

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*

Down the  
Garden Path

**16** Cannabis and Hemp: Is It Safe?

**19** Unusual Hobbies & Their Collectors

# Calendar of Events

## March 12 - April 22

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| 3/12 | Tacos and Tequila Tasting .....        | 9      |
| 3/16 | Budapest to Innsbruck Trek .....       | 52     |
| 3/18 | Neighborhood Watch Safety Forum .....  | 52     |
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| 3/19 | Golf Cart Registration.....            | 50     |
| 3/19 | Magic of Spencer Grey.....             | 56     |
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| 3/21 | A Lion in the Streets - Movie .....    | 50     |
| 3/23 | Pairing Dinner.....                    | 9      |
| 3/24 | Active vs. Passive .....               | 91     |
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| 4/4  | Night on the Town.....                 | 55     |
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| 4/15 | Marc Lapadula .....                    | 59     |
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| 4/17 | How to Install Android Apps.....       | 87     |
| 4/22 | Classic Spring Floral Basket.....      | 73     |

## Upcoming Association Meetings: March 15 – April 30

|  |   |
|--|---|
| Listening Post   | Wednesday, March 18, 9:30 AM, P-Hall (KS) |
| Finance Committee Meeting                              | Thursday, March 19, 9:00 AM, P-Hall (KS)  |
| ARC/Architectural Review Committee Meeting             | Monday, March 23, 9:00 AM                 |
| Board of Directors Meeting                             | Thursday, March 26, 9:00 AM, P-Hall (KS)  |
| Board of Directors Executive Session                   | Thursday, March 26, 11:30 AM              |
| Compliance Committee Meeting                           | Wednesday, April 1, 9:00 AM               |
| Properties Committee Meeting                           | Thursday, April 2, 9:00 AM, P-Hall (KS)   |
| Elections Committee Meeting                            | Friday, April 3, 10:00 AM                 |
| CCOC/Clubs & Community Organizations Committee Meeting | Tuesday, April 7, 9:30 AM                 |
| ARC/Architectural Review Committee Meeting             | Monday, April 13, 9:00 AM                 |
| CCRC/Communication & Community Relations Committee     | Tuesday, April 14, 10:00 AM               |
| Finance Committee Meeting                              | Thursday, April 16, 9:00 AM, P-Hall (KS)  |
| Board of Directors Meeting                             | Thursday, April 23, 9:00 AM, P-Hall (KS)  |
| Board of Directors Executive Session                   | Thursday, April 23, 11:30 AM              |
| ARC/Architectural Review Committee Meeting             | Monday, April 27, 9:00 AM                 |

*Meetings in Orchard Creek Lodge unless noted otherwise.*

## VOLUNTEER OPPORTUNITIES!

**Compass insert stuffing party** – Those inserts don’t stuff themselves! On the 14 of every month, a group of volunteers gather at Orchard Creek Lodge to collate and stuff inserts into the *Compass*. Come hang out and join the party at 11:30 AM! No need to register just stop by and join in on the fun!

**Compass distribution** – You have seen your neighbors handing out the *Compass* each month from the 15 to the 17 in both lodges, why not join in? Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com).

### Committee Openings

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

- Architectural Review Committee (ARC)
- Communication & Community Relations Committee (CCRC)
- Elections 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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**On the Cover**  
Ron and Pam Morin's Home  
Photo by Al Soares

## Elections Committee Report Congratulations to Our Newly Elected Directors!

**Diana Peters | Tom Dunipace | Jack Harris**

- Sun City Lincoln Hills Members submitted 4011 valid ballots which is 59% of the households.
- The candidate videos including Candidate Statements and Candidate Forums were viewed over 3445 times.
- Members submitted 86 questions, which the Elections Committee then used to develop the 18 questions asked in the Candidate Forums.
- All three Candidate Forums were well attended.
- A special thank you to all the candidates who ran!

Thank you to our Sun City Lincoln Hills Members. Your participation reflects the vibrant and active community that we have chosen to live in.

There are openings to serve on the Elections Committee for the 2021 Election. Applications are available on the website or at the Orchard Creek Membership Desk.



Top row from left to right: Laura Thiele, Treasurer; Alice Crawford, President; Don Negus, Vice President; Kathy Shaddox, Director. Bottom row left to right: Jack Harris, Director; Diana Peters, Director and Tom Dunipace, Secretary. Photo by Maggie Rose McGurk



## From the Executive Director's Desk

*Chris O'Keefe, Executive Director, SCLH Community Association*

Welcome to the March edition of the *Compass* Magazine! It's hard to believe that we have reached the first quarter of the year. By the time you read this, a new Board will have been elected and seated, and as a staff, we look forward to working with this new board as they start their first year together. Our goal as always is to look for ways to continually improve our operation and make things better for our residents, guests, and the Association team.

The Sports Plaza project is coming along nicely, with the completion of the Vista View and Croquet areas. We should be breaking ground on the new tennis courts and getting ready to convert tennis courts 5 and 6 into new pickleball courts. After that, we will follow up with the parking lot renovation and clean up all of the signage at the Plaza. It's an exciting time, and we look forward to the completion of this project and letting our residents "kick the tires."

We have a new team in place at Meridians, a new menu, and a new attitude throughout the department. As I have stated many times, running

a restaurant in an HOA/Club environment is not easy, but I believe we have the team in place now that is up to the challenge. Chef Michael Jackson, David Deering, Walid Wasef, Chris Ruen, Isabel Powers, Don Giles, and Josh Newell have stepped up to the plate and over the past two weeks we have received numerous positive comments. We know that there may be some bumps along the way, but this group will point the ship in the right direction.

One of the big events each year is when we bring the grazing herd into the Preserve Areas. The event is as much about entertainment as it is about open space maintenance. Based on lessons learned from the past few years, we decided to bring the herd in for a first pass in mid-February to reduce the amount of vegetation that has built up over the past year, and then we will bring them back in May for a second pass to reduce fuel in selected areas.

Spring is here, and summer is around the corner. We look forward to concerts, car shows, the Lincoln PACE Race, and making 2020 the best year ever at Lincoln Hills.



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*Member Charge is accepted at the Lifestyle Desk, WellFit Desk,  
Meridians, Kilaga Cafe, and The Spa at Kilaga Springs.*

*Member Charge may not be used to pay for room bookings or catered events.*

*A valid credit card is required on your account.*

*For more information on Member Charge, contact Membership at 916-625-4068.*



## Finance Committee

### Cash vs. Accrual Accounting

*Robert Copp, Chair*

Recently, the Sun City Lincoln Hills Community Association (SCLHCA) reported that the WellFit Department would begin accounting on an accrual basis. WellFit had operated on a cash basis due to similarity with other fitness operations. However, the SCLHCA auditors reminded us that generally accepted accounting principles (GAAP) require all organizations except small businesses to operate on an accrual basis. GAAP refers to a common set of accounting principles issued by the Financial Accounting Standards Board that improve clarity and consistency of financial information. The conversion to the accrual basis of accounting was also supported by the Davis-Stirling Act that covers common interest developments like SCLHCA.

Since this decision was made, the Finance Committee has received questions about the difference between cash and accrual accounting and what this change means for SCLHCA. The cash basis of accounting recognizes revenues when cash is received and expenses when they are paid. This method is similar to keeping a checkbook. Cash is recorded when deposited in the bank, and expenses are recorded when a check is written to pay a bill. The accrual

method matches transactions. Income is recorded when earned, and expenses are recorded when incurred.

The following is an example of an accrual transaction. If the staff hired a vendor to repair an air conditioner, the accounting staff would record or accrue the expense in the month that the work is performed. This expense would then be cleared once the invoice for the services is paid. If this was a cash transaction, nothing would be recorded until the invoice was paid.

For the WellFit Department, punch passes were purchased by members under the cash method with the cash recorded in the month and the year it was received. The expense was then recorded when the punch pass was used. Under the accrual method, the revenue for punch passes will be deferred until the pass is used so revenue matches expenses in the same month. After discussions with the SCLHCA auditors, \$123,000 has been set aside to cover the purchased but unused passes that were estimated to be outstanding as of December 31, 2019. Financially, SCHLCA was able to cover this cost since water refunds totaling over \$210,000 were received in 2019.



## Architectural Review Committee

### Great Response

*Carole Dummett, Chair*

We were pleased with the resident response to our proposed revisions of the Design Guidelines. There was a nice turnout of residents; we had refreshments and overall a very nice time. The ARC primarily makes revisions based on areas of the regulations that appear to need adjusting and/or better clarification. Hopefully, these will be approved and in-place when you read this article. A few questions were asked that we will document and review when conducting another revision.

The question of lava rock in all back yards was proposed in January with an ARC Open Forum on January 27. Lava rock is prohibited in SCLH and is inconsistent with our General Development Plan with the City of Lincoln Ordinance 691B. The ARC has tabled this until later in the year allowing research and investigation on the impact this rock will have on our entire community. We will keep you updated.

We have additional information to share on Accessory Dwelling Units and Junior Dwelling Units (JDUs). These units require ARC approval and must be permitted through the City of Lincoln. Landscape coverage area requirements remain the same regardless of the ADU footprint. The Placer County Planning Department has indicated that ADUs may require a separate address for first responders. We are waiting on confirmation from the City of Lincoln. Our Board of Directors will need to clarify the impact of our Community Enhancement Fee and additional dues when an ADU is issued a Certificate of Occupancy by the City of Lincoln.

We currently have three committee openings, so please pick up an application and deliver to Chris O'Keefe. This is a very rewarding committee with a great group of volunteers.

If you have questions or concerns, please send all inquiries to [arc@sclhca.com](mailto:arc@sclhca.com) or [sam.mckee@sclhca.com](mailto:sam.mckee@sclhca.com) for a response.



## Compliance Committee / Community Standards

### Spring is Here

*David Mateer, Chair*

Yep, spring starts this month, March 19 to be exact. Just as we are looking forward to the longer and warmer days of spring, so are our plants, trees, and lawns.

To keep your landscape healthy and beautiful, there are some routine maintenance items to attend to. Now is a great time to get going. During the past year, some plants have grown larger and some may have died back some during the winter. This is the time to check their size and shape to ensure they will look their best. If you have bushes along the property line in the front yard, it is important to give them a quick check. These bushes along the property line must be maintained to a height of four feet or less. Some plants may not have survived the past year or it is time to replace them. Fortunately, the Design Guidelines have a long list of approved plants. Most do not require

ARC approval, provided the overall appearance of your yard is maintained. However, trees and all other plantings that will grow to a height higher than five feet, or that will be maintained higher than five feet, require ARC approval. Just remember to consider the mature size and your desired location.

I do not know where it goes, but it is normal for some of the bark to disappear over time. With most of the heavy rain behind us, it is a good time to replenish the bark as necessary. There are various types of bark and wood chips that can be used for yard dressing in your yard and planter areas. There should be sufficient bark to cover the dirt and drip irrigation lines. The bark also has an important role in controlling weeds and moisture in your yard. If you are changing the type or color of bark, please check with Community Standards as ARC approval may be necessary.

Although we do get spring showers, the wet days of winter should be behind us. It is also a good time to check to ensure your sprinklers are ready to take over when Mother Nature's watering stops. You will likely need to adjust them again at the end of spring to help your landscape investment make it through the hot summer months.

Thanks for keeping Lincoln Hills looking great and your plants ready for spring.



## Strategic Planning

### Capital Improvements

*Denise Bowden*

Capital Improvements are items that provide benefits or enhancements to a community. A key component of any strategic plan is the identification of capital improvements, either planned or desired. These types of projects can require significant financial investment and need to be looked at with a critical eye toward the cost, community need, and future benefit.

During the discovery process on various areas looked at so far, the Strategic Planning team is developing a master capital improvements list. The goal is to capture all known projects, identify resident suggestions, and evaluate projects in terms of safety, security, regulatory compliance, productivity, utilization, and cost lowering.

This list is not intended to imply approval or priority, but it is a tool when used properly

that will help apply a thoughtful disciplined approach to capital spending and avoid ad hoc proposals and "squeaky wheel" knee jerk spending.

Once reviewed by the community and accepted by the Board we will have a roadmap that puts projects in context and a format that everyone can support.

The team will continue to reach out to the residents for participation. Your feedback is important and valued. Reminder, the discovery reports on the Sports Complex and the Orchard Creek Lodge are posted on the resident website, just click on the Strategic Planning red button.



## Neighbors InDeed

### Medical Equipment Loan Program

Janet Roberts



Maybe it's planned, or maybe it happens when you least expect it – you're in the hospital. You know that when you're discharged, you won't be able to get around the house and will need a walker or maybe even a wheelchair. Now what? Can you borrow a walker or wheelchair? Can you rent or buy the equipment? Oh yeah, the Internet!

Wait a minute, folks. You have choices here in Lincoln Hills with Neighbors InDeed. We can loan you medical equipment for up to a month, and you can ask for an extension, if necessary.

What do you do? If you know when it's needed, call us at 916-223-2763 a couple of days before going into the hospital. Your equipment will be delivered to you before you go, and we'll make sure it's the right size. If you didn't know, a family member or friend can call and tell us what equipment you need and when you need it.

What can you borrow? Neighbors InDeed has wheelchairs, transport chairs, walkers, canes, and crutches – all in a variety of styles and sizes. We also

have reachers and ramps to help you get a wheelchair in and out of your house. When we get your request, a Medical Equipment volunteer will contact you to help you determine which piece of equipment and size will best fit your needs. When you no longer need it, call, and we will pick it up.

How do we do this? Neighbors InDeed has a team of volunteers who deliver and pick up medical equipment. They delivered 457 pieces of equipment in 2019 – an average of 38 a month. Two Coordinators train and monitor the volunteers, as well as keep up with the paperwork required for an inventory of 192 pieces of equipment. The equipment is kept in a secured, well-organized storage unit in Lincoln. Residents have donated the majority of the equipment; however, we have purchased some pieces due to heavy usages, such as walkers and transport chairs.

So, it comes down to this – a small program, started as a dream in 2007, grew quickly into a very important component of Neighbors InDeed and a critical service for many of our residents. While we hope that you never have to use the service, it is there if you do.

For more details about our organization, check out our website at [www.neighborsindeed.org](http://www.neighborsindeed.org).



### Tribal Member of the Month Award



Jose Perez, Sous Chef  
Sam Sohi, Line Cook, Food & Beverage

Our "Tribal Member of the Month" Award goes to Sam Sohi! Sam joined our F&B Department as a Line Cook in November of 2018. Here are just a few quotes shared by our staff:

*"Sam always has a smile on his face and greets everyone with respect and gratitude no matter how hard his day in the Kitchen may be." "Sam never complains about anything!" "He is willing to work and tackle any station in the Kitchen. Sam arrives early for his shift with a smile on his face, a positive attitude, and a cup of coffee or tea in hand! He goes well above and beyond to get the work done!"*

We are delighted to have Sam in our Tribe, he provides outstanding tribal qualities. Thank you, Sam, for your dedication and commitment to Lincoln Hills!



Let us serve you with a view

**Meridians**  
Restaurant & Bar

## I Gotta' Wear Shades

Food & Beverage Team

"The future's so bright, I gotta' wear shades." 2020 is becoming a bright one for us in Food & Beverage. Recently we released our new menu, had several awesome events, and have some great ideas for future events. Our Wine Pairing Dinner with Duckhorn Wines was quite the success. The biggest hit wasn't just the wines, but perhaps the Duck Two Ways entrée (seared duck breast, confit duck legs, duck fat fried fingerling potatoes, and brown butter brussel sprouts). Many of our guests left with full bellies and a smile on their face. Our next pairing dinner will be March 23 with Knee Deep Brewing from Auburn.

Other pop up events coming soon include our Tacos and Tequila Tasting March 12, and Dancing with Stars March 26, both on the Terrace. Don't forget to bring your Irish pride to Meridians on March 17 and help Celebrate St. Patrick's Day in style. We will offer a three course St. Paddy's Inspired Pre Fixe Menu, and feature bagpipes playing in the background.

With a great start to the warm weather and sunshine, the local farms we work with are growing some amazing produce. Be on the lookout for Asparagus, Specialty Lettuces and Chicories, as well as young blossoms and sprouts. Having these relationships with local farms give Lincoln Hills the opportunity to shine in taste, presentation, and originality.

Take advantage of the early spring weather and amazing view from the Solarium by booking an event with our Catering Sales Manager Don Giles. He can point you in the right direction for a quaint luncheon, or an extravagant ball. There are dates still available for booking and can pair a wonderful meal with excellent service.

## Chef's Recipe of the Month:

### Almond Biscotti

#### Ingredients

- 2 cups butter
- 4 cups sugar
- 5 tsp vanilla
- 6 cups flour
- 1/3 cup baking powder
- 2 cups sliced almonds

#### Instructions

Method: In a mixer, whip butter and sugar. Creaming it until super-duper soft and creamy. Once creamed, slowly add 1 egg at a time, and then the vanilla. Make sure to spatula the sides and bottom of the bowl to incorporate fully. Slowly add the flour and baking powder to the butter, and mix fully. Add almonds, and incorporate completely.

Make into logs the diameter of a quarter. Bake at 325 degrees for 15-20 minutes. Slice into pieces on a bias 1/4" wide. Dry out in a 325 degree oven for 5-10 minutes until golden brown. (Cut biscotti when it just comes out of the oven and is hot. If the logs cool down, reheat.)





**Lifestyle News & Happenings**  
**The Wheels Keep on Rolling**

*Lavina Samoy, Lifestyle Manager*

March is here, and we leave behind the dreary days of February. I have to admit that the initial months of the year have been challenging for Lifestyle.

Due to health issues, our Trip Coordinator, Katrina Ferland will be out until July. With the exceptional care she always puts into all our trips, our entire team is pulling together to meet and exceed your expectations. We appreciate your understanding and patience as we try to fill Katrina's absence. In the meantime, please send your positive thoughts and wishes for Katrina's quick recovery. From our end, we promise to keep the "wheels of the bus" happily rolling along. Please email [trips@sclhca.com](mailto:trips@sclhca.com) or call the Lifestyle Desk 916-625-4022/916-408-4013 for questions regarding trips.

Stepping into her new role as Lifestyle Assistant Manager, please meet Karla Hearn. Karla has been instrumental in keeping our Lifestyle Desks working fabulously. She started in Membership in 2017 and moved to Lifestyle in January 2019 as Lifestyle Specialist. She spent a year immersed in the department learning and working closely with all our Coordinators as well as our Front Desk team to improve and update our systems and processes. Karla will lead our Lifestyle Desk Guest Services team in delivering exceptional customer service. On a personal note, Karla, a native of Southern California, shares 22 years of blissful married life with her wonderful husband Doug and her four children (1 girl & 3 boys). She enjoys family time the best - sharing experiences and creating bonds and traditions with her children.



Karla Hearn

In this edition of the *Compass*, you can find new community events: **Pet Fair and Parade, April 24 (page 51)**, and **Annual Parking Lot Sale, May 2 (page 51)**. We're bringing the highly acclaimed **Folsom High School Jazz Band, and Chorus, May 21 (page 59)** and a new acoustic quartet **Annie Marie and Fiddlaround, May 14 (page 57)**. Make sure you mark your calendar for the upcoming **2020 Summer Amphitheater Concert Series (page 55)**.

Experience new Craft classes that will surely be fun! Create amazing scarves using **water marbling techniques, April 27 (page 75)**. Our Flower Arranging classes continue to bloom with three unique projects (**page 73**).

Don't miss our trip to **Catalina Island in October (page 61)** and our day trip to **Ironstone Winery, May 26 (page 67)**. They do sell fast!

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## The Spa at Kilaga Springs Celebrating Spring

*Trudy Smith, Spa Manager*

In our Skin Care Department we have a new line of Hydropeptide products that are perfect for spring. **The Firming Vibrant-C Facial is our featured treatment.** This potent, patented vitamin C facial treatment is perfect for those looking to bring back the firmness and glow of youth. A vitamin C enzyme peel combined with a unique, pure vitamin C delivery system and double mask encourages firming and brightening. You will leave relaxed, radiant and on your way to firmer skin. Featured price \$130.00, normally \$150 for 70 minutes.

In our Massage Department, we are featuring the **Spring Citrus Refresher Body Treatment.**

This treatment begins with a full-body exfoliation with a magnesium-rich cream scrub followed by a full body massage using rich Shea butter blended with Citrus essential oils. This is 90 minutes of Bliss! Citrus is a sweet treat for the senses. The scent helps to invigorate the mind, body and soul, relieving stress, uplifting mood and providing mental clarity. Citrus boasts anti-aging and skin-saving benefits as well, such as brightening the skin and increasing radiance. Featured price \$120



normally \$145 for 90 minutes.

In our Retail Boutique, we have a variety of lovely gifts and products. Artisan jewelry, our Kilaga Springs Spa bathrobes, nail care, skincare and body care. We have CBD in drops, liniments, balms, oils and gels. Jane Iredale makeup and Grande Cosmetics. Both our skin care lines have affordable and travel size kits. The kits allow you to try new products at a reduced price. Image skincare kits – Beauty Sleep collection, Image Hydration, Hydro-peptide kits-Clean Getaway, Rich and Powerful and many more.

This month's spotlight is on Lincoln Hills Photo club. Klara Kleman has organized the group to share their exquisite photography with the Spa and our guests. Klara and I came up with this idea to decorate the Spa with nature photos to

match the names of the treatment rooms, i.e., the Meadow Room, the Lake Room, and the Pond Room and so on. Such a lovely addition and we encourage you to view and purchase if you are so inclined.

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

Please call the Spa Concierge at 916-408-4290.



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**WellFit News**

**Eight Benefits of Strength Training**

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Strength training is when resistance is used to challenge your muscles in order to gain strength and endurance. It can be performed with traditional weights, exercise bands, cable machines, selectorized machines, and your own body weight.



**Increase Strength:** Shortly after beginning a strength training program, you will find that daily tasks seem much easier, your arms, midsection, and legs will become leaner and more defined. **Burns Fat:** Building muscle actually helps to more effectively burn calories. Did you know that muscle burns three times the amount of calories that fat burns?! The more muscle tone you have, the higher your metabolism will become. Even on the days that you aren't able to exercise. **Strong Bones:** The

older we get, the more important it is to increasing bone density and strengthening tendons and ligaments. Developing strong bones reduces the risk of developing osteoporosis and decreases the risk of bone fractures. **Anxiety, Stress, and Depression:** Sure, there are plenty of pills out there that claim to give these benefits, but studies have shown exercise to have both physiological and psychological benefits without side effects. Need an instant mood boost? Then train! **Better Sleep:** it has been shown to improve the quality of sleep, and it can also help you fall asleep faster and wake up less frequently. **Reduce Back Pain:** By increasing your strength and improving your posture, it has shown to increase the function of the muscles in your back and core and reduce pain. **Contributes to Insulin Sensitivity:** Today diabetes is a huge threat. Minimize your risk by improving insulin sensitivity through regular, challenging strength training. **Improves Cholesterol Ratio:** Here is yet another pill that you could potentially stop taking while on a strength training routine.

**Getting started:** If you've been leading a sedentary lifestyle, you can contact Danielle Merrill Fitness Coordinator at [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com) to get started with one of our Certified Personal Trainers. They will create a safe exercise program that progressively works towards your individual goals. If you want to move more and get outside, we are offering a walking/strengthening program starting in April that will put some spring into in your step and for an extra bonus will get you ready for Lincoln Hills exclusive PACE race! See our Ad on page 92.

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Garden Group Steering Committee

## Down the Garden Path

Linda Lucchetti, Roving Reporter

*"The glory of gardening: hands in the dirt, head in the sun, heart with nature." ~ Alfred Austin*

An exciting season is about to bloom for the Lincoln Hills Garden Group. Each year the group heralds the coming of spring with several hallmark events open to residents and guests. The flagship activity is the annual **Home Garden Tour**, slated for April 23, from 9:30 AM to 1:30 PM.



Rose Show

Chaired by Carol Thompson and Carole Biemer, the tour is considered the group's "gift to the community." Just drive to the Portico (OC),

where for a five-dollar donation, you'll pick up printed descriptions and directions to participating homes. Soon you'll be transported to unique, lovely gardens "right in your own backyard." It's a wonderful time, not only to be a spectator enjoying awe-inspiring scenery of plants, flowers, and waterfalls but also to absorb ideas for your own planting possibilities.

The Garden Group, one of the oldest clubs in Lincoln Hills, took root in 2000, long before nearby stores like Home Depot and Lowe's opened with garden centers. The club's tag line, *Gardeners on the Rocks!* – shouldn't be misleading. According to Lorraine Immel, group publicist, the saying refers to rocks in the rough terrain that can challenge gardeners of Lincoln.

While most group members consider themselves *amateur* gardeners, all are offered a garden variety of activities. Whether you rate yourself as more experienced, or you

can't distinguish a peony from a pansy, you will acquire knowledge about gardening techniques.

"There's always something new to learn!" Lorraine says.

Monthly general meetings feature local guest speakers with expertise in all aspects of gardening and landscaping, including planting, pruning, insects, and birds. Field trips are also scheduled to local facilities.

Garden Group shows include the **Rose Show**, April 25 and 26; **Spring Bonsai Show**, May 6 and 7; and **Flower Show**, May 30 & 31.

In addition to the shows is the **Annual Plant Sale** (April 4 at the Sports Pavilion) – a fundraiser to benefit Lincoln Civic Projects and community outreach in which the group takes great pride.

Education may be the basis of the Garden Group, but with a budding membership of more than 200, camaraderie is a welcomed byproduct. Friendships are forged through common interests – a love of nature, and of course, gardening.

Check out the Website at <http://lhgardengroup.org/> to gather more details about the group, upcoming events, photos, newsletters, and links.



A Garden Path



## Cannabis and Hemp: Is it Safe?

*Shirley Schultz, Roving Reporter*



Cannabis Sativa



Cannabis Indica



Cannabis Sativa L. (Hemp)

It's everywhere! It is hard to go to a grocery store, to a drug store or open a magazine these days without seeing a label or ad for Cannabis, CBD, hemp, or some variation thereof. Cannabis has become big business as investors are pouring millions into medical marijuana operations, and legalization has resulted in sky-rocketing sales of all kinds of products in the alternative medicine market. Although marijuana has been around for thousands of years, how much do we really know about its safe use? The whole scene can be very confusing to the consumer.

It is not every day we can feature an international speaker from New York with the scientific background of **Jahan Marcu, Ph.D.** Dr. Marcu is the Chief Operations Officer, Director of Experimental Pharmacology, and Behavioral Research at the International Research Center on Cannabis and Health (IRCCCH). You will not want to miss his presentation on **March 25, "Demystifying Cannabis and Hemp"** (see page 52). As the former Chief Science Officer at Americans for Safe Access, a medical cannabis advocacy non-profit, and former Director of a health and

safety oversight program called the Patient Focused Certification program, Dr. Marcu is well qualified to share insights into safe use of medical marijuana and hemp.

Confusion around medical cannabis is partly related to a lack of knowledge about this botanical plant. Just as there are multiple strains of apples, there are multiple strains of cannabis -- at least 779 cannabis strains have been named. Commonly these strains are divided into three distinct groups: *Cannabis indica*, *Cannabis sativa*, and hybrid. Understanding the chemical ingredients that make up each strain is important in finding one that delivers the desired effect. Both strains of cannabis can have effective medicinal effects if used properly, but more research is needed to identify which strains can be safe and beneficial in treating a variety of medical conditions.

Marijuana and hemp are both the same species of plant, but marijuana is defined by having greater than 0.3 percent THC (tetrahydrocannabinol), the primary psychoactive chemical, and hemp plants have 0.3 percent or less of THC. Although scientific research may be lacking, and not approved by the FDA, medical cannabis is being used to treat a number of conditions including cancer, Crohn's disease, eating disorders, epilepsy, glaucoma, multiple sclerosis, pain, and some mental disorders. Use it safely.







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## Time to Spring into Safety Awareness!

*Teresa Tanin, Neighborhood Watch*

Neighborhood Watch “Spring Safety Symposium” has expanded to include Placer County PROTECT, a multi-disciplinary elder abuse task force focused on protecting elderly citizens from physical, financial, and emotional abuse. Topics will include *Aging Safely*, addressing the increase in local elderly scams, targeted frauds, and elder abuse. We welcome presenters: Shannon Quigley, Deputy District Attorney; Laura Mitchell, Senior Victim

Advocate; and Shanon Lemon, Senior Client Services Counselor.

We are also very pleased to welcome back Public Safety Chief Doug Lee and his team, to our annual Spring Safety Symposium. An overview of the Police and Fire Department(s) will include local crime and fire statistics. Prevention topics will focus on crime and fire prevention, “vial of life” kit, volunteering in our community, and how to handle solicitors.

Brochures and helpful infor-

mation handouts, including “Vial of Life” kits, will be available to attendees. A question and answer period will follow, so have your questions ready.

It's time to *Spring into Safety Awareness!* **Attend the Neighborhood Watch “Spring Safety Symposium” March 18, 1:00 to 3:00 PM, in the Ballroom (OC).** Visit Neighborhood Watch website [sclhwatch.org](http://sclhwatch.org) for safety Alerts and helpful security information.



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## Unusual Hobbies & Their Collectors Part II

*Richard Pearl, Roving Reporter*

Part I of this series highlighted three Lincoln Hills extensive model train collections. Part II is about cars – both the model and the full-blown variety.

Fortunately for our model car collectors, they have either a casita, or a three-car garage, or lots of garage cabinet space. Our full-size car collector would love to house his collection within our Compound, but for that, he would need a six-car garage: five for his specialty vehicles, plus another one for his daily ride - obviously not in the CC&R's!



Bob Gentry's cars & trains



Chuck McGee

Dan Larsen started collecting model cars in 1964 and now counts his 'fleet' at 1,287 cars. All are displayed in his garage in several cabinets from waist-high to the ceiling. Dan specializes in Pontiac vehicles, and it comes as no surprise that his pride and joy is a full-size 1969 Pontiac GTO which always makes it to Lincoln's Rods and Relics annual car show (Downtown Lincoln, June 6). He says that he's pretty much at the limit of the available area to acquire more cars.

Bob Gentry devotes an attached

casita to his model car and model train collection and has been collecting both since he was 12. Bob spent his career in law enforcement and so has an extensive collection of model police cars, "paddy wagons," and ambulances. His collection is "only" 200 + cars in varying scale models. Then, of course, there's that train collection...on several levels and incorporating law enforcement/emergency vehicles into the display's 'story.'

Chuck McGee also has 1,200+ cars (plus about two dozen model aircraft from the Vietnam era). Emergency vehicles are prominent in his collection. Chuck has been collecting them since the mid-1960s.

A common thought for all the model collectors (trains and cars) is: what do we do with these collections when we're gone? You could give them to the kids...nah, they're not interested. Oh, well, that's a thought for another day!

Howie Stagg, shown here with two of his Corvettes and newly acquired 1936 Ford Cabriolet, also has a 2008 Shelby Cobra and a 2019 Corvette ZR1 (775 hp). Howie started collecting autos in high school (a 1932 Ford). True to form, he's also owned motorcycles and airplanes.

As with all collections (and collectors), it's the journey that counts...

If you know of someone who has an extensive collection of "unusual" items, please contact me at pennyrich99@gmail.com.



Dan Larsen

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## In Memoriam



**Josie Scriven**

Josie was born Josephine Mary Gotham in England on August 29, 1949. She attended St. Dominic's High School for Girls and then worked as a punch card operator in the city treasurer's department, where she met her husband, Mike. Mike's job moved them to the Bay Area of California in 1982. Josie started a new career with a financial services company and worked her way up to Western Regional Controller. Moving here in 2005, Josie immediately joined the Tap Group. She loved to dance and participated in several talent shows. She danced as long as she could until breast cancer took her life. Josie is dearly missed by her husband Mike, her two sons, three granddaughters, two sisters and three brothers.

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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**Amateur Radio**

Talking on our cell phones is usually an efficient means of communicating. Ham Radio operators also have portable transceivers or “handhelds” (HT’s). HT’s are reliable and not dependent on the power grid, but are for short-distance use. That’s where repeaters come in, sending signals farther. The LHARG maintains its own repeater and have been trading ideas on how to maintain and upgrade it. If you are looking for a way to engage in the community and have an interest in amateur radio, please join ARG members on Monday evenings at 6:30 PM in the South Lincoln Hills Entry Facility. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.



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**Astronomy**

General Meeting: Wednesday, April 1, at 6:45 PM in P-Hall (KS). Anthony Oreglia presents “US mission to explore the planets,” an overview of

the space missions that have gone to the planets in our solar system and the results of those missions.

Cosmology Interest Group: Monday, March 17, and April 20 at 6:45 PM in the Fine Arts Room (OC). The Group continues lectures on the Introduction to Astrophysics series about the laws of gravity, tidal forces, and black holes. Contact Morey Lewis at [mlewis\\_cc@sbcglobal.net](mailto:mlewis_cc@sbcglobal.net) for more information.



Telescope Interest Group: A star party is scheduled at the Sports Pavilion for March 26 at 8:00 PM. Contact Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net) for more information.

**Contact: Bill Weaver 916-408-1252, [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)**  
**website [www.lhag.org](http://www.lhag.org)**



**Ballroom Dance**

Our Valentine Dance was held on February 15, in the Multipurpose Room (KS). It was a successful event, beautifully decorated with great music and participation. In addition to weekly lessons, there are six social events scheduled



Lance and Judy Presnall

during the year. The Spring Ice Cream Social is scheduled next for Friday, April 17, at the Ballroom (OC). Get your “dance on” and join us.

Membership is \$7 annually. Lessons are every Tuesday at (KS). Beginners are from 2:00 to 3:00 PM. Advanced is from 4:00 to 5:00 PM. Dance practice is from 3:00 to 4:00 PM. The Cha Cha will be taught in March and the Rumba in April. Please come and join us to learn or improve your dancing skills.

**Contact: Ruth Algeri 916-408-4752**



**Big History**

On March 16, in “Ben Hur meets Indiana Jones,” Jeff Davis will describe the many historical sites that he and his wife Becky visited in Israel and Jordan, such as Caesarea, the Sea of Galilee, Jarash (which still hosts chariot races), and religious locations in Jerusalem. On April 6, Dave Lewis will tell us about Alexander the Great, the ancient Greek king who lived a mere 32 years yet was one of the most brilliant military leaders of all time. His conquests created a far-flung

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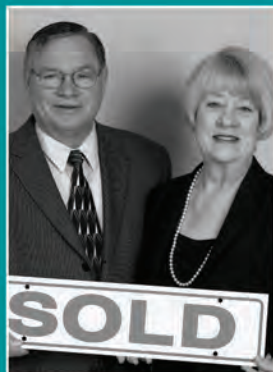
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Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Ladies tournament  
rst-Margit Blanc on  
right, second-  
Joan Wendell

**Bird**

Our April 13 general meeting features Genelle Treaster and Brian Gilmore from the Nimbus Fish Hatchery in

Folsom. They will talk about the hatchery's operations and its positive impact on fish, birds, and other wildlife along the lower



Red-tailed Hawks are often seen during our local bird walks.

American River. Join us on the second Monday in April at 1:30 PM, P-Hall (KS), for this fun and informative presentation.

The next two bird walks are right here close to home. March 20, we head to the Twelve Bridges Trail. We begin at Coyote Pond and end at the Twelve Bridges Middle School, so the trail covers a nice variety of habitat. On April 3, we walk the Canyon Oaks Trail. This is one of our favorites with waterfowl, songbirds, and raptors. Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com Website: www.lhbirders.org

**Bocce Ball, Mad Hatters**

We were 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 Bocce every Thursday at 10:00 AM. Beginning in May, through October, 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



Thanks to Fay and Kevin for the Pink Box Donuts

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**

Most of us will spend more years in elderhood than in childhood. Hoping to demystify those years, Dr. Louise Aronson has written *Elderhood*, subject of our March discussion. We here are in elderhood—isn't it time to change the perception of it? *Elderhood* promises to engender a thoughtful, lively meeting—come and join in. It's all about us, after all!

We foster discussions of many book genres. Meetings are on the third Thursday of each month, in

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the Multipurpose Room (OC) at 1:00 PM. Newcomers are always welcome. Come and bring your opinions!

For the next few months, we'll be enjoying: April 16—*The Taoist of Auschwitz* by Heather Morris and on May 21—*The Death of Mrs. Westaway* by Ruth Ware.

Contact: [catsickle@gmail.com](mailto:catsickle@gmail.com)

Website: [LHocbookgoup.blogspot.com](http://LHocbookgoup.blogspot.com)



### Bridge, Duplicate

Our players think beyond the cards. The members have given generously to local charities. The most recent charities have been the Salt Mine and Ride to Walk. The Salt Mine is a faith-based charity that is part of Feeding America. Ride to Walk provides physical and emotional support for disabled children through equine therapy. The Duplicate Bridge Club received a \$5000 grant from ACBL (American Contract Bridge) to be awarded to the Salt Mine. Dianne Conforti, charity chair, said, "The ACBL is a silent partner with us." We welcome new members and offer many opportunities for improvement.

Contact: [Patricia Morgan](mailto:PatriciaMorgan)

916-543-0263,

[Patmorgan2260@hotmail.com](mailto:Patmorgan2260@hotmail.com)



### Bridge, Partners

Call for reservations or show up with a partner in

the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM.

Winners: January 23-First: Judy Olson/Jim Monnin; second: Carolyn & Bob Calmes with high round 2090; third: Bev & Allan Blaine; fourth: Barbara Bryan/Reta Blanchard. February 6-First: George Hubbard/Jay Southard; second: Carolyn & Bob Calmes; third: Byron Hansen/John Butler with high round 1520; fourth: Judy Olson/John Griggs. February 13-First: Carla & Mark Green; second: Sue Cirerol/Sharon Klotz with high round 1700; third: John Butler/Byron Hansen; fourth: Janet Pinnell/Linda Theodore. February 20-First: Chet Winton/George Hubbard; second: Kay & Ben Newton with high round 2200; third: Gay Gladden/Reta Blanchard; fourth: Jay Southard/Harry Collings.

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

Contact: Reservations for second/ fourth Thursday: [Joanna/Alan Haselwood](mailto:Joanna/Alan) 916-209-3392



### Bridge, Social

We welcome Social Bridge Players to join us every Friday. Meet 12:15 PM in the Sierra Room (KS). In March and April call Pat Mullins at 408-202-1865 for reservations or Linda Scott at 916-253-9893.

Winners on January 24, 2020:

Lyman Olney, Byron Hansen, Jay Southard, Flo Hunt. Winners on January 31: John Griggs, Nancy Murdick, John Woodbury, Henk van Empel. Winners on February 7: Pat Mullins, Jyoti Sitwala, Marge Phillips, and Flo Hunt. Winners on February 14: George Hubbard, Dolores Marchand, Alan Haselwood, and Bob Free. Congratulations to all!

Our free bridge class is every Wednesday from 8:30 to 10:00 AM for Beginners, 10:00 AM to Noon for Intermediates in the Card Room (OC). No cost, no reservations, just come!

Contact: [Pat Mullins](mailto:PatMullins) 408-202-1865, [pam7NT@gmail.com](mailto:pam7NT@gmail.com)



### Bunco

In February, we welcomed a new player, Shirley Weitzel, and returning player, Claudette Rhoads-Kinman, who has been out for a year with an injury. Bunco was called several times and the traveling bear was all over the room. Everyone had a wonderful time!

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

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February Winners: Most Buncos - Gail Emery; Most Wins - Claudette Rhoads-Kinman; Most Losses - Kathy Chandler, 50/50 - Barbara Farran, Traveler - Silvana Sjostrand. Next Bunco is Thursday, March 19. *Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com*



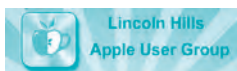
**Chorus**

Every Tuesday afternoon at KS, you'll overhear us rehearsing for our spring concert, "Folk Jamboree!" We're reviving folk music and other old favorites you know and love, beginning with a medley titled "Americana Jubilee." We're visiting river valleys with "Oh Shenandoah," "Down by the Riverside," "Red River Valley," and "The Water Is Wide," and we're serenading "Cindy," "Danny Boy," "Oh Susanna," and "Old Dan Tucker." "Pineywood Mountain" and "Simple Gifts" are further evidence that "This Land Is Your Land." As a special treat, the Lincoln High School Elite Choir will join us after performing again at Carnegie Hall.

See page 55 for concert ticket information and get yours beginning March 17 in our lodges or online at [sclhresidents.com](http://sclhresidents.com). "Folk Jamboree!" is not to be missed! *Contact: Suzanne Rosevold 916-587-3035, suzannechorus@gmail.com Website: lincolnhillschorus.org*

**Computers**

**Apple Users**



The user group began March with seminars on Apple Mail and texting, and more learning opportunities are coming up.

If you're a Mac user, you'll want to attend the "Self-Help for Mac Users" by Ken Silverman and Doug Thom. They will cover do's and don'ts for those rare cases when your Mac misbehaves.

If you want to take your photos from good to great, attend Vicki White's seminar on "Mac Photo Apps."

Mark your calendar for the April general meeting. Marcia VanWagner, who teaches the "Getting Your Stuff Together" class, will discuss digital estate planning. Marcia will show you how to develop your plan to handle digital assets when you die or become incapacitated.

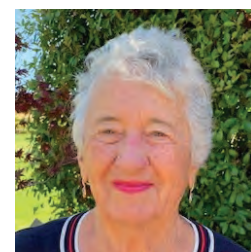
*Contact: Helen Rains 916-408-4505, helen.lhaug@icloud.com Website: www.lhaug.org*

**Computers**

**PC**



Main Meeting: Wednesday, April 8, at P-Hall (KS), 6:30 to 7:30 PM. "Printer Problems with WIN10 and other software" will be presented by Pat Furr, a computer expert, who gave us a great talk, August 14, about her non-profit company that refurbishes donated computers for schools and other agencies. We all have had printer problems and need to understand solutions. Bring questions about error messages and other dysfunctions.



Pat Furr

Door prizes will be raffled for members. A social will follow across the hall.

"Walk in Workshop" will be Tuesday, April 21, at the Computer Lab (OC). This is a great chance for members to ask the experts for "free" help with desktops, laptops, pads, or phones.

Guests are welcome. Membership \$15 per year.

*Contact: Norman Seidenverg 916-209-3894, sclhcc@gmail.com Website: sclhcc.org*

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**Country Couples**

Talk about a roaring good time! Our "Roarin' Into the 20's" dance was just that! Most attendees dressed for the occasion (see photo). DJ Jim Keener did a great job providing the music that kept us all dancing until the end. This was a potluck affair, and as usual, there were tasty salads, delicious main dishes, plus dessert provided by the club! Our next dance is April 17 and promises to be another exciting affair!



Lauri & Warren English

Are you interested in joining us and learning Country Couples dancing? Beginner lessons are 7:00 PM on Mondays at KS. For more info, go to our website or contact us.

Contact: *Kathy Lopez* 916-434-5617  
Website: *www.sclhcc.com*



**Cribbage**

We welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We

meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until Noon. We play four-handed partner games using a rotation system. Every game, you end up with a new partner. Each player keeps track of his or her own score. The weekly winners for January were: Howard Beaumont, week one; Wayne Peterson, week two; Lisa Ferrero, week three and Grant Lee, week four.

New players are always welcome!

Contact: *Don W. Lloyd* 916-884-4554,  
*gryeagle1@hotmail.com*



**Cyclists**

Many times while riding with fellow cyclists, they complain about finger numbness or wrist pain. There is a nerve that runs from the neck through the forearm to your fingers. To keep from compressing this nerve, you need to keep a relaxed grip on your handlebars and frequently change hand positions. Cork handlebar tape and padded cycling gloves are a great help. One quick check to see if you are properly positioned on your bike is to sit up comfortably, with your hands on the brake hoods, and look down to see if your front wheel hub is hidden beneath the

handlebars. If not, have an adjustment at one of the bike shops. This also helps to alleviate wrist pain by keeping the wrist in a neutral position.

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



**Euchre**

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game, so you will feel comfortable. All are welcome, but please contact us that we can get a proper headcount for the setup of the tables.

Contact: *Audrey and Clyde McFadden* 916-408-3616,  
*audreyjmcadden@gmail.com*



**Fishing**

The great Casper Hot Dog Fish Out - March 26, Collins Lake. Contact Dan - *bigbrickman@aol.com* and pay your \$5 fee (covers the cost for hotdogs/bun, condiments, salad, chips, cookie & drinks). Bring your own lunch if you prefer. Don't forget your fishing gear for

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Way to go Ed!

a great day of catching.

The bait/spin/troll/boat folks meet at OC Grill, Monday, Wednesday, Friday, at 9:00 AM. The Fly folks meet at the Pipeline, Del Webb Blvd, Friday 8:00 AM. Making plans to fish or telling tall tales of past years. Our general meetings are the second Monday of each month (except May, October, and December) at 7:00 PM, P-Hall (KS). Please join our club.

Contact: *Ralph Tonseth 559-860-9104, ralphtonseth@comcast.net*



**Food Adventures**

Guest speakers for our March 23 meeting will be the owners of Long Dream Farm in Lincoln. Long Dream Farm raises animals very humanely – “Dairy re-thought from a cow’s perspective” and produces products that they sell in the local farmers’ markets and to local businesses. Several club members visited this Lincoln Farm last fall and found it to be very interesting and inspiring. Come and hear their story and be inspired. Our meetings occur on the fourth Monday of the month in P-Hall (KS) at 2:00 PM.

Contact: *Pam Abad 916-409-5679, sclhFoodAdventuresClub@gmail.com*



**Garden**

HERBS: The Multi-functional Workhorses of the Garden! General Meeting-March 26, KS, 2:00 PM. Learn about incorporating herbs into your gardens with Morningsun Herb Farm. Rose Lovell-Sale will be bringing a variety of herbs to sell! No Brown Bag Sales this meeting as the usual garden items will be sold at the Plant Sale on Saturday, April 4, at the Sports Pavilion 9:00 AM to 1:00 PM.



Variety of Herbs

March 31 is your last chance to renew your membership before you are dropped from the membership and email lists. New members may go to the website to join or bring a \$20 check made out to SCLH Garden Group (or cash) at this March meeting. Be sure to fill out the liability sheet and send that along.

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



**Genealogy**

Our next presentation will be held on March 16, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Richard Hanson, presents Writing and Publishing Your Family History. Rick was a career computer programmer/analyst, now retired. He has been working with other family



Richard Hanson

members on genealogy. Members should come a few minutes early to check-in and receive a door prize ticket for a gift card. A \$20 membership puts you on the email list for notices about Computer Lab Walk-in Sessions, Coaching Sessions, and Speaker information and handouts. A series of workshops called Boot Camp for Beginners will be held on the first Monday of each month from February to June. Only members will be eligible to attend, so join now and attend Boot Camp.

Contact: *Barbara L Branch 916-543-8219, drbabsie@gmail.com*  
Website: *https://lincolnhillsgenealogy.com/*



**Golf**

**Ladies XVIII**

We have a new Captain, Julie Storer, with a supportive cast in Co-Captain, Deb Dunipace, Secretary, Dori Knorr, and Treasurer, Aileen Martinez. Val McElroy, our past captain, is also on board to assist. The new, world-wide handicapping system is taking time to digest.



New Board: *Storer, McElroy, Martinez, Dunipace and Knorr*

However, fun will be a key ingredient to every playday during the year, and monthly tournaments will take on a holiday-of-the-month theme. In mid-February, we had a Valentine team play with gals attired in the associated colors. The team of Tilton, Watson, St. Peter and Tilley claimed the top prize. Several new members joined this year, as original members retire from golf. Membership is

open year-round. The Spring Fling is coming in April.  
**Contact:** Valerie Green,  
*valeriegreenre@gmail.com*

**Lincsters**

Lincsters golfer Darlynnne Giorgi was recognized as the 2019 “Most Improved Golfer of NCGA Sacramento Area 9-Hole Golf Clubs.”

Giorgi credits “taking lots of golf lessons” as one of the reasons for her improved scores. The award was presented by Jeanne Lambson



*Darlynnne Giorgi received a NCGA 2019 “Most Improved Golfer” Award*

NCGA/PWGA Sacramento Chairwoman on February 4. Register by April 15 and “maybe get a gimmie” at The Seniors Rule Tournament set for April 29. Players will be treated to “creative rules,” according to chair Alyce Stanwood. On May 20, invite a guest to play at the Bring A Friend Tournament. Tournament chair is Jane Hall. Shari Loyd scored 47 to win the Low Gross prize at the Grandmother’s Tournament, January 29. For membership in the Lincsters 9-Hole Golf Club, contact Nancy.

**Contact:** Nancy Hastings  
 916-645-5590, *nhast38@yahoo.com*.  
**Website:** *lincsters.com*

**Golf Men’s**

The NCGA Senior Four-Ball Qualifier and Just For Fun on April 14, is a 2 Man Better Ball tournament to be played on the Orchard Course. Recent Lone Ranger tournament Gross flight winners were: John Michel, Bill Rapp, Phil Steinbock, Rich Yoshikawa, Joe Angel, Ron Balderston, George Booker, John Vass, Tom Chappellear,

Kerry Daniels, John Griggs, Rich Velasquez, Larry Bowden, Ike Ogata, Roald Pederson, and Dave Wilens. Low Net winners were: Roy Bushey, Wayne Lynch, Phil Spears, Dan Williams, Jerry Maynard, Sam Munoz, Larry Schutz, Carl Zierman, Paul Apfel, Chuck Edmonds, Dave Evans, Brian Wanzer, Larry Brown, Vincent Cardinale, Jim Reed, and Gary Wang. Greg Didion qualifies for the Penny Carolan shootout for his closest to the pin on the Penny Carolan par three.

**Contact:** Bob Schoenherr  
 408-838-5340,  
*schoenherrbob@gmail.com*  
**Website:** *mgclh.club*



**Hiking & Walking**

Spring is just around the corner, and we are enjoying the early budding of trees and flowers. What a great time to get out for a walk in our neighborhood or take a hike to somewhere new. The walking group meets at 8:00 AM every Wednesday at a different meetup spot each week. We have some awe-inspiring hikes planned: Hidden Falls (Lincoln/Auburn) March 19, Cardiac Bypass (North Fork American River) March 26, Rockville Hills Regional Park Loop (Fairfield) March 31, Buttermilk Bend (Bridgeport) April 2 and Table Mountain (Oroville) April 9. Our website is the go-to place for more information on hikes, walk meet up locations, or membership. Schedules may suddenly



*Hikers enjoy the view of the dam at Lake Clementine*

change, especially due to inclement weather, so please check the website frequently.

**Contact:** *LHHikers@gmail.com*  
**Website:** *www.lincolnhillshikers.org*



**Investors’ Study**

In April, we welcome Linda Duessel with Federated as our guest speaker. Russ Abbott will present his playbook, and we expect an informational meeting. We meet at 2:30 PM in P-Hall (KS) on Thursday, April 2. We are open to all residents. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month at the Multimedia Room (OC). If interested, contact Norm Quattrin 916-645-4675. Further questions regarding Investors’ Study, contact Carl.

**Contact:** Carl Sulzer 916-462-0986,  
*carlsulzer@gmail.com*



**Lavender Friends**

Nancy Newhart was living in the East Bay and looking for a home in a 55-plus community when she heard about Lavender Friends, a club for LGBTQ residents in Lincoln Hills. On her first visit, she met with club president Joan Lactis, who showed her around her own home and went to dinner with her at Meridians. Nancy bought a house on her second visit and moved here last August. The club’s presence was a big factor. “I wanted to be in a community where I would be welcome,” Nancy says. Now the retired sales representative is our new Communications Chair. Why step forward? “I felt like it would be a good way for me to get to know everybody more personally,” she says.

**Contact:** Sandi Dolbee 916-409-2156,  
*sandidolbee@yahoo.com*  
**Website:** *www.lavenderfriends.com*

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# Garden Group

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Lincoln Hills

Line Dance

This month's instructor focus is Jeanie Keener. Jeanie teaches Country Line Dancing and, along with her husband, Jim, also teaches Country Couples. The couple met in high school and have been married for 67 years. They were a military family and were stationed at Vandenberg Airbase for 27 years. That's where their love of dance was sparked. In 1982, they started taking lessons at a club in Santa Maria and traveled to Florida and Texas to take part in workshops. In 1996, Roseville became their home, and they have been teaching at SCLH for ten years. Check the *Compass* for more information about these classes. If you are currently a line dance student, our next social is on Sunday, March 22, at Ballroom (OC) from 1:00 to 4:00 PM.



Jim and Jeanie Keener

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



Mah Jongg, Chinese

If you're looking for a way to start the week off with some light-hearted fun, stimulation, challenge, and camaraderie,

please join us on Monday morning to play Chinese Mah Jongg. It's an easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years!

We are already equipped with everything to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon! Contact: Randy Fong 916-543-5389, randy888@pacbell.net



Mah Jongg, National

If you're into keeping yourself socially active, challenging your mind, and forming friendships, then give National Mah Jongg a try. We play every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. Everyone is welcome. If you're a player, bring your card and join a table. Or if you're curious, you're welcome to join a table and just observe. Want



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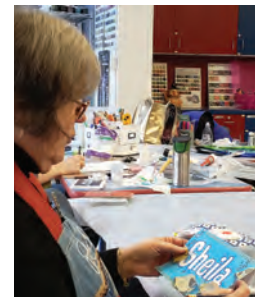
to learn? Call Fran Rivera 916-253-9978. She gives free lessons in her home. The new 2020 cards have begun to arrive. If you have not ordered yours yet, please do so asap. We will start using them on April 3. Hope to see you next Tuesday and remember it's all about having fun.

Contact: Gerry Bell 916-253-7860



Mixed Media

We meet on the third Wednesday of the month at 1:00 PM in the Ceramics Room (OC). At our March 18 meeting, our guest speaker, Deidre Trudeau, will lead us in her second half of "Illuminate Your Creative Dynamics." Our art challenge for March was to use napkins. The monthly challenges are shared at our meetings, along with other art pieces members want to share. We are looking for guest artists. Let our President, Nan Griffin, know if you have any ideas for our speakers.



Sheila is working on her name tag for the club

For those who are new to mixed media, a great idea to learn more is taking the Mixed Media Art Journaling class that



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is offered. Many members take the class. Check out the class in the monthly *Compass*.

Contact: Nancy Griffin



**Motorcycle**

Along with the arrival of spring, March also heralds the start of another riding season! There are some great rides planned for 2020 touring Northern California's various regions. Road Captain Mike Smith will start things off leading a ride around the scenic Sutter Buttes on March 14. On April 11, Road Captain John Marin will be leading a ride to the Hard Rock Casino in Wheatland.

The club has scheduled rides on the second Saturday of the month, March to November. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The club meets on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). The next meeting will be on March 26. "Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



**Movie Lovers**

Do you enjoy movies? Consider attending our group. We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We review two to three

movies selected by the group at a prior meeting. All residents are welcome to join our facilitation-led discussions of these movies. Members share their movie viewing experiences and enjoy enlightening interaction with others.

Contact: Cliff Roe 408-205-8765



**Music**

We met on Wednesday, February 26, and our opening number, "Que Sera, Sera," led by Julie Rigali, evoked memories of simpler yet enduring times. An exciting idea in the works called "Play Music On the Patio," a prospective Community event of resident musicians playing outdoors, was discussed. We closed with "The Yellow Rose of Texas" then, after solo and small group performances, jammed to "Kansas City." We meet 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



David, setting the mood

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

Website: lincolnhillsmusicgroup.org



**Needle Arts**

We meet on the second Tuesday of the month at P-Hall (KS) at 1:00 PM. Before entering the meeting, check-in at the membership table. All members can get a ticket for the drawing of a special gift prize, and those who want to join Needle Arts can do that at the membership table too. Jane Haworth will be our speaker at the April 14 General Meeting. She is an award-winning professional quilter specializing in making nature-inspired raw edge collage applique quilts.

Save the date for the spring luncheon, May 12. More information



Tuesday Morning Quilters started a Round Robin in February

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will be coming in the future.

The 2020 Needle Arts Retreat has been scheduled June 1-5 at the Mercy Center in Auburn. Check out the club's website for more information.

Contact: Jean Storms,  
jeanstorms272@gmail.com  
Website: www.sclhna.com



**Neighborhood Watch**

Neighborhood Watch's spring "Safety Symposium" has expanded to include speakers from the Placer County District Attorney's Office, who will explain the role their Adult Protective Service plays in protecting seniors. They'll talk about elders/dependents, physical, criminal, and financial abuse (with an emphasis on ID theft, communication, and in-person scams and general theft). Part of their presentation will tell how to report suspected instances of abuse and what the District Attorney's office does with the information.

Lincoln Public Safety Chief Doug Lee will speak afterward, followed by a question and answer time. We will have flyers



Senior Victim Advocate Laura Mitchell, one of the "Symposium" speakers.

available on alerts, safety tips, and the "vial of life." This important "Safety Symposium" will be held Wednesday, March 18, from 1:00 to 3:00 PM in the Ballroom (OC).

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



**Painters**

Our March 17 meeting features watercolorist Telagio Baptista, with a focus on color harmony, a limited palette, with simplicity and restful space in his paintings. We also look forward to our April 21 speaker, nationally known artist Frank Ordaz (<https://www.ordazart.com/>) from Auburn, more about him next month.

Following our popular Annual Fine Arts Show in February, the next community event will be the May 2-3 Art and Craft Tour, with an opportunity for any Lincoln Hills resident artist or crafter to participate (paintings, woodwork, ceramics, needlework, jewelry, etc.). This tour includes individual studios and multiple participants in one location. Registration Day is March 24, 10:00 AM to Noon in the Multimedia Room (OC). Further information is available from Bill and Cathie Szabo at [billszabo49@gmail.com](mailto:billszabo49@gmail.com).

Contact: Joan Musillani 916-712-4393,  
[joanmusillani@gmail.com](mailto:joanmusillani@gmail.com)



**Paper Arts**

Judy and Randi, the Stampin' Divas, will return for a three-card project during our April general meeting. We look forward to their enthusiasm and ideas. Sign up before March 19.



Mary, Rosy, and Sue at our February meeting

Thank you to Donna Tewart and her committee—Mary Emmett, Sandy Garcia, and Carolyn Sanfillippo, who will lead our community service projects. Stay tuned for more information.

The next Open Lab for members is March 19 at 9:00 AM in the Terra Cotta Room (KS). Open Lab is yet another chance for you to work on your projects, get ideas from others, and just enjoy the camaraderie within our club.

We meet for our general meetings on 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](mailto:nancyb1944@yahoo.com)

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**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise Jones or Doris DeRoss at 916-253-7164. We look forward to seeing you there.  
**Contact: Denise Jones 916-543-3317**



**Photography**

Explore the essence of the image. Gary Wagner took us on a magical tour of black and white photography at our February Meeting.

Our photographers have the opportunity to show off favorite images at our Show and Tell in March. In addition to favorite photographs, we enjoy seeing new gear and appreciate software reviews.

Spring field trips are getting underway. Some 40 members are enjoying an early March trek to Death Valley. From canyons and sand dunes to desert wildflowers, Death Valley is a photographer's dream. Following Death Valley, planning is underway for a coastal field trip meandering as far north as Salem Oregon.

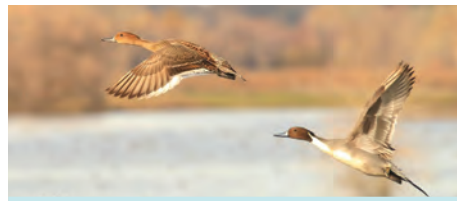


Photo by Larry White

New members of all skill levels are always welcome. Joining is easy; sign up at any of our General or SIG meetings.

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



**Pickleball**

Do you want to learn to play pickleball and don't know where to start? We now have more ways to help you learn! We will be having "Welcome Saturday" once a month. The next class is on April 24 from 11:00 AM to 1:00 PM. This is a very low-key introduction to the game. If you can't wait until the end of the month, Cal teaches an introductory lesson every Wednesday at 1:00 PM. You don't need reservations for either class. All that is required is a pair of tennis shoes. We provide paddles and balls. Once you play, you will soon want to be part of our pickleball family. Our first tournament of the year is in May, so don't procrastinate!

**Contact: Molly Morris 408-386-9054,  
 mollyfmmorris@gmail.com  
 Website: lhpclub.com**



**Players**

We are excited to announce two wonderful plays this year! On June 4, 5, 6, 7 at P-Hall (KS), we will present *Murder on the Orient Express*, directed by Julie Africa. The play was adapted by Ken Ludwig and features Christie's famed detective Hercule Poirot. We're promised we won't know "who done it" until the end. The cast calls for six women and five men. Auditions will be held on March 23 and 25.

Our November show will be *Damn Yankees!* Directed by MaryEllen Vogt, auditions will be August 10, with rehearsals starting September 14.

We are always looking for new talent on the stage or with our production crew. We meet at P-Hall (KS) at 4:00 PM on the second Monday of every month.  
**Contact: David Africa, President  
 916-708-0009, djafrica@sbcglobal.net  
 Website: www.lhplayers.org**



**Poker**

We play a variety of poker games every Monday and Friday, starting 12:45 to 4:30 PM, Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC), and we play a variety of five-card and seven-card poker games,

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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, contact Lynne.

Contact: **Lynne Barsky 916-253-3730**



**RV**

Our February meeting opened with a fun slideshow of our 2019 Rallies and progressed with planning for our 2020 Rallies and new ideas for 2021-22. This month, our Members are heading out for Bodega Bay, followed by our April Rally in Las Vegas. Next, it's Shakespeare in Oregon, then fun in Graeagle. This Month's education segment featured from Harp's RV Service getting us ready to hit the road safely.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where



*Party Time*

we discuss up-coming Rallies; gain RV education from Members, and get to know each other better 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, stevebeede5@gmail.com**

Website: [lhrvog.com](http://lhrvog.com)



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

We are still looking for volunteers. If you are interested, visit the SCHOOLS website. No previous teaching experience is necessary, and the day of the week and times are up to you. It's a wonderful way to "give back" to the community, and the schools will "give back" to you! Teachers and students are very appreciative.



*Jane Hall in Ms. Whitworth's class, First Street School*

We have a special request for Math tutors at Phoenix High who would need a strong background in algebra and geometry, especially former math teachers. The volunteer would work with one

student at a time for one or two class periods. If you are interested, contact Irma Mendez at [jmeidm@aol.com](mailto:jmeidm@aol.com).

Contact: **Cyndi Colloton ccolloton@yahoo.com**

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



**Scrabble**

We invite you to play Scrabble with us in the Card Room (OC) every Monday afternoon at 1:00 PM. We have the game boards, dictionaries, and friendly players to get you started. No reservations or advance notice needed. If you like word games, just stop by and try it out.

Contact: **Joan Anderson 916-505-5000**



**Shanghai**

New decade - new card game. Join us in playing Shanghai. It is played with three to five

players, and three decks of cards. We play every Thursday, starting at Noon in the Card Room (OC). We also play every Friday night starting at 5:00 PM in the Card Room (OC).

All are welcome to play. Don't know how to play - just come, and we will be glad to teach you how to play. Learn how to yell, "SHANGHAI!"

Contact: **Howard Beaumont 916-408-0395,**

[hbeaumont@wavecable.com](mailto:hbeaumont@wavecable.com)

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**Singles**

On Thursday, March 19, at 4:30 PM, join us in Roseville for dinner at The Cheesecake Factory. Come to the Ballroom (OC) on Thursday, March 26, at 6:00 PM for trivia and prizes. Cocktail Time will be at Buonarrotti's on Thursday, March 2, at 4:00 PM. Birthdays will be celebrated on Sunday, April 5, at 4:00 PM in the Sports Bar (OC). Help us plan our Activities on Tuesday, April 7, in the Ceramics Room (OC). On Thursday, April 9, at 6:00 PM in the Ballroom (OC), we will have a short meeting followed by A Parade of Hats. Wear a hat/cap and win prizes! Nominations for your new board will be accepted this evening. Second Saturday breakfast is on April 11 at 9:00 AM in the Sports Bar.  
 Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



**Ski**

A week in Sun Valley, Idaho was enjoyed by 35 members and guests at our annual ski getaway trip. Both skiers and non-skiers had fun on the slopes, on the sleigh ride, snowshoeing, shopping, dining, and playing games in our three rented luxury homes. Stories and pictures from the trip accompanied a demonstration of waxing, tuning, and caring



High in the Idaho Mountains

for our skis by our President Ken Spencer at our general membership meeting on February 20. Our annual end-of-season potluck party will be held on April 16 at 5:00 PM at the home of Bill and Lillie Smith, with details and RSVP instructions to be provided to members. Our next general membership meeting will be Thursday at 4:00 PM, March 19, in the Multipurpose Room (OC).  
 Contact: Ken Spencer 916-258-2150, lhskiclub@gmail.com  
 Website: LHSkiClub.com



**Softball**

The 2020 Opening Day - First Day of Play is scheduled for Wednesday, April 15. Games will be played all day, beginning at 8:00 am. Breakfast will be available to buy in the early morning with our famous "Hot Dog Meal Deal" available for purchase



Del Webb Field - April 15

beginning mid-morning and available until mid-afternoon or until supplies run out. All net proceeds go to fund charitable donation programs at local Lincoln elementary and high schools. By now, our 2020 managers have been selected, and players have been drafted onto their respective summer Recreational League teams. Each team will play about thirty games this summer generally on Mondays and Wednesdays. A double-elimination playoff tournament will follow in late August. We'll see you at the ball field.  
 Contact: Bruce Briggs 916-543-3401, bbriggssrsoftball@sbcglobal.net  
 Website: lhssl.net

**Coyote Softball**

The Coyote 80's had their annual planning meeting in January, and selected 12 possible tournaments for 2020, and hope to compete in eight or nine, depending on weather and injuries. They have a 20 man roster currently, and started practicing in late January.  
 Contact: Gage E. Johnson 916-409-9619, gage.retired@gmail.com



**Sports Car**

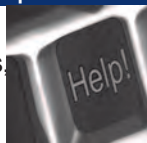
Spring is "springing" so we are all looking forward to great car tours with friends, delicious food, and fun.

We recently made our annual tour of Lockeford Sausage and

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Teresa's Place in Jackson. Lockeford Sausage was warned that 24 cars were coming, all looking forward to purchasing from the seemingly endless variety of sausage. At Teresa's Place, we had their seafood lasagna specialty. Homemade pasta is hard to beat.



DiAnn & Terry Rooney with Mardi Gras "lucky baby".

Our Social Coordinator Linda Snyder and crew, Kathy and Barbara, organized a very festive Mardi Gras Party at Turkey Creek. Having once lived in New Orleans, Linda even ordered a special Kings Cake! Masks, beads, and dancing made for an authentic feeling party. Next month we have the beautiful Pacific Grove tour.

Contact: Vic Kremesec  
916-543-7050, vjk1245@yahoo.com  
Website: lhspportscars.com



### Sun City Squares

It's springtime and what better way to welcome it than to get out and dance at our Introduction to square dancing. Better be quick. We will have this introduction on Monday, March 16, at 2:00 PM at KS. We welcome all our residents to come and have some fun and just maybe spark the square dancer in you. Please contact Jean Grupp at 916-408-1868 for more information. No partner no problem, we are an all position square dance club. We welcome singles and couples alike.

Already a plus level square dancer or just need to refresh your plus skills, we meet at KS on



Mondays from 1:00 to 3:15 PM for Plus Level Dancing, with round dancing between tips. Advanced dancing 3:15 to 3:45 PM.

Contact: Beverly Cieslinski  
916-622-8424, blm2518@icloud.com



### Swimmers & Water Walkers

\*Swimming is kind to your joints and improves flexibility: It favors smooth circular movements rather than quick, jerky movements that strain joints. \*Swimming for half an hour can burn as much as 250 calories. Water is about 800 times denser than air, so your body has to work harder in the pool. \*It promotes feelings of well-being, decreases depression and anxiety.



Enjoy the experience of floating and moving through water.

\*It's an aerobic exercise which increases your lung capacity. \*It involves a variety of strokes that use different muscles so you can target the areas you want to tone - legs, upper arms, or stomach muscles. \*It only requires a swimsuit, bathing cap, and a pair of decent goggles. \*Take it slow in the beginning and progress at your own pace.

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



### Table Tennis

Our club president, Robin Brisline, has been working diligently with the Association Facilities Manager to secure new tables. Robin has devoted a lot of time and effort into this project, and the securing of new tables looks very promising. Thank you, Robin. When the new tables arrive, we will be offering the old tables for sale. Look for more information in the April *Compass*. We play doubles in the Multipurpose Room (KS). Tables addressing five skill levels are available from beginners to advanced players. Playtimes are Sundays from 9:00 AM to closing except on the first Sunday of the month when play begins at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Free lessons and loaner paddles are available.

Contact: Tim Frank,  
timcfrank@gmail.com



### Tap Company

On February 25, we were well represented at Club Expo. Tap members were glamorously dressed, handed out postcards to passers-by advertising our dinner shows. "Night on the Town," scheduled at Ballroom (OC) April 2, 3, and 4. Three evening dinner shows, and one-afternoon dinner performance. Ticket sales available online at HYPERLINK "<http://sclhresidents.com/>"sclhresidents.com, Activities desk (OC), and (KS), which started February 17. Cost, \$39 per person. The menu consists of beef, chicken, and vegetarian. Salad, dessert, coffee, and tea included. Cash bar available at all performances. Dinner served 6:00 PM, show to follow. Saturday, April 4, dinner served 2:30 PM, show to follow.

So gather friends, groups, family

ONLINE: SCLHRESIDENTS.COM



members, to join us in the sparkle and glitz by “dressing up to the nines” for “Night on the Town!”

Contact: Louise Seidenverg  
916-209-3894, lasrnret@gmail.com



**Tennis**

Our 2020 event schedule started off with the Mid Winter Blues Tournament on February 14. We had a beautiful day, with 60 of our members participating in three categories. The winners were: Group 1 first place Terri Miladinovich and Russ Smith; second place Paula Dwelly and Phil Meth. Group 2 first place Trish Ross and Terry Padovan; second place Helen Berott and Al Giuliani. Group 3 first place Pam Geernaert and John Burke; second place Jan Soto and Jack Williams.



Tournament winners

The next event will be the annual St. Patrick’s Day tournament on March 18. Come out wear’n the green for a fun day of tennis, followed by a great Irish lunch. Fun – food – prizes – tennis. Who could ask for more?

Contact: Helen Berott 530-320-6468,  
hberott@msn.com  
Website: <http://lhtg.com>



**Veterans**

Our members and guests enjoyed the food and warm conviviality at the annual St. Patrick’s Day Luncheon on Thursday, March 12, in the Ballroom (OC). If you’re looking for additional camaraderie, join our members for coffee and conversation Monday and Friday mornings at 8:00 AM in the Café (KS). American flags

are on sale once again today in the OC lobby from 8:00 AM to 4:00 PM. Spring into warmer weather with a bright, new, rugged flag for only \$20.

Contact: Joan Mac Adams  
916-751-9272,  
Joan.macadams13@gmail.com



**Vintage Treasures**

The decade of the 1930s was a period of great trial for America and the world, beginning with the Depression and ending with the start of WWII in Europe. However, despite the hardships, it was also a decade that produced unforgettable music, motion pictures, world fairs, and the Art Deco/Modernist styles. Our April 6 meeting will feature a longstanding member presenting memorabilia from the year 1939. The membership is invited to bring one or two items from any year of the 1930s to share.

We meet in the Heights and Gables Room (OC) the first Monday of every month, from 10:00 to 11:30 AM. The program will be followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



**Water Volleyball**

The year 2020 is going to be an awesome year for the Water Volleyball Club! The Steering Committee has identified nine initiatives to respond to feedback received on the annual member survey, during monthly meetings and poolside. The initiatives are driven by the #2020 Vision focusing on member recruitment, maximizing member participation, and supportive team play. Spring ranking has begun for Competitive Levels 4, 5, and 6. Results from the spring ranking will be available to competitive players in an alphabetical

format after the process. Ongoing training is occurring monthly for both Recreational and Competitive players. Information on training, events, and playing schedules can be accessed on the Club website, Club Facebook, and the poolside whiteboard.

Contact: Rosemary Elston  
916-474-1610,  
sclhwatervolleyball@gmail.com  
Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)



**Woodcarvers**

It’s always nice to participate in our community’s “It’s the Lifestyle” event as we did last month at Ballroom (OC). We enjoy sharing our love of woodcarving and the array of ways to work with wood. Our members brought some finished projects, as well as those they’re working on, to exhibit and talk about with visiting community members to our booth. The projects ranged from carving bark, spoons, caricatures, reliefs, and sculptures. Our club members work on these items when we meet every Wednesday, in the Sierra Room (KS), from 1:00 to 4:00 PM. If you missed the Lifestyle event, you are always welcome to drop by any Wednesday to see what we’re working on and learn about our club.

Contact: Lionel Rainman  
916-253-9534,  
lrainman1414@yahoo.com



# Meridians

## Live Music

with Jerry Solberg



March 20

March 27

(third friday of every month is request night.

March theme is 50s-60s Soft Rock.

Email Jerry at [jerry\\_solberg@yahoo.com](mailto:jerry_solberg@yahoo.com) to request a song)

April 3

April 10

April 17

April 24

(third friday of every month is request night. email

Jerry at [jerry\\_solberg@yahoo.com](mailto:jerry_solberg@yahoo.com) to request a song)

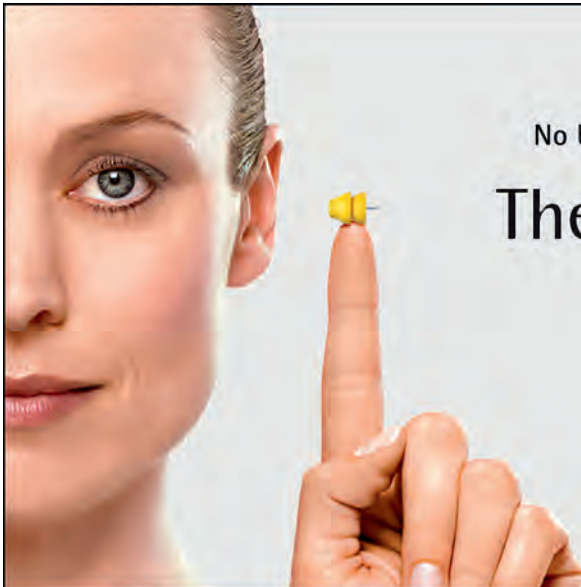


March theme is 50s-60s Soft Rock!

He will be enhancing your dining experience on Fridays by playing the keyboard in Meridians Restaurant 5:30pm-7:30pm.

Note: If you are requesting a song, please let Jerry know what time your reservation is so he can make sure he plays it while you are dining with us!

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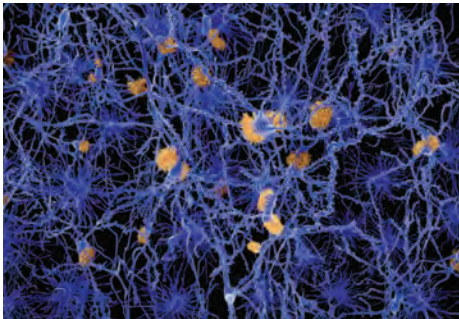
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### Alzheimer's-Dementia Caregiver's Support

Our group is a mixture of folks who manage the early to the middle stages of family dementia care. Our purpose is to provide peer interaction and professional input for family members (usually spouses) who need support and guidance in dealing with the challenges of constant care.



Brain Neurons

We have specialized groups that meet each month to offer moral support in this mystifying journey of care. Through the Lincoln Hills Foundation and the Del Oro Caregiver Resource Center, professional assistance is available to assist you in managing the responsibilities you never imagined.

We welcome you to our general meeting that meets every fourth Wednesday in the Multipurpose Room (OC) at 1:00 PM. Programs alternate monthly between peer discussion and professional presentations.

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



### Bereavement

We offer 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 April 8. Each month

we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch, even if you do not attend the support meeting. Our next lunch will be at Siinos, Thursday, March 26, at 11:30 AM. Meet at the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

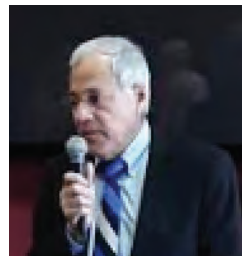
Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



### Bosom Buddies

Our March meeting featured Dr. Vijay Suhag, an oncologist and hematologist with Sutter Health and one of our favorite speakers. He talked about new developments in cancer treatments and research.

We'll welcome spring with our first luncheon of the year, April 9. The location, menu choices, and cost will be in the monthly pink bulletin mailed to members, so keep an eye out for it.



Our February speaker was Dr. Yona Barash, an oncology surgeon.

If you're not a member but would like more information about us and what we do, please feel free to attend a meeting. We meet on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). We have interesting speakers on cancer as well as on other topics and often get together for lunches; however, most important, we're here for each other.

Contact: Patty McCuen 916-408-4185, pattysjuiceplus@aol.com



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon

can help. Gam-Anon meets at 7:00 PM each Friday evening at the First United Methodist Church, 6414 Brace Road, Loomis. Please follow the signs to the appropriate meeting room. A Gambler's Anonymous group also meets in a separate room, and their meeting starts at the same time. Call or text Kay F. at 916-204-1624 for more information. Please leave a message if Kay doesn't answer. She will call you back!

Contact: Kay F. 916-204-1624, denniskayf@starstream.net

Website: www.gam-anon-loomis.com



### Glaucoma Support Group

Back by popular demand, we are delighted to welcome Dr. Annie Baik, Glaucoma Specialist, from the UC Davis Eye Center. Dr. Baik will share with us what is new in the field of diagnosis and treatment of Glaucoma. She will also allow time for your questions. Please plan to attend this special meeting on April 8 at 4:00 PM in the Multipurpose Room (OC). If you have a question but are unable to attend, please contact Bonnie and your answer will be sent back following the presentation. For a reservation or additional information, please contact Bonnie.

Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com



### Hearing Impaired Support Group

We will meet on Thursday, March 26, in the Multipurpose Room (OC) 2:30 to 4:30 PM. Our guest, Dr. Laura Gaeta of Sacramento State, will be returning to speak with us again. Her topics will be updates on hearing tests and the latest technology for hearing aids. Last month representatives from Neighbors InDeed and Neighborhood Watch came

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## THIRD THURSDAY WORKSHOPS

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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\*With this pricing option, borrower receives a lender credit covering nearly all closing costs. There is a non-refundable independent counseling fee of approximately \$125 on average, which the borrower pays directly to the counseling agency. Terms and conditions apply. Not available in all states.

†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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to dialogue with us regarding how their groups could assist those with hearing loss. Please let Donna Szabados at 916-543-3288 know you will be attending so that adequate seating may be arranged.

Contact: Joanne Mitchell  
239-415-3650, pipa1@prodigy.net



**Low Vision Support Group**

Meeting – Tuesday, April 7, 2:00 to 4:00 PM, Fine Arts Room (OC) “Keep Driving Now – Be Driven in the Future” will be our April topic. California Department of Motor Vehicles Senior Driver Ombudsman, Jerrod Sieberg, will bring us up to date on drivers’ licenses, testing, Real IDs and the future of self-driving cars. We will have ample time for Q&A. So bring your questions with you.

Meeting – Tuesday, May 5, 2:00 to 4:00 PM, Fine Arts Room (OC), Dr. Kristi Trang, Optometrist, Blue Oaks Eye Care will be our speaker. Dr. Trang has been one of our

regular speakers for seven years discussing various eye diseases and their treatment. More details to follow.

Contact: Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com



**Parkinson's Support Group**

We meet on the third Tuesday of each month. This month we are meeting on March 17. We gather together to discuss current treatments for Parkinson's, hear informative speakers, and support one another. We meet at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. For more information, contact Maggie.

Contact: Maggie White 916-367-3908, mag6693@yahoo.com



**Wise Aging Resource and Support Group**

We provide a forum for discussion, support, education, and sharing aging-related

resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Some recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, handling finances, and leveraging assets. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are the first and third Monday each month at 1:00 PM, Gables/Heights Room (OC). Future meetings are April 20, May 4, 18.

For information, contact Stefanie Spikel at stefhope@att.net or 916-253-7431.

Contact: Carol Eisenhower 916-995-9350, ceisenhower@comcast.net Website: lhwiseagers.com

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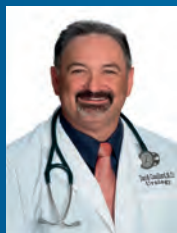


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## You Are Invited to Attend:

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

- **Thursday, March 19, 5:30 PM**, JM Wealth Management Seminar – Oaks (OC)
- **Tuesday, March 24, 2:00 PM**, Free Revocable Living Trust Seminar – Solarium (OC)
- **Tuesday, March 24, 5:30 PM**, JM Wealth Management Seminar – Solarium (OC)
- **Thursday, March 26, 8:00 AM**, Oakmont Senior Living – Front Ballroom (OC)
- **Thursday, March 26, 4:00 PM**, Pier 210 Dental Group – Heights (OC)
- **Monday, March 30, 11:00 AM**, Nautilus Society Seminar – Oaks (OC)
- **Thursday, April 2, 11:00 AM**, Women Together – Solarium (OC)

### AARP

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2019 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

### A Course in Miracles

How do you make decisions? Is it by intellectual discernment, or by your feelings, or by listening to other people? We are constantly asked to choose things—what career path to follow when to retire, where to live, what to eat, who to vote for. We are daily making choices that determine our happiness, our health, our world. ACIM teaches us to hear “the still small voice within.” This is our internal guidance system which gives us confidence in our decisions when

we listen and follow. How do we learn to hear and follow it? There is a book that gives specific directions and an ongoing class which meets on the first and third Monday to study this course. Call 916-409-5253 for more information.

### Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride - get a ride. 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. Happy travels in 2020.

### Cannabis Information Group

The next meeting will be March 17, 6:30 PM, Fine Arts Room (OC). On February 18, we had our second meeting with 24 in attendance. We discussed Cannabis use for Cancer and many other conditions. A list of M.D.s that are using cannabis to treat Cancer was provided. Many questions were answered concerning cannabis use for sleep and pain. I would ask that if you are interested in joining, you email me at [drthornton1@yahoo.com](mailto:drthornton1@yahoo.com), and I will add you to our mailing list. The next meeting is on

Tuesday, March 17, at 6:30 PM, Fine Arts Room (OC).

### Cloggers

Here's some information about clogging that will make you want to try it! Traditional clogging was danced to banjos, fiddles, or whatever could be banged or twanged to make a lively tune. And the music? Bluegrass, country, pop, and more. There is also a distinctive “chicka-boom” sound that cloggers make because *our* shoes have double taps – two taps each heel and toe, four taps a shoe. Also, it's not too soon to think about the annual clogging convention on June 26-27, 2020, right next door in Sacramento. For more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

### Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list that announces upcoming club activities. We meet on the third Thursday of the month at a local taproom, brewery, or good happy hour location. Previous non-Thursday

activities have included visits to breweries (Old Republic, Crooked Lane, Track 7, and Dueling Dogs) and bottle shares at members' homes. If you are interested, contact Phil Hermanson at 530-320-7469 or philhermanson1@gmail.com. Wine lovers are welcome but must be accompanied by a beer geek.

#### Democratic Club

We meet on Thursday, March 19, at (KS). A social hour is at 6:15 PM, followed by the meeting and program at 7:00 PM. William H. Duncan IV, President of Sierra College, will talk about the general state of the college and the particular needs of its students. New members are always welcome. For more information about our activities, please visit our website, <https://democraticclublincolnca.org/>.

#### Italian Club

On April 18, we'll highlight one of the 20 regions of Italy – Lombardy, a northern region known for its natural beauty, art, and fashion. Join us for "All Things Lombardia" in the Multipurpose Room (KS). See the flyer on the website. Are you ready for some bocce ball? Mark your calendar for May 17 and the very popular "Annual BBQ and Bocce." The Italian Club presents social events and activities that are educational and entertaining. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). Contact: Sandi Graham, membership at 916-826-5711.

#### Lincoln Library

The March event will feature Cindy Sample, award-winning author of the Laurel McKay mystery series. To date, there are six books in this national best-selling series, the latest being "Dying for a Diamond." Both the author and her books will be

featured at the Library on Thursday, March 26. This is a free event for the community. Doors open at 6:00 PM with an author's reception sponsored by the Friends of the Lincoln Library. Ms. Sample's presentation is at 6:30 PM at Twelve Bridges Library, 485 Twelve Bridges Drive. For additional information, please check the library website [www.LibraryAtLincoln.org](http://www.LibraryAtLincoln.org) or the FOLL site [www.FriendsoftheLincolnLibrary.org](http://www.FriendsoftheLincolnLibrary.org).

#### Multiple Sclerosis

On Tuesday, April 14 at 1:00 PM, Sierra Room (KS), Dr. Calmes, MS Neurologist, will attend our meeting and answer questions. All invited! Also, Clinical Personal Trainer, Jennifer Ornstead, will demonstrate exercises for Multiple Sclerosis! Important Reminder: Support Lincoln Trailmixers, fundraising/participation MS Walk, April 26, 8:30 AM, American River Folsom, Sutter & Decatur Parking. Walk, Scooter, Root or Virtual Walk. Donations fund MS Research, Education, Navigator Program, etc. Google, Folsom MS Walk 2020 (Top Right Page) – Click – Donate – Search for a person to support or Lincoln Trailmixers – Click – Donate. For more information, please contact Jeri Di Fiore, Facilitator at 530-401-2135 or [2020jeridifiore@gmail.com](mailto:2020jeridifiore@gmail.com).

#### 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. Newly added: Saturdays from Noon to 4:30 PM. 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 who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck Dinner, Happy Hour, and Holiday Party. There is always lots of food, you know how much Portuguese people love to cook, and much laughter and friendship. The dues are \$15 per person a year. Contact Doreen Traxel at 916-543-4965 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, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

#### Republican Club

Tuesday, March 24 at P-Hall (KS), Doors open 6:00 PM–speaker starts 6:30 PM. John McGinness is President and CEO of McGinness Communication Solutions, a consulting and investigation enterprise. He hosts a popular radio show on KFBK. Retired Sherriff for 31 years. Served as a CSI investigator; homicide detective; holds a BA Degree in Criminal Justice; An Adjunct Professor of Criminal Justice and communication. John McGinness will speak about issues



# HOME, HEALTH AND BUSINESS SHOWCASE



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*We look forward to seeing you there!*

Questions?

Contact Theresa Renken

916.625.4014 • [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com)

**WEDNESDAY, APRIL 15**

**9:30 AM - 1:30 PM**

**ORCHARD CREEK LODGE**



of interest to the Republican Party, including observations regarding the election, and the failed impeachment effort. The latest new issues will be added.

**Shalom Social Group**

We have several events scheduled in the coming weeks. We still have our ongoing hiking and bowling activities. Our Men's Club will meet on Sunday, March 22, to hear Harry Cohen, an instructor in the Renaissance Program at Sacramento State, speak on "Populism, Authoritarianism and the Rise of American Authoritarianism." On April 2, our Women Together will hear Dr. Terry McIntyre, a popular professor in the OLLI program, speak on elections. New members are always welcome. For more information about our activities and membership, please contact Joanne Levy at 508-333-8590.

**Shooting Group**

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports. We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting at a privately owned facility just minutes from SCLH. We have no dues, but shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, Lincoln contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

**Sons In Retirement Branch 13**







Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, March 17, at Catta Verdera Country











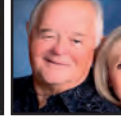
Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

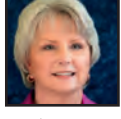

**Stanford Alumni, Family and Friends**

The Sacramento Stanford Association would like to reach people in our area for upcoming events such as wine tasting, hiking, lectures by Stanford speakers, sports viewing parties, and more. If you would like to be in touch will Stanford Alumni, Family, and Friends, and learn more about local events, contact Carol Hoge, at Cchoge2000@yahoo.com or 916-408-5334.

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| <br>David Moody<br>#02005018<br>916-581-0940 | <br>Paula Nelson<br>#01156846<br>Broker Assoc.<br>916-240-3736 | <br>Kathy Nowak<br>#01327209<br>408-348-0641 | <br>Sue Noyes<br>#01506617<br>916-295-4324 | <br>Pat Pelton<br>#01806447<br>916-276-8909 | <br>Tara Pinder<br>#00898876<br>916-600-2836 | <br>Peggy Poole<br>#00521665<br>916-765-3434 | <br>Steve Quanstrom<br>#01313449<br>916-884-4564 | <br>Ann Renyer<br>#01746828<br>916-343-6044 | <br>Michael Renyer<br>#00894446<br>916-343-6044 | <br>Bill & Jan Rexrode<br>#01700676/#01700677<br>916-408-3997 |
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| <br>Loree Risi<br>#01203309<br>916-716-0854 | <br>Keneta Sanchez<br>#00960821<br>916-257-1004 | <br>Doreen Traxel<br>#00822877<br>916-698-0801 | <br>Tangi Walker<br>#00820609<br>916-316-1112 | <br>Tony Williams<br>#01390054<br>916-521-3400 | <br>Sharon Worman<br>#00905744<br>916-408-1555 |
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**Listening Post**

Wednesday, March 18, 9:30 AM  
P-Hall (KS)

This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



**Golf Cart Registration**

Thursday, March 19 and April 2, 9:00 to 10:00 AM (OC)

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: [www.lincolncity.gov](http://www.lincolncity.gov).



**KS Classic Movie**

**A Lion Is in the Streets (1953)**

Saturday, March 21, 1:30 PM Screening, P-Hall (KS)

A charismatic peddler from the bayous finds his true calling in politics. Is he a demagogue in the making? Starring James Cagney, Barbara Hale, and Anne Francis. *For your added movie pleasure, \$5 Movie Munchies Combo (drink, candy, popcorn) will be on sale at KS Café prior to the show.* Not rated, 88 minutes, Drama/Romance/Thriller.



**2 Showings!**

**Knives Out (2019)**

Saturday, April 4, 6:00 PM Screening

Monday, April 6, 1:30 PM Screening

P-Hall (KS)

A detective investigates the death of a patriarch of an eccentric, combative family. Starring Daniel Craig, Chris Evans, Jamie Lee Curtis, and Christopher Plummer. Rated PG-13, 131 minutes, Comedy/Crime/Drama.



**Coffee with the Mayor**

Tuesday, April 7, 10:00 AM

Sierra Room (KS)

To find out more about what is happening in the City of Lincoln, join the Mayor at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you. 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.



**Home, Health and Business Showcase**

Wednesday, April 15, 9:30 AM to 1:30 PM

Orchard Creek Lodge

Learn about the latest products and services for your home, health and business matters. Meet your *Compass* advertisers and other businesses that will showcase their products.



### KS Classic Movie Funny Girl (1968)

Saturday, April 18, 1:30 PM Screening, P-Hall (KS).

The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein. Starring Barbra Streisand and Omar Sharif. Rated G, 151 minutes, Drama/Comedy/Biography.



### Document Destruction

Monday, April 20, 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!



### Lincoln Hills Pet Faire & Parade

Friday, April 24

9:00 AM to Noon (OC)

Celebrate your pets and join us for our annual Pet Faire. Additionally, we have a Pet Parade for your chance to show off your furry buddies and win fun prizes! Check out various local vendors and pet services available around town. Sitters, groomers, trainers, vets, and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Pick up the Parade Guidelines from the Lifestyle Desk.



### Parking Lot Sale

Saturday, May 2

Sales begins at 7:30 AM. No early birds.

Come one, come all! Enjoy a fun day browsing through a variety of household items, clothes, sporting goods, books, unique treasures, and more at a bargain! Bring your family and friends for a fun day of shopping. Donuts and coffee will be on sale.

## Did You Know?

Who do you contact if a street light is out? Simply call Erik Rosales the Lincoln Hills Facilities & Maintenance Manager at 916-645-4500 or [Erik.Rosales@sclhca.com](mailto:Erik.Rosales@sclhca.com). He will be happy to take care of the issue.





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.

If you have a suggestion for a forum topic, please send an email to [communityforums@sclhca.com](mailto:communityforums@sclhca.com).

All Forums are Free



### Budapest to Innsbruck Trek

Monday, March 16, 2:00 PM, P-Hall (KS)

Bruce Quick, Lincoln Hills resident, will present the fourth segment of his 2,500 miles, eight-country walk across Europe. This year he walked for 39 days, 650 miles from Budapest, Hungary to Innsbruck, Austria. Starting on the Camino de Santiago in St. Jean Pied de Port, France, and ending in Porto, Portugal in 2016, he has worked backward across Europe, walking the Camino each year. This year's journey from Budapest completes this particular Camino trail. His colorful photo presentation and interesting descriptions of country and culture bring people back each year to hear more.



### Neighborhood Watch Spring Safety Forum

Wednesday, March 18, 1:00 PM, Ballroom (OC)

Public Safety Chief, Doug Lee and his team will be here to share an overview of the Police and Fire Department, crime and fire statistics, crime and fire prevention, and volunteerism in our community. Topics will include: how to handle solicitors at your door, the vial of life, scams, and how to avoid them. There will be a question and answer period as well. Neighborhood Watch will provide various handouts covering alerts, safety tips, and who to call flyers. This symposium supports the Neighborhood Watch Mission: to increase personal safety and awareness and to be the eyes and ears of the Lincoln Police and Fire Department.



### Demystifying Cannabis and Hemp

Wednesday, March 25, 7:00 PM, Ballroom (OC)

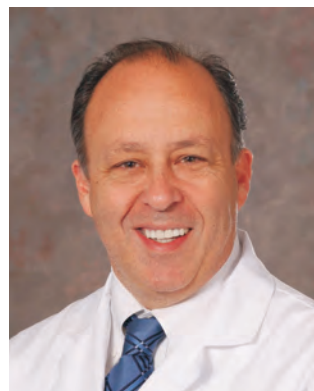
Jahan Marcu, Ph.D., researcher, international speaker, and co-founder of the International Research Center on Cannabis and Health, is superbly qualified to speak about medical uses for cannabis, its production, and its safety. With a 15-year background in cannabis pharmacology and chemistry, Dr. Marcu has worked to create standards for cannabis operations. With a mixed background in science and regulatory affairs, he will share insights into mitigating consumer safety issues. He is also the editor in chief of the American Journal of Endocannabinoid Medicine. Unique circumstances have made it possible to feature this New York-based speaker. Take advantage of his expertise.



**Roaming the Sierra Nevada Foothills (#6)**

Thursday, April 9, 10:00 AM, P-Hall (KS)

Presenter Michael Stark will begin with Folsom. During the last presentation, he covered the creation of our state prison system. He will discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involving Folsom. We will take a quick journey into the Sierra, pointing out interesting spots to investigate: Almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location. Gold dredging operations continued into the 1960s.



**Breakthroughs in Non-toxic Cancer Therapies**

Wednesday, April 22, 7:00 PM, Ballroom (OC)

Inspired by the advocacy and bravery of one of his patients, Dr. Joseph Tuscano has become a leading researcher and authority on non-toxic therapies to help patients win their battles with cancer. Stem cells, fermented wheat germ, and the immune systems of Komodo dragons have been part of Dr. Tuscano's decades-long effort to develop novel antibody and other immune-based therapeutics. Dr. Tuscano holds two patents for novel therapies, served two fellowships at the National Institutes of Health, and holds the Deleuze Endowed Professorship in the UC Davis Comprehensive Cancer Center. Come and hear about these new therapies that aid in your immune system's ability to fight cancer.

**UPCOMING EVENTS**

- **Suddenly Struck! Stroke Prevention, Recognition & Treatment**, Wednesday, May 27, 7:00 PM, Ballroom (OC)
- **Taking Control of Your Sleep**, Wednesday, June 24, 7:00 PM, Ballroom (OC)
- **Do You Hear What I Hear?** Wednesday, August 19, 7:00 PM, Ballroom (OC)



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**THURSDAY, APRIL 16 | CONCERT AT 7:00 PM | BALLROOM (OC)**

**RESERVED SEATING: \$24 | GENERAL ADMISSION: \$20 | EVENT CODE: LSE236**

Tickets available at the Lifestyle Desk (OC/KS) and at [SCLHResidents.com](http://SCLHResidents.com)

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\*Indicates new performances on sale March 17



**SAVE THE DATES!**

**Our 2020 Summer Amphitheater Concert Series is Heating Up!**

We are gearing up for another exciting line up for this year’s Summer Series to enjoy with your friends and family! This year’s headliners will include Adbacadabra – The Ultimate ABBA Concert; The Everly Brothers Experience and crowd favorite DECADES plus much more of the music you love!

**SAVE THESE CONCERTS DATES:**

|           |              |              |
|-----------|--------------|--------------|
| May 29    | June 12      | June 26      |
| July 17   | July 31      | August 14    |
| August 28 | September 11 | September 25 |

Watch out for concert details and complete 9-concert line up in the April *Compass*. Tickets go on sale April 17!

—Club Performances—



\*The Lincoln Hills Community Chorus presents “Folk Jamboree!”  
 Sunday, May 3, 2:00 PM, Ballroom (OC) — **LSE240**  
 Monday, May 4, 7:00 PM, Ballroom (OC) — **LSE241**  
 Tuesday, May 5, 7:00 PM, Ballroom (OC) — **LSE242**  
 Reserved Seating \$20, General Admission \$16

This year’s spring concert by the Lincoln Hills Community Chorus comprises a colorful collection of folk music and other old favorites titled “Folk Jamboree!” Our program includes the timeless Irish tunes “Danny Boy” and “The Salley Gardens” but also features Americana like “Cindy” and “Oh Susanna.” We’ll kick it off with “Americana Jubilee,” a rousing medley of seven songs you’ll surely recognize. Talented professionals Paul Melkonian and Nina Malone will again direct and accompany our hundred-plus singers, and the Lincoln High School Elite Choir will make a special appearance after performing at Carnegie Hall. Don’t miss it!



Lincoln Hills Tap Group Presents “Night On The Town”  
 Thursday, April 2, 6:00 PM, Dinner Show, Ballroom (OC) — **LSE231**  
 Friday, April 3, 6:00 PM, Dinner Show, Ballroom (OC) — **LSE232**  
 Saturday, April 4, 2:00 PM, Dinner Show, Ballroom (OC) — **LSE233**  
 Reserved Table Seating \$39

“Night On The Town” is a dinner and show package that combines a sit-down dinner with a fabulous stage show. Dinner includes an entree, rolls, salad, and dessert with wine available for purchase. Choose from these entrée options: *pot roast*, *chicken piccata*, or *vegetarian pasta*. Talented Lincoln Hills singers and dancers are preparing a fantastic variety show that includes “All That Jazz” dancers, The Lincoln Hills Tap Company, solo singers: Yvonne Krause, Ken Reiss, and Paul

Carroll, The Sunny Singers, The Hula Wahines, and much more. The stage sets, table décor, and special effects will create a wonderful ambiance that takes you on a journey “into the city.” Reserve a table with friends by completing a registration form indicating the preferred entrée for each guest. Doors open at 5:30 for 6:00 dinner with a 7:00 PM show and 1:30 for 2:00 dinner with a 3:00 PM show.

—Comedy—



**KS Magic Night: The Award-Winning Magic of Spencer Grey**

Thursday, March 19, P-Hall (KS)

6:00 PM Show — **LSE229**

8:00 PM Show — **LSE230**

Reserved Seating \$18

Award-winning magician Spencer Grey combines his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else. He has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas, The California Magic Theatre, and corporate events for Amazon, Apple, The 49ers, and The Hilton Hotels. A night of magic and illusions you won't want to miss! Save \$1 on purchases of \$4 or more at KS Cafe.

—Community Event—



**Annual Parking Lot Sale**

Saturday, May 2 — **LSR30**

Resident space - \$29

Home/Local Business space - \$50

7:30 AM to Noon, WellFit Parking Lot (OC)

With only one date in 2020, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Limit two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Limited spaces are available for home or local businesses.

—Concerts—



**Gershwin - Remembrance and Discovery Performed by Richard Glazier**

Friday, March 27

7:00 PM, Ballroom (OC)

Reserved Seating \$22

General Admission \$18

— **LSE227**

From their days in Tin Pan Alley and Broadway to Carnegie Hall and the final years in Hollywood,

George and Ira Gershwin were popular music royalty—the golden songwriting team that created some of our most memorable and beloved music. Richard Glazier is a master storyteller whose charming, insightful narration is the perfect accompaniment to his brilliant piano performances. Playing rare arrangements of the great Gershwin songs, and the complete solo piano version of *Rhapsody in*

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**Keith Calmes:**  
**Classical Guitarists**  
Tuesday, April 7  
7:00 PM, P-Hall (KS)  
Reserved Seating \$16  
— **LSE235**

Classical Guitarist Keith Calmes returns to Lincoln Hills after

an amazing sold-out concert here in 2018. Dr. Calmes' background in music includes a recital at Carnegie Hall as Winner of the Artists International Competition, degrees from The Juilliard School and USC and studies in Spain. He has published several books on the guitar with Mel Bay Publications and has also released several recordings, which are widely available online. Keith runs a high school guitar program in New Jersey and is a very active performer. You can learn more about Keith at keithcalmes.com. Save \$1 on purchases of \$4 or more at KS Café.

the Earth Move," and "You've Got a Friend. The Rythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area.



**Movie Music**  
**Favorite Songs from**  
**Favorite Movies**  
**Performed by Stars**  
**from Beach Blanket**  
**Babylon Ruby Day**  
**and Scott Reardon**  
Thursday, April 23  
7:00 PM, P-Hall (KS)

Reserved Seating \$22 — **LSE237**

An evening filled with Classic Movie Songs to celebrate from generation to generation. From Oscar-Winning favorites like *Moon River* and *Raindrops Keep Falling On My Head* to honored standards like *The Way We Were* and *A Whole New World*. These are the songs that support the drama and mystery and fun of so many movie memories. From *Frozen* to *Footloose*, and *Beaches* to *Titanic*, Movies aren't Movies without the songs that brought them to life. Save \$1 on purchases of \$4 or more at KS Café.



**You've Got a Friend: The Carole King Songbook**  
**Performed by The Rhythm Method 4**

Thursday, April 16, 7:00 PM  
Ballroom (OC)

Reserved Seating \$24

General Admission \$20 — **LSE236**

A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also honor songs from her best-selling, 4-time Grammy Award-winning album *Tapestry*, including "So Far Away," "It's Too Late," "I Feel



**\*Annie Marie and Fiddlaround**

Thursday, May 14, 7:00 PM, P-Hall (KS)

Reserved Seating \$21 — **LSE245**

Annie Marie & Fiddlaround is an acoustic quartet that weaves an infectious musical gumbo of New Orleans jazz, swamp boogie, blues, Cajun, Zydeco, Americana, and originals. From 'Iko' to 'What a Wonderful World', Fiddlaround is American music at its toe-tapping best with a sound that is good for your soul. Vocalist, fiddler & songwriter Annie Marie leads the group with Maureen Coyle on accordion and rub-board and vocals supported by Diane Dutra on stand-up bass, vocals and low hat and David Garfinkel on guitar and vocals! Save \$1 on purchases of \$4 or more at KS Café.



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## Upcoming Events

**Friday, March 20 10:30 AM**

### What To Know When Selling Your Home

Elsa Garber and Sterling Royal, Senior Real Estate Specialists, Dean Adams Residential Brokerage  
RSVP by March 19

**Wednesday, March 25 10:30 AM**

### The Art of Downsizing and Making Your Move Manageable

Lee Mahla, Senior Real Estate Specialist and Certified Relocation and Transition Specialist  
RSVP by March 24

**Wednesday, April 1 10:30 AM**

### Placer County Land Trust

Discusses the local preservation of wild open spaces, farms and ranches, natural resources and natural playgrounds vital to our quality of life today and in the future.

RSVP by March 31



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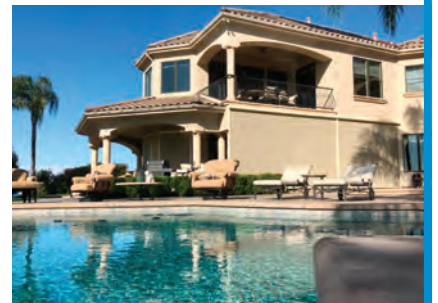
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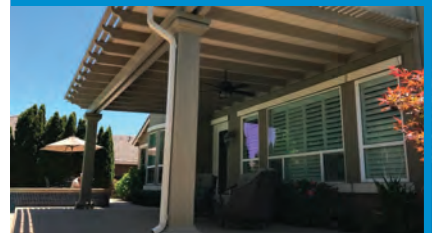
### Retractable Shade Screen



### Lattice Covers with Shades



### Solid and Lattice Covers





**\*Folsom High School Jazz Band and Chorus**  
 Thursday, May 21, 7:00 PM, Ballroom (OC)  
 Reserved Seating \$20 General Admission \$18  
 — **LSE238**

We are proud to bring back Folsom High School's award-winning Jazz Band I and Jazz Choir. Recently awarded Best Jazz Band at the El Cerrito Jazz Festival also garnering the honor of best Saxophone, Trumpet and Rhythm sections. *Downbeat Magazine* has named the Folsom Jazz Choir best in the nation 21 times and the Jazz Band I 15 times. Multi-awarded Music Director Curtis Gaesser was a finalist for the 2018 Grammy for Music Educator of the Year and winner of the California State Jazz Educator of the year. Performances include songs by Jim McNeely, Johnny Hodges, Louis Armstrong, Eric Applegate and many more!

—Grandkids Event—



**Spring Egg Hunt**  
 Saturday, April 11, 10:00 AM to Noon  
 Outdoor Amphitheater Terrace  
 General Admission \$14 per child — **LSE234**

An eggciting time for all the kids and kids at heart! Bring your grandchildren (toddler to 10 years) to the out-door Amphitheater terrace to enjoy

our traditional egg hunt and festive surprises with a special visit from Easter Bunnies Bluebell and Buttercup! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: One to four-years-old; five to seven years old; and eight to 10 years old. Children one to four years old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. The event may be canceled due to rain. *For extra fun, Meridians is offering a Special Pancake Breakfast for the whole family to enjoy prior to the "hunt" for only \$5.00 (for three large pancakes). Please call Meridians for more information.*

—Presentation—



**Marc Lapadula:**  
**Alfred Hitchcock's Single Greatest Masterwork:  
 An In-Depth Look at Psycho**  
 Wednesday, April 15, 1:00 PM, P-Hall (KS)  
 Reserved Seating \$13 — **LSE239**

Yale Professor Marc Lapadula is back with an in-depth look at Psycho. For many scholars and movie critics, Alfred Hitchcock continues to be regarded as one of the most influential and significant filmmakers in the history of world cinema. Cultivating a career that spanned six decades, he found himself anointed the undisputed "Master of Suspense" with a slew of films that quite literally glued audience members to the edges of their seats. So it may come as a surprise to many that beneath the shocking surface images lurked a multi-dimensional artist who went out of his way to devise complex and richly-layered subtexts in all his films. Save \$1 on purchases of \$4 or more at KS Café.



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**\*Indicates new trip on sale March 17**

—Featured Trip—



**\*Catalina Island, Queen Mary & more!**  
Sunday, October 11 to Thursday, October 15

— **LST342**

\$1,274 Double occupancy/\$1,729 Single

Come join us, explore Catalina Island and stay at the world-famous Queen Mary in Long Beach! Spend the night at historic Queen Mary floating hotel; relax for two-days on Catalina Island via ferry ride in Commodore Class. This trip incorporates lots of free time for relaxation and exploration on your own. See trip inclusions below **Note:** *Trip involves a great deal of walking.*

Trip includes:

- Stay at the Queen Mary Hotel in Long Beach with hot breakfast and self-guided tour
- Lunch at Harris Ranch on the way down

- Two-night stay at Pavilion Hotel in Catalina Island with daily hot breakfast/build your own omelet bar plus nightly wine & cheese reception
- Time on your own with an option to tour island/casino play/glass bottom boat tour/use of bicycle; lunch and dinner on your own
- Ferry to Catalina in Commodore Class (1st class) both ways to/from the island
- Boxed lunch on the ferry on the way back
- Overnight stay at Double Tree Hilton in Bakersfield with an All American breakfast buffet; dinner on your own
- Lunch at Hilmar Cheese Factory on the return trip
- Hotel portorage for Queen Mary and Pavilion Hotel
- Gratuities for the bus driver, and included meals
- Total meals: four breakfasts, three lunches, two wine & cheese receptions

Please advise at registration if you have any dietary concerns and mobility limitations. Please email [trips@sclhca.com](mailto:trips@sclhca.com) for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC at 7:45 AM, Sunday, October 11, return ~ Thursday, October 15 ~ 4:00 PM.

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## Day Trips

### —Casino/Races—



### Hard Rock Casino at Fire Mountain

Wednesday, March 25

\$31 — **LST333**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. New players will receive free play based on their upper tier status with another casino. You'll need to bring your other casino players cards and your government identification with you to obtain anywhere from \$25 to \$100 introductory gaming credits. Wheels roll from OC at 9:30 AM return ~ 3:30 PM.

### —Performances—



### Michele Obama – Golden One Center Sacramento

Wednesday, April 1

\$217 — **LST335**

The former first lady is set to participate in a moderated question and answer session at the Golden 1 Center. The moderator is yet to be announced. She's touring the country to promote her autobiography, "Becoming." As first lady, Obama championed many causes, including addressing childhood obesity, supporting veterans and active duty service members and their families, inspiring young people to seek higher education and helping adolescent girls around the world go to school. All seating is lower level in section 108. Wheels roll from OC at 1:30 PM for a 3:00 PM Presentation ~ return 5:45 PM. **Last day to purchase, March 17 at Noon.**

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### 2020 Music Circus

Tuesday Performances

All Shows, \$95 each

Choose from five entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento. These exciting

classic musicals are performed by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating rear area. Wheels roll from OC at 6:15 PM return ~ 11:00 PM; show 7:30 PM. Buy any or all five shows below.



### Kinky Boots

Tuesday, June 9

\$95 — **LST320**

Broadway's huge-hearted, high-heeled, multiple Tony-winning Best Musical! With songs by Grammy and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-Award winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and the friendships we discover when we embrace each other's differences. Inspired by true events, KINKY BOOTS takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.



### Rodgers & Hammerstein's Carousel

Tuesday, June 23

\$95 — **LST321**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway at Music Circus for the

first time in twenty years. Critics called the 2018 Broadway revival of CAROUSEL “a miraculous fusion of sentiment and craftsmanship” (*Wall Street Journal*) with “the theater’s most beautiful and enduring songs” (*Variety*), including “If I Loved You,” “You’ll Never Walk Alone,” and “Soliloquy.” A powerful musical theatre classic about love, relationships, and redemption.

## COLE PORTER'S KISS ME, KATE

### Kiss Me Kate

Tuesday, July 7

\$95 — **LST322**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical. A Broadway version of Shakespeare’s *The Taming of the Shrew*. The beloved multiple Tony-winning musical comedy KISS ME, KATE is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer’s wittiest lyrics and catchiest melodies, including the favorite songs “Another Op’nin’, Another Show,” “So In Love” and “Too Darn Hot.”



### Annie

Tuesday, July 21

\$95 — **LST323**

Winner of seven Tony Awards, this beloved musical is a tribute to the optimism and resiliency of youth, a wondrous story that brings hope to the hearts of children and adults alike. Follow Annie, with her lovable dog Sandy, as she foils Miss Hannigan’s evil schemes, befriends President Franklin Delano Roosevelt, and escapes the orphanage to find a new home with billionaire Oliver Warbucks. Featuring such unforgettable songs as “Hard Knock Life” and “Tomorrow.”

## MONTY PYTHON'S SPAMALOT

A new musical lovingly ripped off from the motion picture  
MONTY PYTHON and the Holy Grail

### Spamalot

Tuesday,

August 4

\$95 — **LST324**

The outrageous, uproarious, and gloriously en-

tertaining musical based on the film classic *Monty Python and the Holy Grail* is a retelling of the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons you’ll love this multiple Tony-winning Best Musical that *Variety* calls “a sharp-flavored mix of satire, sarcasm, and silliness.”

### —Sports—



### Sacramento River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming

future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Both games Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM ~ return 11:00 PM.

### Rivercats vs. Las Vegas Aviators (A’s Affiliate)

Wednesday, April 29

\$49 — **LST330**

Wheels roll from OC at 5:15 PM ~ return 10:30 PM. Game time 6:35 PM. *Please note a change in time of departure and arrival from February Compass.*



### Rivercats vs. Oklahoma City Dodgers (LA Dodgers Affiliate)

Wednesday, June 17

\$49 — **LST331**

Wheels roll from OC at 5:45 PM ~ return 11:00 PM. Game time 7:05 PM.







### San Francisco Giants

Wonderful news to all Giants fans! We will be enjoying the games from field level Section 105 (the first base side in the shade) with convenient bus drop off and pick up! No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark, but you are welcome to leave your cooler under your seat on the bus for snacks after the game. Wear layers for SF weather and a cap for sun protection. See individual games for game time, departure, and pricing.

### Giants vs. San Diego Padres

Thursday, June 4

\$114 — **LST325**

Wheels roll from OC at 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



### Giants vs. Los Angeles Dodgers

Thursday, August 13

\$139 — **LST326**

Wheels roll from OC at 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



### Giants vs. St. Louis Cardinals

Wednesday, September 9

\$114 — **LST327**

Wheels roll from OC at 8:45 AM ~ return 8:00 PM. Game time 12:45 PM. There will be a rest stop on the way home from this weekday game.



### Oakland A's

Enjoy Plaza level seating in Oakland Coliseum in the shade behind dugout overlooking the first base, Section 209 & 210. Bus drop off in Lot B near our seat locations. See individual games for game time, departure, and pricing.

### A's vs. Boston Red Sox

Wednesday, April 15

\$81 — **LST328**

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



### A's vs. SF Giants – Bay Bridge Series!

Sunday, June 7

\$96 — **LST329**

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



—Tours/Leisure—



### Celtic Festival

Sunday, April 26

\$40 — **LST334**

Experience a taste of Scottish and Irish culture without having to travel thousands of miles. Join us on a trip to the Celtic Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Celtic culture; athletics, highland dance, piping and drumming, fiddling and harps, Scotch tasting, march of the clans, and more! There is something Celtic for everyone, and you don't have to be Celtic to have fun. Indoor and outdoor venues food and drink on your own. Wheels roll from OC 9:45 AM return ~ 4:15 PM. (Includes admission).



### Beale AFB Open House and Air Show

Bus #1  
Saturday,  
May 9

\$37 — **LST336**

Join us to visit our nearby USAF

base for their open house & airshow. There will be a jet demonstration from USAF Thunderbirds and more to be announced! Enjoy static displays of many types of aircraft and talk to the ground support crew and pilots! Skip the traffic and parking hassles and join us for this spectacular airshow. Bring your own lunch or purchase from any of the various vendors. Foam earplugs and bottled water will be provided. This trip does not include a tour of the base. Wheels roll from OC at 9:00 AM return ~ 6:00 PM.

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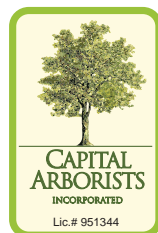


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**\*Filoli Gardens & Mansion  
Woodside, California**

Wednesday, May 13 — **LST339**  
\$83

Springtime is here! Join us on a trip to Filoli and enjoy three hours of self-guided tour exploring beautifully designed formal gardens with lovely blue delphiniums taking center stage in the perennial garden. Enjoy this year's spring display "An Homage to English Garden". Walk thru the 54,000 square foot historic Georgian country house, noted for its elegant interiors. Lunch on your own. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC 7:45 AM return ~ 7:30PM. *Lots of walking with some uneven pathways.*



**\*Ironstone  
Winery &  
Downtown  
Murphys**  
Tuesday, May 26  
— **LST341**  
\$110

A hit last year with residents! Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Enjoy our own guided tour of the property, a private wine tasting and food pairing and a buffet lunch specially prepared for our group. We'll then head

to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for the buffet menu. Wheels roll from OC at 9:00 AM return ~ 7:45 PM.

### Sold Out Trips

#### Trip • Date • Departure Time

- San Francisco Overnight –  
Movie Tour  
Sunday, March 22 • 8:00 AM
- Las Vegas by Air!  
Monday, March 30 • 11:30 AM
- BANDSTAND  
Tuesday, April 17 • 6:45 PM
- Yosemite National Park  
Monday, May 4 • 9:00 AM
- Come From Away  
Tuesday, May 19 • 6:45 PM  
Wednesday, May 20 • 6:45 PM
- Laguna Beach Pageant of the Masters  
Art Festival  
Sunday, July 26 • 7:45 AM



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Below are a list of classes that are offered. Please see the page number to learn more about the class.

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



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

\*Indicates new class on sale March 17

## Art

### 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.

### —Announcement—



**Fine Arts Class Gallery**  
Fine Arts Room (OC). Drop by the Fine Arts Room and view wonderful artworks. The gallery will feature a revolving display of art-

works 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.

### —Mixed Media—



### \*Mixed Media Art Journaling

Tuesdays, April 14 & 28  
9:00 AM to Noon (OC)  
\$45 (two sessions) plus  
\$5 supply payable to  
instructor — **LSC2507**

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. Instructor: *Kerry Dahlin*.

### —Oils, Pastels & Acrylics—



### New Class!

### \*Oil and Acrylic Painting: Intermediate/Advanced

April 1-29  
9:00 to 11:30 AM  
\$80 (five sessions)

— **LSC1976**

Or Noon to 2:30 PM  
\$80 (five sessions)

— **LSC2010**

*AM and PM classes are not interchangeable.*

Learn new ways to paint and polish your skills in this new class. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandylindblads.com](http://www.sandylindblads.com). Questions about class supplies? Email *Sandy Lindblad*, the instructor at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.

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### Sip and Paint "San Francisco from Hwy 1"

Friday, March 20  
5:00 to 8:00 PM (OC)  
\$55 — **LSC2527**

### OR \*Sip and Paint "Waterfall in Spring"

Friday, April 17  
5:00 to 8:00 PM \$55 — **LSC2528**

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, brushstroke, 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—



#### New Class!

**\*Pastel and Watercolor**  
Mondays  
April 6-27  
9:00 to 11:30 AM  
\$68 (four sessions)

— **LSC2032**

All levels welcome! This class provides you the opportunity to play with either medium that you bring to class. The goal is to show students various ways to improve skills with different techniques. Bring simple images to work from! Recommendation for supplies: Pastel: soft pastel set, no hard pastel! Paper: Uart, or Pastel Premier or Canson paper. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in

San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandylinblad.com](http://www.sandylinblad.com). Email **Sandy Lindblad**, the instructor [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class for any questions.



### 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 techniques, color theory, and mixing fresh/vibrant colors 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 Step-by-Step

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. Choose from the three schedules that work best for you. *Note: classes are not interchangeable.*

- **\*Morning Class**

Thursdays, April 2-30  
9:30 AM to Noon (OC)  
\$85 (five sessions; 2.5 hour/session) — **LSC2542**

Or

- **\*Evening Class**

Thursdays, April 2-30  
5:30 to 8:00 PM (OC)  
\$85 (five sessions; 2.5 hour/session) — **LSC2552**

**\*Watercolor – Afternoon Class**

Thursdays, April 2-30  
1:00 to 4:00 PM (OC)  
\$90 five sessions)

— **LSC2056**

Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art!

**Ceramics**

—Pottery—

**\*Beginning/Intermediate Ceramics**

Tuesdays, April 7-28  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)

— **LSC2080**

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: \$17 per session. Instructor: *Jim Alvis*.

**\*Advanced Ceramics**

Tuesdays, April 7-28  
9:00 AM to Noon (OC)  
\$64 (four sessions)

— **LSC2068**

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: \$17 per session. Instructor: *Jim Alvis*.

**\*Introduction to Ceramics**

Thursdays, April 2-30  
9:00 AM to Noon (OC)  
\$67.50 (five sessions)

— **LSC2092**

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. Instructor: *Taylor Jackson*.

**\*Intermediate Ceramics**

Thursdays, April 2-30  
1:00 to 4:00 PM (OC)

\$67.50 (five sessions) — **LSC2104**

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. Vacation drop-in: \$17 per session. Instructor: *Taylor Jackson*.

**Crafts**

—Card Making—

**\*Card Making Level 2 – Intermediate/Advanced**

Mondays, April 6 & 20  
9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC2486**

**Prerequisite:** Completion of at least four sessions of Intro to Card Making 101—Level 1,



and have instructor's approval to participate. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register April 3.* Instructor: *Dottie Macken.*



**\*Card Making Introduction 101 Beginners**  
Wednesdays  
April 8 & 22  
9:00 AM to Noon (KS)  
\$30 (two sessions)

— **LSC2496**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register April 3.* Instructor: *Dottie Macken.*



**\*Card Making Level 3 Intermediate-Advanced**  
Fridays, April 10 & 24  
9:00 AM to Noon (KS)  
\$30 (two sessions)

— **LSC2518**

**Prerequisite:**

Completion of at least four to six sessions of Intro to Card Making 101—Level 1, and *have instructor's approval to participate.* This class will offer a variety of Card Making, Papercraft 3-D projects with a variety of techniques. This class is not for Beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register April 3.* Instructor: *Dottie Macken.*

—**Flower Arranging**—

### Easter Bunny Door Wreath

Tuesday, April 7  
3:00 to 4:45 PM (KS)  
\$20 plus \$25 supply fee payable to instructor

— **LSC2640**

Let's get together and make a Springtime themed

bunny rabbit wreath. We will go step by step in making our form from natural curly willow and add in cute pieces of faux vines, faux florals, and pretty ribbon. Instructor: *Jennifer Steele.*

### \*Classic Spring Floral Basket

Wednesday, April 22  
3:00 to 4:45 PM (KS)  
\$20 plus \$30 supply fee payable to instructor

— **LSC2641**

Whether you are having a quiet Easter dinner at home or spending time with others, this will be a lovely addition to your holiday. A classic yet beautiful basket arrangement will be spilling out with ivy, greenery, and all the beautiful flowers of the season. Adorned with pastel accents like colored eggs, mini birds, and butterflies, these decors will make your creation something special. Instructor: *Jennifer Steele.*

### \*Memorial Day Freedom Arrangement

Wednesday, May 6  
3:00 to 4:45 PM (KS)  
\$20 plus \$25 supply fee payable to instructor

— **LSC2646**

How special it is to celebrate this holiday honoring the sacrifices made for our freedom. We will be making a gorgeous vase arrangement filled with the patriotic colors of red, white and blue. Including a small American Flag to show our pride and appreciation for the dedication to freedom by those who have and are currently serving. Space is limited. Instructor: *Jennifer Steele.*



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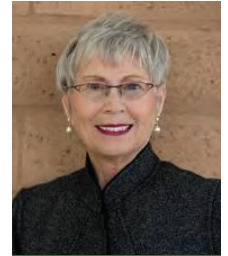
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## —Crafting with Craftopolis—

**New Class****\*Mesh Rose Wreath Workshop**

Monday, April 27

1:00 to 3:30 PM (KS)

\$15 plus \$35 supply fee payable to instructor

— **LSC2647**

Create this gorgeous 24" diameter mesh rose wreath. It's easy to do! All supplies will be prepped and supplied by instructor, ready for assembly during the workshop. The lightweight wreath will look lovely on your front door or added to your home décor. When registering, please select your mesh color choice. *Last day to register April 19.* Instructor: *Judy Ragland/Craftopolis.*

**New Class****\*Silk Scarf****Water Marbling**

Monday, April 27

5:30-6:00 PM (KS)

— **LSC2648**

6:00-6:30 PM (KS)

— **LSC2649**

6:30-7:00 PM (KS)

— **LSC2650**7:00-7:30 PM (KS) — **LSC2651**7:30-8:00 PM (KS) — **LSC2653**8:00-8:30 PM (KS) — **LSC2652**

\$15 plus \$40 supply fee payable to instructor.

Experience the amazing ancient technique of water marbling with one on one instruction at the marbling tray. You will select colors, drop the paint on the water, swirl and use easy tools to create an amazing piece of art, a 100% 14"x 72" silk scarf or table runner. You are welcome to watch other painters and if time allows, we may be able to fit in walk-in painters too. One time and you will be hooked! Choose from session time above with assigned code. Two students per session. Limit 12. Instructor: *Judy Ragland/Craftopolis.*

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## Games

## —Bridge—

**New Class!****Beginning Bridge Class**

Mondays and Tuesdays

May 4-26

4:00 to 6:00 PM (KS)

\$40 (eight sessions)

— **LSC2639**

The class is designed for people who have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day. By the end of the class, you will be familiar with all aspects of the game- bidding, playing, and defense. This class is the beginning of your bridge education, but it will get you to the point of being able to play, whether you aspire to play socially, or compete in tournaments. Instructor: *Jack Uppal.*

## Dance

*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 test your skills.*

**\*Beginning Clogging**

Tuesdays, April 7-28

10:00 to 11:00 AM (KS)

\$32 (four sessions)

— **LSC2116**

The class will continue at a relaxed pace, developing skills of the foundations of clogging. We will continue to learn new steps and new dances.

Special attention will be paid to balance skills. Look to the Fall 2020 for a brand new beginners class. No New students accepted without instructor approval. Instructor: *Janice Hanzel.*

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**\*Easy-to-Intermediate Clogging**

Tuesdays, April 7-28

11:00 AM to Noon (KS)

\$32 (four sessions) — **LSC2127**

**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: \$10 per session. Instructor: *Janice Hanzel*.

**\*Intermediate Plus Clogging**

Tuesdays, April 7-28

Noon to 1:00 PM (KS)

\$32 (four sessions) — **LSC2138**

**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: \$10 per session. Instructor: *Janice Hanzel*.

**—Country Western Dancing—**

**\*Country Couples Western Dance – Beginner Level 1 & 2**  
Mondays, April 6-27  
7:00 to 8:00 PM (KS)  
\$28 (four sessions)

— **LSC2149**

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. Instructors: *Jim & Jeanie Keener*.

**\*Country Couples Western Dance – Beginner/Intermediate Level 3 & 4**

Mondays, April 6-27

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC2160**

**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 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 Love Worth Waiting For" and "Swinging Summer." Instructors: *Jim & Jeanie Keener*.

**—Hula—****\*Hula**

Thursdays, April 2-30

1:00 to 2:00 PM (KS)

\$62.50 (five sessions)

— **LSC2171**

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 Akina*, the instructor before the first session at 916-521-0474. Vacation drop-in: \$17 per session.



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## —Jazz—

**\*Jazz for Beginner**

Thursdays, April 9-30  
11:00 AM to Noon (KS)  
\$36 (four sessions) — **LSC2661**

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: \$14 per session. Instructor: *Melanie Greenwood*.

**\*Jazz Performance**

Tuesdays, April 7-28  
1:00 to 2:00 PM (KS)  
\$36 (four sessions) — **LSC2194**

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: \$14 per session. Instructor: *Melanie Greenwood*.

## —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, April 2-30**  
9:00 to 10:00 AM (KS)  
\$35 (five sessions) — **LSC2293**  
Instructor: *Yvonne Krause-Schenck*
- **\*Mondays, April 6-27**  
4:00 to 5:00 PM (KS)  
\$28 (four sessions) — **LSC2205**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**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, April 2-30**  
10:00 to 11:00 AM (KS)  
\$35 (five sessions) — **LSC2315**  
Instructor: *Yvonne Krause-Schenck*
- **\*Fridays, April 3-24**  
2:00 to 3:00 PM (KS)  
\$28 (four sessions) — **LSC2258**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **\*Thursdays, April 2-30**  
3:30 to 4:30 PM (KS)  
\$35 (five sessions) — **LSC2228**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**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, April 6-27**  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC2304**  
Instructor: *Yvonne Krause-Schenck*
- **\*Wednesdays, April 1-29**  
9:00 to 10:00 AM (KS)  
\$35 (five sessions) — **LSC2269**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session

### 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, April 1-29**  
10:00 to 11:00 AM (KS)  
\$35 (ve sessions) — **LSC2282**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **\*Mondays, April 6-27**  
5:00 to 6:00 PM (KS)  
\$28 (four sessions) — **LSC2217**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

### 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, April 2-30**  
New Time 5:30 to 6:30 PM (KS)  
\$35 (five sessions) — **LSC2601**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

### **New** \*Line Dancing 4 Fun

Thursdays, April 2-30  
4:30 to 5:30 PM (KS)  
\$35 (five sessions) — **LSC2610**



Line Dancing 4 Fun is just that! Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be a bit quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

### \*Country Line Dancing

Fridays, April 3-24  
3:00 to 4:00 PM (KS)  
\$28 (four sessions) — **LSC2239**

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. Instructors: *Jim & Jeanie Keener*.

### 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 with her students. Drop-in offered for all her classes - \$10. 



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## —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, April 13-27

11:00 AM to Noon (KS)

\$27 (three sessions) — **LSC2656**

For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap. Instructor: *Alyson Meador*.

**Tap Technique**

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

- **\*Tuesdays, April 14-28**  
10:00 to 11:00 AM (KS)  
\$27 (three sessions) — **LSC2657**
- **\*Mondays, April 13-27**  
10:00 to 11:00 AM (KS)  
\$27 (three sessions) — **LSC2658**
- **\*Thursdays, April 16-30**  
10:00 to 11:00 AM (KS)  
\$27 (three sessions) — **LSC2659**

**Glass Art****\*Fused Glass**

Monday, May 11

9:30 to 11:00 AM (KS)

\$28. Supply fee: \$10 payable to instructor

— **LSC2573**

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. 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. Instructors: *Jim Fernandez and Danielle Echeverria*.

**\*Stained Glass**

Mondays, April 6-27

1:00 to 4:00 PM (KS)

\$61 (four sessions) \$10 supply fee payable to instructor — **LSC2420**

**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 suncatcher, 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. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

**Movies****\*Four Musicals by Stephen Sondheim**

Wednesdays, April 22-May 13

1:00 to 4:00 PM (KS)

\$32 (four sessions) — **LSC2578**

Explore one of the world's greatest Broadway composers, Stephen Sondheim. In this four-week course, we will explore four of Sondheim's amazing musicals, including *Company*, *Sunday in the Park with George*, *Sweeney Todd*, and *Into the Woods*. In each three-hour class, we will discover the inspirations and people who made possible these legendary Broadway classics. After this introduction, we will watch each show in its entirety, followed by a discussion. So, get ready to enjoy an incredible afternoon filled with some of the greatest music by one of our greatest national treasures, Mr. Stephen Sondheim. Instructor: *Ray Ashton*.



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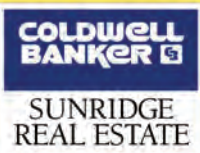
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## Music

### —Guitar—



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#### \*Beginning Guitar

Mondays, April 6-27

8:00 to 9:30 AM (OC)

\$48 (four sessions) — **LSC2370**

Reading music notation for guitar, made easy. *About the Instructor: Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with



#### \*Folk Guitar for Fun Folks

101 - Beginner Level

Tuesdays, April 7-28

1:00 to 2:00 PM (KS)

\$40 (four sessions) — **LSC2444**

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 Effinger* the instructor at 916-989-8532.



#### \*Folk Guitar for Fun Folks 102 - Intermediate Level

Tuesdays

April 7-28

2:00 to 3:00 PM

(KS)

\$40 (four sessions)

— **LSC2456**

**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 Effinger* the instructor at 916-989-8532.

#### \*Intro to Swing Guitar - Intermediate Level

Wednesdays, April 1-29

8:00 to 9:30 AM (KS)

\$60 (five sessions) — **LSC2383**

Come play swinging guitar chord progressions as a backup for our soloists. These cords are easier than you think, and a lot of fun. 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. Instructor: *Jon Gowin*.

### —Ukulele—



#### \*Beginning Ukulele

Mondays

April 6-27

10:00 to 11:30 AM

(OC)

\$48 (four sessions)

— **LSC2408**

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. Open to new beginner students. Instructor: *Jon Gowin*.

#### \*Intermediate Ukulele

Wednesdays, April 1-29

9:45 to 11:15 AM (KS)

\$60 (five sessions) — **LSC2395**

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 fingerpicking. Instructor: *Jon Gowin*.



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### —Certification—



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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: \$21 per lesson for 2020. Must register prior to class.

## Technology

### —PC—



#### \*Windows 10 Basics

Tuesday & Wednesday  
April 28 & 29  
1:00 to 3:30 PM (OC)  
\$49 (two sessions)  
Handout Fee: \$10  
— **LSC2644**

Start the year right by increasing your Windows 10 skills. Whether you're new to Windows 10 or have used it for a while, this class will give you the confidence to use it more effectively and appreciate its new features. Rita will cover the basics and also how to set up your PC, so it is most optimum for you. If you have a portable PC, bring it to class. Questions? Call instructor *Rita Wronkiewicz* at 916-543-6962.

### —Smart Phone and Smart Books—



#### Apple Watch Essentials

Saturday, March 28  
9:00 AM to Noon (OC)  
\$35 + \$5 paid to the instructor for class materials  
— **LSC2633**

This hands-on workshop will focus on setup and operation of all versions of the

Apple Watch. Emergency and Fall Detection will be covered in detail. Using watch for phone calls, messages, alarms, and timers will be demonstrated with time to practice. The workshop will conclude with the health features of the watch. Preparation: Bring your paired Watch/iPhone each updated with the latest WatchOS and iOS 13 along with the charge cords. If you have questions or difficulty in getting watch and iPhone paired or the latest software installed, contact *Bill Smith* the instructor at [wsmith986@me.com](mailto:wsmith986@me.com) before attending the class.



#### iPhone Basics (iOS 13) Workshop

Tuesday, March 31

— **LSC2638**

9:00 AM to Noon (OC)

\$35 + \$5 paid to instructor for class material.

**Prerequisite:** You must be on iOS 13 and must have an iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max, no older iPhones, please. Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it. If you have any questions, call *Andy Petro* the instructor at 916-474-1544.



#### \*Android Smart Phone Basics

Thursday, April 16

— **LSC2654**

9:00 to Noon (OC)

\$25 + \$10 supply fee payable to instructor.

Are you getting your money's worth from your Cellphone Service? Bring your SmartPhone from any carrier, brand or version. In this class, we focus on the "Phone" part of your SmartPhone. On our large screen display, you will learn how to connect to open WiFi networks, arrange and navigate your screens, make and take phone calls, organize your contacts, so your list works for you, use text messaging, access the internet, take and share photos, and more. While this class is presented for the novice user, more seasoned owners will also benefit from taking this class. Instructor: *Len Carniato*.

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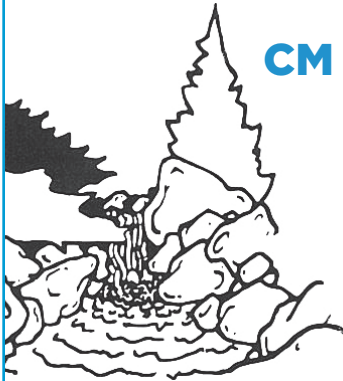
**\*How to Install Android Apps from Google Play Store**

Friday, April 17 — **LSC2660**

9:00 to 11:00 AM (OC)

\$20 plus \$10 payable to instructor.

Your phone is what you make of it, and one of the simplest ways to customize is by downloading apps. There are thousands of apps available and installing new ones is a fairly simple process. In this class, I'll walk you through this step-by-step to ensure you know exactly how to find and download the latest apps to your device. We'll also discuss many of my favorite apps and also how to remove the apps you no longer want. Instructor: *Len Carniato*.



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### Free Orientation: WellFit Staff

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#### Fitness Floor (OC)

- **Wednesday, March 25**  
3:00 to 4:00 PM
- **Thursday, April 9**  
3:00 to 4:00 PM
- **Tuesday, April 14**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Tuesday, March 24**  
4:00 to 5:00 PM
- **Thursday, April 2**  
4:30 to 5:30 PM
- **Wednesday, April 15**  
4:00 to 5:00 PM

## 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 March 17**



### \*Arthritis

Tuesdays, April 7-28  
Wednesdays, April 1-22  
Thursdays, April 2-23  
Fridays, April 3-24

Tuesdays \$36 (four sessions)  
11:00 AM to Noon  
Instructor: **Cynthia Bullwinkel**

Wednesdays \$36 & Fridays \$36 (four sessions)  
10:00 to 11:00 AM, Aerobics Room (OC). Thursdays  
\$36 (four sessions) 11:00 AM to Noon. Instructor:  
**Linda Hunter**.

Arthritis 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

Monday & Tuesday

April 6-7

9:00 to 10:30 AM, meet at the OC Fitness Center

\$45 (two sessions)

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 walking without poles; reduce impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso**.



### Tennis Lessons

Sundays

April 19-May 24

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)

The instructor is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks. Instructor: **Mike Gardetto**.

### RedCross Adult First Aid/CPR/AED

**Coming back in May!**

9:00 to Noon, Oaks Room (OC)

\$20

Come learn skills that can save someone's life. Please wear comfortable clothing as this is a hands-on learning class, and participants must be able to perform the required skills. With the successful demonstration of skills, participants will receive an adult CPR/AED/FA certification. Certifications are good for two years. This class is subsidized by the Lincoln Hills Foundation. Instructor: **Jeann e Pyle**.

## 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.



### \*Hypnotic Journeys – Improve Your Golf Game

Thursdays, April 2-23

10:30 to Noon

Multipurpose

Room (OC)

\$80 (four sessions)

Tune-up your game with Hypnosis for Golf. Join Kelley "FORE" four Tuesdays and improve your game. Instructor: **Kelley Moreno**.

## 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, April 7-28

1:00 to 2:00 PM, Aerobics Room (KS)

\$44 (four sessions)

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 complimentary health system. Instructor: **Peli Fong**.

### \*Tai Chi Qigong L2

Tuesdays, April 7-28

2:00 to 3:00 PM, Aerobics Room (KS)

\$44 (four sessions)

This class is for Tai Chi and Qi-gong students who wish to bring 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. Instructor: *Peli Fong*.

### **New \*Tai Chi Chaun**

Mondays and Wednesdays, April 6-29  
1:00 to 2:00 PM, Aerobics Room (OC)  
\$80 (eight sessions)

The instructor comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for eight years. The Yang 128 long form is “meditation in motion” that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the Yang long-form (128) forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and mindfulness. Loose, comfortable clothing is encouraged. Instructor: *Anney Siegel-Wamsat*.

## **Money Matters**

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

### **Active vs. Passive**

Tuesday, March 24  
10:30 AM to Noon, P-Hall (KS)  
\$5

Bull markets produce many winners, which include both passive and active investors. Passive tends to be associated with buy and hold, whereas active is associated with market timing. Both have pluses and minuses, some of which are nothing to worry about, while others can be detrimental to an investor's success. Come to this informative class to learn which investing style might be most appropriate for you. Instructor: *Russ Abbo*.

### **\*What's a Person to Do With All These Low Interest Rates?**

Tuesday, April 28  
10:30 AM to Noon, P-Hall (KS)  
\$5

Interest rates on savings accounts, CD's, Mortgages are near all-time lows and, contrary to many media commercial spots, will most likely drift lower. Why is this happening, what role does the FED play, and will negative interest rates

come to this country? Furthermore, what are the implications for other investments such as the stock market? Come to this timely class for a view into rates and what to expect as well as why this drop has happened and will most likely continue to do so. Instructor: *Russ Abbo*.

## **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 5 - June 2  
12:30 to 2:00 PM  
Multipurpose Room (OC)  
\$129 (five sessions)

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. Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.

### **NEW!! \*Next Level Nutrition for Re-Start Alumni!**

Tuesdays, May 5 – June 2  
2:30 to 3:45 PM, Multipurpose Room (OC)  
\$129 (five sessions)

This 5-week program offers insight and guidance in answering common health and nutrition questions that have been asked by RESTART® participants. Continue to control your health by giving your body the proper fuel and implementing the lifestyle that you developed during the 21-day sugar detox. Topics will include implementing your new eating habits long-term, the power of intermittent fasting, ketogenic diets, groundbreaking science behind nutrition and disease, and quick and easy cooking ideas. *Prerequisite: Completion of the RESTART® program.* Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.



### **Produce with a Purpose: Spring Cleaning!**

Thursday, March 26  
4:00 to 6:00 PM  
Placer (KS)  
\$45

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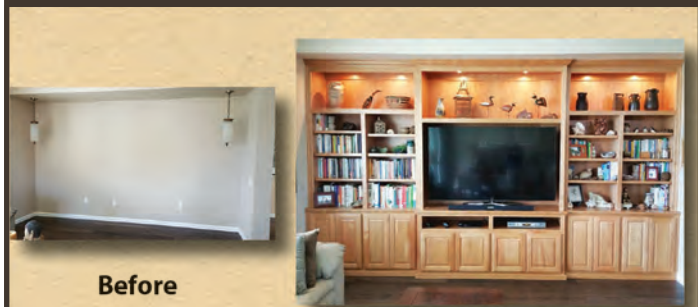


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month: This month we'll explore Spring Cleaning! There are lots of spring fruits, veggies and herbs that clean out our system after a long winter, and that's more enjoyable than spring house cleaning! Let's freshen our insides with light and tasty dishes that are - as always - stupid-easy, madly tasty, and secretly healthy. *Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce!*  
Instructor: **Kerin Gould**.



**\*Produce with a Purpose:  
The Power of Positive Protein!**  
Thursday  
April 23  
4:00 to 6:00 PM  
Placer (KS)  
\$45

Did your doctor tell you to eat more fruit and veggies? Now what? Come to our monthly Produce with a Purpose class to learn the super-powers of delicious fruit and veggies (for resisting cancer, diabetes, heart disease and more), enjoy a cooking demo and tasting, and boost your wellness! This month: The Power of Positive Protein! We will get a better understanding of protein and how to get it from plant sources. *Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce!*  
Instructor: **Kerin Gould**.

## Personal Improvement

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



**\*Beginning Sudoku**  
Tuesday, April 28  
9:00 to 10:30 AM  
P-Hall (KS)  
\$5

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



**New! \*Living with Hand Pain**  
Wednesday  
April 1  
2:30 to 3:30 PM  
Aerobics Room (KS)  
\$20

Learn how to modify your lifestyle to prevent pain, live smart with pain, and reduce pain through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. The instructor **Lisa Kwon** is an occupational Therapist with over 26 years of experience.



**\*Traditional Shotokan Karate**  
Saturdays  
April 4-25  
11:30 AM to 12:30 PM  
Aerobics Room (KS)  
\$20

The instructor is a member of the International San Ten Karate Association and has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit [www.santenkarate.com](http://www.santenkarate.com). Instructor: **Al Trimarchi**.



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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 101 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**

### 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.

**Danielle Merrill**

**Fitness Coordinator**

Danielle.Merrill@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 Merrill. 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. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *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 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 that not all classes are eligible for drop-ins. Please see the descriptions of each class.



### Special Event! Put Some Spring In Your Step

Fridays  
April 3 – May 8  
8:30 to 9:30 AM  
Kilaga Springs  
(KS)

\$120 (six sessions)

This small group training class starts with an indoor

warm-up then does outdoor walking and interval training. It ends with the right stretches. A great class to take if you are thinking about doing a 5k. Participating in this class gets you \$5 off for the May 2020 PACE Race sign-ups! Let's Promote Ageless Commitment to Exercise and see how great it feels. Lincolnpacrace.org. Instructor: *Milly Nuñez*.

### SGT—Parkinson's Indoor Cycling

Wednesdays, April 1- 29

12:30 to 1:30 PM, Aerobics Room (KS)

\$85 (five sessions)

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. Instructor: *Milly Nuñez*.



### SGT—Rock Steady Boxing

Thursdays

April 2-30

1:30 to 2:30 PM

Aerobics Room (KS)

\$70 (four sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with

Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

### SGT—Rock Steady Boxing

Fridays, April 3-24

1:30 to 2:30 PM, Aerobics Room (KS)

\$70 (four sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

### SGT—ParkinsonStrong Combo

Fridays, April 3-24

12:30 to 1:30 PM, Aerobics Room (KS)

\$70 (four 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. 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. Instructor: *Milly Nuñez*.



### Golf Conditioning L2/3

Mondays

April 6-27

2:30 to 3:30 PM

Aerobics Room  
(KS)

\$70 (four sessions)

Looking to improve your performance on the course? Take this

class for these key components: power, core strength, balance, coordination, injury prevention, rotation, and flexibility. Instructor: *Max Alcantar*.

**SGT—Therapeutic Water Exercise L1**

Fridays, April 3-24

12:30 to 1:30 PM, Indoor Pool (OC)

\$70 (four sessions)

Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Max Alcantar*.

**SGT—Fit 101 at Kilaga Springs L1**

Mondays &amp; Wednesdays, April 6-29

10:30 to 11:30 AM, Fitness floor (KS)

\$135 (eight sessions)

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. Instructor: *Max Alcantar*.

**SGT—Fit 101 at Orchard Creek L1**Tuesdays & Thursdays  
April 7-30Noon to 1:00 PM  
Fitness floor (OC)

\$135 (eight sessions)

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. Instructor: *Torin Garza*.

**SGT—“Fun”ctional Fitness L3**Tuesdays & Thursdays  
April 2-30  
Noon to 1:00 PM, Aerobics Room (KS)  
\$135 (eight sessions; no class April 7)

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. Instructor: *Deanne Griffin*.

**SGT—Progressive Bootcamp L2/3**Mondays & Wednesdays  
April 1-29  
4:00 to 5:00 PM  
Aerobics Room (KS)  
\$150 (nine sessions)

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. Instructors: *Danielle Merrill and Max Alcantar*. Both trainers every hour!

**SGT—Morning Burst Group Training L2**

Mondays &amp; Wednesdays, April 1-29

7:15 to 8:15 AM, Aerobics Room (KS)

\$150 (nine sessions)

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. Instructor: *Milly Nuñez*.

### SGT—Posture, Core and Balance L1/2

Wednesdays & Fridays, April 15-May 1  
11:30 AM to 12:30 PM, Aerobics Room (KS)  
\$105 (six sessions)

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. Instructor: *Renae Schmidt*.

### SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays, April 1-29  
11:30 AM to 12:30 PM, Aerobics Room (KS)  
\$150 (nine sessions)

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. Instructors: *Danielle Merrill & Max Alcantar*.

### SGT—Balance & Fall Prevention L1

Mondays and Wednesdays, April 1-29  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$120 (seven sessions; no class April 13 & 15)

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. Instructor: *Danielle Merrill*.

### SGT—Balance & Fall Prevention L2

Tuesdays and Thursdays, April 2-30  
3:00 to 4:00 PM, Aerobics Room (KS)  
\$120 (seven sessions; no class April 14 & 16)

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 a stretch on their own right after class, using warm-up and stretches taught in the L1 class. Instructor: *Danielle Merrill*.

## Punch Pass and Fast Class

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 98-101 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 and all passes expire one year after purchase.

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 April 1-30, 2020

|   | Monday                                  | Tuesday  | Wednesday                               | Thursday                             | Friday                          | Saturday                                | Sunday                                       |
|---|---|--|---|--------------------------------------|---------------------------------|---|--|
|   | OC                                      | OC   | OC                                      | OC                                   | OC                              | OC                                      | OC   |
| 7:00  | Stretch for EveryBODY L1/3 - Renae      |  | Stretch for EveryBODY L1/3 - Renae      |                                      |                                 |   |  |
| 8:00  | Strictly Strength L3 - Katie            | Intermediate Step L3 - Kim                       | Strictly Strength L3 - Katie            | Intermediate Step L3 - Kim           | Barre L2/3 - Gretchen           |   |  |
| 9:00  | Zumba L3 - Summer                       | Core & Strength L2 - Kim                         | Zumba L3 - Summer                       | Core & Strength L2 - Kim             | 20/20/20 L2/3 - Gretchen        | Yoga Basics L1 - Amy/Sara               |  |
| 10:00   | Slow Flow Yoga L2/3 - Katie             | Yoga Flow L2 - Ashley                            | Arthritis L1/2 - Linda                  | Yoga Flow L2 - Amy                   | Arthritis L1/2 - Linda          | Yin Yoga L2 - Sara                      |  |
| 11:00   | Mat Pilates - Sarah                     | Arthritis L2 - Cynthia                           | Piloga L2 - Lola                        | Arthritis L2 - Linda                 | Piloga L2 - Lola                |   | All Sunday classes have been moved to KiLaga |
| 12:00   | Strong & Stable L1 - Cynthia            | Chair Yoga L1 - Sara                             | Posture, Core & Balance - Renae         | Yoga Stretch L1 - Julie              | Posture, Core & Balance - Renae | New time! Chair with Flair L1 - Aundrea |  |
| 1:00  | Tai Chi L1/2 - Anney                    | Yin Yoga L1 - Iram                               | Tai Chi L1/2 - Anney                    | Chair with Flair L1 - Julie          | Basic Chair L1 - Maria/Beth     |   |  |
| 2:00  | Balance & Fall Prevention L1 - Danielle | iRest Meditation L1 - Iram                       | Balance & Fall Prevention L1 - Danielle |                                      |                                 |   |  |
| 3:00  | Healthy Living Exercise L1/2 - Milly    | Healthy Living Exercise L1/2 - Milly             | TBA                                     | Healthy Living Exercise L1/2 - Julie | Activities                      | SCLH Booking                            |  |
| 4:00  | TBA                                     | Activities                                       | Try It Our! FREE! Yin Yoga L1-3 - Sara  |                                      |                                 |   |  |
| 5:00  | TBA                                     |  |   | Activities                           |                                 |   |  |
| 5:30  |   |  |   |                                      |                                 |   |  |
| 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 April 1-30, 2020

|  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday                                 | Saturday   | Sunday                             |
|--|--|---|--|---|--|--|------------------------------------|
|  | KS   | KS  | KS   | KS  | KS                                     | KS   | KS                                 |
| 7:15   | 7:15am<br>SGT - Morning Bootcamp L2 - Milly      |   | 7:15am<br>SGT - Morning Bootcamp L2 - Milly      |   |  |  |                                    |
| 7:30   |  | Mixed Level Cycle L2/3 - Deanne                         |  | Mixed Level Cycle L2/3 - Helena                         | SGT - TIGER TRX Cap2 - TBA             |  |                                    |
| 8:30   | 45 min<br>Cycle & Strength L2 - Gretchen         | Zumba Gold L2 - Joanie                                  | 45 min<br>Cycle & Strength L2 - Jeannette        | Zumba L2/3 - Sharon                                     | Zumba Gold L2 - Joanie                 | 45 min<br>Cycle & Strength L2 - Helena               | 9:00am<br>Cardio Strength L3 - Kim |
| 9:00   |  |   |  |   |  |  | 10:00am<br>Zumba L3 - Carrie       |
| 9:30   | Cardio Strength L3 - Gretchen                    | Strictly Strength L2 - Lisa                             | Cardio Strength L3 - Katie                       | Strictly Strength L2 - Linda                            | Cardio Strength L3 - Katie             | Strictly Strength L2 - Helena                        |                                    |
| 10:30  | Roll & Release L2 - Delphine                     | Piloga Flow L2 - Julie M                                | Strength & Flexibility L2 - Gretchen             | Piloga Flow L2 - Cynthia                                | Yo-Chi L1/2 - Katie                    | New Time!<br>Yoga Stretch L1 - Aundrea               |                                    |
| 11:30  | SGT - Posture, Core & Balance L1/2 - Danielle    |   | SGT - Posture, Core & Balance L1/2 - Danielle    |   | Waidan Gong L1 - Joan                  | New location<br>11:30am<br>Shotokan Karate L1/2 - Al |                                    |
| 12:30  |  | SGT - Functional Fit L3 - Deanne                        |  | SGT - Functional Fit L3 - Deanne                        |  |  |                                    |
| 1:00   |  | 1:00pm<br>Tai Chi L1 - Pell                             |  |   | SGT - Parkinsonstrong Combo L1 - Milly |  |                                    |
| 1:30   | Yoga Basics L1 - Amy                             | 2:00pm<br>Tai Chi L2 - Pell                             | Yoga Basics L1 - Lesley                          | SGT - Rock Steady Boxing Milly                          | SGT - Rock Steady Boxing Milly         |  |                                    |
| 2:30   | New!<br>SGT-Golf Conditioning L2-3 Max           | 3:00pm<br>SGT - Balance & Fall Prevention L2 - Danielle | New!<br>Living With Hand Pain- Lisa K.           | 3:00pm<br>SGT - Balance & Fall Prevention L2 - Danielle |  |  |                                    |
| 4:00   | SGT - Progressive Bootcamp L2/3 - Danielle & Max | Yoga for Osteo L1 - Julie                               | SGT - Progressive Bootcamp L2/3 - Danielle & Max | Yoga for Osteo L1 - Julie                               | SCLH Booking                           |  |                                    |
| 5:00   |  | 30min Cycle L1 - Danielle                               |  | 30min Cycle L1 - Jeannette                              |  |  |                                    |
| 5:30   |  | TRX Circuit - Torin                                     |  | TRX Circuit - Torin                                     |  |  |                                    |
| 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 April 1-30, 2020

|  | Monday  | Tuesday                                | Wednesday   | Thursday                               | Friday  | Saturday  | Sunday    |
|--|---|--|---|--|---|-----------|-----------|
| 7:30   | Water Works L2/3-<br><i>Helena</i>                | OC                                     | Water Works L2- <i>Jiji</i>                       | OC                                     | Water Works L2/3-<br><i>Danielle</i>                          | OC        | OC        |
| 8:30   | Aqua Fitness L2/3-<br><i>Helena</i>               |  | Aqua Fitness L2-<br><i>Marla</i>                  |  | Aqua Fitness L2/3 - <i>Jiji</i>                               |           |           |
| 9:30   | Deep Water Fitness<br>L3- <i>Helena</i>           | Aqua Intervals L2/3 -<br><i>Deanne</i> | Deep Water Fitness<br>L3- <i>Renee</i>            | Aqua Intervals L2/3 -<br><i>Deanne</i> | Deep Water Fitness<br>L3- <i>Lisa</i>                         |           |           |
| 10:30  | Aqua Intervals L2/3-<br><i>Sharon</i>             | Aqua Intervals L2/3 -<br><i>Deanne</i> | Making Waves L2-<br><i>Marla</i>                  | Aqua Intervals L2/3 -<br><i>Deanne</i> | Aqua Intervals L2/3-<br><i>Lisa</i>                           |           |           |
| 11:30  | (11:30am-12:15pm)<br>AF Aqua L1- <i>Sharon</i>    |  | (11:30am-12:15pm)<br>AF Aqua L1- <i>Marla</i>     |  | (11:30am-12:15pm)<br>AF Aqua L1- <i>Marla</i>                 |           |           |
| 12:30  | <b>Class Cancelled</b><br>TBA                     |  |   |  | SGT - Therapeutic Water<br>Exercise L1<br><i>Max Alcantar</i> |           |           |
| 2:00   | Kids Swim   | Kids Swim                              | Kids Swim   | Kids Swim                              | Kids Swim   | Kids Swim | Kids Swim |
| 4:00   |   |  |   |  |   |           |           |
| 5:00   | Total Body<br>Conditioning L3<br><i>Jeannette</i> |  | Total Body<br>Conditioning L3<br><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 April 1-30, 2020

|       | Monday  | Tuesday                             | Wednesday                           | Thursday                            | Friday                           | Saturday   | Sunday |
|-------|---|-------------------------------------|-------------------------------------|-------------------------------------|----------------------------------|--|--------|
| 7:30  | Reformer L1- L2 -<br>Cynthia                        |                                     |                                     |                                     | Mixed Equipment<br>L1-L2 - Sarah |  |        |
| 8:30  | Ref Basics + L1-L2 -<br>Sarah                       | Mixed Equipment<br>L1-L2<br>Cynthia | Ref Basics L1 -<br>Cynthia          | Mixed Equipment<br>L1-L2 - Julie    | Ref Basics + L1-L2 -<br>Sarah    | <b>New!</b><br>Playing with Props L1-<br>L2 Delphine |        |
| 9:30  | Mixed Equipment<br>L1- L2 - Sarah                   | Ref Basics + L1-L2 -<br>Julie       | Ref Basics + L1-L2 -<br>Delphine    | Ref Basics L1 - Julie               | Ref L1-L2 -<br>Sarah             | Mixed Equipment L1-<br>L2 - Delphine                 |        |
| 10:30 | Pilates Bootcamp<br>L2 - Valerie                    |                                     |                                     | Mixed Equipment<br>L1-L2 - Julie    | Ref Basics + L1-L2 -<br>Sarah    | Ref Basics L1-L2<br>Delphine                         |        |
| 11:30 |   | Ref Basics + L1-L2 -<br>Julie       |                                     | Cardio Jump & Core<br>L2 - Gretchen | Ref L1-L2 -<br>Valerie           |  |        |
| 12:00 |   |                                     | Cardio Jump & Core<br>L2 - Gretchen | Cardio Jump & Core<br>L2 - Gretchen |                                  |  |        |
| 5:30  | Bowenworks Sessions - Contact for<br>Appt. 625-4034 |                                     |                                     |                                     |                                  |  |        |

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.

Orchard Creek Lodge .....965 Orchard Creek Lane  
Main Phone: 916-625-4000  
Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
Main Phone: 916-408-4013  
Resident Website .....SCLHResidents.com  
Public Website .....SunCity-LincolnHills.org  
Help Desk .....Help.Desk@sclhca.com

**HOURS**

|  |   |
|--|---|
| <b>Lodges (OC/KS)</b><br>Mon–Sat: 8:00 AM–9:00 PM<br>Sunday: 8:00 AM–5:00 PM   | <b>Meridians Restaurant</b><br>Sun–Thu: 7:00 AM–8:00 PM<br>Fri–Sat: 7:00 AM–9:00 PM<br>Sports Bar: 11:00 AM–8:00 PM<br>Delivery: 1:00–7:00 PM |
| <b>Administration/Membership</b><br>Mon–Fri: 8:30 AM–5:00 PM<br>First Sat: 8:00 AM–NOON                              | <b>Kilaga Cafe</b><br>Mon–Sat: 6:00 AM–4:30 PM<br>Sunday: 7:30 AM–3:30 PM   |
| <b>Lifestyle Desks (OC/KS)</b><br>Mon–Sat: 8:00 AM–8:00 PM<br>Sunday: 8:00 AM–4:00 PM                                | <b>Catering Office</b><br>Tue–Sat: 9:00 AM–5:00 PM  |
| <b>WellFit (OC/KS)</b><br>Mon–Fri: 5:30 AM–8:30 PM<br>Sat–Sun (oc): 7:00 AM–8:00 PM<br>Sat–Sun (KS): 5:30 AM–6:00 PM | <b>The Spa at Kilaga Springs</b><br>Mon–Fri: 9:00 AM–6:00 PM<br>Saturday: 9:00 AM–5:00 PM   |

**ADMINISTRATION**

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**THE SPA AT KILAGA SPRINGS**

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**FOOD & BEVERAGE**

**Meridians Restaurant**..... MeridiansRestaurant.com  
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Neighborhood Watch .....SCLHWatch.org  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org  
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