

May 2019

# COMPASS

Navigate Your Way Through Sun City Lincoln Hills

14 Engineering the Landscape

17 I'll Get Around to It

The Official Magazine of Sun City Lincoln Hills



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On the Cover - Paula Horsley, Photo by Klara Kleman  
Find the Gnome



## **Board of Directors' Report**

### **Taking One's Inventory**

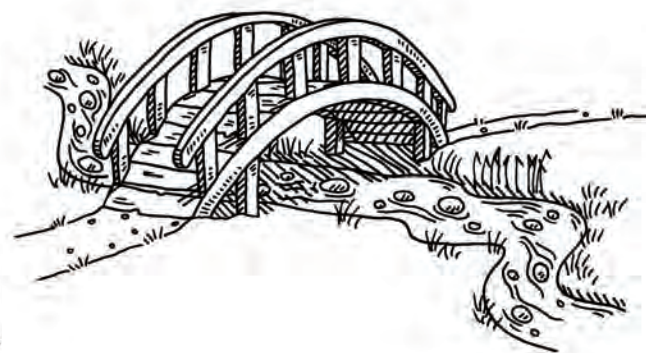
*David Conner, President*

This is not documented, nevertheless a nice story with a strong message. Many years ago before either was President, John Adams and his young son John Quincy were traveling a few days on foot to visit friends and relatives in another town. They were walking and accompanied by a small stout donkey which was packed with all their supplies. After a while, young John Quincy was becoming weary, so his father placed him atop the young donkey. As they approached a small village, some of the villagers were critical of the boy for riding while his older father walked. So he got down. The next day as the sun was high and the trail was hot the father was becoming groggy and decided to ride the donkey for a while. Within an hour local townspeople hissed and booed and were carrying on as he rode while the young boy walked. So he dismounted. The third and final day in the mid-afternoon, the father and boy were both exhausted. Both decided to ride the donkey for a short while. As they were nearing their destination and were crossing a high

wooden bridge approaching the town, people met them screaming and nearly becoming violent at the two for riding the animal that was on its last leg. John and young Quincy slid off the donkey in unison, looked each other in the eye and began unloading their articles. They took the halter off and together picked up the animal and tossed him off the bridge into the rapid swirling water. They finished their trip without further criticism real or otherwise.

These days with such harshness and constant criticism it is easy to shut down and treat the barrage like a falling tree in the woods. I walk the halls talking to staff and residents who are busy and smiling, and I know it is all worthwhile. And I remember the story. No matter how bad it gets, no matter how severe it becomes, I will never ever become so despondent or feel so bad that I would throw my Ass off a bridge.

A great Spring in the Big Valley. I hope you are all well, vibrant and happy. It takes people like you to make people like me and I do so appreciate it.





# Calendar of Events

May 14, 2019 – June 16, 2019

Date	Event	Page #
5/15	Folsom High School Jazz Band I.....	55
5/16	Produce with a Purpose.....	87
5/21	SwingMasters in Concert .....	55
5/21	Broadway on Tour.....	61
5/22	Cache Creek Casino .....	59
5/23	iPhone Basics Workshop.....	83
5/24	Sip and Paint .....	72
5/28	Android Smart Phone Basics .....	83
5/30	Android Smart Phone Tips .....	83
5/30	Sacramento River Cats .....	63
5/31	Big Crush Concert.....	52
6/4	Fisherman’s Wharf.....	63
6/6	Off to the Races.....	59
6/6	Happy Hour by the Pool.....	8
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6/14	Compass Stuffing Party.....	20
6/16	Father’s Day BBQ at Meridians .....	8



## From the Executive Director’s Desk

Chris O’Keefe, Executive Director,  
SCLH Community Association

Welcome to the May edition of the *Compass* magazine! May is an exciting month at Lincoln Hills, with the PACE Race, Concours d’Elegance, and Mother’s Day taking place, the outdoor pools open, and the start of the Summer Concert Series.

On the cover is a picture of Paula Horsley, who has served our community as the Landscape Supervisor for nearly 18 years. Paula will be retiring at the end of May, and we are both happy and a bit saddened by this news. Paula has been terrific in her role overseeing the landscaping of the common areas, and her efforts have made Lincoln Hills a better place.

Paula did not have a background in landscaping when she took the position in 2002, but through her diligence and work ethic, she made herself into arguably the finest landscape professional around. The results of her efforts speak for themselves. Lincoln Hills is a beautiful community. Paula – I cannot thank you enough.

We are very fortunate that we have someone with great skills taking over as the Landscape Supervisor in June. Willie Mayberry has worked on this site since 2002 as well. First as a supervisor for Crossroads Diversified, and the last several years as a site supervisor for BrightView Landscaping. Willie knows the site inside-out, and he understands the expectations. We could not be in better hands.

The Association finished the first quarter in a strong position financially, we served over 800 residents and guests for Easter, and the Seder dinner provided many positive comments from those who attended. The Lifestyle team put together several indoor concerts that were popular with our folks, and the Home, Health and Business Showcase had great participation and attendance as well. Overall, the first quarter of 2019 was very successful, and we look forward to an exciting summer at Lincoln Hills.

I want to close by sharing my appreciation for some of our resident volunteers who help to make this such a great community. Peter Beckett, Jeff Hanner, and Ken Silverman have worked diligently to find ways to better support some of our hearing impaired residents. Through their efforts, we now have options in place that allow us to better serve our residents. Their work, like the work put in by so many of our volunteers, allows us to better serve everyone in our community. It’s that spirit of giving that makes this place special. See you in June!

### May 27 Memorial Day Holiday Hours

Lifestyle Desk OC/KS	Administration & Membership	Fitness Center OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
8:00 AM - 8:00 PM	Closed	6:00 AM - 5:30 PM	Closed	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM



## Listening Post Update – *Chris O’Keefe, Executive Director*

The April 17 Listening Post was well attended, despite the fact that it was held on the same day as the Home, Health and Business Showcase. My appreciation to those of you who attended. We were able to touch on several topics, such as an update on automatic doors, the open space, as well as answer a few questions.

We started with an interview with Facilities Manager Erik Rosales, who has been with us in various positions for 20 years now. Erik has worked his way up the ladder from custodian to set-up tech, to maintenance tech, to operations supervisor, to his current position of Facilities Manager. It’s a great story, and I think our residents came away with the understanding that Erik truly cares about our community and the people he works with and for. He displays true leadership, and we are fortunate to have him on our team.

The 2018 Open Space Report was reviewed, with an emphasis on action items for 2019. Non-native plant control, fence repair, trash removal, ground-nesting birds, and thatch control are specifically noted and are on our list for action in 2019. The report also points out that our preserve areas are

functioning at a high level, and that the Lincoln Hills preserves are “good examples of urban preserves, with substantial diversity and habitat values.”

We had a great question about the East Joiner Parkway median, and what would happen to the median as the west side of East Joiner is developed. My understanding is that the median will be greatly reduced in width, and that East Joiner will become a four-lane road. The traffic light at Bella Breeze will be made operational, and eventually, there may be a signal light installed at the north entry on Del Webb and East Joiner. Our city is growing up!

I want to thank everyone who attended the Listening Post, and I hope you can find time in your schedule to come out and participate. It is greatly appreciated, and your comments and ideas help to make us better. I hope to see you in May!

**Listening Post meets on the third Wednesday 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.**

### Upcoming Association Meetings: May 15 – June 30

Listening Post	Wednesday, May 15, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, May 16, June 6 & 20, 9:00 AM
Finance Committee Meeting	Thursday, May 16, 9:00 AM, P-Hall (KS)
CCRC/Communication & Community Relations Committee Meeting	Tuesday, May 21, 9:30 AM
Board of Directors Meeting	Thursday, May 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 23, 11:00 AM
Board of Directors Executive Session	Thursday, May 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Tuesday, May 28, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, June 4, 9:30 AM
Compliance Committee Meeting	Wednesday, June 5, 9:00 AM
Properties Committee Meeting	Thursday, June 6, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, June 7, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, June 10, 9:00 AM
Listening Post	Wednesday, June 19, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, June 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, June 24, 9:00 AM
Board of Directors Meeting	Thursday, June 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, June 27, 11:00 AM
Board of Directors Executive Session	Thursday, June 27, 11:30 AM

*Meetings in Orchard Creek Lodge unless noted otherwise.*





## Finance Committee Report Understanding the CEF and Reserve Funds

*Stuart Gallant, Secretary, Finance Committee*

When we were kids, we often heard the saying (from our parents, mostly) that “money doesn’t grow on trees”! The obvious message was that money had to be earned - which took hard work and effort.

We’re very fortunate living here in Lincoln Hills that in fact, we do have a “gift that keeps on giving” in the form of our Community Enhancement Fund (CEF). Every **new** homeowner pays, at the time of purchase of their home, \$1,500 which goes into the CEF – and currently, existing homeowners **do not pay** into this fund. The CEF was established as a means to fund “enhancements” to our community – broadly defined as new projects which can provide additional amenities to our wonderful community. This fund currently has \$749,810 of uncommitted monies and is growing at a rate of about \$40,000-\$60,000 per month – depending upon the number of homes sold.

Residents and staff alike can provide input periodically to our Properties and Finance Committees for suggestions for enhancements. Some recent suggestions have included a new Hydrafacial machine for the Spa and a new SciFit machine for Wellness. The use of the CEF is limited to these types of community **enhancements** – not repairs or replacement of existing structures. After Committee review, if warranted, projects are

forwarded to the Board for their approval.

Replacements of existing fixed assets are covered with the use of our Reserve Funds. Repairs are handled through our Operating Cash (Facilities and Maintenance). We **do** contribute monthly, as homeowners, to our Reserve Fund – currently, our monthly contribution is \$21.97. We maintain, as an HOA, a detailed list and categorization of virtually every fixed asset along with its current replacement value, so when the need or time comes for replacement, we have adequate funds on hand to do so. The current balance of **only** the Reserve Fund is \$8,319,534.

Both of the Funds are part of our Fixed Income Portfolio (FIP), which was discussed last year in the Compass. This Portfolio is managed by UBS Financial in accordance with our HOA Investment Policy, which defines the type, percentage and maximum maturity of each type of fixed income investment. The FIP is reviewed by our Director of Finance and periodically by our Finance Committee. Currently (end of March 2019), the FIP is valued at \$6,708,961.

The current monthly financial report is available on the resident website or can be picked up at the front desk at Orchard Creek, upon request. The 2018 Audit was mailed to all residents on April 30, 2019.



## Architectural Review Committee Rumor Has It

*Carole Dummett, ARC Chair*

Rumor has it you do not have to apply to ARC for new plants if they do not exceed five feet tall and on our approved plant list. This is a misconception; all new planting of shrubs requires approval except small scale plants that do not alter the appearance of the lot. An example is the replacement of a few plants that have died or stunted with similar species, location, and size. All trees on the lot require approval and must meet current setback requirements. Every lot must have one tree in the front yard. Tree removal does not require approval but the stump must be ground down if located in the front yard.

Another rumor exists regarding new paint application and requirements. Every palette number has an assigned body color that must be applied to the main body of the home. You must have a minimum of two colors on the home, excluding accent colors. There is a choice of two trim colors to be applied to designated trim areas and other locations shown on the Paint Application Checklist and Diagram. The accent color is available for the front door and window shutter areas

only. There is also a separate page in the paint book with additional front door and window shutter colors only.

An example is when you select your palette, it automatically will designate your main body color. Select your trim color(s) and apply according to paint application requirements. You may also select the accent colors for the front door or window shutters as an additional color. The maximum colors for each home is four including the front door and window shutter colors.

Unless a small maintenance issue, all paint colors must be approved through ARC. Touching up paint as regular maintenance is allowed without ARC approval. A whole house repaint requires ARC approval. If your current color is not available in our paint book, we can assist you in selecting a very similar color combination.

Community Standards is available to assist with questions and application requirements. Another resource is our ARC application class offered twice a month. Please pick up the schedule online or at the Resident Information Center at Orchard Creek.





**Compliance Committee  
Fence Due for Fresh Paint?**

*David Mateer, Chair*

Your fence is an important part of your property. It provides security, privacy, and—with proper care—adds to the curb appeal of your home. The vast majority of our yards have wooden fences that enclose them. Only those on open space or golf course lots do not have a wooden fence. Between the sun, rain, and wind, our fences can take quite a beating over time. Spring and summer is a great time to take a look at how they are holding up...or see what is holding them up.

Where wood fences and gates are concerned, moisture is the enemy. Proper painting creates a barrier that prevents moisture from doing damage to the wood. A good paint job every five to seven years will both protect the fence, and keep your property looking great.

You can guess where I am going with this. The vast majority of our wood fences and gates are overdue for some fresh paint. This seems to be an easy and pervasive part of our property maintenance that is overlooked or deferred. We really need your help with this. Please take a look at your front fence and gate. Also, take a look in your back yard. The standard paint color is "Sanderling"

No. SW7513 for all wood fencing.

You may also find that some fence panels may need some repair or have individual boards or posts that need replacement. This could be for wood that has warped over time or rotted from exposure. Again the panel sections may need some repair but seldom need complete replacement.



*We Need Your Help*

It is common that to repair or paint a fence, access from both sides is necessary, so coordinate all activities with your neighbors. It is necessary to obtain the permission of your neighbors before you or any worker goes on their property. For fence repair, it is normal for neighbors to share the cost equally. Give the adjoining owner a written description of the problem, proposed solution and estimated costs, along with a proposed timeline for completing the project. This should be done well in advance so you can come to an agree-

ment, and the neighbor can obtain alternate estimates if desired.

A well-maintained fence makes for an attractive neighborhood and cooperation will make for good neighbors.



**Team Member of the Month Award – April 2019**



Our "Team Member of the Month" is Deborah Meyer! This is Deborah's second time to receive the Team Member Monthly Award! She has been with Lincoln Hills since February 2014 as the Lifestyle Entertainment Coordinator. Here are just a few quotes from her team members:

*"Deborah is the ultimate team player!" "In spite of the pressures of booking, making arrangements for and ensuring all entertainment events are carried out, Deborah maintains a calm and helpful demeanor. She often diffuses any problems that arise at events." "She works tirelessly to make sure every event is joyful and well attended!" "Deborah loves people, and always tries to lift the spirits of those around her." "She is very meticulous and goes above and beyond the planning process. Deborah brings positive high energy and a personal touch to all!"*

Thank you Deborah, for your passion, drive and hard work to organize and provide the best entertainment for our Residents! We are honored and proud to have such an outstanding Team Player who is dedicated to the Lincoln Hills Family!





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**Concert Breakfasts!**  
 Kristy Huskey,  
 Director of Food & Beverage

Concert season is upon us, and as always, Meridians will be serving up a special breakfast buffet for you on concert mornings starting at 6:00 AM until 9:00 AM! Enjoy scrambled eggs with cheddar, breakfast potatoes, bacon, sausage, pancakes, fresh fruit, and coffee or orange juice for only \$8.99!

For May, Trivia is TWICE on Thursdays. The first game starts at 4:00 PM with the second game starting at 6:30 PM. This is to alleviate the crowd a bit, so everyone gets a chance to play. If you play the 1st round, you cannot play the 2nd round as questions are recycled for the next group. Meridians will be extending happy hour until 8:00 PM on Thursdays only so no one is left out if they attend the second game!

Happy Hour by the pool starts Thursday, June 6, with a bar available from 4:00 to 7:00 PM every Thursday in June to start. Pool Food Delivery (NEW!) will start Tuesday, June 4! Pool Food Delivery will be from Tuesdays through Saturdays from 1:00 to 7:00 PM from a limited "Pool Menu." Just call the Meridians Delivery Line, and they will take care of you!

Don't Forget about Dad! Father's Day is June 16, and we are ready to serve up your BBQ favorites between 10:00 AM to 3:00 PM for only \$29 plus tax and gratuity. Make your reservations now! Meridians is only open during these hours on Father's day.

**Chef's Recipe of the Month:**

**Summer Kale Salad**  
*Serves 4*

**Ingredients**

- 3/4 cup white sugar
- 1/2 cup vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup extra-virgin olive oil
- 1 bunch kale, stems removed and leaves chopped
- 1/2 (16 ounce) package frozen shelled edamame, thawed
- 1/4 red onion, sliced thin
- 1 cup shredded carrot
- 2/3 cup fresh blueberries
- 1/2 cup sweetened dried cranberries
- 1/2 cup cashew pieces
- 1/2 cup shelled, roasted sunflower seeds

**Directions**

- Whisk sugar, vinegar, salt, pepper, and olive oil together in a bowl until sugar is dissolved; set aside.
- Toss kale, edamame, red onion, carrot, blueberries, dried cranberries, cashew pieces, and sunflower seeds together in a bowl. Pour about half the dressing over the mixture and toss to coat. Cover bowl with plastic wrap and refrigerate 4 to 6 hours. Serve remaining dressing on side.



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**Lifestyle News & Happenings**  
**Celebrate Life!**

*Lavina Samoy, Lifestyle Manager*

I recently celebrated my mom's 90th birthday in the Philippines with my family. It was a joyful reunion of family, friends, and neighbors reminiscing the good ol' days and toasting my mom's 90 amazing years! This reminded me of the importance of celebrating momentous events.

Just like my mom's 90th, our community's 20th anniversary is a BIG deal! We have come a long way from our Del Webb days, and we continue to improve, grow and develop an ever-evolving active lifestyle. Placing 16th in the nation's 50 best-selling active adult community for 2019 (55places.com) gives us more reason to celebrate our 20th! Mark your calendar:

- July 10 – 20th Anniversary Fundraising BINGO
- August 8 – Launch Party by the Pool (fundraising, prize drawings, DJ, happy hour)
- October 24 – Sports Day (variety of sports games between residents and staff)
- October 25 – On Stage Anniversary Variety Show (features resident talents) and Parking Lot Community Party (food trucks, vendors, DJ dancing)
- October 26 – Horse Derby Contest, Concert with Decades and Fireworks

Prior to the big party, don't miss the **Summer Amphitheatre Concert Series opening May 31** with

the **Big Crush Dance Party**. Like last year, the opening concert promises to have tons of energy and fun with the 10-piece band performing top hit dance tunes from the '60s to the present. Eagles fans will have a great time on **June 14 with the Midnight Flyer Tribute to the Eagles** followed by an unforgettable **Tribute to the Music of Elton John and Billy Joel featuring Kyle Martin on June 28**. Six more concerts complete the series that run until September 20 (see the list on page 52).



Laugh out loud when the **Players' production of The Odd Couple (Female Version)** hit the Presentation Hall stage on **June 6, 7, 8 & 9**.

**Farmers Market opens May 22** and every Wednesday from 8:00 AM to noon until November 20. The Opening Day activities will get everyone going with Zumba, art class demonstration and

displays plus a cooking demo from Meridian's Chef Marco.

A new **Beginning Ukulele** class will accept new students on Mondays from 10:00 to 11:30 AM starting June 3 (page 82). Once this class is full, we might not be able to accept new students so register now.

Check out new day tours on page 65 with trips to **Armstrong Redwoods in Sonoma County** and the **State Capitol and the California Museum**.

Life only happens once; take the time to celebrate!



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## The Spa at Kilaga Springs

### All About Skin

Trudy Smith, Spa Manager

In our Skin Care Department, once again due to popular demand we are featuring our **Specialty Facials**. These facials are designed to deliver advanced treatments using potent ingredients. There are four to choose from:

- **Advanced Exfoliation** • **Collagen Boosting**
- **Intense Hydration** • **Image Designer Face Lift**

Our Specialty Facials are power packed and age-defying. These facials cultivate high-intensity results targeting fine lines, wrinkles, hyper-pigmentation, acne, and rough textured skin. They deliver key ingredients such as Retinol and Peptides to plump up collagen, Stem Cells to extend cell life, and Antioxidants to prevent oxidative damage to the cells within the epidermis. These facials are normally \$150 on special currently for \$130. Give your skin a lift and book your appointment today.

The Spa has also purchased their second Hydrafacial machine. In honor of having both skin care rooms now fully equipped, we are running a **“Hydrafacial Deluxe”** special for any first time, Hydrafacial Deluxe client receives the treatment for \$199, normally \$239. You must mention the word **“Compass”** to receive this special pricing.

In our Massage department, we are introducing a series of new Body treatments. Our first rollout was the **“Anti-aging body treatment”** also known as the slimming body treatment. This is an

ultimate luxurious experience for the body. Using Hydropeptide products, we create a customized exfoliation which polishes away dry, aging skin and reveals a brighter more even appearance. Anti-aging peptides firm and lift in a detoxifying body wrap. A revitalizing serum and nourishing massage balm sculpts and tones the body to complete perfection. Normally \$120 on special currently for \$110.

Our second rollout is the **“Body Bliss treatment.”** This is a full body exfoliation with a magnesium-rich cream scrub that aids in relieving anxiety and tension in nerves and muscles. Magnesium is crucial to every cell in the body and has been found to reduce migraines and increase energy. Receive a full body massage with your choice of aromatherapy oil completes this deeply relaxing treatment.

This month my Spotlight is on Desiree Calderone. Desiree joined the esthetics team in March of this year. She comes to us with a variety of experience in Luxury and Medical Spas. She has been licensed since 2001. Desiree was drawn to esthetics to solve her own skin issues. This fueled her passion for helping others. Once she started her esthetics career, she found that she truly enjoyed the one on one connections and helping the clients feel great. We are lucky to have her on our team.

We would love to see you in the Spa. Remember we are open to the public so bring your friends and family.





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**WellFit News**

**#ParkinsonStrong #Jointhealth**

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Exercise is an important part of daily life for all people who want to stay fit and healthy. For people with Parkinson's disease, however, it is more than just about staying healthy. For them, the right exercise can improve aspects of daily living. Cycling on stationary bikes may benefit people with Parkinson's disease, especially if they cycle hard and fast. Researchers found cycling, especially at rates above what patients would choose for themselves, appeared to make regions of the brain that deal with movement connect to each other more effectively. Research has also found that boxing can help in the same way.

The quick, intense bursts of movement involved in the footwork and punching increase the muscles firing ability throughout the body. As a result, it has shown to improve strength, power, agility, speed, balance, postural stability, hand-eye coordination and reaction time. The ultimate goal is to manage symptoms and improve quality of life for people with Parkinson's disease.



WellFit currently offers three small group training classes at Kilaga Springs. Parkinson Cycling,

Parkinson's Strong and a combo of both. For more information on these classes and times see our ad on page 84. We are also excited to announce that later in the year we will be introducing Rock Steady Boxing. To be affiliated with Rock Steady Boxing some of our staff are required to go through a specific type of training before we can bring this program to you. This program like all others here at WellFit will be exclusive to Lincoln Hills residents!



I also wanted to mention this month how important physical activity for joint health is. Joint health and function become important to consider as we age. Through exercise in the appropriate dose, type, frequency, and intensity, joint function and integrity can be better managed to preserve the quality of life and independence. Yoga and Pilates Reformer are great classes for this. Both practices strengthen muscles and provide a large range of motion and flexibility that are essential for performing activities of daily living. For our Yoga and Pilates classes refer to the back pages of the Compass for class schedules or reach out to Jeannette Pyle WellFit Manager at [jeannette.pyle@sclhca.com](mailto:jeannette.pyle@sclhca.com).

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## Pets, Pets, Pets—And the Parade Goes On!

Teresa Tanin, Neighborhood Watch

If you missed the Annual Pet Fair and Parade, you will have to wait until next year. The Lincoln Hills Lifestyle Pet Fair and Parade held April 26, was a *howling* success! Featured were experienced veterinarians, special vendors, Artists, K9 demonstrations, Placer SPCA, Fieldhaven Feline Center, Placer County Animal Services, and our own Neighborhood Watch Lost Pet Alerts Team.

Our Pet's health is very important to us, and we were honored to have as our guest speaker, Dr. Laura La Rue, D.V.M., a seasoned veterinarian, who talked about *Animal Wellness*. Dr. La Rue emphasized the importance of the owner's vital role in keeping our beloved pets safe and feeling their best. Many pet owners stopped by her booth to pet her small farm animals—what a fun time for all while learning from Dr. La Rue's many years of experience.

Placer SPCA featured a booth as well, and it was such a privilege to meet and talk with the former CEO for the Sacramento SPCA, Rick Johnson, who now lives in the area and supports the Placer SPCA. His 15 years of experience and knowledge provided many helpful hints for keeping pets safe. Jenny Olmstead, Humane Educator, also offered information about her special classes for new adopted pet owners. Pets continue to be available for adoption from the Placer SPCA and Fieldhaven Feline Center.

A lost pet is devastating. Neighborhood Watch Lost Pet Alerts team works very hard to reunite owners with

their pets and offered chip scanning during the Annual Pet Fair. Owners could then contact the chip company to confirm their contact information. Unfortunately, many move to Lincoln Hills and forget to update such information. It was so nice to see so many pet owners

come by the booth to have their pet scanned—a service we are happy to provide our residents.


For those who wanted to be creative regarding their pets, Artist, Unni Stevens, offered a *Paint Your Pet* demonstration for her upcoming painting class available here in Lincoln Hills—she made it look so easy; I need to sign up for her class!

Many special vendors such as PetSmart, VIP Pets, Pet Wants, Grooming by Kelly O, Scents by Salle, T&C Home Baked Goods, Rebels & Rhinestones Jewelry, Farmers Insurance, The Good Life Daycare & Boarding, My Dog's Spot Grooming, Essential Oils for Animals, and many more participated in the Annual Pet Fair—I know my bag was full!


The highlight of the day was K9 Eros and his handler, Placer County Deputy Thompson as they demonstrated their Narcotics Detection methods. All eyes were on them as they performed each dramatic task—K9 Eros and Deputy Thompson were remarkable.

The Pet Parade was over, and all were winners. Bags were full of vendor goodies and the afternoon was full of sun, fun, fur and a few barks here and there. The tables and booths came down, but only until next year—The Annual Pet Fair and Parade—see you April 2020, for a *purrrfect* day!





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## Engineering the Landscape

Linda Lucchetti, Roving Reporter

Although many residents may not know her, they can thank her for her role in shaping the scenery they appreciate every day. Paula Horsley, Lincoln Hills Landscape Supervisor for the past 18 years, has immersed her heart, head, and hands in keeping our landscape thriving and noticeably beautiful. At the end of May, she'll be branching out. Paula will be retiring from her position, but won't be going far. You could say she's lived at her job — she resides in Lincoln Hills with her husband. "Through the years, I've enjoyed being outdoors and watching this place grow up," she says.

With an engineering background, Paula, a native Californian from the Bay Area, worked in Hewlett Packard's facilities department. Later, she



had a brief stint at Del Webb's sales office and model home park, where she was recruited for her present position.

Paula has the distinction of being the only female landscape supervisor here. Has her gender in-

fluenced her success? Not specifically, she claims, although characteristics like her attention to detail and effective organizational skills have helped.

Growing up with three brothers, she's always been comfortable in non-traditional female roles and never shied away from handling tools. "It's been natural for me to step into this world."

Her job has been 90 percent about the landscape and 10 percent as a member of the facilities team. With 225 acres of common area in her care, she has supervised the plan of the landscape which includes maintaining and replacing, as well as encouraging plant life to grow. Flowers are seasonal and changed



out four times a year to offer visitors and residents alike that "wow" factor. Much depends on a computerized system of some 103 irrigation clocks.

She has loved the variety in her work. Where else could you walk a pictu-

resque trail while checking out your punch list (to do list), help people, and create a documentation system for the department?

It's not always a "bed of roses." The topography and climate present challenges, like hard soil and hot summers. One of her toughest times she recalls was getting down in the weeds in 105 degrees to troubleshoot an irrigation problem.

On the other hand, her best days have been helping residents with their complaints or requests. "I've always tried to see it from their perspective and help them see it from mine. If they can walk away a raving fan, that's great."

Thank you, Paula, for all you've done to beautify our surroundings. Thank you for putting down roots with us!

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## How Tired is Fatigue?

Shirley Schultz, Roving Reporter

We are not talking here about the intermittent times you have felt overworked, overtired, drowsy, or sleepy. We are talking about unrelenting exhaustion, tiredness, and lack of energy that lasts longer, and is not relieved by rest. This is **fatigue**, a constant state of weariness that impacts your energy, motivation, and concentration. A host of physical and mental conditions can be factors contributing to fatigue, and if you have it, it is time to take stock of what lifestyle factors may be contributing to it: lack of exercise, unhealthy eating habits, alcohol, drugs or medications, lack of sleep, and even jet lag disorder.

Factors which contribute to fatigue include allergies or hay fever, anemia, depression, anxiety, fibromyalgia, food allergies and food intolerances, heart disease, rheumatoid arthritis, sleep apnea, Type 2 diabetes, and underactive thyroid (hypothyroidism). These factors need to be identified and treated when possible. It is best to see a doctor for an evaluation, which will likely include blood tests, to rule out potentially life-threatening causes before self-prescribing over-the-counter treatments such as iron.

Fatigue may manifest with a plethora of symptoms including just about everything except wrinkles:

- Headaches
- Dizziness
- Feeling cold
- Irritability
- Sadness or depression
- Feeling hopeless, worthless, or helpless
- Deep muscle pains
- Painful tender points
- Sleep problems and/or sleepiness
- Anxiety
- Exhaustion with activity
- Morning stiffness
- Joint pain
- Inflamed joints
- Feeling exhausted upon awakening
- Increased thirst or hunger
- Increased urination
- Unusual weight loss
- Sluggishness
- Weight gain

Chronic fatigue syndrome (CFS) is a specific diagnosis beyond fatigue. In fact, CFS cannot be diagnosed until other explainable underlying conditions have been ruled out. It is also known as systemic exertion intolerance disease (SEID) or myalgic encephalomyelitis (ME). Causes of this condition are not well understood, and there are no specific tests for CFS. The treatment focuses on relieving symptoms and often involves alternative medicine practices such as acupuncture, massage, and yoga. Learn more about fatigue and chronic fatigue syndrome by attending the Community Forum on May 29, "**Chronic Fatigue Syndrome: Battling a Debilitating Disorder**" (see page 51).

Self-help tips to fight fatigue are basics for a healthy lifestyle: exercise, healthy diet, lose weight if overweight, adequate sleep, reduce stress, limit alcohol, and even talk therapy. The National Institute on Aging offers good information at <https://www.nia.nih.gov/health/fatigue-older-adults>.

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## I'll Get Around to It

Richard Pearl, Roving Reporter

**THE ROUND TO-IT.** You know the old saying: "I'll Get Around to It." Sometimes it works, and sometimes not.

This was not an easy column to write, and it may not be an easy column to read, but trust me, it's important.

Fact: there's no stopping getting older. Our average age in Lincoln Hills is 73. I've gone to several funerals this past year, and perhaps you have also. Last fall two of my very close friends died in an aircraft accident. They took off on what was going to be a great flying day, and never returned to their families. What followed next is the crux of this narrative.



Both couples had long-term marriages. All four people were strong, independent individuals with professional careers. In both families, the guys were primary when it came to family finances...with the apparent acquiescence of the

wives. When the guys died, it turned south when it came to their financial situation. Note: I am not an accountant nor an attorney...only a friend who stepped in. Some thoughts based on my experience:

1. Do you have someone who can step in and get things done when tragedy strikes?
2. Do you have a will, advanced medical directive, and a trust?
3. Do you have an executor you can trust?
4. Do you know where all the financial records are?
5. Do you have a current list of all computer passwords?

6. Do you truly know what you are financially obligated for? In one case, the husband signed for a significant obligation that the wife didn't know about.

Something else I've experienced over the past two years is a life history pictorial. At recent memorial services I've been to, one of the most moving experiences has been the "slide show" of the departed and his/her life. The advent of these almost-professional visuals (using standard software) allows all of us to relive why we loved the departed. Yes, you can leave this effort to the kids and friends, but why not gather those great photos yourself and leave them on a thumb drive. Maudlin, perhaps, but our passing is a fact of life so why not make yourself a Rock Star when you control the message? OK, you really can't, but you get the point.

Spring is now upon us. Think about using this renewal season to review your financial situation (spouses, legal, financial)...and become a movie Rock Star.

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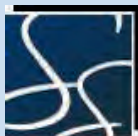
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## In Memoriam

### Vincent Del Pozzo

Growing up on Long Island, New York, Vince was the oldest of his Italian immigrant family. He served in the United States Army, worked in his father's Italian restaurant, and then moved to Menlo Park, California where he joined the Menlo Park fire department eventually becoming its Fire Chief. He married Betty, and they had two daughters. He was a hero, a pillar of his community, and a devout Catholic. After retiring, they moved here where Vince made new friends and got involved in the Softball league. He was a player, team manager, umpire and served as president of the league. Vince is dearly missed by Betty, his daughters, grandchildren, and great-grandchildren. He is also missed by his friends who he met daily for coffee or lunch.



### Bill Kassel

After a 40-year career managing medical laboratories throughout the Bay Area, Bill retired as Clinical Director at UC Berkeley Health Service. He was involved in local politics in El Sobrante, California and he served as a Director on the SCLH Association Board. He enjoyed being involved with committees and helping the communities where he lived. Bill was an avid world traveler and had a passion for life-long learning. Bill enjoyed playing pool. A kind and gentle man, he leaves his dear wife, Nicole, a daughter, two sons, and five grandchildren.



### Robert (Bob) Doughty

Bob earned a Bachelor's Degree from Oregon State and an MBA from Santa Clara University after growing up in Southern California. He served in the Army Corps of Engineers where he invented and designed the inflatable U-boat, now one of the world's most popular boats. He was also the creator of the first modernized posit office using automation, and he developed the automated order assembly system for Avon and other companies. Bob is survived by his wife Judy, three children and seven grandchildren. He and Judy have lived here for 14 years, and they enjoyed ballroom and square dancing. Bob also enjoyed painting.



### Stephen Natcher

Steve was born in San Francisco but grew up in Southern California and London. He graduated from Stanford University and went on to get a Law degree. After college, he served with the U. S. Coast Guard. Most of his time as a lawyer was as a General Counsel for various corporations. In his free time, Steve loved boating, both sailing, and power boats mostly in the Delta and San Francisco Bay. While here Steve was part of the Veteran's Group and served as a Director of the Lincoln Hills Foundation. He and his wife also enjoyed cruising the world. Steve and Carol were married for 49 ½ years and have two daughters and four grandchildren. A Celebration of Life will be held June 14 in Lafayette, California.



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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### Committee Openings

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

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

Committee applications are available at the Lifestyle desks (OC/KS) and online ([sclhresidents.com](http://sclhresidents.com)>Library>Forms>Resident Forms).



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# Cheers to 20 Years!



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## Club News



### Amateur Radio

Lincoln Hill's First Annual Ham Radio Field Day, the most popular event in amateur radio will be held on the fourth weekend of June. On June 22, the Amateur Radio Group will set up temporary transmitting stations at the Sports Pavilion to demonstrate amateur radio science and community service skills. From 11:00 AM on Saturday to 2:00 PM on Sunday the ARG will contact Field Day stations across the nation to demonstrate emergency communications using battery and solar powered radios. The community is encouraged to come by and learn about amateur radio and how it serves the community. The LHARG Repeater at 443.225 MHz with PL of 167.9 will be used to coordinate field day activities. **Contact: Jim Darby 916-408-8599, Website: www.lharg.us**



### Antiques Appreciation

Our June 3 meeting will feature a presentation by Carl Sulzer and Kathy Freeman, who represent our Lincoln Archives Museum. They will discuss the history of the museum and also bring some mystery items displayed at the museum. At the

meeting members may bring one item over 50 years old that would qualify as a mystery item. It could be an item you have had for a long time, but are not sure what it is or where it came from. Perhaps one of our members will have an answer? We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridian.

**Contact: Pat LePage 916-543-9564, jplepage2396@gmail.com**



### Astronomy

Monday, May 20, Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM. Lecture 15: Supernovas and the Death of Stars. Lecture 16: Radio Stars and Early Interferometers. Contact Morey Lewis at mlewis\_cc@sbcglobal.net for more information.

Thursday, May 23 Telescope Interest Group (TIG). Star Party at the Sports Pavilion. Assistance will be provided in setting up and using your telescope. Contact Bob Collins at bobpcoll@community.net.com for more information.



Wednesday, June 5, LHAG General meeting at 6:45 PM in the P-Hall (KS). Tim Unruh will present "Meteorite and Tektite Mimicry in Terrestrial Rocks."

Tim will image and discuss a variety of rocks, stones, and relics that are often picked up by the casual collector and mistaken for meteorites and tektites. Visit our website for more information.

**Contact: Ron Yelton 916-587-3384, ryelton660@aol.com Website: www.lhag.org**



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### Ballroom Dance

Members traveled to San Francisco in early April to experience the excitement of the Ballroom Dance Competition San Francisco Open. They returned with renewed energy to dance the Rumba and Salsa in April while looking forward to the Fox Trot in May.

The Spring Pot Luck gave club members a chance to share their favorite recipes and to dance the night away. Save the date for our next event, the Spring Ice Cream Social, June 12, 6:00 to 9:00 PM in

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the Ballroom (OC).

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons every Tuesday at KS: Beginners 2:00 to 3:00 PM, Advanced 4:00 to 5:00 PM and open dance 3:00 at 4:00 PM.

Contact: Ruth Algeri 916-408-4752



### Big History

War has been an integral part of civilization for over 5,000 years. On May 20, 10:00 AM P-Hall (KS) a panel of our members will explore this destructive behavior from four different perspectives: 1 – What is War? Think about it. Not so easy to define, is it? 2 – Personal Dynamics – Are we innately war like? Is it hard-wired in our brains? 3 – War Technology – chariots, bronze weapons led to advances not only in war but also in farming and other production tools. 4 – Climate and Geography – both have had a profound effect on how the war was waged. Join us.

The Big History club meets the first and third Mondays of the



Assyrian Warriors

month at 10:00 AM in P-Hall (KS).  
Contact: David Lewis 916-626-2795,  
stuff619@gmail.com

Website: www.bighistorysclh.com



### Billiards

We offer tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun! With the chance of meeting new people. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women), you do not need anything to play, just show up and see what we have to offer. Remember it's free!

Contact: Tony Felice 916-955-0501,  
atfelice3@gmail.com



Players 1st Brian Ishimaru, 2nd Doug Porter



### Bird

The spring weather brings opportunities to explore new parks. On May 24 our group will visit Boulder Ridge Park which is one of the highest points in Rocklin and affords wonderful views of the Central Valley and the Sierras. We look forward to checking out the bird of this area. On June 7 we head to Loomis Basin Community Park where we expect to see the colorful Bullock's Oriole and enjoy the park's riparian habitat.

Monday, June 10 at 1:30 PM in P-Hall (KS) our general meeting will feature speaker Lori Dieter from the California Department of Fish and Wildlife at Gray Lodge, one of the valley's special wetlands. Lori's talk will be an informative and interactive presentation with some fun visuals and handouts.

Contact: SSal Acosta 843-991-5188,  
quailrun@wavecable.com

Website: www.lhbirders.org



Plan a Springtime walk at Ferrari Pond, always something happening!



### 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 instruction and furnish all equipment. From November to April we play



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It must be summer! The awnings are up!

Bocce every Thursday morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident web site Bocce Ball page.

Contact: Bob Vincent 916-543-0543, pmac1411@aol.com  
Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



**Book, OC**

Thursday, May 16 at 1:00 PM in the Multi-Purpose Room (OC), we will discuss "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann.

This amazing book is a whodunit, examines the oil boom in Oklahoma, a look at the earliest forensics usage, a peek into the Osage culture, a separate peek into the hearts of evil, the attempt to get justice for a family, and an overview on the change from frontier justice

to the establishment of the FBI. This summer, the movie begins its shooting schedule for release by early 2020. If you haven't read this yet, GET STARTED!! \*\*"Evil Under the Sun" June 20. \*\*"Rocket Men" July 18. \*\*"The Invisible Library" August 15.

Contact: catsickle@gmail.com  
Website: LHocbookgroup.blogspot.com/ or Wiki:ocbookgroup.pbwiki.com



**Bridge, Duplicate**

In Duplicate Bridge the hands are dealt once and then played a number of times without redealing. Bidding, playing and defending are the same in any type of bridge. The scoring is different. Each hand stands alone. A bad result on one hand doesn't affect the results on the next hand. Duplicate



Wendy Wohl, Greg Parker. They enjoy bridge, golf and traveling.

never gets old - you can enjoy it six times a week or 6 times a year. Every week the hands are pre-made, hand records are available, and results including the contracts on all the hands are available online a few minutes after the end of the game.

Games are played at Kilaga

Springs, Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

Contact: Lynn White 916-253-9882, lynnewhite2000@yahoo.com  
Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



**Bridge, Partners**

Call for reservations or show up with a partner Sierra Room (KS) 5:30 PM Thursday. Play begins at 5:45 PM. Winners: March 28 - First: Janet Pinnell/Linda Theodore; second: Carolyn/Bob Calmes with high round 1700; third: Ralph Madsen/Chet Winton; fourth: Bev/Allan Blaine. April 4 -First: Linda Theodore/Janet Pinnell with high round 2470; second: Erika Wolf/Edith Kesting; third: Patty/Frank Kamienski; fourth: Rose/Joe Phelan. April 11 -First: Patty/Frank Kamienski with high round 4170; second: Joanna/Alan Haselwood; third: Carolyn/Bob Calmes; fourth: Rosanna Jensen/Kurt Wolff. April 18-First: Kay/Ben Newton; second: Janet Pittenger/Lorraine Minke; third: Carla/Mark Green; fourth: Dolores Marchand/Carol Mayeur with high round 2030. Attention: Scoring at each table should be verified by BOTH partners before moving to the next table. Reservations for second/fourth Thursday: Joanna/Alan Haselwood at 916-209-3392.

Contact: Reservations for first & third Thursday: Carla/Mark Green 916-844-5888

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Brain With Hearing Loss    Brain With Normal Hearing

Source: Lin, F.R., L. Ferrucci, Y. An, J.O. Goh, Jimit Doshi, E.J.Metter, C. Davatzikos, M.A. Kraut, and S.M. Resnick. "Association of hearing impairment with brain volume changes in older adults."



Summary of Data from Lin et al., 2011 Johns Hopkins Medical Center

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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 12:15 PM. Reserve yours by contacting Linda McDermott at 916-295-6769 or John Butler at 541-536-4685. Winners from March 29 to April 19: First Place: Joanna Haselwood, Janet Pittenger, Byron Hansen, & Joe Phelan. Second Place: Jodi Deeley, Theresa McCusker, Mark Green, & Lois Burke. Third Place: Alan Haselwood, Pat Mullins,



Friday Night Social Bridge

Jim Monnin, & Harry Collings. Fourth Place: Nancy Griffin, Pam Flaherty, Flo Hunt, & John Butler. Our free bridge class is ongoing each Wednesday from 8:30 to 10:00 AM for beginners and 10:00 AM to Noon for Intermediates in the Card Room (OC). Happy Mother's Day! **Contact: Pat Mullins 408-202-1865, pam7NT@gmail.com**



**Bunco**

In April, the Bunco group welcomed a new player Sharon Stout, as beginners luck would have it Sharon won. There

was some excitement at the OC, halfway through our Bunco session we had to evacuate due to a possible gas leak. 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. Please consider joining us for a morning of laughter, fun, and friendship! In May after Bunco play, the Bunco group will have their annual spring potluck get together. April Winners: Most Buncos - Carolyn Hughes; Most Wins - Sharon Stout; Most Losses - Phyllis Papagiannis. Next Bunco is Thursday, May 16.

**Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com**



**Ceramic Arts**

We're in the middle of May already, and Art in the Alcove in the OC lobby is in full swing. Pieces are entered by potters of all levels of experience and definitely worth a look. You may get inspired to make a creation of your own or find something you "can't live without" and make a purchase to take home.

If you're looking for some inspiration or want help with technique, sign up for a class. We have two excellent teachers for our Tuesday and Thursday classes. Give it a shot. Open studio for all residents is Fridays from 12:00 to 4:00 PM. Join the Ceramic Arts Group, only \$15 for

the year, and enjoy studio time on Saturdays and Sundays. Come have fun with clay.

**Website: www.cagsclh.net**



**Chorus**

Our thanks to all who applauded our "Songs through the Decades" concerts on April 28-30. Your support is essential to everything we do, and your enjoyment of our performances rewards all the effort we devote to preparing for them.



Lincoln Hills Community Chorus

Now we're taking a break until rehearsals for our mostly Christmas concerts on December 8-10 begin September 3. We'll welcome new members then; choral experience is desirable but not essential. Visit and sing with us for three weeks to see how you like it with no obligation. You'll get plenty of help from computerized music files for home practice and sectional and full rehearsals Tuesday afternoons. Sounds good? Check our website and contact our membership chair for more information.

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

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Contact: Helen Rains 916-408-4505, helen.lhaug@icloud.com  
Website: lhaug.org

PC



June 12, 6:30 PM Windows 10 will no longer automatically install big updates like the May 2019 Update without your permission. Now, you'll see a notification, and it's your choice when you want to install the update. Microsoft has been criticized in the past for pushing updates on Windows 10 users.



Terry Rooney

Starting with the May 2019 Update, you will see a notification that the update is available when Microsoft thinks it's ready for your PC. However, it's your choice when—and whether—to install it. Windows 10 won't start downloading and installing it without your say-so. You'll have to click "Download and install now." See how this affects you. P-Hall (KS). July 2019 Membership renewal and big changes in our meeting formats!

Contact: Bob Ringo 916-543-5310, sclhcc@gmail.com  
Website: SCLHCC.org



Country Couples

Spring has finally sprung after what seems like a very long winter.



"Swing Into Spring" Dance: Lauri English; Marsha Brigleb; Warren English

Our members are eager to get outside again to garden, walk, and travel. Country Couples, "Swing Into Spring" Dance, was held in April. Members contributed their yummy creations for all to share at our potluck dinner. DJ Carlos Aceituno provided the music for our dancing pleasure.

If you are contemplating on what to do on Monday evenings between 7:00 - 8:00 PM, drop by (KS) and check out the style of dancing Country Couples offers. If interested, sign up for Jim and Jeanie Keener's classes at the Activities Desk and then consider joining our Country Couples Dance Club for the club's many dances and activities throughout the year.

Contact: Irene Hesson 916-434-6804  
Website: <https://www.sclhcc.com>



Cribbage

We welcome you to come join the fun in the Card Room (OC) on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the six-game mini-tournament begins and

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continues until noon.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score. The weekly winners for the month of March were: Grant Lee, week one; Larry O'Donnell, week two; Dennis Marin, week three and Mario Ferrero, week four. New players are always welcome! **Contact: Don W. Lloyd 916-253-7614, gryeagle1@hotmail.com**



**Cyclists**

Well, it finally happened. We now have an eBike group. E's R Us is a new group made up of cyclists from the Adventure Monday group who have started riding eBikes. Even though we have this newly designated eBike group, there are several of the ten groups that have eBikers riding with them. If you are a resident of our community and have given up cycling due to age or physical problems, there is now a new and easier way to cycle. The electric assist that our members ride cannot be ridden in a totally electric mode. You do have to pedal and exert energy to move. Go onto our Website, find a group that fits your riding style and join us on the backroads.

**Contact: Steve Valeriote 916-408-5506, jillsteval@gmail.com**

**Website: lincolnhillscyclists.com**



**Fishing**

The rivers are roaring; the lakes are filling and some spilling. It's predicted by all the "guru's" that fishing is going to be tremendous this season. Get ready for the tug on your line, the bend of the rod...BAM! Don't forget your license, sunblock, chap stick, rain-coat, warm jacket, PFD, hip boots, and safety skills; you might need them.



*Dale is hot!*

Join our club to live the life of reflective fishing at your favorite lake, pond, river or stream. Many of our members are experts at fishing and are always open to helping you reach your dream of fishing and improve on your skill. Meetings are second Monday of the month at 7:00 PM P-Hall (KS). Interested in joining, email Ralph Tonseth at [ralph-tonseth@comcast.net](mailto:ralph-tonseth@comcast.net).

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



**Food Adventures**

The past month saw us enjoying a widely varied lunch at Crossroads Café on the William Jessup University campus. We also learned about kitchen knife skills from Chef Marco while enjoying getting



*Chef Marco Kitchen Knife Skills Demo*

to know each other better at our monthly general meeting: members were encouraged to bring a food item commonly used in their household, then explain their use of it and then sitting back to listen to comments by others about their particular item, including better (?) ways to use their item. It's amazing how many clever ways there are to purpose, prepare and cook a single food item! Various cultures have passed down great ideas for our use today. Our monthly meetings are the fourth Monday in P-Hall (KS) at 2:00 PM, household membership \$20.

**Contact: Don R. Rickgauer 916-253-3984, SCLHFoodAdventuresClub@gmail.com**



**Garden**

Longtime consulting rosarian and plant expert, Debbie Arrington, will be the guest speaker for the May 23 general meeting, 2:00 PM at KS. The topic is: "Garden Tested: Making sure New Plant Introductions will

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Debbie Arrington

**Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com**  
**Website: lhgardenhroup.org**

### Genealogy

The next Genealogy Club presentation will be held on May 20, 6:30 to 8:30 PM, P-Hall (KS). Our presenter, Laurie Markham is addressing "What's New at Family Search?" This may seem like a topic we heard in the last year but Family



Laurie Markham

Search is always updating, so it is good to keep up with the latest.

Laurie Markham has volunteered at the Family Search Library in Sacramento for the past seven years but began family research as a young girl.

Members should come a few minutes early to check in and receive your door prize ticket for three Internet Genealogy Subscriptions. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.

**Contact: Dr. Barbara Branch 916-543-8219, drbabs@starstream.net**



### Golf

#### Ladies XVIII

Just before Easter, 40 ladies played the Hills in the splendor of springtime. In a four-flight affair, Joyce Watson shot the low of the day, 63, to lead Flight Four. Mikie Briggs had a 66 to top Flight Three, Lissi Bedford captured first in Flight Two with 67, and Candy Koropp had 64, to win Flight One. Second place finishers included Donna Brinkerhoff, Yeong Ja Hur, Linda Chappellear, and Sandy Tamanti. This was also a day to count putts, and Linda Anselmo won the pot with only 31. Karen McGraw took the CTP on Hole Seven at just over ten feet. Looking ahead, our club will compete against Sun City Roseville in the Sunheim Cup in May, hoping to win the cup back.

### Lincsters

Congratulations to Nancy McDonald who scored a hole-in-one on March 19! Her ace occurred at Turkey Creek on hole number 14, better known as Ursula's Pond. According to the National Hole-in-One Registry, the odds of an average golfer, both men, and women, making a hole-in-one is 12,000 to 1. Some other interesting averages are: only 16% of holes-in-one are made by women; the average age of those women golfers is 55, and they have been playing golf an average of 15 years; the average length of the hole for a woman making an ace is 111 yards. Upcoming events are the Bring a Friend Tournament to be held on Wednesday, April 24, and the Senior Rules FYOF Tournament to be played on Wednesday, May 29.



Nancy McDonald, Hole-in-One

**Contact: Alyce Stanwood, alyce@stanwood.com**  
**Website: lincsters.com**

### Golf Men's

As the Presidents Cup Match play continues, pick your partner for the Two Man Better Ball tournament on June 11. Congratulations to NCGA net qualifiers, Michael McGuire-Back, Jerre Haynes, Ray



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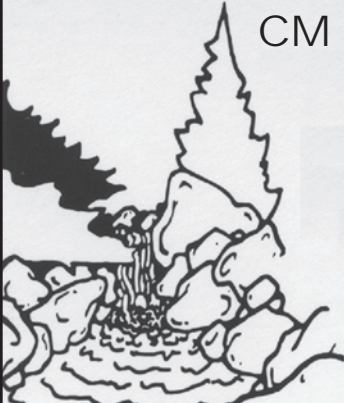
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Engelhardt and Thomas Dunipace, congratulations gentlemen! Just For Fun net winners were, Jason Hong, Richard Long, Bruce Lyau, Steve Thornton, Herb Ingraham, Gary Anderson. The Men's Club is promoting a course care initiative and asking

members to repair ball marks and divots if they are yours or others as you wait for your turn to hit or putt. We all want golf to be as enjoyable as possible! Visit our website for more information about Men's Club golf.

Contact: Tom Traxel 916-543-4965, tom.traxel@sbcglobal.net Website: mgclh.club



Tournament Director Gene Andrews addressing a full tent of players.



### Hiking & Walking

Thanks to all who participated in the PACE Race earlier this month. To see more of our beautiful community, join the walkers every Wednesday morning. We're on our winter schedule starting at 8:00 AM. In June the start time changes to 7:30 AM to adjust for the warmer weather. Each week the walks start at a different location. For maps and meet up locations for the Wednesday walks, check our website. For HIKERS, mark your



Every hike needs a bridge shot - Sugar Pine Reservoir.

calendars for Deer Creek Tribute Trail hike in Nevada City on May 16, Stevens Trail in Colfax on May 21 and The Foresthill Divide East End Loop Trail east of Auburn on May 30. New members always welcomed. Our website is the go-to place for more membership and club information.

Contact: LHHikers@gmail.com Website: www.lincolnhikers.org



### Investors' Study

MEETING ROOM CHANGE. Investors' Study meets in the Front Ballroom on June 6 at 2:30 PM. No refreshments afterward. Our June speaker is Gabriella Santos of JP Morgan. Russ will review his Playbook and all residents are welcome. Call Norm Quattrin at 916-645-4675 if interested in the Active Investors sub-group which meets the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Questions regarding Investors' Study, call John.

Contact: John Noon 916-846-3372, thenoons@att.net

### Lincoln Hills

### Line Dance

Spring has sprung in Lincoln Hills, and that means time for the first line dance social of the year. On March 24, the ballroom was decorated with spring flowers and our Group welcomed almost 100 enthusiastic dancers. All levels of dancers were there to dance and socialize. Our instructors, Sandy Gardetto, Yvonne Krause-Schenck, and Cathy Paris put in many hours practicing with their classes so everyone would have a great time demonstrating what they have learned. A variety of dances were done from Latin, pop, rock, and country. And a special thanks goes out to DJ, Mike Schenck, for supplying the music. Check the *Compass* for a listing of dates and times of classes. Our next social will be Sunday, August 4.


Contact: June Willis 916-253-3348, willtom@sbcglobal.net



### Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Your arrival time should be 10 minutes before 9:00 AM. Play begins at 9:00 AM. Play continues until Noon.

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



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hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. If you have any questions, please call Bruce or Marsha Ross at 916-253-9551.

Contact: Bruce Castle 916-846-1500, [brucecastle101@gmail.com](mailto:brucecastle101@gmail.com)



**Mah Jongg, National**



Mah Jongg is experiencing a surge in popularity. Why? Because this game supports a healthy lifestyle by challenging our minds with mental workouts and keeping us socially active. May is Mental Health Month, and we do our part every Tuesday all year long to promote our mental wellness by playing this ancient Chinese tile game. It's fun and addicting. We meet on Tuesdays in the Card Room (OC) 12:30 to 4:00 PM. If you know how to play bring your 2019 card and join a table. If you'd

VALUES	WINDS - DRAGONS	VALUES
X 40	NNNN E W SSSS 2019	X 25
X 45	NNNN DD DD SSSS	X 30
X 45	FF NN 1111 1111 SS	X 25
X 45	FF EE 2222 2222 WW	X 25
X 25	FFF DDDD DDD DDD	X 25
X 25	FF NNN EEE WWW SSS	C 30
X 25	33 66 333 666 9999	X 25
X 30	332 6666 666 9999	X 25
X 25	3333 666 9999 DDD	X 25
X 25	FF 3333 6666 9999	X 25
X 35	33 666 FFFF 666 99	X 25
X 25	FF 333 666 999 DDD	C 30
X 25	NN EE WW SS 11 11 11	C 50
X 25	FF 22 4 6 88 22 4 6 88	C 50

A peak at 23 of 66 hands we play.

like to learn call Fran Rivera at 916-434-7061 for lessons which she offers for free in her home. Hope to see you next Tuesday.

Contact: Patty Kingston 916-587-3056, [pkjngston@att.net](mailto:pkjngston@att.net)



**Mixed Media**

Our meeting on May 15 will feature Chris Fetter. She will teach us about Gelli plates. Come and play and see how fun Gelli plates can be. The Mixed Media Club meets the third Wednesday of the month in the Ceramics Room (OC) at 1:00 to 4:00 PM. During our meeting, we go over future activities, share our monthly challenge and have guests teach us an art technique. Our challenge prompt for May is "Junk Mail." Bring your finished project to our May meeting. The June Challenge prompt word will be "Butterfly." Remember that these challenges



Mixed Media Arts showed work in OC window during March

are not mandatory and there is no right or wrong way to do the project. We always welcome new people and visitors to check us out.



**Motorcycle**

Road Captain John Marin led the club ride on April 13 to scenic Marin County. After a stop at the French Cheese Factory, it was on to lunch at the Indian Valley Golf Club. On April 24 Bob Woerlee led an impromptu ride north to the town of Paradise. Road Captain Bill Silva lead the way May 11 to Georgetown in the Sierra Foothills. The RoadRunners have scheduled rides the second Saturday of the month, March - November.



Ready for a good ride!

If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) The next meeting will be on May 23."Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, [manwil412@wavecable.com](mailto:manwil412@wavecable.com)



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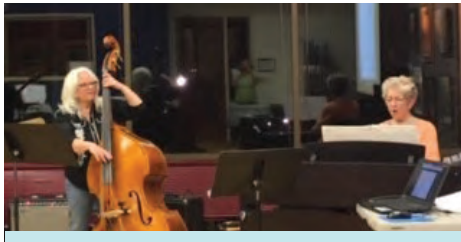
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**Music**

The Music Group met on Wednesday, April 24 and we sang and played "Sweet Caroline" for our Opening number. Our evening was filled with solo and group performances. We welcomed two new Harmonica players last month and hope to hear from them in the future. Closing out the night



*Jamming to Kansas City*

was "Daydream" by the Lovin' Spoonful, and we all jammed to Kansas City. The Music Group meets every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website, the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

**Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com**



**Needle Arts**

Instead of our usual general meeting on May 14,

we will be boarding the Threads of Friendship Cruise Ship at the Ballroom (OC) for our fabulous luncheon. Check out the

Needle Arts website for more information. Our next regular general meeting will be June 11 at 1:00 PM in P-Hall (KS). Dawn Cannon of Finely Organized, will be our June guest speaker. Needle Arts is looking for people who are interested in leading a future workshop. If you would like to teach a workshop on an easy project that can be completed in one afternoon contact Susan Smotherman. You can find her contact information on the Needle Arts website. For more information about Needle Arts check out our website. **Website: sclhna.com**



*Mary Gililand led the April Workshop*

**Neighborhood Watch**



For many new residents, the first "welcome" comes from their mailbox captains, volunteers who are the heart of Neighborhood Watch.

Mailbox captains are responsible for a mail station that consists of eight to 16 mailbox units. They greet new residents, obtain emergency contact information from those who wish to participate in the program, send out alerts

on scams and crimes in the area as well as lost/found pet notices. They encourage mutual assistance between neighbors and participation in National Night Out and other Neighborhood Watch events.

Even if your street already has a captain, you can adopt another mail station. Mailbox captains are an important link to building strong communities and bringing neighbors together. For more information, call Pauline Watson at 916-543-8436.

**Contact: Linda Minor 707-235-0778, lindaminor@sbcglobal.net**  
**Website: www.SCLHWatch.org**



**Painters**

Our May 21 meeting features members showing their "Animals Challenge." After introducing their work, members vote for the first, second and third place winners and ribbons are awarded. The Spring Luncheon will be on June 18 at Turkey Creek – a chance to socialize and talk about current art projects. Member artist Barbara Lee (Walker) currently has a one-woman show at Buonarroti Ristorante in Lincoln. Her large colorful paintings of Italy are



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"Painting Poppies" by artist John Hewitt at our April meeting

perfect for this venue. Stop by and take a look!

We have interesting programs planned for the rest of the year, including demonstrations by local professional artists and even a critique session. Non-members are invited to visit. Meetings are in the Fine Arts Room (OC) on the third Tuesday at 2:00 PM.

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



**Paper Arts**

During our May meeting, we held our annual "Potluck and Overstock Sale."

At our June meeting, Mina Bahan will lead our project. We'll be making a colorful basket and coordinating cards. Check out the newsletter for more details.

The next Open Lab for "Members Only" is May 16, from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). If you haven't attended this popular monthly drop-in session, come on down! See what fellow



April's Guest Instructor, Peggy Jo Ackley

members are working on, pick up a few new ideas, use some tools you may not have, and just have fun. Scrapbookers are welcome. Our meetings are the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.com



**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 from 9:00 AM to 12:00 PM. or more information, please contact Denise or Doris DeRoss at 916-253-7164. We are looking forward to seeing you there.

Contact: Denise Jones 916-543-3317



**Photography**

In April, the Club sponsored a Monterey Bay to Morro Bay field trip that attracted close to 40 participants. The beautiful

backdrops of spring and summer generate Flash Mob Field Trips which are more localized and very spontaneous. Members are also forging out on their own to exotic destinations.

Due to field trips, we have been modifying some SIG schedules. May changes include replacing the regularly scheduled Round Table SIG with the Print SIG. The Print SIG topic will be printing on metal.

The Clubs annual summer Bar-B-Que is tentatively scheduled for June. We're taking advantage of the gathering of members to incorporate our first photography swap meet. We are still in the planning stages so keep checking our website for updates on the events.

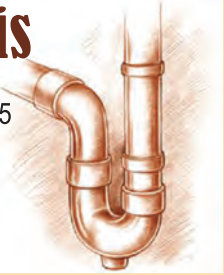
Contact: Diane Margetts 916-955-1809 dmargett@yahoo.com Website: lhphotoclub.com



**Pickleball**

On a blustery Saturday, March 23, Club President Craig Frazier, along with Armando and Andrea Mayorga, introduced 7 Lincoln Hills residents to Pickleball. The training started with safety factors: how to move safely, then gripping the paddle, serving and even dinking. Laura and John, with tennis backgrounds, commented that the training was "wonderful, helpful and great." Joanne, new to LH, was ready to sign up on the drop-in board and is looking for opportunities to play.

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Participants in March's Learn to Play Pickleball Training

A closing comment was "This was a good opportunity to see if I like it and I do!" Come join us for drop-in Saturday, May 18, at 11:00 AM to 1:00 PM. We will provide paddles and training to introduce you to Pickleball. See you at the courts!  
**Contact: Cindy Taylor 406-223-5352, catinmt@gmail.com**  
**Website: LHPickleball.com**



**Players**

Coming in June, the Lincoln Hills Players Club is delighted to present Neil Simon's hysterical "female version" of his award-winning original Odd Couple, a sure bet to entertain Lincoln Hills audiences in P-Hall (KS). In the female version, a cast of six women and two men offer a gender reversal of Simon's 1965 play, which, some say, is even funnier than the original! Director Merilee Thompson Imamoto is delighted to be directing this play that she has also acted in (playing the part of Olive) in her previous life before SCLH. For ticket purchasing, see the announcement on page 55.

The Players meet every second Monday of the month at 4:00 in



Cast of the "Odd Couple Female Version"

P-Hall (KS). Guests are welcome. Dues are only \$5.00 per year.  
**Contact: Ron Hanson, President, 916-434-7112, racketron@yahoo.com**  
**Website: For more information- www.lhplayers.org**



**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 and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. 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. Any questions contacts Lynne Barsky at 916-253-3730 or Arnold Baker at 916-434-5412.



**RV**

For 2019, we've been to So Cal and Arizona, and historic Solvang. We're off to Santa Cruz for some fun in the Sun. June

brings our multi-part Rally from Oregon to Couer d'Alene, Idaho, and onward to the famous Calgary Stampede in Canada. There's much more for the summer and fall. All Rallies include lots of fun dinners, happy hours, golf, trips to museums, theaters, and anything else the participants dream up.



RV Members in "Training"

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education, and get to know each other through shared appetizers. Residents with interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel.

**Contact: Steve Beede 916-752-6972, sjbeede@att.net**



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

SCHOOLS had their annual Picnic in the Pavilion May 14. It was a potluck dinner enjoyed by all. Volunteers had fun meeting others from their schools and sharing experiences and happy stories.

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Contact: Patti Kingston 916-587-3056, [pkjngston@att.net](mailto:pkjngston@att.net)

Website: [schoolssuncity.org](http://schoolssuncity.org)



**Singles**

Dining Out on Thursday, May 16, will be at Casa Ramos at 4:30 PM.

Our Social will be on Thursday, May 23 at 6:00 PM in the Ballroom (OC), bring 3- one dollar bills to play the fun game of Left, Right, Center. Sunday, June 2 at 4:00 PM, join us in the Sports Bar (OC) for our Birthday Celebration. Activities will be planned on Tuesday, June 6 at 4:30 PM in the

Ceramics Room (OC). Cocktail Time on Thursday, June 8 at 4:00 PM, will be at The Pink Martini. Second Saturday Breakfast will be at Meridians on June 8 at 9:00 AM. Our Business Meeting on Thursday, June 13 at 6:00 PM, we will have a special speaker.

Contact: Susan Platt 916-397-0850, [foster.p.susan@outlook.com](mailto:foster.p.susan@outlook.com)



**Ski**

In April, forty-five members and guests celebrated a great ski season, while still making plans to get in a few more days. Bill and Lillie Smith once again hosted the annual Spring Post-Season Potluck party at their lovely home. Our officers were re-elected for another term, with Ken Spencer continuing as our President. Next year's ski getaway trip will be in Sun Valley, Idaho, not only a fun mountain but an entertaining area for non-skiers. Trip details will be provided in the coming months. Our next event is likely to be the Fall Pre-Season Potluck party in September. Enjoy the summer!

Contact: Ken Spencer 916-258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)

Website: [www.LHSkiClub.com](http://www.LHSkiClub.com)



Spring Party Happy Faces



**Softball**

Summer league play opened April 10. It was a somber opening day as we mourned the loss of one of our patriarchs, Vince Del Pozzo. Vince was a longtime supporter and leader of our softball program. He will be greatly missed. The highlight of the day was a new special, chili dogs, to accompany our meal deal. The Hall of Fame breakfast on April 20 saw three new members inducted. Tennise Allen, Jeff Greenberg and Jim Wyatt were selected based on their contributions towards improving and supporting LHSSL. Congratulations!



Del Webb Field

Play continues every Monday and Wednesday with games beginning at 8:00 AM. Initial gameplay shows well-balanced teams. We will have games on Friday, May 24. HOT DOG DAY – May 22.

Contact: Bec Cannistraci 916-408-4679,

[beccannistraci@sbcglobal.net](mailto:beccannistraci@sbcglobal.net)  
Website: [www.lhssl.net](http://www.lhssl.net)

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**Softball, Coyote**

The Coyote 80s traveled to Manteca's Field of Dreams the 18 & 19 of April. The weather was perfect while the team played at Wrigley Field both days. The final record was 2-2, but could easily have been 3-1. The offense was led by Ron Morin, Larry Manley, Gary Jones, and Rowan Carlson. Pete Savoia and Larry Manley knocked in 7 rbi each. Homers were hit by Ron Morin and Pete Savoia. Virgil Dahl pitched all four games once again. Next up is Lodi on May 4 and 5.

**Contact: Gage Johnson 916-409-9619, gage.retired@gmail.com**



**Sports Car**

Can you imagine seeing 17,000 tulips at one time? A spectacular sight. They are under trees, in large planting areas, all near the Yuba River Canyon. The Crystal Hermitage Gardens is a special destination for our Sports Car Club. The two-night trip to Murphy's with visits to Ironstone winery will be full of good times. There will be tours of wineries, Columbia State Park,



Lynn & Nadine Miller, Carla & Jerry LaFave Trip Leaders

downtown Murphy, and more. It is hard work having fun!

One of our members arranged a special dinner at Monte Vista Inn in Dutch Flats. It is a family owned dinner of long standing which will make for a warm and delicious meal. Our club is fortunate to have members that go out of their way to create interesting tours.

**Contact: Jo Fratessa 916-408-7209, mfratessa4@icloud.com Website: lhsportscars.com**



**Sun City Squares**

Sun City Squares welcomes singles as well as couples. If you have an interest or are even curious about Square Dancing, please come and check us out! Even if you danced a long time ago, or if you have lost a partner, we are very happy to help you learn again. Come and join us for a great time! 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.

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



**Swimmers & Water Walkers**

Warm weather is here, all our pools are open, and they are busy. Please be kind and share your lanes with others. New lane lines

and back-stroke flags have been installed. Do not climb over the lane lines which causes them to lose their tension.



Bob LeRoy, Club Co-Chairperson

I encourage you to water walk or swim but especially those of you who have health problems. I, myself, had open heart surgery 11 years ago. For therapy, I began to swim but was only able to swim 1/4 length of the pool. By continuing to swim on a regular basis I am now able to swim a mile non-stop. Please join us at our next meeting on Monday, June 17 at 3:00 PM at Fine Arts Room (OC).

**Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com**



**Table Tennis**

Boomers, Shalom, and Sun City Roseville have occasionally joined us. You do not have to be a member of a group to come and enjoy the game. A hidden benefit of table tennis is a simple diversion from the everyday routine with its cares and concerns. Players concentrate on the little ball and enjoy a mini-vacation. Games are at the Multipurpose Room (KS). Tables are designated for five skill levels. Thus, players can find a table for their skill level. Free lessons and loaner paddles are available. Play



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times are Sundays from 9:00 AM to KS closing except on the first Sunday of the month when play begins at 12:30 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 PM.

Contact: **Tim Frank**,  
*timecfrank@gmail.com*  
 Club Email:  
*pingpongsclh@gmail.com*



### Tap Company

April 20 was a fun day for Tap Company members. Our first Workshop was held and everyone had a great time. Becky Nicholson and Carol Rose taught us two dances. Becky taught a tap dance number, which was followed by some tasty breakfast snacks. Then we learned



Those who enjoyed the Workshop

a jazz number from Carol. They are terrific teachers! After all that fun exercise, there was a delicious choice of lunch items. Thank you Frima! Our next fun event will be in June when we have our annual meeting and luncheon. Keep on the lookout for more news about this!

Contact: **Freddie Dempster**  
 916-253-9734, *fredeedee@gmail.com*



### Tennis

Lincoln Hill's ladies showed their awesome tennis ability at the PBS Senior

Tournament in Palm Desert! Called the "Awesome 8" they finished as Finalist. Captain Marilyn Duncan organized the team of Sue Huskey, Lisa Snapp, Linda Burke, Pietrina Magna (non-residents Theresa, Ellen & Chris)...Staying young means living in Lincoln Hills!

Ball Machine practice is up and running, Saturdays through June from 8:00 to 10:00 AM - this is drop-in practice not lessons. Practice is for tennis players who want to work on skills to improve their game.

The MXD Championship Tournament was held May 3 run by volunteer David Mateer. David has been Tournament Director several times and often steps up when needed. Thank you, David! Check out the website for results and photos.

Contact: **Linda Burke** 916-209-3463,  
*scteam10s@aol.com*  
 Website: <http://sclhtg.com>



### Vaudeville

The auditions are behind us, and the cast has been chosen for the upcoming Vaudeville Show in July. What a cast! This show may be one of the best ever. We have such a nice variety of acts that our audience won't be disappointed. The show runs about two hours including your break. Be sure to purchase your tickets early. They are on sale now and are only \$12. The Golden Revue this year will be Thursday,

July 18 at 6:00 PM, Friday, July 19 at 6:00 PM, and Saturday, July 20 with two shows at 2:00 and 6:00 PM.

Contact: **Yvonne** 916-408-2040,  
*ykrause@yahoo.com*



### Veterans

Mikhail Venikov, a former Army Ranger, mixed martial arts fighter, and police officer, is the founder of Ranger Road, a nonprofit charity providing veterans the necessary tools to be successful during the crucial transition from military to civilian life. Venikov will be the featured speaker at the May 16 general membership meeting at 1:00 PM in the P-Hall (KS).

By pushing toward lasting solutions that bring veterans with and without disabilities together with civilians, Ranger Road intends to be part of a community and support system that thrives on community involvement, physical and emotional wellness. The activities and programs developed have been proven to help veterans handle stress, lower rates of anxiety and depression, and improve the overall wellness of the veterans.

Contact: **Mike Schultz**  
 916-209-3460,  
*avid9er2007@gmail.com*



### Water Volleyball

The Water Volleyball Club is now at 119. The Steering Committee and membership have approved a new

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position to support incoming members. The Mentor Coordinator position is responsible for promoting safety in the pool, introducing the sport of water volleyball, providing an overview of practices/policies and connecting members with volunteer mentors. Monthly training took place on March 27 with over thirty members participated in instruction on using two hands when setting or receiving the ball, player positioning and team communication. The Steering Committee is experimenting with tournament play format for Levels 4, 5, and 6. Rumor has it a trophy will be given to the first place team.

Contact: Rosemary Elston

916-474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



**Woodcarvers**

“Comfort birds” are one of the Woodcarvers Club members’ specialties! These are carved wooden birds that fit comfortably in the palm of one’s hand, and actually provide comfort. Here are some of the organizations in Lincoln Hills that have received our comfort birds: the Grief Group, Alzheimer Group, Bosom Buddies, Parkinson’s Group and Multiple Sclerosis Group. We’ve also donated birds to Sutter Medical Hospice, Placer Seniors First Caregivers, as well as the Respite Group.

Some of our carvers are currently working on pieces that will be submitted for judging, next month, at the annual Capital Woodcarvers show in Sacramento. Come join us and watch the

chips fall where they may, every Wednesday, in the Sierra Room at (KS), from 1:00 to 4:00 PM.

Contact: Lionel Rainman 916-253-9534, LRAINMAN1414@YAHOO.COM



**Writers**

Writers are still having fun writing. Some are staring at a blank page, wondering “What shall I write about?” Come to our meetings, even if you are stuck with a blank page in front of you. Hearing others read, may strike a spark of an idea! Second, fourth, and fifth Monday evenings in the Ceramics Room (OC) at 6:30 PM.



Contact: Freddie Dempster 916-253-9734, fredeedee@gmail.com

*Everyone Welcome*

# Community Memorial Day Ceremony



**Monday, May 27**

**9:00 a.m.**

**Lincoln Hills Amphitheater**

- Posting of the Colors by the Lincoln High School Army Cadets
- Invocation by Pastor Mike Bradaric, Lincoln Hills Community Church
  - Keynote Address by Assemblyman Kevin Kiley
  - National Anthem by Violet Joy Hansen
- Two-bell Ceremony Honoring Fallen Lincoln Hills Veterans

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## Support Group News

### Alzheimer's-Dementia Caregiver's Support

We all love music in many forms (though certainly not every form). We know how the musical soundtrack in a movie elevates our emotional engagement. The flow of notes can soothe, energize, alarm, and even transport us to other times and places. Hearing that oldie but goodie imports a flood of warmth and pleasant memories. This applies to people with cognitive impairments, too.

Music recognition seems to be one of the final cognitive abilities to disappear from the human brain. Because Alzheimer's patients continually lose connection with the world around them, hearing familiar and pleasing music can stimulate connectivity



Music Therapy

and engagement, and reduce the isolation that accompanies cognitive decline. Use that phenomenon regularly to help your loved one and gain great collateral benefit for yourself.

Contact: 916-521-0484, 2jeffa@gmail.com



### Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is June 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 Olive Garden, Tuesday, May 28 at 11:30 AM. Meet in front of OC Lodge at 11:15 to carpool. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



### Bosom Buddies

Our May speaker Ji Hye Park, nurse practitioner from Sutter Health, spoke about lymphedema, a side effect many people experience after cancer surgery. She explained the causes and treatments, including what



Kathy Woodward won "best dressed" at "Survivors Tea" in April.

we can do to minimize swelling. June's meeting will be a speaker from Seniors First, an organization that helps seniors live healthy, safe and independent lives. Seniors First offers a variety of services such as meals and caregiver support.

We're gearing up for August's "Relay for Life" fundraiser. If you haven't registered yet, be sure to check out the website or call Peggy Ryan, 916-408-0599.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. We meet the second Thursday of the month, 1:00 PM in the Multipurpose Room (OC).

Contact: Marianne Smith 916-408-1818

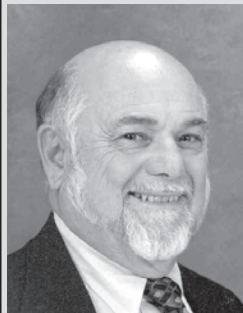


### Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional

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support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on my blog, [www.soonerthantomorrow.com](http://www.soonerthantomorrow.com), A Safe Place to Talk About Mental Illness in Our Families. My book, *Sooner Than Tomorrow – A Mother's Diary About Mental Illness, Family, and Everyday Life* is now available on Amazon in paperback.

**Contact: Dede Ranahan 916-408-4541, [dederanahan@gmail.com](mailto:dederanahan@gmail.com)**



### Gam-Anon

Is your life affected by someone else's gambling? If the answer is "Yes" or you have more questions, Gam-Anon is there for you. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room.

**Contact: Kay F. 916-543-3079,**

**[denniskayf@starstream.net](mailto:denniskayf@starstream.net)**

**Website:**

**<https://www.gam-anon-loomis.com>**



### Glaucoma Support Group

Got Glaucoma? If you recently received your diagnosis or have lived with Glaucoma for a long time, you may learn ways to manage your Glaucoma. We gather monthly and share our experience and discuss the ins and outs of Glaucoma. Please join us at our meeting on June 12 at 4:00 PM in the Multimedia Room (OC). **Contact: Bonnie Dale 916-543-2133, [Bjdale@aol.com](mailto:Bjdale@aol.com)**



### Hearing Impaired Support Group

We have our monthly meeting on Thursday, May 23, in the Multipurpose Room (OC) from 2:30 to 4:30 PM. Last month our speaker was Rachel Tempesta, of Cochlear Americas, who spoke to us about her company's cochlear implants, including the hybrid. Our guest speaker in May will be Dr. Laura Gaeta, the Director of the new Doctor of Audiology program at Sacramento State. She will discuss modern hearing assistive devices other than implants. We will also have an update on our quest for open captioning at important SCLH meetings. Please let Donna Szabados ([dszabados@gmail.com](mailto:dszabados@gmail.com)) know if you will be in attendance so that adequate seating can be provided.

**Contact: Joanne Mitchell**

**916-408-0533, [pipa1@prodigy.net](mailto:pipa1@prodigy.net)**



### Low Vision Support Group

Meeting – Tuesday, June 4, from 2:00 to 4:00 PM, Fine Arts Room (OC)

"Smartphones and You – Features and Apps for Low Vision." One of our highly respected local "Techies" will tell us about how we can make the best use of our Smartphones. Andy Petro from the LH Apple Users Group will be our presenter. If you have a Smartphone, bring it with you to the meeting.

Meeting – Tuesday, July 27, from 2:00 to 4:00 PM, Fine Arts Room



(OC). Kathleen Shevlin, Manager of Senior Programs at the Society for the Blind, will educate us about the history, funding, and senior services. This latter service includes a week-long training session on skills to assist those losing vision in maintaining their independence.

**Contact: Cathy McGriff**

**916-408-0169,**

**[cathy.mcgriff@yahoo.com](mailto:cathy.mcgriff@yahoo.com)**



### Multiple Sclerosis Support Group

Dr. John Schaefer, Neurologist and Director of Mercy MS Center, will be our featured speaker at the 1:00 PM Wednesday, June 5, Luncheon, Meridians Solarium.

\$15 is all inclusive and covers your choice of Chicken/Apple/Walnut Salad, Shrimp Louie, or Turkey on Croissant with Coleslaw. Roll and Butter with salads and Ice Tea plus a cookie for all. Contact Laura Ludwig by May 25, as seating is limited at 408-249-1223. The luncheon will be our last get together till September!

**Contact: Jeri Di Fiore**

**916-408-7565,**

**[jerihansondifiore@gmail.com](mailto:jerihansondifiore@gmail.com)**



### Parkinson's Support Group

We meet on the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway from 10:00 to 11:30 AM. The next meeting will be on May 21. The format consists of informative speakers and an occasional general discussion. This month we will be having a general discussion. People with Parkinson's and their spouses/caregivers are welcome. Please come and join us. For more information contact Ginny.

**Contact: Ginny Nevins 916-543-0757**



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## Bulletin Board

### A Course in Miracles

This book is possibly the most important expression of the spiritual consciousness of our time. It has sold over two million copies and been translated into at least twenty-seven languages. However, it is not an "easy read" because it involves a course of study which is simple but challenging. Because of this, study groups form to support and facilitate this "self-study" program, so if you are drawn to this spiritual study and would like to participate in such a group, call Alexandra at 916-409-5253.

### 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. Membership is \$15.00 per year. Information can be found on our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) or contact Barb Iniguez at 916-408-7812.

### Boomers

Who are " Boom! "? We are you. Residents together for extra fun on evenings and weekends. Join Us! Our Boom! happenings in April: We Smorged at Food Truck Mania, loved the spring hike with our furry pals, won our first Brain Freeze Trivia, were wowed at Roller Derby and shared dinner before Steel Magnolias. Coming Up: April 28 junking at Denio's "Non-Profit Organizations Day." May 4, Sports Bar Kentucky Derby Gaming. May 7, Downtown Food Trucks. May 11, Breakfast 9:00 AM before Parking Lot Sale. May 25, Stupid Parlor Games. It's always entertaining! Contacts: Susan 916-247-3389 and Diana 916-541-6632.

### Cloggers

The Northern California Clogging Association's big event is almost here! (literally almost here) On May 31-June 1, the NCCA's Annual Convention will take place in Sacramento at the Crowne Plaza Hotel. There'll be great instructors and dance exhibits and events to be part of – so – be there or be square. And, of course, we have foot-stomping, calorie-burning, high-energy

[www.sclhresidents.com](http://www.sclhresidents.com)

### You Are Invited to Attend:

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

- **Wednesday, May 29, 10:00 AM** – All About Vision – Oaks (OC)
- **Monday, June 10, 10:00 AM** – Nautilus Society, Oaks (OC)
- **Tuesday, June 11 11:30 AM** – Reverse Mortgage Funding - Solarium

clogging going on right here (actually here), too. May is the month to get those heel and toe double-tap clogging shoes flying. For information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Democratic Club

For our May 16 meeting, the speaker is Shawn Tillman, Economic Development Manager for the City of Lincoln, who will describe long-range plans for the development/expansion of Lincoln. Bring your questions. Mark your calendar for Saturday, June 15, 5:30 PM at the Potters Baseball Game. We meet on the third Thursday of the month at P-Hall (KS). Doors open at 6:15 PM for a social time, business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>.

### Health Education Team – Volunteers Wanted

Please join the dynamic team that plans and coordinates the Community Forums on health issues. Need computer skills and to be able to coordinate between many people involved in the process. Understanding of medical terminology helpful but not essential. Team members are supportive. Must be able to smile and talk to others. Contact Shirley Windle at 916-337-5803 for further discussion.

### Italian Club

The club's Annual BBQ and Bocce Ball rolls out Sunday, May 19, from 10:00 AM to 3:00 PM at the Sports

Pavilion. Mark your calendars for June 14, from 12:30 to 2:00 PM, at the Sports Pavilion for our annual Membership Appreciation event. Check out the website to sign up. The Italian Club offers special activities each month that are sure to entertain. Check out the events calendar on our website for details. If you are a Lincoln Hills resident of Italian heritage, go to [www.lhitalianclub.org](http://www.lhitalianclub.org) and learn more about us. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

### Lincoln Library Open House

Summer vacation – need a good book? Come to 485 Twelve Bridges. Bring your empty book bag, wagon or cart to fill up. Friends of the Lincoln Public Library book sale Saturday, June 8, from 11:00 AM to 3:00 PM. Beautiful coffee table books, cookbooks, biographies, and history for only \$1. Library Summer Reading Program starts June 8. Books for young readers grade 2 and up priced at 25c. For adults, \$2 will get a current hardback fiction, but paperbacks are only 25c. CD's and DVD's are also sold. Check the FOLL website for details [www.FriendsoftheLincolnLibrary.org](http://www.FriendsoftheLincolnLibrary.org).

### 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.

**Portuguese Social Club**

If you live in Lincoln Hills and are of Portuguese descent and want to meet new friends, then our Portuguese Social Club is for you. We are a social group that gets together several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck, Happy Hour, and our annual Holiday Party. There is always lots of food, much laughter, and friendship. Contact Doreen Traxel at [datraxel2@sbcglobal.net](mailto:datraxel2@sbcglobal.net) to find out more about our Portuguese Social Club.

**Racquetball Group**

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

**Republican Club**

Our next meeting is Tuesday, May 21, in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Dr. Phil Escamilla. Dr. Escamilla will speak on the topic "Public Policy Update from William Jessup University." Dr. Escamilla

is Jessup's Associate Provost and Dean of its Faculty of Humanities and Social Sciences/Visual and Performing Arts. In addition, he serves as the Chair of Jessup's Public Policy Department and its Institute for Public Policy. For more information, including membership: [info@RepublicanClubSCLH.org](mailto:info@RepublicanClubSCLH.org).

**Shalom Social Group**

Spring is finally in the air!! The Shalom Social Group (SSG) celebrated Passover this month right here with Orchard Creek's Catering Department. They cooked all the traditional foods such as Matzoh Ball Soup, Gefilte Fish, Chicken/Salmon and other foods representing the exodus of Jews through the desert, escaping slavery. It is a story known to most people; passages and events of this journey were read from a text called the Haggadah. Other events of SSG are poppin'; monthly table tennis, hikes, bowling, sporting events, women and mens' club. For information, contact Joanne Levy at 508-333-8590.

**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](mailto: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](mailto:trifilom@gmail.com). Come out and have fun!

**Sons In Retirement Branch 13**

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, May 21 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. 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.

**Wise Aging**

We provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. We offer a mixture of speakers, small group discussions, and member input. We have had speakers from Neighbors Indeed and the Placer County Peer Counseling Service. In June, we will discuss why we need to plan for the future. Every first Monday at 1:00 PM Gables/Heights Room (OC). Next meeting June 3. Contacts: Jack Orlove, [jack5297@aol.com](mailto:jack5297@aol.com), 916-434-1002 or Jane Carhart, [jzcarhart@hotmail.com](mailto:jzcarhart@hotmail.com), 916-543-6938.

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916-747-2080  
email [patrickjosborne1@gmail.com](mailto:patrickjosborne1@gmail.com)



## Community Perks

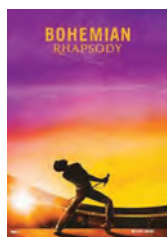


**Green Book (2018)**  
**Saturday, May 18,**  
**1:30 PM Screening—Free**  
 P-Hall (KS) Rated PG-13, 130 minutes, Drama/Biography/Comedy. Oscar Best Picture Winner! A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Starring Viggo Mortensen and Best Supporting Actor Winner, Mahershala Ali.



**Farmers Market Opening Day**  
**Wednesday, May 22,**  
**8:00 AM to Noon**  
**Fitness Parking Lot (OC)**  
**—Free**

Join the community as we kick off our weekly Farmers Market on May 22 featuring local Certified Farmers and vendors offering unique items. Start early with a free Zumba class, and don't miss Chef Marco's cooking demo using fresh produce. Visit our Lifestyle Workshop Booth with project samples and an art demo from our Sip & Paint instructor Unni Stevens. Weather permitting; the Farmers Market will be open every Wednesday until November at the Orchard Creek Parking Lot from 8:00 AM to noon. Vendors may contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com to reserve a space.



**2 Showings!**  
**Bohemian Rhapsody (2018)**  
**Saturday, June 1,**  
**6:00 PM Screening—Free**  
**Saturday June 15,**  
**1:30 PM Screening—Free**  
**P-Hall (KS)**

Rated PG-13, 134 minutes, Drama/Biography/Music. The story of the legendary rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid (1985). Starring Academy Award Winner Rami Malek.



**Coffee with the Mayor**  
**Tuesday, June 4, 10:00 AM**  
**Sierra Room (KS)—Free**

Coffee with the Mayor is held every first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending.



**LH Amateur Radio Group Field Day**  
**Saturday, June 22, 11:00 AM**  
**to Sunday, June 23, 2:00 PM**  
**Sports Pavilion—Free**

The Amateur Radio Relay League Field Day is the most popular amateur radio event of the year. This year the Lincoln Hills Amateur Radio Group will be holding their first Annual Ham Radio Field Day. The Group will be setting up temporary transmitter stations to demonstrate radio science and practice emergency communications skills using battery and solar powered radios. For 27 hours they will be contacting other Field Day sites across the nation shown here: <http://www.arrl.org/field-day-locator>. Please come by and say hello and observe this historic event. More information at [www.lharg.us](http://www.lharg.us).



**Document Destruction**  
**Monday, July 22,**  
**10:00 AM to Noon**  
**Fitness Center Parking**  
**Lot (OC)**

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!

### Living Trusts \$695 Complete

**Vic DiMattia, Attorney at Law Ca. Bar #129382**

Mr. DiMattia has created thousands of Living Trusts over the past 25 years and is a prior Sun City Lincoln Hills resident.

Documents include:

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

Please call **800-775-2698** or **916-824-1700** for a free consultation.



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## Lincoln Hills Community Forums

Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, tickets will be given to attendees on a first come, first served basis beginning one hour before the Forum. Only those with valid tickets will be admitted. If you do not receive a ticket, please leave with the knowledge that videos of most Forums are available on the Resident Website within 48 hours. Thank you.

### Mardi Gras and the South Monday, May 20, 2:00 PM, P-Hall (KS)—Free

Mardi Gras is New Orleans' splashy annual celebration, with a history reaching back to 1857, and before. It has always been a giant block party before the start of Lent. In other countries it is called Carnival, a mild alteration on the Latin term "carne vale," i.e., "goodbye to meat." Bob will take us to both New Orleans and Rio de Janeiro, and will put us on the streets and in the middle of the action for both events.



### Cutting the Cord Tuesday, May 21, 11:00 AM, Ballroom (OC)—Free

There is a better way. Cord Cutter Pros has helped thousands of people "cut the cord." Saving thousands of dollars and enjoying unmatched flexibility in their TV viewing options. Jim Simmons (owner CCP) will present the facts on free broadcast channels, streaming services and the state of the art equipment uses to free you from outdated cable.



### Chronic Fatigue Syndrome: Battling a Debilitating Disorder Wednesday, May 29, 7:00 PM, P-Hall (KS)—Free

Do you suffer from extreme fatigue or tiredness that does not go away with rest and cannot be explained by an underlying medical condition? If so, you may suffer from Chronic Fatigue Syndrome (CFS), an often misunderstood condition that affects hundreds of thousands of people in the U/S. Find out how to get your pep back in your step. Kaiser physician, Irina Korman, MD, Endocrinologist, will discuss CFS symptoms, what causes it, what the risk factors are for it, how it is diagnosed and treated. The role of home remedies and alternative medicine will be included.

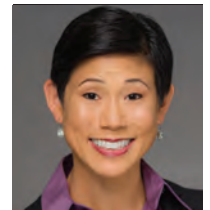


### Osher Lifelong Learning Institute at Sierra College Monday, June 10, 9:00 AM, P-Hall (KS)—Free

Sierra College is one of the many institutions that host the Osher Lifelong Learning Institute (OLLI) program. OLLI is a unique learning community for lifelong learners, age 50 and up, who are eager to explore traditional and new areas of knowledge without the stress of tests or grades. They offer a wide variety of courses in art, film, health, history, literature, music and science. Join us as Program Director Shari Smith discusses the courses and answers your questions.

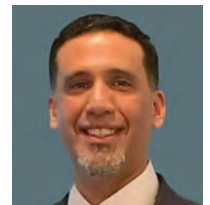
### Geriatric Psychiatry Thursday, June 13, 2:00 PM, P-Hall (KS)—Free

Dr. Chang is a geriatric psychiatrist practicing in Rocklin. On completion of her specialty training at UC San Diego, she opened her practice to focus exclusively on older adults and their mental health needs. Join Dr. Chang to learn why depression and anxiety are often difficult to diagnose in older adults, how to identify the warning signs unique to older adults, and how they are treated with pharmacologic and non-pharmacologic approaches.



### Acupuncture for Health and Healing Wednesday, June 26, 7:00 PM, Ballroom (OC)—Free

Marc Velez is a board-certified licensed Acupuncturist and Chinese medicine practitioner in the Sutter IHH Clinic. Marc is committed to guiding his patients to a healthier, happier state of being while empowering them to make healthy decisions concerning their wellness long term. Marc addresses a wide variety of health concerns with a unique approach to acupuncture that combines classical techniques with modern refinements. A few of the many conditions frequently treated with acupuncture include digestive issues, acute and chronic pain, anxiety, migraine headaches, chronic fatigue, immune system restoration, and when appropriate, may also incorporate myofascial release or Tui Na massage.



## Upcoming Events

- Cannabis 2.0 for Seniors, Wednesday, August 21 – 7:00 PM, Ballroom (OC)—Free

The summer event you have all been waiting for is here! We have chosen nine spectacular bands that will have you singing, dancing and making great memories with your friends and family.

This year's Summer Amphitheater Concert Series (SACS) will present a variety of musical genres from exciting performers that you would not want to miss! Food concessions, bars, and gates open at 6:00 PM for 7:30 PM concerts.



**Dance Party with BIG CRUSH**  
**Friday, May 31 – LSE169**  
**General Admission – \$21**

Enjoy a high energy dance concert from one of California's hottest dance bands, BIG CRUSH. Known for their fresh interpretations of favorite dance music, creative mashups, exciting choreography, and quality musicianship, Big Crush is always ready to deliver an exciting, tight, rock-solid performance audiences will be talking about long after the show is over. With songs like "I Feel Good," to "Proud Mary" to "California Girls" to "Bad Girls" and so much more, you will surely be on the dance floor before long.



**MIDNIGHT FLYER: Tribute to the Eagles**  
**Friday, June 14 – LSE170**  
**General Admission – \$21**

Midnight Flyer delivers great harmonies, musicianship, and all your favorite Eagles songs! This five-piece band of excellent musicians with an amazing lead vocalist will have you singing with them through the evening. From 1972 to 1979, the Eagles have delivered such top hits as "Take It Easy," "Witchy Woman," "Desperado," "Hotel California," "The Long Run" and more. Join us as we celebrate these timeless tunes.



**PIANO MEN: The Songs of Elton John and Billy Joel, Featuring Kyle Martin**  
**Thursday, June 27 – LSE171**  
**General Admission – \$21**

From Broadway's "Movin' Out" and Palace Theater's "4 Piano Men" we bring back Kyle Martin and his amazing band to rock out! Kyle delivers dynamic and spectacular performances consistently in all his shows whether it's on Broadway or in concert. Performing such hits from Elton John as "Tiny Dancer," "Your Song," "Crocodile Rock," and Billy Joel's "Uptown Girl," "New York State of Mind," "You May Be Right," and many more. Kyle's exceptional piano playing, vocals, and high energy will get everyone up on their feet.



**CALIFORNIA COWBOYS: From Johnny Cash to Tim Mc Graw**  
**Friday, July 12 – LSE172**  
**General Admission – \$21**

Country fans and everyone who enjoys great entertainment should not miss R.W. Smith and the California Cowboys this summer! The band has appeared with such country favorites as Alabama, Dwight Yoakam and more. Composed of fine musicians each with honors of their own, the band's rendition of old and new country standards and classics like "Folsom Prison Blues," "Pretty Woman," "Jambalaya," "Live Like You Were Dying" and foot-stompin' originals like "Double Shot of Hank" is one concert not to be missed!



**UPTOWN FUNK: Tribute to Bruno Mars**  
**Friday, July 26 – LSE173**  
**General Admission – \$21**

International touring sensation Uptown Funk invites you to experience the essence of Bruno Mars, his band, and the music that defines today's pop culture. Expect an exciting, fresh, fun, unique and high energy concert with hits like "24K Magic," "Treasure," and "Uptown Funk." Uptown Funk's stage production captures Bruno Mars' music and performance with accuracy and unmatched attention to detail from songs to dance moves. Be prepared to dance the night away!





## THE HEART OF ROCK AND ROLL: A Tribute to Huey Lewis & The News

Friday, August 16 – LSE174

General Admission – \$21

The Heart of Rock and Roll brings to life all the hits of the 80's supergroup Huey Lewis & The News. This award-winning Southern California band delivers a non-stop musical journey in a colorful and exciting concert experience that teleports you back in time to when Huey & the boys dominated the charts and the world of music video. With a lead vocalist who bears an uncanny likeness, sound, and style of Huey, revisit those happy memories with songs like "I Want a New Drug," "Heart & Soul," "The Heart of Rock & Roll" and #1 hit "The Power of Love." Don't miss it!



## Jim Curry's TRIBUTE to the MUSIC OF JOHN DENVER

Friday, August 23 – LSE175

General Admission – \$23

Join acclaimed performer Jim Curry as he pays homage to the music of the most beloved singer/songwriters ever to grace the stage. Tribute artist Jim Curry, whose voice was heard in the CBS-TV movie Take Me Home: The John Denver Story, has performed Denver music in sold-out shows throughout the country emerging as today's top performer of Denver's vast legacy of multi-platinum hits. There's no better place to enjoy Denver's music with hits like "Rocky Mountain High," "Sunshine," "Annie's Song," and more than outdoors in our beautiful amphitheater.



## SURF'S UP: A Beach Boys Tribute... and More

Friday, September 6 – LSE176

General Admission – \$22

Surf's Up is one of the first true Beach Boys tribute bands in the world. They have been perfecting The Beach Boys sound for 25 years. Just like the original band, Surf's Up consists of talents within the family, two brothers, their father, and a cousin. Their harmony captures the authentic blend of The Beach Boys like no other. In addition to the Beach Boy's hits, they will also be singing songs from Jan & Dean and other hits to bring the magical "Sound of Summer" on stage. The band is a regular at Disneyland and Disney's California Adventure.



## David Victor's SUPERGROUP

Friday, September 20 – LSE177

General Admission – \$23

All-Hits, All Stars! David Victor's SUPERGROUP is the San Francisco Bay Area's all-new, all-star rock band featuring artists who have toured and recorded with legendary platinum-selling rock bands: David Victor formerly of BOSTON, guitarist Tal Morris of Creedence Clearwater, bassist Brad Lang of Y & T, and drummer Jeff Campitelli who played with Joe Satriani. This incredible group of talents creates one piping hot rocking band! Featuring original music as well as songs from the four bands plus hits from Queen, Journey, Led Zep, Tom Petty and much more, this is the perfect rock concert to close the series!

## 2019 Summer Amphitheater Concert Series Guidelines

**Admission:** Doors open at 6:00 PM. Wristbands must be worn during concert. Online buyers for individual shows and SACS Package may exchange e-tickets for wristbands at Lifestyle Desks at either location prior to concert date. On Concert date, wristband exchange will only be honored at Orchard Creek Lifestyle Desk. eTicket or receipt required for redemption. Lost tickets/wristbands will not be replaced.

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

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

**Dancing:** Dancing in front of the raised stage is 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 /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 soft side coolers/bags, water in factory-sealed bottles.

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

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

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Curious about how reverse mortgages work but not ready for a "sales call"? Join us for an educational workshop, held monthly on the "Third Thursday" at our **Lincoln Hills office** from **9:45 to 11:00 AM**.

*Come get your questions answered in a casual, no-pressure environment right here in the community.*

Call **916.409.7424** to reserve a seat.

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NMLS ID #459674

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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

Equity Edge Reverse Mortgage ("Equity Edge") is Reverse Mortgage Funding LLC's proprietary loan program, and it is not affiliated with the Home Equity Conversion Mortgage (HECM) loan program, which is insured by FHA. Equity Edge is available to qualified borrowers who may also be eligible for HUD, FHA's HECM program or are seeking loan proceeds that are higher than HUD, FHA's HECM program limit. Equity Edge currently is available only for eligible properties in select states. Please contact your loan originator to see if it is currently available in your state. Upon a maturity event, any non-borrowing individuals with an ownership interest in the property, including non-borrowing spouses, will have 90 days to purchase the property from the estate or, if the non-borrower inherits the property, pay the loan in full using any sources of funds available to them. Any non-borrowing

individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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**Deborah Meyer**  
 Entertainment Coordinator  
 Deborah.Meyer@sclhca.com



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

**Entertainment**

**\*Indicates new performances on sale May 17**

**—Club Performances—**



**Lincoln Hills Players Club  
 Presents The Odd Couple  
 (Female Version)**  
 Thursday, June 6, 7:00 PM,  
 P-Hall (KS) — **LSE178**  
 Friday, June 7, 7:00 PM,  
 P-Hall (KS) — **LSE179**  
 Saturday, June 8, 2:00 PM,  
 P-Hall (KS) — **LSE180**  
 Sunday, June 9, 2:00 PM,  
 P-Hall (KS) — **LSE181**  
 Reserved Seating \$15

The Lincoln Hills Players announce the performance of Neil Simon's hilarious *The Odd Couple* (Female Version). Simon's gender-swap reimagining of his prototype *Odd Couple*, with the unforgettable Oscar and Felix, is as comical as the original with counterparts Olive and Florence. A hopeless cultivator of clutter, Olive is the perfect foil for Florence, the neurotic, obsessively clean neat freak. Add four other women and two hysterically passionate neighbors, the Costazuela brothers from Barcelona, with their lost-in-translation malaprops, and the laughs will come early and often. Director Merilee Thompson Imamoto reminds you that Presentation Hall offers the perfect intimate setting for contagious laughter!



**\*The Golden Revue  
 Vaudeville  
 Variety Show**  
 Thursday, July 18,  
 6:00 PM, P-Hall (KS)  
 — **LSE185**  
 Friday, July 19,  
 6:00 PM, P-Hall (KS)  
 — **LSE186**  
 Saturday, July 20,  
 2:00 PM, P-Hall (KS)  
 — **LSE187**

**Saturday, July 21, 6:00 PM, P-Hall (KS) — LSE188**  
**Reserved Seating \$12**

The Vaudeville Troupe will present their annual variety show with acts ranging from song and dance to comedy plus much, much more. This show is geared toward a variety of acts that will guarantee to entertain every member of the audience. Get your tickets early for the show is sure to sell out.

**—Concerts—**



**Folsom High School Jazz Band I**  
**Thursday, May 16, 7:00 PM, P-Hall (KS) — LSE165**  
**SOLD OUT**

Save \$1 on purchases of \$4 or more at KS Cafe. Jazz Band I has won the Reno Jazz Festival as "Best Instrumental Group" 4 of the last five years. They have placed in the top 3 for the Next Generation Jazz Festival over 26 times and have won many festivals including, Fullerton, Woodcreek, Sacramento State, and Sonoma State. Director Curtis Gaesser has been teaching at FHS since 1987. He was a finalist for the 2018 Grammy's Music Educator of the year and was awarded 2017's best Music Educator for Northern California. This 20 piece jazz band will perform big band favorites from composers Jim McNeely, Don Sebesky, Bill Liston, and many others.



**SwingMasters in Concert**  
**Tuesday, May 21, 7:00 PM,**  
**Ballroom (OC)**  
 — **LSE159**  
**Reserved Section Seating**  
**\$20, General Admission \$15**

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“Big Band in the Barracks: Looking Back at the Music of WWII and the Greatest Generation.” When the United States entered the war in 1941, swing music went to war, too. The big band music of Benny Goodman, Count Basie, Glenn Miller, and others was the soundtrack of life on the home-front. This music also reached the battlefield through recordings and broadcasts uplifting the morale for families at home as well as the soldiers abroad. Don't miss this musical trip down memory lane!

**Summer Amphitheater Concert Series (SACS)  
Dance Party with BIG CRUSH**  
Friday, May 31 — **LSE169**  
7:30 PM, Amphitheater (OC)  
General Admission – \$21  
See page 52 for details.

**Summer Amphitheater Concert Series (SACS)  
MIDNIGHT FLYER: Tribute to the Eagles**  
Friday, June 14 — **LSE170**  
7:30 PM, Amphitheater (OC)  
General Admission – \$21  
See page 52 for details.



**Jenna Lea Rosen:**  
Songs from a Disney Princess  
with Special Guest  
American Idol Semi-Finalist  
Nicholas Crossen  
Friday, June 21, 7:00 PM,  
P-Hall (KS) — **LSE168**  
Reserved Seating, \$24

Save \$1 on purchases of \$4 or more at KS Cafe. A concert for Disney fans of all ages. Jenna Lea Rosen has been a regular on four popular Disney animated series where she sings as several princesses. The most notable “Sofia the First” where she is the recurring characters Princess Hildegarde and Princess Cilo. She has also sung in concert with Broadway and Film Legends including Patti Lupone, Dick Van Dyke, and Kristin Chenoweth. Songs will include classics from “Beauty & the Beast,” “Frozen,” “Mary Poppins,” and much more! She will be joined by musical guest American Idol semi-finalist, Nicholas Crossen.

**Summer Amphitheater Concert Series (SACS)  
PIANO MEN: The Songs of Elton John and Billy Joel**  
Featuring Kyle Martin  
Thursday, June 27 — **LSE171**  
7:30 PM, Amphitheater (OC)  
General Admission – \$21  
See page 52 for details.



**\*Roseville Community  
Concert Band  
Happy Birthday USA!**  
Thursday, July 4, 2:00 PM,  
Ballroom (OC) — **LSE189**  
Reserved Section Seating \$12,  
General Admission \$8

The tradition continues! We welcome back the Roseville Community Concert Band (RCCB) for our annual 4th of July celebration. Considered one of the best symphonic bands in the area, they perform throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Tickets required for all guests, including children.

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**Tony Portman**

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**Summer Amphitheater Concert Series (SACS)  
California Cowboys:  
From Johnny Cash to Tim Mc Graw  
Friday, July 12, 7:30 PM,  
Amphitheater (OC) — LSE172  
General Admission – \$21  
See page 52 for details.**

**Summer Amphitheater Concert Series (SACS)  
Uptown Funk: Tribute to Bruno Mars  
Friday, July 26, 7:30 PM, Amphitheater (OC)  
— LSE173  
General Admission – \$21  
See page 52 for details.**

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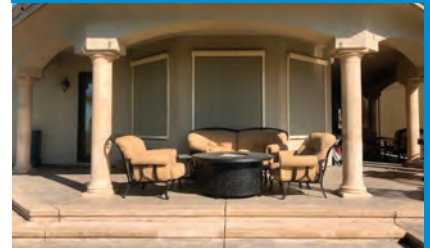
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\*Indicates new trip on sale May 17

### Featured Trip



**Show closing after 45 years!**

**\*Beach Blanket Babylon**

**Wednesday, September 4 — LST256**

**\$128**

Don't miss the last year of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and topical references with newly added characters and songs throughout the year. All seats located on the floor (front to middle section). Show exclusive to adult audience; alcohol is served. Dinner on your own *before* the show. *Reservations highly recommended, restaurant list available at time of registration.* Wheels roll from OC at 1:45 PM, return ~ midnight. For more show info, check <https://beachblanketbabylon.com>.

### Day Trips

—Casino/Races—

**CACHE CREEK**  
CASINO RESORT

**Cache Creek Casino**  
**Wednesday, May 22**

— **LST239**

**\$27**

Visit Cache Creek Casino just outside the Woodland/Esparto area in Yolo County. Wednesday is Military

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



**Off to the Races**

**Thursday, June 6 — LST249**

**\$98**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort of the Turf Club with a sumptuous buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, windbreakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM to 3:00 PM and complimentary racing program. Sample buffet menu available at Activities Desk. Wheels roll from OC at 10:00 AM, return ~ 7:00 PM.



**Red Hawk Casino**

**Tuesday, June 18**

— **LST248**

**\$27**

Travel to Shingle Springs for a five-hour visit at Red Hawk Casino. Red Hawk offers a large non-smoking area downstairs that also includes the buffet location. Receive a \$10 gaming credit and a \$5 food credit. Be sure to bring your identification to receive your Rewards Card, and you could qualify for additional gaming credits and promotions in their 55+ club. Wheels roll from OC at 9:00 AM, return ~ 3:00 PM.



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## —Performances—



**Broadway  
on Tour –  
Sacramento  
Disney's Aladdin  
Tuesday, May 21  
— LST152  
\$101**

**Now open to grandchildren ages eight and up.** 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!" performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

## OKLAHOMA!

**Broadway at  
Music Circus,  
Sacramento  
Oklahoma!  
Tuesday, June 25  
— LST217  
\$84**

A new production of Rodgers and Hammerstein's first collaboration done "Theater in the Round." This groundbreaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, "Oklahoma!", now celebrating its 75th Anniversary, set the standard for American musical theatre. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM.



**Broadway at  
Music Circus,  
Sacramento  
The Drowsy  
Chaperone  
Tuesday, July 9  
— LST218  
\$84**

Hailed by New York Magazine as "The Perfect Broadway Musical!" this is a modern musical comedy at its best. A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit,

which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day. Winner of five Tony Awards, including Best Book and Best Original Score, this loving send-up of the Jazz Age musical features one show-stopping song after another done "Theater in the Round." *A Broadway at Music Circus premiere.* Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM.



**Additional date  
added!  
Broadway at Music  
Circus, Sacramento  
In the Heights  
Wednesday,  
August 21 — LST258  
\$84**

From the creator of the smash hit HAMILTON, Lin-Manuel Miranda's multiple Tony-winning Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store. The thrilling Tony-winning score combines Latin rhythms, hip-hop and pop for an exhilarating journey about chasing your dreams and what it truly means to be home. *Broadway at Music Circus premiere.* Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM.



**The Play That  
Goes Wrong  
Golden Gate Theater,  
San Francisco  
Sunday, August 18  
— LST251  
\$142**

Broadway's funniest smash hit, this Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious, leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines). Produced by J.J. Abrams! Matinee performance with Middle Orchestra seating. Loge seating upon request. 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.

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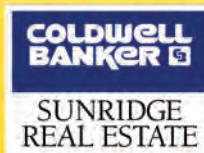


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—Sports—



**Sacramento River Cats vs. Las Vegas Aviators (A's Affiliate)**  
**Thursday, May 30**  
**— LST245**  
**\$50**

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Thursday night is Thirsty Thursday \$2 beers! Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM, ~ return 11:00 PM, game at 7:05 PM.

**Oakland A's vs. San Francisco Giants**  
**Sunday, August 25 — LST230**  
**\$100**



Classic Bay Bridge Series game! Plaza level seating in Oakland Coliseum behind dugout overlooking 1st base Section 209 & 210. Bus drop off in Lot B near our seat locations.

Wheels roll from OC at 9:15 AM, return ~ 7:45 PM, game at 1:05 PM.

**San Francisco Giants vs. Los Angeles Dodgers**  
**Sunday, September 29**  
**— LST214**  
**\$173**



Watch your San Francisco Giants in the comfort of club level seats at Oracle Stadium.

These seats are wider with more leg room and extra comforts; flat-screen TVs; access to the memorabilia displays and shorter food and restroom lines. Take a nice stroll over to McCovey Cove to check out the rest of the stadium. Enjoy easy elevator access. No cans, glass bottles, alcohol, or hard-sided coolers allowed. Wear layers for SF weather and a cap for sun protection. Seats located in Club Sections 230 & 231. Wheels roll from OC at 8:15 AM, return ~ 6:00 PM, game at 12:05 PM.

—Tours/Leisure—



**San Francisco for the Day – Fisherman's Wharf**  
**Tuesday, June 4**  
**— LST250**  
**\$46**

Enjoy a lovely day trip to the city by the bay without worrying about traffic, the bridge, parking, etc. Relax and let us drive to visit the vibrant Fisherman's Wharf for a day to do as you wish. Cable & streetcars are nearby to take you on an adventure to shop or sightsee this colorful city! Visit Pier 39 or Ghirardelli Square. Lunch on your own. Rest stop on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM.



**Additional bus added!**  
**Squaw Valley Art, Wine, and Music Festival BUS#2**  
**Sunday, July 14**  
**— LST252**  
**\$35**

Highly popular among residents! Get out of the valley heat and enjoy a cool mountain summer day as we visit Squaw Valley's annual Art, Wine & Music Festival. This European style village comes alive with color, taste, and sound with many fine artists, crafts makers, performers, and musicians. The festival features wine tasting, several performance stages, restaurants, shops, and walkways lined with art booths and exhibits. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc. on your own. Wheels roll from OC 9:30 AM, return ~ 6:15 PM.

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**\*Armstrong  
Redwoods &  
Occidental Union  
Hotel Lunch  
Tuesday, July 23  
— LST255  
\$100**

Enjoy a visit to the hidden gem of Armstrong Redwoods in Sonoma County. This 805-acre reserve has an easy level accessible pathway through the park. See trees up to 1400 years old and as tall as 310 feet! Several walking options from just a short walk to the tallest tree in the park or several longer options deeper in the reserve. Trip includes a sumptuous family-style Italian lunch at the renowned Union Hotel in Occidental. Rest stop both directions. Lunch menu available at Lifestyle Desk (OC/KS). Wheels roll from OC at 7:45 AM, return ~ 7:15 PM.



**\*State Capitol Tour  
& California  
Museum  
Thursday,  
August 29  
— LST254  
\$39**

Experience a docent-led tour of our State Capitol

in downtown Sacramento on a day the legislature will be in session. Please be prepared to have items searched and/or x-rayed when entering the building. We will continue learning about the history and people past and present of California as we head over to the California Museum for another docent-led tour. Lunch and some free time on your own between tours. Lots of walking. Wheels roll from OC at 9:00 AM, return ~ 4:00 PM.



**\*Sausalito Floating  
Homes Tour  
Saturday,  
September 14  
— LST253  
\$110**

After a year hiatus, the very special Sausalito Floating

Homes tour is back! Get a glimpse inside life on the water at the annual Sausalito Floating Homes Tour. If you've ever wondered what living in a floating home (a.k.a. a houseboat) is like, this one-of-a-kind

home tour is your chance. The tour is an easy, self-paced look in a very distinctive and colorful community. There are exhibits and sales by local artists, authors and more! Lunch on your own with vendors or café at the docks. Wheels roll from OC at 8:15 AM, return ~ 6:00 PM.

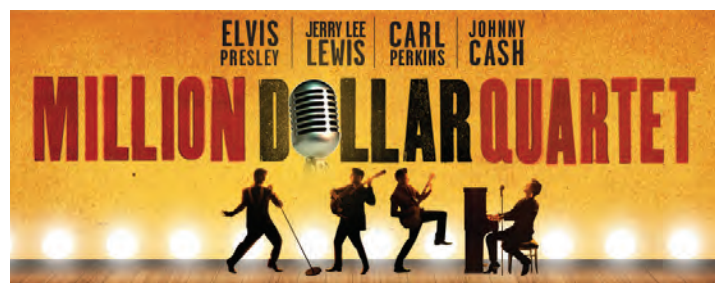


**USS Potomac –  
WWII Sightseeing  
and History Cruise  
Saturday,  
September 28  
— LST244  
\$134**

Explore Franklin Delano Roosevelt's presidential yacht

“Floating White House” docked near Jack London Square at the Oakland Pier. Enjoy a fully narrated three-hour cruise to learn how FDR used the Potomac in a bit of subterfuge leading up to his meeting with Winston Churchill. Also, learn how SF Bay became a very busy hub of WWII. View shipways where newly constructed boats and ships were built and launched and the old Naval Air Station, a major facility of aircraft repair from where Jimmy Doolittle loaded their B-25s aboard the USS Hornet, for the first bombing run over Tokyo. Box lunch included (choose onboard). Wheels roll from OC at 7:30 AM, return ~ 4:30 PM.

### —Overnight/Extended Travel—



**Million Dollar Quartet at Sand Harbor State Park  
& Lake Cruise  
Wednesday, August 7 - Thursday, August 8 — LST236  
\$369 per person double occupancy; \$436 single.**

Experience the enchantment of the “Million Dollar Quartet” at the scenic Sand Harbor Park outdoor stage with Lake Tahoe as the backdrop! This musical is the story inspired by the famed recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Enjoy reserved seats with boxed dinner before the show. The menu is available at the Lifestyle





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desk with food choice required at registration. Includes coffee or hot cocoa & cookies at intermission! Lodging provided at the Montbleu Lake Tahoe. We will also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included box lunch before we head home. A signed liability waiver is required for each participant. The show is held outdoors next to the lake, so layer up! Wheels roll from OC at 1:00 PM August 7, return ~ 5:00 PM August 8.



### Sold Out Trips

Trip • Date • Departure Time

- Eldorado Overnight  
Wednesday, May 15 to Thursday, May 16  
• 12:45 PM
- Old Sacramento Underground Tour  
Thursday, May 23 • 8:30 AM
- Filoli Gardens & Mansion  
Wednesday, May 29 • 7:45 AM
- Giants vs. Los Angeles Dodgers  
Sunday, June 9 • 9:15 AM
- Andrea Bocelli – Golden One Center  
Saturday, June 15 • 6:15 PM
- Ashland Oregon Theater Excursion  
Monday, June 10 to Friday, June 14  
• 8:00 AM
- USS Potomac – Lighthouses and  
Islands of the Bay  
Thursday, July 18 • 7:30 AM
- Pageant of the Masters  
Sunday, July 28 to Wednesday, July 31  
• 8:00 AM
- In the Heights  
Tuesday, August 20 • 6:15 PM

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## Classes

### Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-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.

### —Drawing—



\***Mixed Media Art Journaling**  
Tuesdays, June 11 & 25

—LSC1100

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 create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. **Vacation drop-in: \$25 per session.**

### —Oils, Pastels & Acrylics—



\***Oil and Acrylic Painting for All Levels**  
Wednesdays, June 5-26  
9:00 to 11:30 AM

—LSC1112

Or 1:30 to 4:00 PM

—LSC1125

(OC) \$54 (four sessions). Instructor: **Marilyn Rose**. Choose between

AM and PM sessions. Sessions are not interchangeable. Students receive expert guidance in creating original paintings of their chosen subjects. Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used to advance the students' understanding and implementation of techniques.

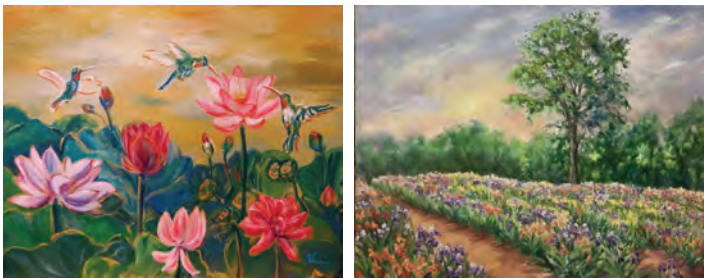
**Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. *About the Instructor:* Marilyn is an award-winning professional artist with nearly 30 years experience in with hundreds of her paintings in private collections across the U.S. and the U.K. Website: [artistmarilynrose.com](http://artistmarilynrose.com). **Vacation drop-in: \$18 per session.**



**\*Special Workshop  
by Marilyn Rose  
Portrait Painting Basics  
in Oils  
Saturday, June 29  
— LSC1955**

9:00 AM to 4:00 PM (OC)  
\$80 Instructor: *Marilyn Rose*. Prerequisite: Some painting experience in oil or acrylic required.

Learn the construction and proportions of the head and facial features in a relaxed paint-along workshop with Lincoln Hills painting instructor Marilyn Rose. Working with a photograph provided by her, students will have the opportunity to gain a thorough understanding of how to create a basic likeness and paint the shadow and light planes in a limited palette. The result will not be a finished portrait but a blocked-in head study that they can finish on their own from the photo. Supply list provided upon registration. One full day with an hour break for lunch.



**Sip and Paint "Lotus & Hummingbirds"  
Friday, May 24 — LSC1176  
Or Friday, June 28 \*Sip and Paint "Iris Garden"  
— LSC1177**

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](http://www.unniart.com).

**—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 – Evening Class  
Wednesdays, June 5-26 — LSC1202**  
5:30 to 8:30 PM (OC). \$68 (four sessions).  
Instructor: *Michael Mikolon*
- **\*Watercolor – Afternoon Class  
Thursdays, June 6-27 — LSC1189**  
1:00 to 4:00 PM (OC). \$68 (four sessions).  
Instructor: *Michael Mikolon*



**\*Watercolor  
Step-by-Step  
Mondays, June 3-24  
— LSC1151**

9:30 AM to 12:00 PM (OC). \$68 (four 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. A 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 to create a simple work of art. All ability levels are welcome; images and concepts will be basic.





### YUPO® Using Mediums, Stencils, Stamps, Embellishments Monday, June 10

— **LSC1942**

1:00 to 4:00 PM (OC). \$50.  
Instructor: *Faye August*.  
This is a follow up to  
Introduction of YUPO®

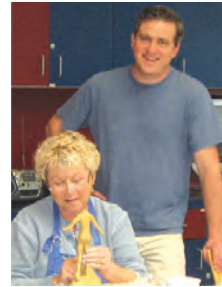
class. Continue to explore enhancements to your YUPO abstract. Time will be spent on color selection and the use of glass beads, tar gel, pumice, light molding paste, and crackle to add texture. Acrylic inks and Jacquard pigment powder will also be used to finish off the painting. Explore using gold/silver/copper leaf along with textured papers for glitz and glamor. **Note:** Participants must bring own YUPO® and painting supplies. The instructor will have mediums, pigments, foils, etc. for participants' experimentation. Questions? Contact Faye at 916-209-3643 or watercolorist55@gmail.com.

### Color Mixing – How to Achieve Vibrant Color Mixes Monday, June 24 — **LSC1943**

1:00 to 4:00 PM (OC). \$50. Instructor: *Faye August*. Want rich and vibrant colors? Learn the techniques of choosing colors that will make your projects POP. Understand the influence of warm and cool colors, develop confidence in selecting a personal color palette and learn how to make valuable color charts for future reference. The demonstration will be using watercolor, but the techniques and tools apply to all mediums. Information handout provided in class. **Prerequisite:** bring a color wheel, paint, good quality paper, brushes, etc. Oil or acrylic users must bring prepped paper to use in class. Questions? Contact Faye at 916-209-3643 or watercolorist55@gmail.com.

## Ceramics

### —Pottery—



### \*Beginning/Intermediate Ceramics

Tuesdays, June 4-25 — **LSC1228**

1:00 to 4:00 PM (OC). \$64  
(four sessions). Instructor: *Jim Alvis*. 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 the 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, June 4-25 — **LSC1240**

9:00 AM to 12:30  
PM (OC). \$64 (four  
sessions). Instructor:  
*Jim Alvis*. This class  
is for self-motivated

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



### \*Introduction to Ceramics Thursdays, June 6-27 — **LSC1264**

9:00 AM to 12:00 PM  
(OC). \$54 (four ses-  
sions). Instructor:  
*Taylor Jackson*. A  
beginner class in

ceramics that covers the basics of hand building and wheel throwing. This class focuses on skill building and understanding the working process. Students will be given assignments, demonstrations, and individual instruction to help learn the techniques used in making ceramics. New students will be given some class clay to help get their first assignment started. Students will need to bring their own tools.

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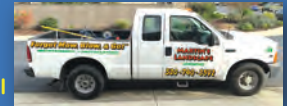
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**\*Intermediate Ceramics**  
**Thursdays, June 6-27 — LSC1252**  
 1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. An intermediate class; in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion.

This class includes demonstrations, discussions, and individual instruction to help students grow their skills. Some advanced tools are available from the instructor to assist in the progression of an art piece

## Crafts

### —Card Making—

*The card making classes will be on hiatus the month of June. Will return in July.*

## Dance

### —Clogging—

*Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a 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, June 11-25**  
**— LSC1967**

10:00 to 11:00 AM (KS). \$24 (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 clog-ging 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. *No New Beginners accepted this month. Keep a watch out for the next new beginners class later this year.*

**\*Easy-to-Intermediate Clogging**  
**Tuesdays, June 11-25 — LSC1968**

11:00 AM to 12:00 PM (KS). \$24 (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, June 11-25 — LSC1970**

12:00 to 1:00 PM (KS). \$24 (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.

### —Country Western Dancing—



**\*Country Couples Western Dance**  
**Beginner Level 1 & 2**  
**Mondays, June 3-24**  
**— LSC1334**

7:00 to 8:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular. Many of the

dances are done in circles, 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, June 3-24 — LSC1345**

6:00 to 7:00 PM (KS). \$28 (four sessions). Instructors:



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*Jim & Jeanie Keener. Prerequisite:* Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, and you are ready for more challenging dances join us for a fun-filled hour of more higher 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 "A 2 step cluster, and a New Cha Cha Dance".

—Hula—



**\*Hula**  
**Thursdays, June 13-27**  
— LSC1964

1:00 to 2:00 PM (KS). \$32 (three sessions). Instructor: *Pam Akina*. An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body,

and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact Pam before first session 916-521-0474. Drop-in: HULA — \$14 per session.

—Jazz—

**\*Jazz for Beginner**  
**Thursdays, June 6-27 — LSC1389**

11:00 AM to 12:00 PM (KS). \$36 (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 — \$14 per session.

**\*Jazz Performance**  
**Tuesdays, June 4-25 — LSC1402**

1:00 to 2:00 PM (KS). \$36 (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 — \$14 per session.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and

Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

**Level I – Absolute Beginner (Intro)**

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class.

- **\*Thursdays, June 6-27 — LSC1858**  
9:00 to 10:00 AM (KS). \$28 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Mondays, June 3-10 — LSC1853**  
4:00 to 5:00 PM (KS). \$14 (two sessions).  
Instructor: *Cathy Paris*

**Level 2 – Beginner**

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- **\*Thursdays, June 6-27 — LSC1507**  
10:00 to 11:00 AM (KS). \$28 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Fridays, June 7-28 — LSC1452**  
2:00 to 3:00 PM (KS). \$28 (four sessions).  
Instructor: *Sandy Gard o*
- **\*Thursdays, June 6-27 — LSC1441**  
3:30 to 4:30 PM (KS). \$21 (three sessions, No Class June 20).  
Instructor: *Cathy Paris*

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### Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- **\*Mondays, June 3-24 — LSC1496**  
9:00 to 10:00 AM (KS). \$28 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Wednesdays, June 5-26 — LSC1463**  
9:00 to 10:00 AM (KS). \$28 (four sessions).  
Instructor: *Sandy Gard* o

### Level 4 – Easy Intermediate

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

- **\*Wednesdays, June 5-26 — LSC1474**  
10:00 to 11:00 AM (KS). \$28 (four sessions).  
Instructor: *Sandy Garde* o
- **\*Mondays, June 3-10 — LSC1430**  
5:00 to 6:00 PM (KS). \$14 (two sessions).  
Instructor: *Cathy Paris*

### Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. 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, June 6-27 — LSC1419**  
4:30 to 5:30 PM (KS). \$21 (three sessions,  
No Class June 20). Instructor: *Cathy Paris*

### \*Country Line Dancing

#### Fridays, June 7-28 — LSC1356

3:00 to 4:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area.

### Line Dance Instructors

#### • **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 '90s. 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.



#### • **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise to her students.



—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 2  
Mondays, June 3-24  
— LSC1529**

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: *Alyson Meador*. For students who have been taking

Beginning Tap previously. The class will continue the lessons learned in Beginning Tap.

**Tap Technique**

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

- **Tuesdays, June 4-25 — LSC1574**  
10:00 to 11:00 AM (KS).  
\$36 (four sessions).
- **\*Mondays, June 3-24 — LSC1518**  
10:00 to 11:00 AM (KS).  
\$36 (four sessions).
- **\*Thursdays, June 6-27 — LSC1585**  
10:00 to 11:00 AM (KS).  
\$36 (four sessions).

**—West Coast Swing—**

*West Coast Swing will be on a hiatus the month of June, and will return in July.*

**Glass Art**



**\*Fused Glass  
Monday, July 15 — LSC1956**

9:30 AM to 12:00 PM (KS). \$28. Supply fee: \$10 payable to instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase or another similarly sized project. Larger projects are available for an additional supply fee.



**\*Stained Glass  
Mondays, June 3-24  
— LSC1596**

1:00 to 4:00 PM (KS). \$61 (four 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 the 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.

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## Music

### —Banjo—



**New Class!**  
**\*5-String Banjo,  
 Beginner Level**  
**Friday, June 7-28**  
 — **LSC1965**

9:00 to 10:30 AM (OC). \$48 (four sessions). Instructor: *Dennis Fisher*. Students will learn how to strum basic chords and pick

delightful melodic patterns. Each Student is expected to bring a 5-string banjo to each lesson and do assigned homework. Students are encouraged to acquire “You can Teach Yourself Banjo” by Janet Davis as a resource for the class. Order Online or pay \$16.08 for a copy at the first class. *About the Instructor:* Dennis Fisher has played string instruments for over 50 years and has performed in Eastern Europe, Asia, and Africa. He currently teaches the 5-string banjo, guitar, and ukulele at the Strum Shop in Roseville.

### —Guitar—



**\*Beginning Guitar**  
**Mondays, June 3-24 — LSC1620**

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB, and standard notation, play melodies and strum chords. We use both nylon or steel string acoustic

guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

**\*Intro to Swing Guitar**  
**Intermediate Level**  
**Wednesdays, June 5-26 — LSC1632**

8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Student can easily play

some barre chords, and able to read some standard notation, and/or TABLATURE. This class will explore “Swing Guitar” as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.



**\*Folk Guitar for Fun Folks 101**  
**Beginner Level**  
**Tuesdays, June 4-25**  
 — **LSC1682**

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Darrell Effinger*. Substitute instructor Jon Gowin May 7 & 14. 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 '50s, '60s, and '70s 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 Level**  
**Tuesdays, June 4-25**  
 — **LSC1725**

2:00 to 3:00 PM (KS). \$40 (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! Questions? Call Darrell at 916-989-8532.

—Ukulele—



**\*Beginning Ukulele**  
**Mondays, June 3-24 — LSC1966**  
 10:00 to 11:30 AM (OC). \$48 (four sessions). Instructor: *Jon Gowin*. This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world.

**\*Intermediate Ukulele**  
**Wednesdays, June 5-26 — LSC1644**  
 9:45 to 11:15 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some finger picking.

Personal Improvement

—Driving—



**Two-day class!**  
**\*AARP Driver Safety Training**  
**Tuesday & Wednesday, June 25 & 26 — LSC1863**  
 9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member)

or \$30 (non-member). Instructor: *Do i May*. 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. 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 (OC). We offer Certification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at [sdfeldmans@gmail.com](mailto:sdfeldmans@gmail.com) or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$15 per lesson. Must register prior to class.

—Quilting—

**\*Introduction to Square in a Square**  
**Monday, June 24 — LSC1953**  
 9:00 AM to 3:00 PM (OC). \$48. Instructor: *Be y Kisbey*. Learn this popular and easy technique developed by Jody Barrows for making block and boards. This technique is fun, simple and innovative way to strip piecing and rotary cutting. It is endless as to what can be done. This class will introduce you to the 10 options available. You will make samples of many of the options using this technique and ruler.

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**Beginning Quilting****Mondays, July 8-29 — LSC1952**

9:00 AM -12:00 PM (OC). \$128 (four sessions). Instructor: *Betty Kisbey*. This class will cover the fundamentals of quilting and making a quilt top. Throughout four weeks, you will learn to select fabric for a quilt, cut using a rotary cutter, accurately sew 1/4" seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt block. Students will make 6-9 blocks. One or two blocks will be done in class each week, and the other block will be done as homework. This class is for the beginner quilter or a great review for the new quilter.

**Technology**

—PC—

**\*Cloud Storage Made Easy  
Thursday, June 13 — LSC1963**

1:00 to 3:30 PM (OC). \$25. Instructor: *Bob Ringo*. Computer users spend their lives accumulating stuff. Then they find a way to back up their stuff. Most use external hard drives, flash drives, or DVEs. After the recent California

fires, smarter users rely on cloud storage for their backups. Cloud storage is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. Learn how easy it is to store stuff in free fire-safe cloud storage sites.

—Smart Phones and Tablets/Mac—

**\*Android Smart Phone Basics  
Tuesday, May 28 — LSC1961  
9:00 to 11:00 AM****Or Tuesday, June 18 — LSC1971**

1:00 to 4:00 PM (OC) \$25 + \$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 manage phone calls, navigate your screen, organize your contracts,

use text messaging, email, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.

**\*Android Smart Phone Tips n' Tricks****Thursday, May 30 — LSC1962****9:00 to 11:00 AM****Or Thursday, June 20 — LSC1958**

1:00 to 3:00 PM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: *Len Carinato*. The world is using smartphones, and there are hundreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android SmartPhone with you and learn to use the features and functions every Android Smartphone has already built-in, plus those available from the Google Play Store. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. Prerequisite: attendees should already feel comfortable using basic smartphone functions.

**NEW!****\*Android Smart Phone More Tip n' Tricks****Friday, May 31 — LSC1960****Or Wednesday, June 26 — LSC1959**

9:00 to 11:00 AM (OC). \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carinato*. Get even more from your Android SmartPhone. We will demonstrate and discuss "Settings," setting up Widgets, using the Camera, then Editing, and Sharing. We'll also explore how Apps to make Collages, Read Bar Codes, Podcasts, Radio Stations, and much, much more. Prerequisite: attendees should already feel comfortable using their smartphone functions and apps.

**iPhone Basics Workshop****Thursday, May 23 — LSC1946****Or \*Tuesday, June 25 — LSC1957**

9:00 AM to 12:00 PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*.

**Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, iPhone

XS, iPhone XS Max, or iPhone XR; and must be on iOS 12.1.4 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 and get the most out of it? Then this class is for you. Questions, call Andy at 916-474-1544.



Instructor, Milly Nuñez

# At WellFit, we're #ParkinsonStrong!

What is "Forced Exercise"? Meaningful exercise that is beyond a voluntary level and effective in improving the quality of life by delaying the progression and reduce the impact of Parkinson's Disease.  
(Heart rate monitors recommended)



**SGT—Parkinson's Indoor Cycling**  
Wednesdays, June 5-19  
12:30 to 1:30 PM, Aerobics Room (KS).  
\$50 (three sessions).

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.



**SGT—ParkinsonStrong**  
Thursdays, June 6-20  
1:30 to 2:30 PM, Aerobics Room (KS).  
\$50 (three sessions).

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.



**SGT—ParkinsonStrong Combo**  
Fridays, June 7-21  
12:30 to 1:30 PM, Aerobics Room (KS).  
\$50 (three sessions).

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 where Milly combines content from Parkinson's Indoor Cycling and ParkinsonStrong.



We are thrilled to announce that "Rock Steady Boxing" will soon be coming to WellFit! Rock Steady Boxing is a worldwide organization that specializes in a non-contact boxing fitness curriculum by focusing on the disease as their opponent to help improve the quality of life of those diagnosed with Parkinson's disease. (Refer to WellFit article for more information.)



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WellFit Manager

Jeannette.Pyle@sclhca.com

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



### Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues.

Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner. For your FREE Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



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### WellFit Orientations

#### Free Orientation: WellFit Staff

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

- **Thursday, May 16**  
3:00 to 4:00 PM  
Fitness Floor (OC)
- **Thursday, June 6**  
4:30 to 5:30 PM  
Fitness Floor (OC)
- **Wednesday, June 19**  
2:00 to 3:00 PM  
Fitness Floor (OC)
- **Thursday, May 23**  
4:00 to 5:00 PM  
Fitness Floor (KS)
- **Thursday, June 13**  
4:30 to 5:30 PM  
Fitness Floor (KS)
- **Tuesday, June 18**  
3:00 to 4:00 PM  
Fitness Floor (KS)



### Nutrition Services Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three-month

nutrition package includes:

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

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

### Disease Prevention & Management Session-Based Classes

*Opportunities that provide education and management of diseases to achieve and maintain optimal health. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

**\*Indicates new class on sale May 17**

**\*Arthritis**  
**Tuesdays, June 4-25**  
**Wednesdays, June 5-26**  
**Thursdays, June 6-27**  
**Fridays, June 7-28**

Tuesdays & Thursdays \$36 (four sessions) 11:00 AM to 12:00 PM; Wednesdays & Fridays \$36 (four sessions) 10:00 to 11:00 AM,

Aerobics Room (OC). Instructor: **Linda Hunter**. This class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility, while also improving balance, and strengthening muscles. We will do some standing, but sitting 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**  
**Wednesday & Thursday,**  
**June 5 & 6**

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: **Dr. Richard Del Balso**. Just by adding Nordic Poles to your walking routine you will be able to incorporate 90% of your muscles in one exercise; burn up to 46%

more calories than exercise walking without poles; help to reduce high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

### \*Tennis Lessons

**Sundays, June 9-July 14**  
**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 Gardetto**. Mike is USPTA-certified and has been giving Lincoln Hills 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.

### Mindfulness

*A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*



**Hypnosis and Sleep**  
**Thursdays, June 6-27**

9:30 to 11:00 AM, Multi-media Room/Fine Arts Room (OC) (four sessions). \$80. Instructor: **Kelley Moreno**. Are you frustrated with your sleep? Are you having trouble falling asleep, staying

asleep or going back to sleep? Join this restful and helpful class to find out how Hypnosis can help.

### 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.*



**\*Tai Chi Qigong L1**  
**Tuesdays, June 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 cultivation and flow of the

body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complementary health system.



### \*Tai Chi Qigong L2 Tuesdays, June 4-25

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qi-gong 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 the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.

## Nutrition

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



### Re-Start—Your Health in Just Five Weeks Tuesdays, May 28-June 25

1:00 to 2:30 PM,

Multi-purpose Room (OC). \$129 (five sessions). Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



### Produce with a Purpose: Spring Cleaning Thursday, May 16

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: *Kerin Gould*. Did your doctor tell you to eat more fruit and veggies?

Now what? This month: There are lots of spring fruits, veggies, and herbs that clean out our system after a long winter. And they can be much more enjoyable than spring house cleaning! Let's freshen our insides with light and tasty dishes that are – as always – stupid-easy, madly tasty, and secretly

healthy. Demo, tasting and goody bag of farm fresh, pesticide-free produce included!



### \*Produce with a Purpose: The Beauty of Berries!

Thursday, June 20

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: *Kerin Gould*. The Beauty of Berries! Did your doctor

tell you to eat more produce? Whether to bolster your health against cancer, diabetes, heart disease or other issues, Produce with a Purpose can help! This month we'll focus on berries. Berries are not just the joyful expression of late-spring/summer flavor, though that is a good enough reason to enjoy them. They are also loaded with anti-oxidants and other wellness boosters. We'll learn the many reasons we should enjoy berries along with stupid-easy, madly tasty, secretly healthy recipes.

## 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.*



### Let's Talk About Advance Health Care Directives

Thursday, June 13th

9:00AM to 12:00PM, Oaks Room (OC) \$30. Instructor: *Marcia Van Wagner*. Every adult

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

### \*Brain Gain™

Thursday, June 27

9:30 AM to 12:00 PM, Multi-purpose Room (OC) \$30. Instructor: *Dr. Alice Jacobs*. Come experience "Neurobic" fun interactive brain exercises. Join

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## Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 94 for a complete listing of Pilates Reformer classes.

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**

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## 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.

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



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**Danielle Lawlor**  
 Fitness Coordinator  
 Danielle.Lawlor@sclhca.com



## Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Danielle Lawlor. You can also visit [www.sclhresidents.com](http://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 the descriptions of each class.



### SGT—Parkinson's Indoor Cycling Wednesdays, June 5-19

12:30 to 1:30 PM, Aerobics Room (KS). \$50 (three sessions). Instructor: *Milly Nuñez*. 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 Parkinson's Disease have experienced symptomatic relief when they undergo a regular exercise program with "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.

### SGT—ParkinsonStrong Combo Fridays, June 7-21

12:30 to 1:30 PM, Aerobics Room (KS). \$50 (three 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 ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.

### SGT—ParkinsonStrong Thursdays, June 6-20

1:30 to 2:30 PM, Aerobics Room (KS). \$50 (three 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. 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. 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,  
June 3-26**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. 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, 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 and create a workout routine.



**SGT—Fit 101 at  
Orchard Creek L1  
Tuesdays & Thursdays, June 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. 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 machine 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 fitness goals.



**SGT—'Fun'ctional Fitness L3  
Tuesdays & Thursdays,  
June 4-27**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits.

This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass.



**SGT—Progressive Bootcamp L2/3  
Mondays & Wednesdays,  
June 3-26**

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor and Max Alcantar*. 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,  
June 3-24**

7:15 to 8:15 AM, Aerobics Room (KS). \$120 (seven 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 while getting a full body workout. A full body workout will 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—Seasonal Sports Conditioning L2/3  
Mondays & Wednesdays, June 3-26**

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility. This class is available for the SGT Drop-in Pass.

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

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

### SGT—Posture, Core and Balance L1/2 Wednesdays and Fridays, June 5-28

12:00 to 1:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

### SGT—Posture, Core and Balance L1/2 Mondays & Wednesdays, June 3-26

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

### SGT—Balance & Fall Prevention L1 Mondays and Wednesdays, June 3-26

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—Balance & Fall Prevention L2 Tuesdays and Thursdays, June 4-20

3:00 to 4:00 PM, Aerobics Room (KS). \$105 (six sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. 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 and New Fast Class

**New!** We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 94-97 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes.

For a list of class descriptions, please refer to [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.



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OC WellFit Class Schedule June 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Athletic Stretch L1/3 - <i>Jen</i>		Athletic Stretch L1/3 - <i>Jen</i>				
8:00	Strictly Strength L3- <i>Katie</i>	Step for All L2- <i>Kim</i>	Strictly Strength L3- <i>Katie</i>	Step for All L2- <i>Kim</i>	Barre L2/3- <i>Gretchen</i>		
9:00	Zumba L3 - <i>Summer</i>	Core & Strength L2 - <i>Kim</i>	Zumba L3- <i>Summer</i>	Core & Strength L2- <i>Kim</i>	20/20/20 L2/3 - <i>Gretchen</i>	Yoga Basics L1- <i>Amy/Sara</i>	
10:00	Slow Flow Yoga L2/3- <i>Jennifer</i>	Yoga Flow L2 - <i>Ashley</i>	Arthritis L1/2 - <i>Linda</i>	Yoga Flow L2- <i>Jennifer</i>	Arthritis L1/2 - <i>Linda</i>	Yin Yoga L2- <i>Sara</i>	
11:00	Piloga L2 - <i>Cynthia</i>	Arthritis L2- <i>Linda</i>	Piloga L2 - <i>Lola</i>	Arthritis L2- <i>Linda</i>	Piloga L2- <i>Lola</i>		All Sunday classes have been moved to Kilaga
12:00	Yoga Stretch L1- <i>Julie</i>		SGT- Posture, Core & Balance L1/2- <i>Max</i>	Yoga Stretch L1- <i>Julie</i>	SGT- Posture, Core & Balance L1/2- <i>Max</i>		
1:00	Chair with Flair L1 - <i>Julie</i>	Rest Meditation and Yoga L1 - <i>Iram</i>		Chair with Flair L1- <i>Julie</i>	Basic Chair L1- <i>Marla</i>		
2:00	SGT- Balance & Fall Prevention L1- <i>Danielle</i>	1:30-2:30pm Chair Yoga L1 - <i>Cassie</i>					
3:00	Healthy Living Exercise L1/2 - <i>Milly</i>	Healthy Living Exercise L1/2 - <i>Milly</i>	TBA	Healthy Living Exercise L1/2 - <i>Julie</i>	Activities	SCLH Booking	
4:00	TBA	Activities	TBA		Activities		
5:00	TBA						
5:30			Mixed Levels Yoga L1-3- <i>Jennifer</i>				
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Classes (Fast Pass) \$2.50							
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 June 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	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 - Helena	SGT - TGIF TRX L2 - Max		
8:30	30 min. Spin L2/3- Gretchen	Zumba Gold L2 - Joanie	30 min. Spin L2/3- Jeannette	Zumba L2/3 - Sharon	Zumba Gold L2 - Joanie	Low Impact Cycle L2 - Helena	9:00am Cardio Strength L3 - Kim
9:00	30 min. Core & Stretch L2/3- Gretchen		30 min. Core & Stretch L2/3- Jeannette		Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	10:00am Zumba L3 - Carrie
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Strictly Strength L3 - Valerie	TBA -	
11:30	SGT - Posture, Core & Balance L1/2- Danielle	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Posture, Core & Balance L1/2- Danielle	12:00pm SGT - Functional Fit L2 - Deanne	Waldan Gong L1 - Joan		
12:30		1:00pm Tai Chi L1 - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Parkinson Strong Combo L1 - Milly		
1:00		2:00pm Tai Chi L2 - Pell	New Instructor! Yoga Basics L1 - Lesley	1:30-2:30pm SGT - Parkinson Strong L1 - Milly			
1:30	Yoga Basics L1 - Amy						
2:30	SGT - Seasonal Sports Conditioning L2/3- Max	SGT - Balance & Fall Prevention L2 - Danielle	SGT - Seasonal Sports Conditioning L2/3- Max	SGT - Balance & Fall Prevention L2 - Danielle			
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		30 min. TRX Circuit L2/3- Danielle		30 min. TRX Circuit L2/3- Jeannette			
6:00							
6:30							
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Class (Fast Pass) \$2.50							
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 June 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>		Water Works L2- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Aqua Fitness L2/3- <i>Helena</i>	<b>Seasonal</b> Outdoor Water Bootcamp L2- <i>Sharon</i>	Aqua Fitness L2- <i>Marla</i>	<b>Seasonal</b> 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>Jeannette</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>Jeannette</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 L3 <i>Jeannette</i>				
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							



## Pilates Reformer WellFit Class Schedule June 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	OC	OC	OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Cynthia</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>Julie</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>		<b>New Instructor!</b> Ref Basics + L1-L2 - <i>Delphine</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Ref Basics L1-L2 <i>Julie</i>	
11:30	Pilates Bootcamp 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>	Pilates Bootcamp L1-L2 - <i>Julie</i>	
12:00							
	Bowenworks Sessions - Contact for Appt. 625-4034						
5:30		Reformer Basic+ L1- L2 - <i>Julie</i>		Pilates Bootcamp L1- L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.sclhresidents.com](http://www.sclhresidents.com)

Need help? Email:

[help.desk@sclhca.com](mailto:help.desk@sclhca.com)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### -Administration-

Executive Director

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

Executive Assistant/Office Manager

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### Community Standards

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### Room Booking & Club Support

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### -Lifestyle-

Lifestyle Desks

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Kilaga Springs (916) 408-4013

Director of Lifestyle, WellFit & Spa

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Lifestyle Manager

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Lifestyle Entertainment Coordinator

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Lifestyle Trip Coordinator

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### COMPASS

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KS Fitness Center (916) 408-4683

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Fitness Coordinator

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[danielle.lawlor@sclhca.com](mailto:danielle.lawlor@sclhca.com)

### -Food & Beverage-

Meridians Reservations (916) 625-4040

Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Huskey (916) 625-4049

[Kristy.Huskey@sclhca.com](mailto:Kristy.Huskey@sclhca.com)

### Catering

Catering Sales Manager

Don Giles (916) 625-4043

[Don.Giles@sclhca.com](mailto:Don.Giles@sclhca.com)

### -The Spa at Kilaga Springs-

(916) 408-4290

Spa Manager

Trudy Smith (916) 408-4071 [trudy.smith@sclhca.com](mailto: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

Sunday-Thursday

Breakfast 7:00-11:00 AM

Lunch & Dinner 11:00 AM-8:00 PM

Friday-Saturday

Breakfast 7:00-11:00 AM

Lunch & Dinner 11:00 AM-9:00 PM

Catering Office 9:00 AM-5:00 PM

(Tuesday - Saturday)

### 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](http://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

Library Contact (OC/KS)

Adrian Felice (916) 408-4332

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

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Communications & Community

Relations Committee

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**Resident Writers:** Nancie Attwater, Joan Logue, Linda Lucchetti,

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- 4/4 & 4/5 Bora Bora, French Polynesia
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- 4/9 Fakarava, French Polynesia
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- 1/8 Dunedin, New Zealand
- 1/9 Christchurch, New Zealand
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- 1/11 Wellington, New Zealand
- 1/12 Napier, New Zealand
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- 1/14 Auckland, New Zealand
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