carrie
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Athletic Stretch L2 - Jeri	
11:30	New! SGT - Bootcamp Gold - Koyla		New! SGT - Bootcamp Gold - Koyla		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi Intro - Pelf	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L1 - Pelf	Yoga Basics L1 - Cynthia	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			New Location! 2:00pm Yoga Flow L2 - Ashley
2:30		3:00pm Tai Chi L2 - Pelf					
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (lunch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule August 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Kayla</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Kayla</i>	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Marla</i>	Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Kayla</i>		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L2 <i>Marla</i>				
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

Pilates Reformer WellFit Class Schedule September 1-30, 2018

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

Sun City Lincoln Hills Community Association

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

Public Website:

www.suncity-lincolnhills.org

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•Food & Beverage•

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Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

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•The Spa at Kilaga Springs•

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Spa Manager

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

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Lifestyle Desk (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

WellFit (OC/KS)

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

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

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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

Sunday Brunch 7:00 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

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

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Pulte Homes Customer Care

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Clubs & Community Organizations Committee

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Communications & Community

Relations Committee

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Compliance Committee

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Elections Committee

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Finance Committee

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