

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 United We Stand

17 Get a Grip

Calendar of Events

May 15 - June 30

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Upcoming Association Meetings: May 15 – June 30

Listening Post	Wednesday, May 20, 9:30 AM
Finance Committee Meeting	Thursday, May 21, 9:00 AM
Board of Directors Meeting	Thursday, May 28, 9:00 AM
Board of Directors Executive Session	Thursday, May 28, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, June 2, 9:30 AM
Compliance Committee Meeting	Wednesday, June 3, 9:00 AM
Properties Committee Meeting	Thursday, June 4, 9:00 AM
Elections Committee Meeting	Friday, June 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, June 8, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, June 9, 10:00 AM
Listening Post	Wednesday, June 17, 9:30 AM
Finance Committee Meeting	Wednesday, June 18, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, June 22, 9:00 AM
Board of Directors Meeting	Thursday, June 25, 9:00 AM
Board of Directors Executive Session	Thursday, June 25, 11:30 AM

Meetings subject to change and may be a Zoom meeting.

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

Committee Openings

Below are Committees that need your volunteer time and expertise.

Committees with openings include:

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

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



Board of Directors' Report

Don Negus, Vice-President

As Vice President of your Board of Directors, I am pleased to have this opportunity to address all of you. First, I would like to commend our residents and staff for their diligence in following the COVID-19 directives. It hasn't been easy, but we all have pulled together for the greater good. As the "Shelter in Place" situation continues, we see our neighbors abiding by the new rules and, at the same time, stretching their imaginations and creativity. People are painting kitchens, cleaning closets, reacquainting with their gardens, sewing masks and gowns, perfecting artisan bread making, playing Bridge online, even attending virtual cocktail parties in the "Zoom" room. Lincoln Hills is a shining example of just how resilient we Americans are.

Right now, your new Board of Directors is learning to function together under very unusual circumstances. Our goal is always to achieve what is best for the community.

The decisions to close facilities and curtail activities were not easy to make, but they were necessary and have served us well. President Alice Crawford led the way, and the spirit of cooperation and dedication was a beautiful thing to see.

A well-functioning HOA Board discusses a wide range of resident-centered topics - from increased

security to improved oversight of budgets and spending, from ADA requirements to wetlands access. I applaud President Crawford for running an open meeting, where each director is welcome to add his/her agenda item(s) to any agenda. We discuss, and debate in an atmosphere impeded only by time and the occasional Zoom malfunction.

As for myself, I am enjoying the chance to use my career and life experiences to assist our Executive Director and Facilities Manager with their many construction and maintenance projects. Together we have saved many thousands of dollars by researching products, evaluating equipment, and ensuring proper bidding practices. Good quality and realistic prices are key to controlling costs and stabilizing our dues. The new roof installation at Orchard Creek Lodge is a great example. We got the best product for the best price because we researched materials and vetted contractors, eventually deciding on "supervised" installation of a silicon product to ensure quality, price, longevity, and maximum warranty. The expansion of the Needle Arts room is on my radar at the moment. We are working together to achieve the best possible outcome.

Thanks for your patience and support during these trying times; it is my great pleasure to represent you.



Memorial Day Holiday Hours

MONDAY, MAY 25

Administration & Membership – Closed | Spa at Kilaga Springs – Closed | WellFit OC/KS – 5:30 AM - 5:00 PM
Normal business hours for lodges and restaurant operations.



From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the May edition of the *Compass Magazine*! Let's hope by the time you read this, we are on the path to getting back to normal. The COVID-19 pandemic has provided challenges for everyone on a global scale, and it has certainly provided challenges for us here in Lincoln. We are proud to report that in typical fashion, our staff and our community has found ways to step up and bring some positives into what has been a dismal situation.

We reached out to our community to help support local food banks, and you met the challenge and then some. We were hoping we could get two cans of food from 5,000 homes, 10,000 cans of food in total. I'm happy to report that we met that goal easily, and you made such a difference for those in the Lincoln area who were in need.

From a staff standpoint, the challenges have been magnified because of the changes that have taken place (particularly in the first two weeks of March) on an almost daily basis. It takes creativity, passion, and a sincere desire to serve the community in order to create conditions that best serve our residents. ENews information and updates

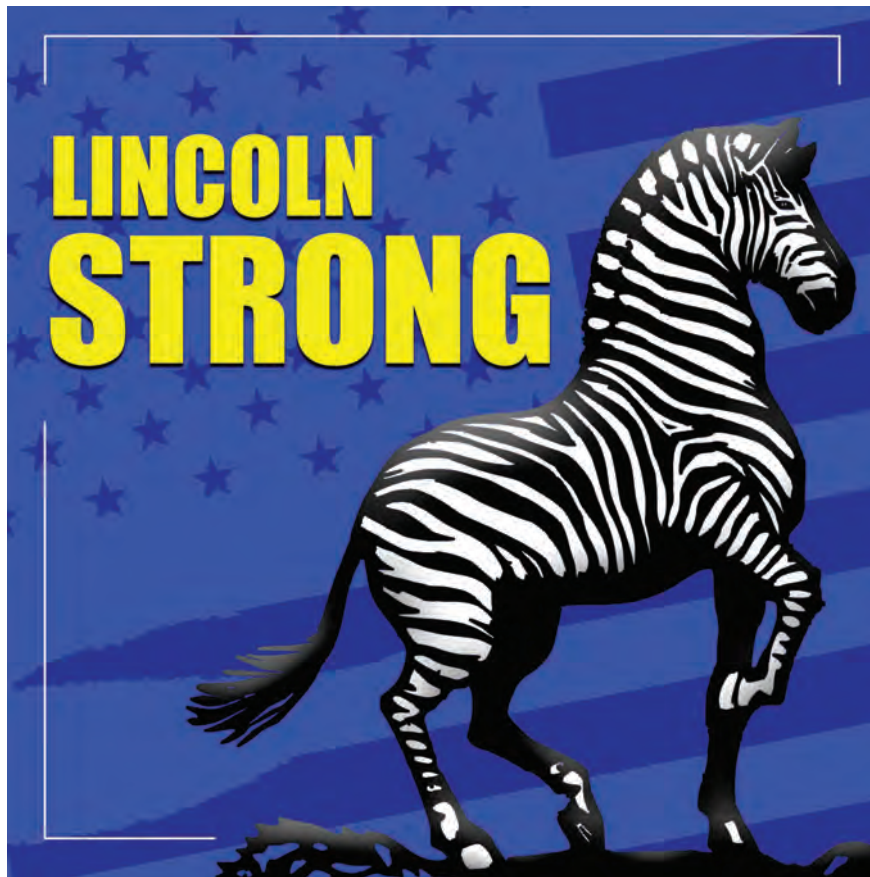
have provided our residents with news they need to know. WellFit trainers and Lifestyle staff have come up with ways for you to spend your time while we are under the shelter in place restrictions. Our Food & Beverage Department stepped up to serve the community, and our Facilities Department made sure that things are maintained – all have contributed positively to the effort to take care of our residents during this pandemic.

The COVID-19 pandemic has been tough.

No one enjoys having to furlough staff. We have 250 people on our roster, and we value all of them. No one enjoys closing facilities and discontinuing the services we provide. But we will come out of this, and like any challenge, our focus is on the opportunities presented: opportunities to find new ways of doing things, opportunities to look at things in a different light,

opportunities to demonstrate that we are up to the challenges we are handed and opportunities to be better tomorrow than we are today.

We will get through this because of what we value – our people, our community, and the humble pride of living and working in such a great place. Stay safe!





Finance Committee Lifestyle Leads the Way

Stuart Gallant

As this article is being written in mid-April, the world is in the midst of the most serious health-care crisis most of us have ever witnessed. The financial impact hits home on a personal level and further impacts our wonderful community even more so. Virtually every “normal” activity to which we have been accustomed prior to the outbreak has been canceled.

The epidemic has especially hard hit our Lifestyle Department, which staffs, coordinates, and manages almost every event held here in Lincoln Hills. Early March, while facilities were still open, a few shows and trips were held, so the March financial results are reasonable. However, since March 13, Lavina Samoy, our Lifestyle Manager, and staff are working from home. All of the Lifestyle monitors have been furloughed, and the Entertainment and Room Coordinators have been working at home, significantly reducing department expenses for March. Despite these troubling times, our Lifestyle Department has maintained their net income to within about \$13K of their March budget, although revenue was down by over \$85K.

Likewise, revenue for events is nearly zero, due to cancellations plus refunds provided to residents. From March through August, 4 extended travel and

day trips have been canceled as well as Tap, Dance, Chorus and Player’s shows and the Egg Hunt. Furthermore, 50 classes have been canceled for March and April, and most of the shows held in the OC Ballroom or KS Presentation Hall have been re-booked into October. Refunds totaling \$158,000 were issued to residents, another \$15,000 is anticipated. If the San Francisco overnight and Las Vegas trips are re-scheduled, a recovery of about \$86,000 is possible. The Sierra Winter Train trip may be held in December; the Yosemite trip is canceled.

There are numerous considerations going forward which impact every Lifestyle activity. Room capacities need to be adjusted per government and CDC guidelines, reducing participants but likewise reducing revenue. Will instructors be willing to travel (if necessary) and have fewer participants? Artists may likely have to be changed. How can or will bus trips be organized or even local carpools? How can a Summer Concert Series be held – and when? (Financially, SCLH has not committed to any contracts yet for these events). Can the Parking Lot Sale and Pet Fair be held in the fall? How?

These are clearly challenging times, but we all look forward to the ultimate resumption of our unique and wonderful Lifestyle activities!



Architectural Review Committee What a Year This Has Been

Carole Dummett, Chair

The COVID-19 virus put the ARC applications on hold and eliminated ARC regular meetings, site visits, and compliance reviews.

This article is being written the middle of April so hopefully by the time you read this many issues will have already been resolved.

A few ARC members met during the shutdown or corresponded through email to accommodate homeowners with basic applications primarily being exterior paint projects. Our staff has also been working part-time to accommodate the residents under limited conditions.

All paint palettes are on the SCLH Website along with the Paint Application. This information can be found under Resources-Community Standards-ARC. If you are unable to print the application, email tonya.benitez@sclhca.com so she can email it to you. On another note, if you are repainting your fence, please use Sanderling SW7513. This is the updated color.

Another paint source is the Sherwin Williams website – go to Homeowners Association Color Archive /CA and then SCLH. You will find all palettes except

for the shutter/front door colors. The Sherwin William store on Pacific Street in Rocklin is currently open until 4:30 PM daily and able to provide color chips with curbside delivery.

We know this is an inconvenience for all of us, but please DO NOT proceed and have landscape or other exterior improvements installed without ARC approval. This can result in costly mistakes. If you have time constraints with your project and have submitted a complete application to Community Standards, please send an email to arc@sclhca.com or tonya.benitez@sclhca.com so we can attempt to review your application in a timely manner.

A few changes to the ARC members: Peter Nelesen, our Vice-Chair, resigned from this committee due to health issues. Thank you, Peter, for your service and dedication to this committee, we will miss you. George Beshak is our new Vice-Chair, another great person who brings so much to the ARC. This committee is so fortunate to have many qualified members, but we now have four openings, so please apply and join us.



Communications & Community Relations Committee

The Importance of Communication Became Apparent

Kent Noard, Chair

These past couple of months have been difficult for many of the residents in our community. Knowing what was happening in Lincoln Hills and the surrounding area became not just interesting, but vital. As anticipated, the staff in the Communications Department, Jeff Caponera, Theresa Renken, David Ortiz, and Tim Rusher rose to the challenge. They went above and beyond to keep the residents informed with not only Association news but links to the city, county, state, and federal services that were available. They are all to be commended for the excellent work that was done, especially during this challenging time.

It should have become apparent to you that the best way to communicate with you is through eNews. Even with our efforts to increase the number of residents connected in this way, there are still some of you who were not and, as a result, were not kept

apprised of community and Association events. In our continuing attempt, if you are not signed up for eNews, please take some time to do so. If you know someone that has let you know that they didn't receive any news (because they are not signed up for eNews), cut out this article and give it to them so they can sign up. Information on how to sign up for eNews is included at the end of this article.

The committee is committed to working closely with the Board of Directors and staff to improve the two-way communication with residents. I am pleased to announce that we will be adding up to three new members to the committee in the coming months. But there is still room for others who would like to join us. If you are interested in participating in the communication process and the community relations programs that are currently in place, please submit an application to join us in this vital work.



SIGN UP FOR ENEWS

- Open up the camera on your phone.
- Scan the QR code.
- This will redirect you to the resident website sign up for eNews page. (login may be required)



SUN CITY
LINCOLN HILLS
Communications
Department

Communications Corner

Comprehensive Communication and Creative Connection Amidst COVID-19

These are strange times.

Celebrity chefs are live-streaming cooking demos from their kitchens. Musicians are recording concerts in their living rooms. Jimmy Fallon is even filming Late Night from his home with the help of his wife and two elementary-aged daughters.

As social distancing becomes our new normal, how we stay informed and keep entertained is evolving day by day. Finding ways to communicate and connect is more important now than ever before.

The Communications Department is doing all it can to support the Association as a whole and you, our residents, throughout these strange times.

In the days leading up to the shutdown, we made sure essential staff members had the ability to work from home, allowing them to stay safe while balancing the checkbooks, rescheduling events, and processing ARC applications. With our help, the Finance Committee and Board of Directors have been able to hold meetings virtually in order to keep working for you.

Communications coming out of Meridians have

increased as Chef MJ does his best to keep your taste buds excited at home by offering up daily specials. We even created a way for you to order meat and seafood online in partnership with Meridians' suppliers.

We have expanded the scope of eNews to include important public health information from Placer County, the CDC, and other trusted sources. We have provided curated lists of ways you can stay informed and keep yourself entertained from the comfort of your home. The popular "Storyteller's Corner" has provided a creative outlet to many residents and great reading material for others.

And NOTHING, not even a worldwide pandemic, can stop us from publishing the *Compass*!

Until things get back to "normal," birthday parties and family get-togethers can still happen through Zoom or FaceTime, museums around the world have opened their collections to virtual visitors, and, if nothing else, there has never been a better time to binge watch all nine seasons of Seinfeld on Hulu!

These truly are strange times. But we will get through them together.

Let us serve you with a view

Meridians
Restaurant & Bar

There are New Times Within a New Meridians

Food & Beverage Team

Currently, we are looking into our future, and some changes are coming to Meridians and Kilaga Springs Café. During the past month, we have had the opportunity to try specials that may have been out of the wheelhouse, but well received. We are taking that same fresh approach to the new Meridians' menu as well.

This is a perfect time to showcase some new items (and bring back old favorites). We will continue to change up our specials, and show off some new dessert options as well. Drop by to see what's new. Each week we have Daily Themes, however starting back, we will have Prime Rib Sundays, Dancing on Tuesdays, Trivia still on Thursdays, and weekend live music. However, we are adding a new Whiskey Flight Tasting on Wednesdays, allowing our residents to taste and compare Whiskeys from Scotland to the Land of Kentucky, all the way to Japan.

Also, I would like to thank everyone who is/has participated in our Curbside program and To Go Program. We will be adding these options to our regular menu as well. Delivery and Curbside pick up will be available from 11:30 AM to 2:00 PM and 4:30 to 7:00 PM. Our limited menus will be available online at meridiansrestaurant.com as well as printed versions at our hostess station. It was a pleasure to assist all of our residents who needed the added help, as well as the partnership we had with our meat vendors Del Monte Meats and Ports Seafood. Once we can get our feet planted, we will be adding more Pop Up events (much like the Tequila and Tacos in March), Wine Dinners, and Beer Pairing Dinners. There will be more fun in the future. The weather is clearing, the birds are chirping, and we are ready to start parties on the Terrace as well.

So keep an eye out to see what adventures we will be bringing. I thank you all again from our F&B Staff to you and your family. We hope all of you stay safe, and see us when you are ready.

Chef's Recipe of the Month:

Spring Veggie Pasta

Ingredients

- 1 lb. penne pasta
- 1 lb. thin asparagus, trimmed and cut into 2" pieces at an angle
- 1/2 lb. fresh green peas
- 1 red bell pepper, small dice
- 3 tbsp. extra-virgin olive oil, divided
- 1 med. onion, diced
- 2 cloves garlic, thinly sliced
- 1/2 c. heavy cream
- 1 c. dry white wine, such as Sauvignon Blanc
- 1 lemon, zested and juiced
- 1 tsp. kosher salt
- 1/2 c. freshly grated Asiago or Romano Cheese, plus more for serving
- 1/2 tsp. freshly ground black pepper, plus more for serving
- 1/4 c. fresh parsley, finely chopped
- 1/2 tsp. crushed red pepper flakes

Instructions

Bring a large pot of salted water to a boil. Add penne and cook according to package directions, until al dente. Reserve 1/2 cup pasta water, then drain. Set aside. Meanwhile, in a large skillet over medium-high heat, heat 1 tablespoon oil. Cook asparagus until tender, then season with a pinch of salt. Transfer to a plate and set aside. Heat remaining 2 tablespoons oil over medium heat. Cook onions, garlic, bell pepper, and peas until onions are caramelized, about 10-15 minutes. Add white wine, cream, lemon juice, and zest. Bring mixture to a boil, then simmer for 5 minutes. Add in salt, Parmesan, and black pepper. Reduce heat to low and mix until well combined. Turn off heat and mix in pasta, asparagus, and parsley until well coated. Add small amounts of pasta water until you reach desired consistency. Serve with more grated Parmesan, cracked black pepper, and red pepper flakes.





Lifestyle News & Happenings

COVID19: How It May Continue to Affect Lifestyle

Lavina Samoy, Lifestyle Manager

As I write this article, we are into our "lockdown," with the lodges closed and activities canceled or postponed.

For the last month, it's been a whirlwind of contacting vendors, performers, renters, and business partners to determine the fate of our events, whether they are canceled or postponed to future dates. We were busy processing refunds for canceled events to our patrons and working to rebook postponed events and trips.

We worked on 6' distancing scenarios on how it would affect the meeting rooms for our classes, shows, trips, and Clubs. We worked on the safety measures to keep our front desk staff safe and ready to serve you when we open.

With our fiduciary responsibility to the Association, Lifestyle is tasked to find a balance between offering activities that follow recommended guidelines and keeping commitments to our business partners, while ensuring positive financial results.

What does this mean? For Entertainment, we might have to increase the pricing on future shows. We might shorten the length of performance to offer two shows to make pricing work and contracts

fulfilled. We will have to change the seating format for all our venues. As a last resort, we might have to cancel shows.

For Classes, we anticipate smaller number of students in classes. With Instructors being Independent Contractors, they decide whether to accept smaller class enrollments. A possible increase in class fees might happen. Depending on their health and nature of their class, some instructors have decided to delay their instruction until July.

Trips remain to be a bigger question – whether leisure excursions and travels will be allowed. At this point, all venues and places in California continue to be closed and just like us, waiting to find out what is in store when the lockdown is lifted. Scheduled trips could change depending on bus capacity and venue or event status.

Clubs and Group meetings will have smaller meetings based on updated room capacity.

Lifestyle is challenged to rethink our programs and discover ways to bring activities that would continue to provide an enjoyable experience while practicing safety in a community setting.

But as my mom practiced and taught me, despite all circumstances, joy is a choice we make! That is her secret to keeping happy at 91!



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The Spa at Kilaga Springs Renew, Restore

Trudy Smith, Spa Manager

It's May, it is warming up, and we are recovering from our quarantine. The Spa has all your restorative products and services you need. Our hands are dry and cracked from constant washing, and we can remedy that with a variety of products from our retail boutique. We can do add on services such as paraffin for hands and feet to replenish and heal the skin. We have CBD to help with unsettled feelings, aches and pains, and sleeplessness. Sonoma Lavender neck wraps, booties, eye masks, and weighted blankets all deliver soothing calm.

For services, in addition to our featured Citrus specials, a massage with Aromatherapy or CBD is just what the doctor ordered after the uncertainty of the last few months.

The Spa has always had very stringent sanitizing and disinfecting practices in place. To enhance those practices and ensure our guests and staff safety, we will wear masks and gloves for all services. The check-in and check out process will practice distancing as well as our locations for waiting areas for services.

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 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.

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.





WellFit News

Reflecting on Changing Times

Deborah McIlvain, Lifestyle, WellFit & Spa Director

I hope when you read this that we are back open and you have been able to enjoy the fitness facilities, pools and our beautiful weather. This article is a difficult one to write, as I'm sitting at my kitchen table thinking about all of you and how much I miss everyone. I decided this article should be about reflecting on what I/we have learned from such changing times. First, the things I miss most, having that one person saying to me how I have made their day, how much they enjoyed their class, or even when someone is not so happy with something, I have the opportunity to change that. Now that makes my day! I have learned how important a roll of toilet paper is (ha ha), never to take things for granted, how much I value the people I work with, and the tribe I belong too and that life is tough, but Lincoln Hills Community is tougher! I have enjoyed keeping connected with staff and residents through Zoom, and seeing the great pictures people are sharing of their day, it is reassuring to know

we are not alone, and we are all in this together. With that said, if you have found it challenging to work out during this time we have been closed, or maybe all this downtime has motivated you to get out and walk more, and now you're ready for even more. Don't lose the momentum, and don't hesitate to contact us at Deborah.mcilvain@sclhca.com or Jeannette Pyle at Jeannette.pyle@sclhca.com as we are here to help and guide you!

As we move through May and June, we are thinking optimistic and still planning on fun events through the year in WellFit, so stay tuned. One of our newest programs we are offering is called MyZone, the Myzone program connects you with others in class and also outside of classes. It can challenge and push you in your workouts and allows you to be part of a WellFit community. One of the comments we received was, "I thought I was working out hard but realized that I could do more." For more information, see our ad on page 78.





LINCOLN HILLS STRONG

**WE'LL GET THROUGH THIS
TOGETHER**



SUN CITY
LINCOLN HILLS



United We Stand

Richard Pearl, Roving Reporter

In our active adult community – where the average age is 75 – we’re used to change...within our family, to our friends, to our neighbors. It’s not unexpected, and we work through it. We meet, hug, and kiss, and this helps us get through the crisis.



We’ve also experienced dramatic occurrences in and to our country, sometimes man-made, other times due to nature. Again, we meet, hug, and kiss, and this helps us get through the crisis.

The dislocation of our entire society caused by COVID-19, however, is altogether different in both form and context. As this is being written in mid-April, we don’t know if we are at the beginning of the end, or the end of the beginning. It’s all a moving target, and it’s very disconcerting. It’s scary, especially for us in our age bracket. How and when it will end is anyone’s guess, and the toll in lives and treasure is still to be counted.

The good news is that people, especially Americans, are resilient. We’re already modifying how we work, e.g., videoconferencing, telecommuting, etc., and interact with others, e.g., Zoom and Facetime chats, and we’re even using the phone more rather than just texting.

Social distancing is physically

easy but emotionally hard. We’re social animals, and we have an innate need to get close. Hopefully, at some point, we can do away with the separation guidelines.

One thing you may have noticed is that there are more humorous “clips” in your computer inbox. Laughter is the best medicine, and some of them are downright hysterical! It also seems like people are going more out of their way to be friendly and solicitous. Without doubt, the local service clubs, and our Association, have stepped up to help those in immediate need.

We fly our American flags as a tribute to all the first responders, medical teams, and providers of essential services. United We Stand! If you need a new or replacement flag, the Veterans Group will deliver one to your home. Contact Michael Amerio at 661-304-6519 to arrange a delivery.

One group, especially in need, is our local businesses. These operations typically run very lean and a long period of reduced – or eliminated – sales will push them to the edge of solvency. If you can, please support them because they are an integral part of our community.

We’ll get through the COVID-19 situation, and normalcy will return...it just may be a ‘new normal.’ Until then, be well, be safe, and look to see how you can help your neighbor.





Stroke: Act FAST!

Shirley Schultz, Roving Reporter

KNOW THE SIGNS. ACT FAST.



FAST is an acronym used to help detect and respond in a timely fashion to someone having a stroke?, “F” is for facial drooping, “A” is for arm weakness, “S” is for speech difficulties, and “T” is to call 911. I take pleasure in rewriting an article on this topic because my article written a few years ago directly prompted a friend in Lincoln Hills to seek immediate help for symptoms, thereby significantly diminishing her disability from a stroke.

Of the approximately 800,000 people in the U.S. who have a stroke each year, about 140,000 of them will die from the stroke, and most others will live with a lasting

disability. Although stroke can occur at any age, about two-thirds occur in the over-65 age group, so it behooves everyone to learn and retain the FAST approach for that emergency moment when it is needed. Plan to attend an enlightening Community Forum on May 27, “Suddenly Struck! Stroke Prevention, Recognition & Treatment” (see page 50).

Stroke is usually the result of the blood supply being cut off to some part of the brain tissue as a result of a blood clot or atherosclerotic plaque. Less frequently, stroke is caused by sudden bleeding or hemorrhage in an artery in the brain. “Time lost is brain

lost” when it comes to stroke treatment. 911 should be called immediately when someone is having a stroke. The gold standard for treating most strokes is for an IV injection of recombinant tissue plasminogen activator (TPA) to be given within the first three hours.

Common symptoms of a stroke include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden difficulty seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause
- Some of the less common symptoms associated with stroke (more common in women) include:
 - Sudden hiccups
 - Sudden pain in the face, arm or leg
 - Sudden nausea
 - Sudden tiredness

Sometimes the symptoms will go away within a few minutes. This is called a “mini-stroke” or a “transient ischemic attack” (TIA), but it may herald a major stroke. Use the mnemonic FAST of the National Stroke Association to know what to do if you experience symptoms of a stroke.





Until We Go Out Again, Together!

Teresa Tanin, Neighborhood Watch

With all that is not happening throughout our nation, our community has stepped up to meet the challenge. With precautions, and following CDC-Placer County guidelines, our Association has provided increased food deliveries and curbside pick up, including bulk meat/fish/poultry from the Meridian's suppliers. Call

916-625-4044 to order. Don't forget to add beer or wine to your order for pick up or delivery!

More information, including COVID-19 updates, is available to all residents through our community "eNews". To receive emails, sign up at sclhresidents.com or check out "This week in eNews" at the top of the

resident's website page available without signing up. Neighbor-Helping-Neighbor: if you know a neighbor who does not have access to the internet or emails, please provide them with this 24/7 message phone number: 916-625-4068 for community assistance, or the 24/7 message phone number for Neighbors InDeed 916-223-2763 for limited services. If you are over 65, call the U.S. COVID-19 Help Line at 833-544-2374 to be directed to local and state services.

Neighborhood Watch continues to provide safety and security information at the NW website sclhWatch.org. View and sign up for security alerts, click on "How do I... report an incident, report a lost or found pet, obtain important phone numbers, or view our new virtual new residents welcome packet, available now online! Contact your cluster mailbox Captain if you have questions. Don't know who your Captain is? Click, "who is my Captain," or contact Neighborhood Watch Executive Assistant at 559-940-5576. The NW website also provides a calendar of events to come. We will soon get back to going out again, together!



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Handshake – a thing of the past?

Get a Grip

Linda Lucchetti, Roving Reporter

The COVID-19 virus has tragically taken millions of lives. It also has given us reason to rethink many human behaviors that could affect the further spread of the contagion.

For instance, the handshake, once considered a harmless gesture, is now viewed by some as a bioweapon – a gateway for germs and a bridge to bacteria, possibly transmitting infection from one person to another.



Ancient carving shows handshake history



Elbow bumps, a safe alternative

How did this long-standing ritual begin? As a sign of hello, goodbye, or congratulations, the first documented evidence of the handshake comes from fifth-century Greek carvings, where the action, much like that of today, was a sign of trust and respect. It evolved through the ages as a symbol of peace to demonstrate the absence of a weapon such as a sword or a dagger. By extending the hand, it was clear that no weapon was evident.

Today, because of the trying times we live in, the idea of shaking hands has grown into a touchy subject. Studies have determined that 80 percent of infections such as the cold and flu can be transmitted through the hands.

Dr. Anthony Fauci, head of the country's National Institute of Allergy and Infectious Diseases and a key figure in the US response to the virus, recently told the Wall Street Journal, "I don't think we should ever shake hands ever again, to be honest with you."

If so, this custom may be a difficult one to shake. In the business world, the handshake is an important part of the first impression and a way to "seal the deal." It's a revealing form of non-verbal communication. There are classes and on-line videos teaching the etiquette of handshaking with emphasis on the proper arm extension, clasp, angle, and pumping/shaking of the hand. It's a big deal.

If not the handshake, then what? The fist bump could be adopted as an alternative, and for good reason; studies show the transmission of fewer bacteria because of less surface area and amount of time. We've seen more elbow bumps, which appear even safer because, in most cases, clothing protects the arms or elbows. A new wave of foot bumps—lightly tapping one another's feet, is surfacing.

Some anthropologists believe harnessing the power of eye contact is an important skill. Looking into another's eyes can reveal feelings and exhibit honesty and confidence.

It looks like we are on a bumpy road to halting the handshake.

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In Memoriam



David John Schumacher

David grew up in Akron, Ohio, but moved to Southern California as a teen. He graduated from UCLA with a degree in Engineering before joining the Air Force. After nearly four years in the USAF in New Mexico, David worked for Lockheed Missiles and Space Company in Sunnyvale, California. He became prominent in the field of computer performance analysis and tuning. He was awarded the AA Michelson Award for outstanding contributions to computer metrics. During his career, he had interesting and varied assignments for major companies in Northern California. He was devoted to his family, including his wife, Joanne of 56 years, two children, and three grandchildren. He loved many things, including movies, Disneyland, sports cars, golf, Investor's Club, Sports Car Club, Astronomy Club, Cosmology Group, Travel Club, and SIR organization. Besides his family, he is missed by his many friends.



Cherie McGrath

Cherie McGrath passed away peacefully on April 15 having lived in Lincoln Hills for the past 17 years with her husband, Bob. They celebrated their 61st wedding anniversary in 2019. Over the years, Cherie was active in Ladies Golf, Genealogy, Bird Watching, Mac Club, and Aging Wisely. She led a group on The Trail Enhancing Project for over three years. Cherie was born and raised in the St. Louis County area and graduated from the University of Missouri as an outstanding female athlete of her graduating class in 1958. She will be missed by her husband, two sons, sister, two loving grandchildren, and many friends.



Sandy Zentner

A homemaker for most of her life, Sandy was born in Cheyenne Wyoming but grew up in Denver, Colorado, and Visalia, California. She was married to Jim for 53 years, and she enjoyed watching him play softball and selling hot dogs on game days. Sandy was a member of the Lincoln Hills Community Church, and she was a member of the Lincoln Hills Tennis Club. She is dearly missed by her husband, Jim, one daughter, Kristen, one granddaughter, Sophia, and her sister Dolley.

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

Although we have suspended in-person meetings at our South Lincoln Hills Entry Facility in compliance with CDC Guidelines, we continue to conduct our weekly Monday evening Nets. The net fulfills the fundamental mission of Ham Radio in that it allows conversation and important information to be shared in emergency and unusual circumstances, which we certainly find ourselves in. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We hope to resume our Monday meetings at the South Lincoln Hills Entry Facility soon. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.
 Contact: *Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com*
 Website: *lharg.us*



Ballroom Dance

While Lincoln Hills has temporarily limited activities, we will be featuring individuals from our membership in our monthly articles. This month meet John and Mary Kirkwood, who miss our ballroom dancing activities so much that they interrupted a recent bike ride to practice a few steps.

John and Mary have enjoyed dancing since their youth. During their university years, they won a Jitterbug contest at a homecoming dance. They had just learned the dance that afternoon. Then improvised the dance to include throwing Mary around John's hips, over his head, and through his legs.



John and Mary Kirkwood

Lincoln Hills has been everything they thought it would be. It keeps them both busy with friends and the many activities available. Ballroom Dance will resume normal activity when permitted. Stay safe.
 Contact: *Ruth Algeri 916-408-4752*



Big History

As of this writing, we are still unable to predict when Lincoln Hills' facilities might reopen, but in the meantime, we've been holding virtual meetings via Zoom at our regular meeting times—the first and third Monday of each month at 10:00 AM. On May 18, Jerry Steinman will lead

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a discussion on how Big History has affected members' views of the world, human history, and the current global crisis. Summer meetings remain tentative, depending on how the COVID-19 situation unfolds. In the past, we've had presentations by members on subjects of special interest to them, videos related to Big History, and reviews of previous topics. During this challenging time, we will email periodic updates.
 Contact: *David Lewis 916-626-2795, stuff619@gmail.com*



Billiards

Just a reminder when we resume our activities at Lincoln Hills, we are offering tournaments for all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun with the chance of meeting new people! We are offering free lessons at KS on Tuesdays with two sessions: 9:00 to 10:00 AM and



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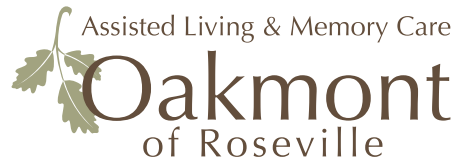
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 Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Bird

During April and May, our members have been taking part in the "Great Shelter-in-Place Bird Count." We've enjoyed seeing the usually elusive, American Bitterns and a Great Horned Owl with her baby. Those who walked Ferrari Pond Trail have seen Marsh Wrens, American Widgeons, Common Yellowthroats, and Canada Geese with babies. Mallard Pond had a Hermit Thrush, Wilson's Snipe, Savannah Sparrows, Rock Wren, Ruby-Crowned Kinglet, and a pair of Wilson's Warblers, uncommon here. Canyon Oaks Trail, always interesting, had White-Breasted Nuthatch, Nuttall's Woodpecker, Hutton's Vireo, and Chipping Sparrow. Results of this count will be announced at our



The small but colorful Wilson's Warbler photographed by Linda Morley

next meeting, which is tentatively set for Monday, June 8, 1:30 PM, P-Hall (KS). Check your emails and our website for updates.
 Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com



Bocce Ball, Mad Hatters

We will be over two full months into the Coronavirus pandemic by the time you read this. It is not at all clear whether we will be able to play Bocce in May or June. You are of course, aware by now that the Sports Plaza has been closed indefinitely. We will be taking our cues from the association and other authorities regarding when it is safe to resume group activities. On the plus side, they have installed the blue awnings at the Bocce Courts, so we will have a little shade if and when we play again. Our normal start time for the summer months is 8:00 AM so assuming we begin playing again this summer, we will meet at that earlier hour.
 Contact: Paul Mac Garvey 916-543-2067, pmac1411@aol.com
 Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



At least the awnings are up



Book, OC

One way or another, we will meet in May. At the moment, more likely is that we will meet electronically via Zoom. Meeting details and using Zoom will be emailed shortly. Less likely, we will be back to normal and can meet in person.

May's selection is *The Death of Mrs. Westaway* by Ruth Ware, a twisty, shocking read. And just when you think you've solved the puzzle, there's yet another twist. A great read while you're snuggled up at home.

We meet on the third Thursday of each month in the Multipurpose Room (OC) at 1:00 PM. Newcomers are always welcome. Future selections are: June 18 – *Year One* by Nora Roberts and July 16 – *And Then There Were None* by Agatha Christie.
 Contact: catsickle@gmail.com
 Website: LHocbookgoup.blogspot.com



Bridge, Duplicate

We welcome bridge players of all skills levels. If you play bridge we have a game for you. On Wednesdays and Saturdays we start at 12:30 PM with sign in by 12:00 PM. On Friday we play bridge at 5:00 PM. We have a C group for people who have less than 200 master points. We have A and B groups for people who have more than 200

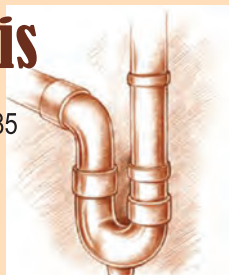
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master points. If you play social bridge you can play duplicate bridge. Duplicate players have a partner and often use bridge conventions in bidding which may be new to social bridge players. Lessons for beginning players might be available later. If you need a partner call Sharon Duley at 916-253-3885.

Contact: Patricia Morgan
916-543-0263,
Patmorgan2260@hotmail.com



Bridge, Partners

Call for reservations or show up with partner in the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM. March 26 - April 2 - April 9 - April 16 - Bridge was cancelled until Kilaga is open on a regular basis.

We do not yet have a projected reopening. It may continue until June based on California continuing cases. Those openings as of today, tennis courts, pickleball courts, and golf course still require 6 ft. except for cohabitants. Keep informed by watching eNews from the Association. Reservations for second/fourth Thursday: Joanna/ Alan Haselwood 916-209-3392.

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



Bridge, Social

We meet on Fridays in the Sierra and Terra Cotta Rooms (KS). We are a singles rotation group, so you don't need a partner. We play from 12:45 PM until 4:00 PM. But to sign-in and get a seat, please come at 12:15 PM. Come join us by making a reservation with our coordinators in May and June, who are Linda McDermott at 408-390-4311 or John Butler at 541-536-4685.



Social Bridge Games

Our winners in March were Ed Thomas, Bob Calmes, Viren Sitwala, and Marge Phillips.

To help bridge players who haven't played lately, we teach refresher's bridge on Wednesdays at 10:00 AM in the Card Room (OC) or beginners at 8:30 AM. No sign-in, just come.

Contact: Pat Mullins
408-202-1865, pam7NT@gmail.com



Bunco

Who knows when it will be safe to get together and play Bunco again? We have to take into consideration social distancing. Everyone, please wash up, practice social distancing, and stay healthy and safe. Once the lodges open again, I will collect our tools and clean everything. Hopefully, in May, we can meet again. Next Bunco is Thursday, May 21.

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



Ceramic Arts

We hope this finds you healthy and coping with the isolation rules. The Spring CAG meeting scheduled for May 13 has been postponed until Wednesday, June 24, from 10:00 AM to Noon P-Hall (KS). This is a large venue and will facilitate personal distancing. Members will receive a reminder email.

Art in the Alcove may be rescheduled to sometime in the Fall. Notices will be posted and emailed when that is confirmed. Stay informed on the most current updates and changes by checking our group website listed below. We all look forward to getting back to getting our hands dirty, playing with clay, and seeing our friends. Take care.

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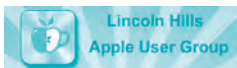
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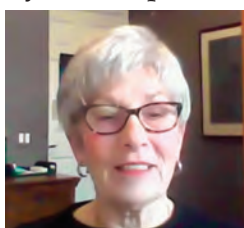


Although unable to do in-person seminars, we are hosting live seminars through Zoom. If you haven't attended a Zoom seminar yet, see the video of Ken Spencer's "Virtual Communication: How to Virtually Visit with Family, Friends, and Associates." This video is on lhaug.org and provides a good introduction to Zoom so you can participate in future LHAUG virtual seminars.

Later this month, Andy Petro will show how to take and edit photos and videos on the iPhone without using other apps or downloading to another device.

At the June general meeting, Tech Traveler Ken Spencer will show how technology can enhance your travels. The opportunity for local and global travel will come again, and this seminar will help you make that travel enjoyable and safe.

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



Marcia VanWagner discusses digital estate planning; see video on lhaug.org

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Until further notice, all activities at P-Hall (KS) and OC are closed. In order to provide helpful information re-use of your phones, pads, and computers, the Board of Directors have discussed ways to offer online tips and aid to our membership. Rather than a walk-in-clinic, we will have an online clinic. Please submit questions to www.sclhcc.org, and one of our experts will answer if possible, and post it on the website. Another great idea is to revisit past presentations on the website. We shall try to keep it current as to the return of new presentations and walk-in-clinics. Raffle prizes shall be randomly picked monthly from those submitting questions, and items will be delivered to your front door. Stay tuned. Stay healthy through this pandemic.

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



Country Couples

Obviously, not a whole lot is going on due to the current COVID-19

situation. However, even though we are sheltering in place, our Steering Committee is still at work behind the scenes. It's a pleasure to announce Country Couples Club has a new logo (pictured here). It was developed by one of our couples, Jim and Sue Kirby. We feel this logo captures the fun, casual, western style of dress and dance of our group. Congratulations, Jim and Sue! We are grateful to you and really appreciate your efforts on our behalf.



Interested in joining us and learning Country Couples dancing? Once everything is back to usual, Beginner lessons are 7:00 PM Mondays at KS. For more info, go to our website or contact us.

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



Cyclists

Cycling groups and cycling activity in the world have been affected by the Coronavirus. At first, our groups continued with our regular Monday, Wednesday, Friday, and Sunday rides. As the virus problem increased, we reduced the number of participants in our regular rides but continued to ride in smaller groups of two

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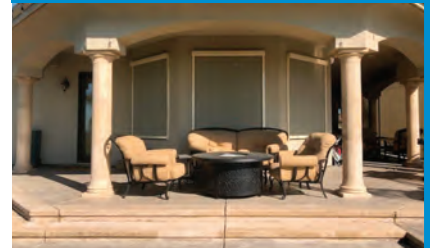
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THE LINCOLN HILLS RV GROUP 2020

Would you like to experience the joy and freedom of RV travel?

If so, the Lincoln Hills RV Group is the place for you. Almost every month, our Members enjoy Rallies in California, the Western States, and beyond. While most Rallies are within 200-400 miles, we often have extended trips like last year's multi-Rally trip to the Calgary Stampede in Canada! This year we'll head for Las Vegas as well as the Shakespeare Festival in Ashland, Oregon. And more...



All Rallies include lots of fun dinners, happy hours, golf, activities, and trips to museums, theaters, and anything else the participants dream up. Our Members travel everywhere across the U.S. and Canada.... even to Alaska.



We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education; and get to know each other better through round-table discussions and socializing with shared appetizers and desserts. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel. We're always happy to share knowledge of itineraries, campgrounds, RV types, maintenance, and much more.



Have any questions? Contact our Club President:
 Steve Beede: stevebeede5@gmail.com 916-752-6972
 or check us out on our website at www.lhrvg.com.

and three, and in some cases, eliminated coffee stops. As restrooms began closing in public parks, we reduced the miles we were riding so as to reduce the need for a restroom. A few of us found coffee shops with available restrooms that stayed open for takeout service. This meant standing outside to drink our coffee since tables and chairs were eliminated. Face masks have become common on cyclists. Hopefully, by publication, all will be normal.
Contact: Steve Valeriotte
 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 so that we can get a proper headcount for the setup of the tables.
Contact: Audrey and Clyde McFadden
 916-408-3616,
audreyjmcfadden@gmail.com



Fishing

Most of our members have canceled their fishing plans for 2020, through June anyway. I have a trip for October, and I hope I'll be able to make it. Some of us are just waiting this thing (COVID-19) out. Good luck to all.



Tying one for the future fish

Hint: Prolific hatches of stoneflies, mayflies, & caddis bring pods of fish to the surface.

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 of course.

Our general meetings are the second Monday of each month (except May, October, and December) 7:00 PM, P-Hall (KS). Please join our club - contact Ralph.
Contact: Ralph Tonseth 559-860-9104,
ralphtonseth@comcast.net



Food Adventures

We are on a hiatus because of COVID-19. Numerous Farmers Markets in

the area are open, and they are using safe practices. The Roseville Fountains Farmers Market is open on Tuesdays from 8:00 AM to 1:00 PM and in Auburn from 8:00 AM to Noon. The Placer Farmer's Marketplace (placersfarmersmarketplace.com) has some limited food items for purchase. You order from Monday at 9:00 AM to Tuesday at 10:00 PM and pick it up in the Twelve Bridges Shopping Center on Thursday from 5:00 to 7:00 PM. High Hand Nursery is selling eggs, vegetables, fruit, jams, olive oil, and other items curbside. Orders need to be placed via their website (<https://www.highhandnursery.com>), and there are pick-up times from Friday to Sunday).

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



Garden

In the current situation, Gardening is a super healthy thing to do—both in body and spirit!

All the May activities for the Garden Group have been cancelled as of this date for now.

It's a disappointment to us all that we were not able to have our Spring Activities—the Plant Sale, Home Garden Tour, Rose Show, Bonsai Show, and the May General Meeting, but we are working

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on plans to make them fit into schedules in the future. Once the Steering Committee can meet, we will plan these activities as best we can!



Iridescent Voluptuous Rose

In the meantime, take a walk or ride around Lincoln Hills and admire the lovely yards and blossoms...especially the roses this time of the year. Roses do well here!

Contact: Lorraine Immel
916-434-2918,
lorraineimmel@gmail.com
Website: lhgardengroup.org



Genealogy

Our next presentation will be May 18, 6:30 to 8:30 PM in P-Hall (KS). Kathryn Marshall will present "Contextualizing your family History with History or Land Records & Maps." Kathryn helps maintain the Research Wiki for FamilySearch. 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. We hope to resume Boot Camp soon.

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



Golf

Ladies XVIII

The greens are alive with the sounds of putts. Just in time, before we go nuts.

It is golf for 18 holes, but don't touch the flagpoles. We ride in our own cart, as we distance apart. Oh, the sound of the mowers, while we awe backyards of flowers. It's spring in full force,

and nice to be back on course. We will resume Club play about the end of May.

For more information, please contact Valerie Green, Membership, or Nancy Gadsby, New Member Liaison. Residents may join year-round.

Contact: Valerie Green, Membership,
valeriegreenre@gmail.com

Lincsters

Hooray, the golf course reopened last month, and we began to swing again! But, just as important as knowing how to hit a fairway drive, every player wants to know the rules of golf – to ensure accurate and equitable scoring. Good news! The NCGA is providing

FREE access to the Rules of Golf Workshop until June 1. Fees have been waved. Go to <https://ncga.org/rules/courses/> to register. Recently Linda Salmon, Lincsters Board Handicap Chair, stepped up to fulfill a rules requirement established by the World Handicap System for all NCGA clubs. Salmon successfully passed a USGA test, acquiring the necessary certification for the Lincsters Club. This ensures all club members have access to a handicap index. Next step for all members:



Linda Salmon,
Handicap Chair,
completed
certification for
Lincsters Club

Study the rules. For club information, see website.

Contact: Nancy Hastings
916-645-5590,
nhasting38@yahoo.com
Website: lincsters.com

Golf Men's

Our membership has grown to 285 with 21 new members for 2020. The membership raised almost \$2,000.00 for the family of Derek Martin, who worked at the pro shop. Circumstances permitting, the Individual Stableford Tournament is planned on June 16, followed on July 7 with the

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Red, White, and Blue Four-Man Scramble. As time gets closer, we will know more about playing our courses and these tournaments. We all miss golf, and thanks to those who followed the pro shop directive and stopped playing our courses when asked to do so. Check our website for the status of the tournaments.

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



Hiking & Walking

Although at six feet apart, we can still enjoy our beautiful paths around Lincoln Hills! The Walking Group is temporarily suspending its weekly walking schedule. At this time, the hiking schedule is changing on a hike-by-hike basis. Please check the Lincoln Hills Hikers website for upcoming hikes in May. Schedules may change based on the status of the COVID-19 and the weather.

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



Group maintains an acceptable separation at Hidden Falls



Investors' Study

Thursday, June 4, at 2:30 PM, via phone call due to corporate travel restrictions. The June speaker will be Gabriela Santos of JP Morgan. As usual, Russ Abbott or Matt Bopp from Morgan Stanley will provide their outlook and play-book on the markets. There is no meeting in July due to the usual summer break. 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 Quatrain at 916-645-4675. Contact Carl for questions on the Investors' Study.

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



Lavender Friends

Not happening. At least not yet. That's been the message throughout our community due to COVID-19. Ditto for Lavender Friends.

Among the gatherings put on hold: our Saturday morning coffee socials. But after weeks of separation, the club went the way of many others—we turned to Zoom.

We've been checking in weekly, virtually. We talk about foods we're making (like bread, if they can find yeast, and a Shepherd's

Pie in the microwave because the oven wasn't working). We share tips on which takeout restaurants are practicing safety measures (masks, gloves, and social distancing).

One poignant Zoom moment: a member was wearing a scarf in honor of those worn by Dr. Deborah Birx of the Coronavirus Task Force. #ConnectingWhileApart!
Contact: Sandi Dolbee 916-409-2156,
sandidolbee@yahoo.com
Website: www.lavenderfriends.com



Line Dance

Due to COVID-19, all line dance classes have been canceled for the time being. Our spring social had to be canceled also. We look forward to having classes resume, but our health and safety is most important. You never know how much you miss something until it is taken away from you. We are fortunate to live in a gorgeous setting, so walking the myriad of trails in our complex is a refreshing activity – so until we can meet again on the dance floor, please be safe.
Contact: June Willis 916-253-3348,
willtom@sbcglobal.net



Mah Jongg, Chinese

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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.nett

東 北 西 Mah Jongg, National

Greetings. It has been two months since our National Mah Jongg club has met for our weekly Tuesday afternoon games. These are crazy times, but thank goodness most of us have received our 2020 card and are spending time engaging our minds as we learn this year's different combinations and patterns. It's mentally challenging, but it also keeps us socially active and builds friendships, which is what I've missed. When the lodge opens, we play Tuesdays 12:15 to 4:00 PM in the Card Room (OC). All are welcome. If you know how

to play come join a table. Or if you are curious about the game come sit with one of our players and watch how the game is played. We hope to see you next Tuesday. Stay well.

Contact: Gerry Bell 916-253-7860



Mixed Media

We have missed getting together during this time. It will be so fantastic when we are together again, even if that might look a little different. As a reminder, once we get back to having Mixed Media Club, we meet the third Wednesday of the month in the Ceramics Room (OC) 1:00 PM.

The last time we met, an art challenge using napkins was explained, and then suddenly, our lives changed when we were told to stay at home. The next time we meet, those can be shared as well as other art projects done during our time in self-isolation. Maggie was busy taking photos



Maggie McGurk's photo, "Peace in the Midst of Chaos"

and creating art. She is a talented lady, and she shared a picture of one of her newest items.

Contact: Nancy Griffin



Motorcycle

With Coronavirus restrictions still in place, no club meeting or ride was held in April. As of this writing, the restrictions will probably still be in effect through May.

The club has scheduled rides on the second Saturday of the month, March through 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). Guests are always welcome. "Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

We did not meet in April due to health concerns regarding the Coronavirus. The April songs posted to our website are "All of Me" and "Country Roads." I'm sure our members practiced these numbers at home, perhaps even shared a video screen with fellow musicians. We hope to meet in the future to play and jam together. We meet every fourth Wednesday of the month from 6:30 to 8:30

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PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

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

Website: lincolnhillsmusicgroup.org



Needle Arts

This has been a very different time for all of us in Lincoln Hills. Needle Arts' meetings, workshops, small groups, spring luncheon, have all been canceled plus maybe other things. It will be great when we can all get together again and share our lives once more. So many of our members have been busy sewing hospital gowns and masks to donate. Thank you all who did this and gave back to others.

This month, Needle Arts has an online "Show and Tell." Jean Storms is great about keeping us informed by email with the most current news. When we are allowed to get back to life, Needle Arts meetings will be held the first Tuesday of the month P-Hall (KS) at 1:00 PM.

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



Neighborhood Watch

Isolation wasn't all that bad! Many of us cleaned cupboards, tried new recipes, contacted old friends, and learned our real hair color. Still, we missed regular activities, programs, and social contact. As we head back into a sense of normalcy, Neighborhood Watch has rescheduled several events intended to bring our residents together to strengthen our community. The annual "National Night Out Kick Off" potluck may be postponed. However, National Night Out itself already has a new date—October 6, which holds one big advantage: the weather will be cooler. This allows us time

to plan social gatherings with our neighbors. Residents can select the time and venue. The purpose is to socialize and have fun. For information or questions about NNO, go to nnocoordinator@sclh.org.

Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com
Website: www.SCLHWatch.org



Neighborhood Watch is here for our residents.



Painters

We were disappointed that we had to postpone our April speaker, well-known artist Frank Ordaz from Auburn. We are hopeful we will be able to reschedule him for later this year. Our May 19 meeting is one of our semi-annual Challenges (May Challenge is Abstract art). It will be interesting to see everyone's spin on Abstract.

"Artisans at the Lodge" event is being revived this fall, October 11. Be sure to put it on your calendar! Information on participating or attending is in the works. Watch for it. We will also be rescheduling the Art and Craft Tour to a Fall weekend. More on both events coming later. In the meantime, we are doing a great job of keeping safe distances, please keep it up!

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



Paper Arts

Due to April's activities being canceled or postponed, and the uncertainty of future events, we encourage members to continue to check the club's newsletter distributed via email, for updates of our meetings and activities.

Many members have donated

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Nancy Sealy making masks

their time and talents to helping others during this critical time. Sue Dambrosio has been busy sewing hundreds of masks and gowns. Nancy Sealy has made masks, and Maureen Morton has made cards to thank nurses and first responders. Let us know if you are involved in such projects. Thank you to all our members who make us "Paper Arts Proud." We meet 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



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. Hopefully, by the time you read this, everything will be back to normal, and we will be meeting once again. We look forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

The SIGs are exploring ways to keep members motivated as we practice good social distancing. The Learning SIG team is challenging members through a series of online photo opportunities involving subjects in or near our homes by offering challenges that will appeal to all skill levels using any camera type.

The April Challenge was a coffee cup. We all have coffee cups, and the challenge was to photograph any cup of choice any way you choose. Some members told a story, while others displayed unique creativity.

The Enhancement SIG is working on moving programs, presentations, and its monthly Photo Challenge to an online interactive platform.

In the meantime, the 'challenge images' will be available for download so members can continue to do their creative best.

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



Players

No one knows what the future will bring, but when the Lodges open again, our meetings will be held on the second Monday of the month at 4:00 PM, P-Hall, (KS). Auditions for Damn Yankees set for August 10 and 12, callbacks August 13, are subject to change. The Director asks singers to prepare a song similar in nature to the character you wish to pursue, but not a song from Damn Yankees.

Our June show, Murder on the Orient Express, has been canceled. We will run it next spring. The next Reader's Theatre is August 8 and 9. It has not been canceled so far. Audition dates should be in the week of June 22. Until we are able to meet again, stay safe, and stay well!

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, including Omaha, Stud and Draw.

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All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). 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

It has been a difficult month for our group. Not only are our facilities closed due to Coronavirus, but our scheduled RV Rallies are being canceled, including trips to Bodega Bay, Las Vegas, Likely, CA, and Ashland, OR. This shutdown has also stopped the more extended road trips that many of us had planned for crossing the US and Canada. We're hoping that our Fall Rallies will be held, but that will depend on whether it has become safe to travel and congregate.

Meanwhile, our Members are sheltering in place and enjoying greeting each other on walks throughout our wonderful community, and planning new Trips. If you have any questions concerning the Lincoln Hills RV Group or RV'ing in general, please feel free to contact me.

Contact: Steve Beede
916-752-6972,
stevebeede5@gmail.com
Website: lhrog.com



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

S.C.H.O.O.L.S. stands for Sun City Helping Our Outstanding Lincoln Schools. That describes our wonderful and appreciated men and women who volunteer. If you are interested in becoming one of us, please visit the SCHOOLS website. Lincoln schools are now scheduled to open for the 2020-2021 school year in August.



Nina Mazzo, volunteer at Phoenix High School

Scott Leaman, Western Placer District Superintendent, has said that our school district will continue providing long-distance learning and have set up WIFI in the Lincoln High School parking lot for those students with electronics but no WIFI. The situation is "really sad" and "disheartening" but he appreciates all the parents who have taken on the job of teacher for their children during this time.

Contact: Cyndi Colloton
408-410-8479,
ccolloton@yahoo.com
Website: schoolssuncity.org



Scrabble

We meet on Monday afternoons in the Card Room (OC) at 1:00 PM. All materials are provided. No reservations or advance notice needed. All levels of experience are welcome. If you enjoy word games, come and try it out.

Contact: Joan Anderson
916-505-5000



Singles

As we enter the sixth week of our social distancing requirement, it reminds me of how fortunate we were to be able to participate in life in any way we desired. Goodness, how things have changed! Those times were our past and present, but we do have many things to look forward to, as we progress through these trying times.

While we have missed our meetings, socials, game nights, breakfasts, cocktails, and dinner outings, they will return to our calendar. Let's look forward to all that is ahead for our Club! That indeed will be an exciting time! Stay safe, keep calm, and be sure to interact, as we are able with your friends and family. We will see you all soon!

Contact: Susan Platt
916-397-0850,
foster.p.susan@outlook.com

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Softball

Hopefully, the 2020 Softball Season will begin sometime in June for both the Recreational Coed League and the Ladies Softball League. Unfortunately, due to the current Coronavirus restrictions, we will not be having an Opening Day Celebration this year. We hope to play games on Mondays and Wednesdays from that unknown date in June until the end of September. Please come out to Del Webb Field and watch for free. Watch our Softball Compass articles in coming months for more updated news.
Contact: Bruce Briggs 916-543-3401, bbriggsrsoftball@sbcglobal.net
Website: lhssl.net



Sports Car

What have you been doing to occupy your time while staying safe at home? Well, we are looking forward to bright sunny days when we can fire up our sports cars and go for a short ride. Our members are reviewing past trips and thinking of what needs to be done to organize a great ride. Organizing tours can be simple such as our impromptu Thursday rides, which are short and may or may not include lunch, or they can be elaborate and include several overnight

stays and include meal destinations and even evening entertainment. The possibilities are endless, but just being with our friends again will make any tour great. Members of the Sports Car group hope everyone is safe and healthy.
Contact: Vic Kremesec
916-543-7050, vjk1245@yahoo.com
Website: lhspcars.com



Sun City Squares

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advance Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

Hopefully, we can have an introduction to square dancing soon with a meet and greet for those interested in learning to square dance. Until we are able to meet if you would like to familiarize yourself with square dance calls and different levels of Square dancing, we recommend you download the taminations App. This App has all the calls along with demonstrations of calls which can be quite entertaining.
Contact: Beverly Cieslinski
916-622-8424,
blm2518@icloud.com



Swimmers & Water Walkers

I joined the swim team in middle school due to a back issue I had early in my life. My doctor recommended that I stop playing volleyball, which aggravated my condition.



*Advisory Commi ee Member
 Hagai Narkis' Swim Story*

After four years of swimming, my condition improved dramatically and never returned.

To date, I have been swimming now for over 50 years and enjoy it just as much. During the years, I had to change my form of swimming in order to meet my aging body's new demands and aches, but, at the end of every day in the pool, my body feels refreshed and regenerated, both physically and mentally.

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



Table Tennis

Robin Bistline, our club president, serves as a

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volunteer for the Lincoln Police Department. Now she is furthering her community service by offering support to those in need due to the Coronavirus. If you have special needs for help during this difficult time, do not hesitate to contact Robin, texan1225@gmail.com, or call 480-570-1355. Thank you, Robin! We are awaiting a return to our playing venue, the Multipurpose Room (KS). Playtimes are: Sundays, 9:00 AM to KS closing, except the first Sunday of the month when play commences at 12:30 PM; Tuesdays, 6:00 to 9:00 PM; and Fridays, 8:00 to 11:00 AM. All skill levels are welcome, and free loaner paddles are available. Tim Frank does a great job providing free lessons. Thanks, Tim!

Contact: Tim Frank, timcfrank@gmail.com



Tap Company

Well tappers, this has been quite a month and seems forever since we've been dancing. We hope you and your families are staying healthy and safe.

Alyson Meador, who has brilliantly taught our tap classes for almost twenty years now, recently connected with us sharing this message.

"Hello LH Tap family: As we

continue to 'shuffle' our way through this unprecedented time, my hope for you is a 'combo' of good health, inner peace, and happy spirits! I am connected through emails with the Association and will continue to wait for their guidance when we can return to tapping. Meanwhile, I hope your moving and grooving to keep your bodies active! I'm sure we will all walk away from this more grateful for each other. Big hugs to all, Alyson."

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



Tennis

The following upcoming events have been canceled: May 16 Charity Tournament, Spring Intramural Team Tennis, Men's and women's singles tournament. Our next event is the General membership meeting on Thursday, June 4. Hope to see you then!

While most of our regular activities are on hold, many of our tennis players are finding new ways to be ready to return to the courts. The BJ King Eye Coach can be used at home and should improve your ability to keep your eye on the ball and improve your eye-hand coordination. There are several tennis training devices that use a rebounder ball attached to a string.

There are many footwork drills that can be done at home. The key is to keep working on your game, keep moving, and stay positive!

Contact: Helen Berott 530-320-6468, hberott@msn.com

Website: lhtg.com



Vaudeville

Many performance groups, the Tap Company, the Players, and the Chorus, have all had to cancel their shows. I'm so sorry to say that the Vaudeville Show will also be canceled this July. There just isn't enough time. If the Association opens its doors in May with the distancing required by the CDC, there is no way we can put on a show, and this virus is not going away soon. The auditions will have to be held, then the rehearsals, including the dance groups who are in close contact, the many performers in the green room, the tech booth, the backstage area, and then there's the audience. I can't see how. We'll all have to bite the bullet and wait until next year.

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



Veterans

Our next scheduled meeting is May 21 at 1:00 PM in P-Hall (KS), with Senior Master Sergeant Robert Teames,



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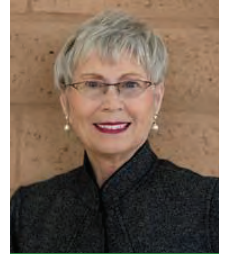
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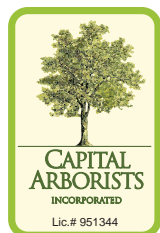
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USAF, as the featured speaker. He is the security forces action officer for the 349th Air Mobility Wing at Travis AFB. The wing performs nearly every air mobility role, including operations of the C-5M Super Galaxy, KC-10A Extender, and the C-17A Globemaster III in command and control and aeromedical evacuation missions. SMSgt Teames served honorably in Operations Iraqi Freedom, Enduring Freedom, Inherent Resolve, and Freedom's Sentinel. If the May 21 meeting is canceled due to COVID-19 concerns, Teames will speak at the July 16 meeting. Plan now to attend the Veterans Group's Memorial Day ceremony on May 25 and the annual Flag Day Barbecue on June 14.

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



Vintage Treasures

During this time of social distancing, we will notify the membership when we will have email presentations or a suitable alternative. Please take

care, everyone, and we hope we can be back together soon.

Contact: Sandi Janisch
916-253-9085



Water Volleyball

Looking for the light at the end of the tunnel—our members are eager to get back in the pool for physical exercise, socializing, and a generally good time. During the community-wide isolation, Steering Committee members have contacted members to check-in, canceled upcoming meetings and events, and forwarded important Club information on #2020 initiatives to all members. The team of Terri and John, with help from Pauline, Judy, Diane, Elaine, and Kelly, made face masks for Club members in need. So grateful for John and Terri's inspirational message—"Be Strong, Be Positive and Stay six feet from others." Residents interested in learning about Water Volleyball in Lincoln Hills can use the Club website.

Contact: Rosemary Elston
916-474-1610,
sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

With self-quarantining, there's not much club news! Still, this writer is an appreciative club member, with wood, tools, and projects in my home on which to work! Fortunately, just before the quarantine, I had a fresh, blank board, and a book full of great projects. Nearly every day, I have gotten out my tools, my Kevlar glove, my thumb protector, and my project; with great enthusiasm—and lots of time—I get to carve. All of this is to say how much I appreciate my woodcarving club, what I have learned from my fellow members, and how fortunate I am to live in Lincoln Hills. When appropriate, come join me and my friends! We meet every Wednesday, 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman
425-466-2680,
lrainman1414@yahoo.com



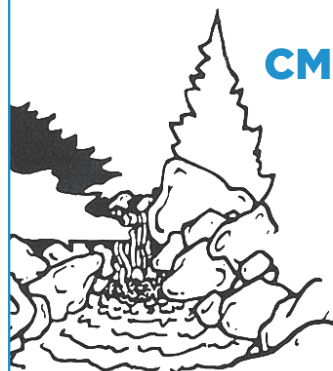
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Alzheimer's-Dementia Caregiver's Support

Meetings are for family caregivers. The Large Peer group meets at 1:00 pm each fourth Wednesday in the Multipurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The Women's group meets on the first Wednesday at 1:00 pm in the MultiMedia Room (OC) and is designed for women who prefer talking in a less crowded setting. The Men's group meets on the third Thursday of the month at 10:00 am at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. We are looking forward to resuming this schedule once restrictions for the building use are lifted.

More information from: Valerie Jordan 909-625-7443.
 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. If we are still under quarantine, we will cancel the following:

Monthly support meetings are held on the second Wednesday at 3:00 pm at Joan Logue's home. The next support meeting is June 9. 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 Red Robin, Thursday, May 28. Meet at the restaurant at 11:30 am. For more information or to put a Memoriam in the *Compass*, contact Joan.
 Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net

Bosom Buddies



The American Cancer Society's annual fundraiser, "Relay for Life", is scheduled for Saturday, August 8, starting at 10:00 am at the Gold Country Fair Grounds in Auburn. This is a fun-filled event with booths, activities, a short parade of participating teams and individuals, and an evening luminary display. The theme is "Decades," and we've chosen the Roaring 20's. So, start hunting for those boas and headbands and shimmy up to help us raise money for cancer research. Please register as soon as possible



Our 2019 "Relay for Life" team.

by going on-line to the American Cancer "Relay for Life" Placer County and look for the Bosom Buddy team. If you're unable to join us, you still can donate to this worthwhile cause. For more information, call Peggy Ryan at 916-408-0599.

Contact: Marianne Smith
 916-408-1818,
 mlsmith39@yahoo.com

Gam-Anon



Is your life affected by someone else's gambling problem? If the answer is "Yes" or you have further questions, Gam-Anon is there for you. Our local Gam-Anon group is not meeting presently due to the COVID-19 rules. If you need support, you can call the Gam-Anon Northern CA Hotline at 1-510-407-3898 or the Gambler's Anonymous Sacramento Hotline at 1-855-222-5542.

Contact: Kay F. 916-204-1624,
 denniskayf@starstream.net
 Website: www.gam-anon-loomis.com

Glaucoma Support Group



We are scheduled to meet on June 10 at 4:00 PM in the Multimedia Room (OC). We hope that we will be able to come together and share our ways of adapting to the new way we have been living since March. If we are allowed, we will have

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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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our meeting. Keep your fingers crossed! If you have any questions, call me. Looking forward to seeing all of you.

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



Low Vision Support Group

Subject to change if restrictions are extended.

Meeting – Tuesday, June 2, 2:00 to 4:00 PM, Fine Arts Room (OC). Anne Touloukian of Guide Dogs for the Blind will provide a brief history and discuss applying for a dog. Ann will bring a member of the “K9 Buddies” program, which gifts visually impaired kids with a Buddy dog. This prepares kids for being paired with a guide dog when they are older.

Meeting – Tuesday, July 7, 2:00 to 4:00 PM, Fine Arts Room (OC). Kathleen Shevlin, Manager of Senior Programs at Society

for the Blind, will discuss their history, funding, and senior services. Services include a week-long training that teaches how to maintain independence while living with vision loss.

Contact: Cathy McGriff 916-434-6095, cathymcgriff1010@gmail.com



Parkinson's Support Group

Meeting will be canceled for May. We will schedule this as soon as it is appropriate. Thanks for your patience. Be safe.

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. 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, leveraging assets, and financial crises. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are the first and third Monday every month at 1:00 PM Gables/Heights Room (OC) Future meetings are May 18, June 1, 15, July 6, 20. 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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- **Tuesday, May 19, 10:00 AM**, Free Revocabale Living Trust Seminar – Heights (OC)
- **Wednesday, May 27, 11:00 AM**, Nautilus Society Seminar – Oaks (OC)

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A Course in Miracles

A Course in Miracles has answers to many of the current questions being voiced like “How can I handle my fear?” “What should I do with all of this time that I am forced to stay home and be alone?” If you are experiencing any of these thoughts, I suggest that you take a look at this book. It opens with the statement, “Nothing real can be threatened, nothing unreal exists, herein lies the peace of God.” Our ongoing study group meets on the first and third Mondays. Call Alexandra, at 916-409-5253 for more information.

Cannabis Information Group

Our next meeting is scheduled for Tuesday, May 26, at 6:30 PM. Because of the recent shutdown, I am unable to confirm the meeting room. Please call or email me to have your name on my list, so I can let you know the room location at drthornton1@yahoo.com or 530-217-7606. We will discuss Cannabis use for cancer, sleeping issues, pain control.

Cloggers

We are living in strange times. We Cloggers hope that now, in May, life is back to “normal,” and that you and yours are in good health. So, let’s dance! It’s more important now than ever that we stay in strong physical condition, and clogging is the way to go, keeping those knees and hips in good shape. Clogging is an energetic dance to a strong bluegrass beat, with lots of noise from the four taps we have on each shoe. For more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We will meet by Zoom on Thursday, May 21. Steve and Susie Swatt, co-authors of “Paving the Way: Women’s Struggle for Political Equality in California,” will weave into a 170-year historical narrative the remarkable stories of mostly unsung and long-forgotten women who overcame discrimination and cultural stereotypes to help shape the state’s public landscape. They will bring to life the grit, determination, and resilience of these trailblazing women, from the Gold Rush to today. New members are always welcome. For more information on this program and our club, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Due to the concerns and issues regarding the coronavirus

(COVID-19), the Italian Club has postponed its scheduled events through May 31. However, please continue to check the event calendar on our website, as well as member emails, to confirm cancellations and rescheduled dates. In the meantime, have you been reading the email series, “Reaching Out and Keeping in Touch”? It includes photos and videos of Italian locations, as well as other interesting stories that will make you smile. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership at 916-826-5711.

Multiple Sclerosis

In lieu of a June luncheon, it is thought best to gather for a regular meeting at Kilaga (God Willing). We surely have a lot to catch up on! Please join us to meet with your MS friends and share how we survived! What did you learn? Tuesday, June 9, 1:00 PM, Sierra Room (KS).

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.

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 at amoon38@sbcglobal.net.

Shalom Social Group

Like other groups in Lincoln Hills, the Shalom Social Group has postponed or canceled several activities this spring due to the coronavirus quarantine. However,

life goes on, and we expect to reschedule our activities just as soon as it's safe to do so. Our Board meets regularly – by Zoom. Planning for our 20th Anniversary gala continues. Our other sports, educational and social activities will resume as soon as possible. SSG exists to preserve and celebrate Jewish culture and heritage, but membership is open to all. To learn more about our activities or membership, please contact Joanne Levy at 508-333-8590.

Sons In Retirement Branch 13

If the stay-at-home order is lifted, Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its luncheon on Tuesday, May 19, 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

Are you a Lincoln Hills resident with ties to Stanford who would like to meet others? Would you be interested in meeting for coffee at Kilaga Café, or for drinks at the sports bar? What about finding a new walking partner, starting a book club, or getting together for lunch at Meridians Restaurant? If any of these ideas sound appealing, or if you have ideas of your own to suggest, please contact me, and I'll do the organizing. Carol Hoge at 916-408-5334 or Cchoge2000@yahoo.com.

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Financing Options Available



Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.

LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

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Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

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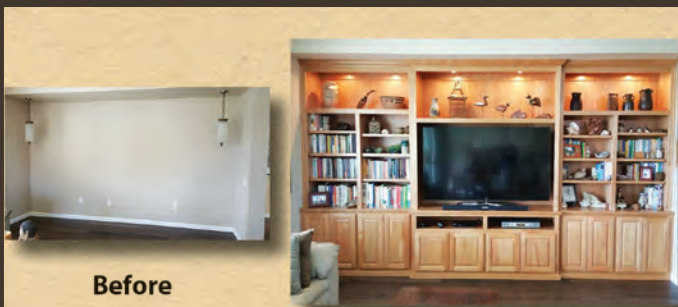
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KS Classic Movie

A Lion Is In the Streets (1953)

Saturday, May 16, 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. Not rated, 88 minutes, Drama/Romance/Thriller.



Listening Post

Wednesday, May 20, 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, May 21, June 4 & 18, 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.lincolncga.gov.



2 Showings!

Knives Out (2019)

Dates TBA

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.



KS Classic Movie

A Lion Is In the Streets (1953)

Date TBA

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. Not Rated, 88 minutes, Drama/Romance/Thriller.



Document Destruction

Monday, June 22, 10:00 AM to Noon Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service.

Paper clips and staples on files are okay, but no plastics or cardboard. Due

to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Dark Waters (2019)

Monday, July 6, 1:30 PM Screening, P-Hall (KS)

A corporate attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Starring Mark Ruffalo, Anne Hathaway, and Tim Robbins. Rated PG-13, 126 minutes, Biography/History/Drama.



KS Classic Movie

Funny Girl (1968)

Saturday, July 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.

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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.

All Forums are Free
 Dates are subject to change



Stand Up to Domestic Violence, Sexual Assault, Human Trafficking

Monday, May 18, 2:00 PM, P-Hall (KS)

This Forum may be a Zoom presentation if our facilities are not yet open on this date. Chivas Mays, Housing & Outreach Manager, and Kyle

Ketsdever, Outreach & Prevention Coordinator at Stand Up Placer, will alert and educate our community to domestic violence, sexual assault, and human trafficking safety issues in Placer County. Trauma-informed practices, as well as services offered by this agency, will be presented.

Ms. Mays has worked with the domestic violence movement for over 20 years. She advocates for survivors to overcome barriers, fear, and the stigma experienced by victims.

Mr. Ketsdever has been a long-time activist and advocate in this field. He was instrumental in establishing programs for students and LGBT+Community at Sierra College.



Suddenly Struck! Stroke Prevention, Recognition & Treatment

Wednesday, May 27, 7:00 PM, Ballroom (OC)

This Forum may be a Zoom presentation if our facilities are not yet open on this date. Tom Hoag R.N., and Irina Rebella R.N., Stroke Coordinators from the Dignity Dept. of Neuroscience, will present valuable information on stroke prevention, identification, current treatment, and research. In the US, someone has a stroke every 40 seconds on average. Although many of us know of people who have become disabled due to stroke, in recent years, the rapid identification and treatment of stroke has enabled many to have vastly improved outcomes and some to have no noticeable deficits following a stroke. Attending this Forum will provide you with

information you may need for yourself or someone you love at a critical time.



Better Angels - Promoting Respectful Political Discourse

Monday, June 8, 9:00 AM, P-Hall (KS)

This Forum may be a Zoom presentation if our facilities are not yet open on this date. Promoting Respectful Political Discourse (www.better-angels.org/) is a bipartisan, non-profit organization that helps Americans understand each other beyond stereotypes, form community alliances, and reduce political polarization. A video of their productive workshops will be shown.



Understanding Your Gifted Grandchildren

Thursday, June 11, 2:00 PM, P-Hall (KS)

Dr. Barbara Branch has been working with gifted children as a teacher, principal, central office administrator, and consultant for almost 40 years. She will share characteristics of gifted children that set them apart from their age peers, including asynchronous development, perfectionism, sensitivity, and intensity. She will discuss strategies for working with and understanding gifted children. She will provide resources for understanding gifted children and how to deal with the teachers and schools. You may learn something about yourself or your own children, the parents of these gifted grandchildren.



Budapest to Innsbruck Trek

Thursday, June 18, 7:00 PM, P-Hall (KS)

This Forum may be a Zoom presentation if our facilities are not yet open on this date. Bruce Quick, a resident, will present the last segment of his 2,500 mile, 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.



Rescheduled! Demystifying Medical Cannabis and Hemp

Monday, June 29, 7:00 PM, Ballroom (OC)

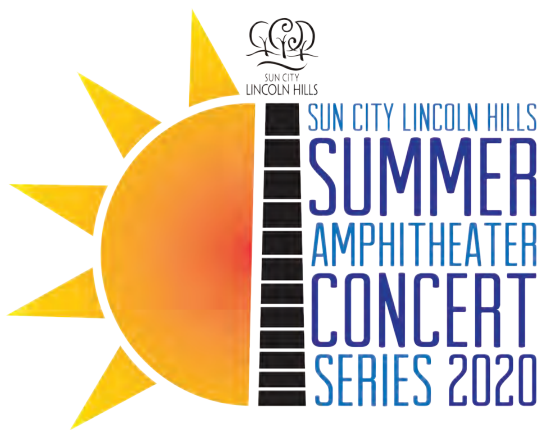
This Forum may be a Zoom presentation if our facilities are not yet open on this date.

Jahan Marcu, PhD, 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.

UPCOMING EVENTS

- **Spain Travelogue**, Tuesday, July 14, 9:30 AM, P-Hall (KS)
- **Food Giving: Placer County Human Services**, Monday, July 20, 2:00 PM, P-Hall (KS)
- **Women's Struggle for Political Equality**, Tuesday, July 21, 10:00 AM, P-Hall (KS)
- **Sierra Pacific Industries – Lincoln**, Thursday, August 13, 9:00 AM, P-Hall (KS)
- **Do You Hear What I Hear?** Wednesday, August 19, 7:00 PM, Ballroom (OC)



It's time to get out and start our summer party going! We have lined up spectacular bands that will have you dancing, singing, and making great memories with your community! A great opportunity to relish our beautiful outdoors and rock on to your favorite music!

Amphitheater food concessions and bars will be open when gates open at 6:00 PM, concerts start at 7:30 PM.

Please read and follow the Amphitheater Guidelines for your enjoyment.

*Due to the uncertain situation brought about by the COVID19 pandemic, we are holding on to our dates and prices for the Summer Series. We are not able to offer Series Package pricing this year and are holding on to the VIP Pool Experience. We will adjust our program to ensure safety and fun for all! Dates will be announced as soon as possible via our website, eNews, and posters. We are sad to announce that the show, **Abbacadabra – The Ultimate Abba Tribute**, has canceled their summer tour and will not be included in the series.*

Read along and find out about the exciting line-up and get ready for a summer to remember!



Steelin' Dan: The Music of Steely Dan

Date TBA – **LSE253**

Steelin' Dan is northern California's award-winning Steely Dan tribute band. Steelin' Dan has been performing throughout California and Northern Nevada for over 15 years with a large and enthusiastic fan base. The critically acclaimed band was awarded the *Sammie Award* for Best Tribute Band from 2015-2018 by the readers of Sacramento News and Review and a *Best of Sacramento Award* by Sacramento Magazine. The band was inducted into the SAMMIES Hall of Fame in 2018. This 10-piece group of seasoned musicians recreates the timeless music of Steely Dan from "Rikki Don't Lose That Number" to "Reelin' In the Years" to "Do It Again," Steelin' Dan's powerful and authentic performance will have everyone on their feet!

reates the timeless music of Steely Dan from "Rikki Don't Lose That Number" to "Reelin' In the Years" to "Do It Again," Steelin' Dan's powerful and authentic performance will have everyone on their feet!



The Everly Brothers Experience Featuring the Zmed Brothers

Date TBA – **LSE254**

A fan favorite, The Zmed brothers, Zachary and Dylan, are back! They bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades and continues to influence artists around the world.



San Francisco Airship: The Jefferson Airplane Experience

Date TBA – **LSE255**

Jefferson Airplane was the first band to take off internationally out of San Francisco during the Psychedelic 60s Music Phenomena that swept the country. Their music was the message of the generation and became the inspiration that has continued and become an important part of everyone's lives today. SAN FRANCISCO AIRSHIP is the only Jefferson Airplane Experience that presents the evolution of the band's history and music as they transformed into Jefferson Starship. Dance to hits like "White Rabbit," "Somebody To Love," "Miracles," "Jane," "Find Your Way Back," "Sarah," "We Built This City," "Volunteers," and many more hits that everyone still enjoys today.

transformed into Jefferson Starship. Dance to hits like "White Rabbit," "Somebody To Love," "Miracles," "Jane," "Find Your Way Back," "Sarah," "We Built This City," "Volunteers," and many more hits that everyone still enjoys today.



The Big Jangle

Date TBA – **LSE257**

The Big Jangle Band is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. Capture the Tom Petty and the Heartbreakers concert experience listening to Tom Petty originals and also to the songs Petty covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you are guaranteed a great musical experience and a night to remember!



Fleetwood Mask
Date TBA – **LSE258**

Returning to Sun City Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular line up featuring Lindsey, Stevie, and Christine. Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in their live performances. Mick believes that the music of Fleetwood Mac will live on through the authentic performances of Fleetwood Mask.



Stax City Celebrates Old-School R & B
Date TBA – **LSE259**

An old-school R&B band celebrating the music of James Brown, Wilson Pickett, Otis Redding, Al Green, Tower of Power, and more! Their name tells it all - a high-energy band covering the legacy of Stax Records - the Memphis label renowned for its shimmering, sultry blues-and-souls style. This 8 -piece band presents a classy, mixed collection of old-time favorites that features melodic horn parts, powerful vocals, and a driving beat on the drums. Dance to songs like “Mustang Sally,” “My Girl,” “I Feel Good,” “Soul Man,” and many more!



Cherry Bomb: A Tribute to John Mellencamp
Date TBA – **LSE260**

Cherry Bomb is a powerful 5-piece band dedicated to the music of “heartland rocker” John Mellencamp. Their authentic and powerful rendition of Mellencamp hits and familiar tunes such as “Jack and Diane,” “Hurts So Good” and “Cherry Bomb” as well as other hit songs from the “Words and Music” album will surely have you rocking and dancing through the evening



Decades
Date TBA – **LSE261**

Everyone’s favorite dance band is back to close out the series! Since 2010, Decades has been working (and rocking) around the clock to master songs spanning from the 1940s (Glenn Miller’s Orchestra’s “In The Mood”) to today (Bruno Mars & Mark Ronson’s “Uptown Funk”). The band has played over 700 shows all along the West Coast, and have booked 100+ shows 5 years in a row, earning its place as one of California’s most in-demand bands. Throughout a single show, they’ll swap between several instruments (including saxophone, harmonica, penny whistle, trumpet to name a few) and belt out four-part harmonies, showcasing each members’ musical versatility, while continuing to put on a highly energetic live show, the perfect band to end a perfect series!

2020 Summer Amphitheater Concert Series Guidelines

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

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

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

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater’s bottom tier.

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

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

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

OC Fitness Center/Pool: Closes at 6:00 PM

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

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

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

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



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—Comedy/Magic—



New Rescheduled Date!
KS Magic Night:
The Award-Winning Magic of Spencer Grey
 Monday, July 27, 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 at various corporate events. Save \$1 on purchases of \$4 or more at KS Cafe. **Note:** Tickets from the original show date of March 19 will be honored on this new date of the same show time. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # at least two weeks prior to show date to receive a refund.

—In-House Performances—



New Rescheduled Date!
Movie Music Favorite Songs from Favorite Movies
Performed by Stars

from **Beach Blanket Babylon Ruby Day and Scott Reardon**

Friday, June 26
 5:00 PM and 7:00 PM, Ballroom (OC)
 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. **Note:** To follow the County directives for events, we are moving the show to the ballroom to allow for required physical distancing. It will be a one-hour concert without intermission. All ticket holders will be contacted for preferred show time and provide guidance on seating and access. Tickets from original show date of April 23 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # at least two weeks prior to show date to receive a refund.



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**New!****Kyle Martin At the Grammys**

Friday, June 19

7:00 PM, P-Hall (KS)

Reserved Seating \$23 — **LSE262**

An intimate evening at the piano with Kyle Martin star of Broadway's "Movin' Out" singing favorite Grammy-Award-winning songs through the years! The intimate program features Kyle's distinctive vocals along with his musical keyboard talents celebrating some of the best songs ever written and honored with Grammy Awards, including classics like Henry Mancini's "Moon River" and contemporary hits from Adele and Ed Sheeran. Plus selections from *The Sound of Music* and *Godspell*. Save \$1 on purchases of \$4 or more at KS Café.

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

Thursday, August 6

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 the Earth Move," and "You've Got a Friend." The Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Note:** Tickets from the original show date of April 16 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # at least two weeks prior to show date to receive a refund.

**New Rescheduled Date!****Annie Marie and Fiddlaround**

Thursday, October 8

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.



New Rescheduled Date!

Folsom High School Jazz Band and Chorus

Monday, November 30

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!

—Presentation—



New Rescheduled Date!

Marc Lapadula:

Alfred Hitchcock's Single Greatest Masterwork: An In-Depth Look at Psycho

Wednesday, July 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. **Note:** Tickets from the original show date April 15 will be honored on this new date. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # on or before July 1 to receive a refund.



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

Notice:

Due to Compass printing publication deadline and the uncertainty of the situation brought about by the COVID19 pandemic, schedule, planned activities, and price for trips may be subject to change based on CDC recommended social distancing guidelines. Correct price and dates will be re ected on your enrollment. Registration date TBD.

Day Trips

—Casino/Races—



Harrah's Northern California

**Postponed,
Date TBA**

\$35 — **LST340**

We're returning to one of the newer Indian casinos in the area operated by Harrah's just outside the town of Ione.

Enjoy promo offers and slot credit. 4-Hour stay. Wheels roll from OC 8:30 AM return~ 4:30 PM.



Golden Gate Fields – Off to the Races

Thursday, June 11

\$103 — **LST344**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in

the climate-controlled comfort and luxury of the Turf Club with an elaborate sumptuous buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men, while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, windbreakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM to 3:00 PM, and complimentary racing program. Sample buffet menu available at Lifestyle Desks. Wheels roll from OC 10:00 AM return ~ 7:00 PM.



Hard Rock Casino at Fire Mountain

Tuesday, June 23

\$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 9:30 AM return ~ 3:30 PM.

—Performances—



Escape to Margaritaville – Broadway Sacramento

Tuesday, September 8

\$104 — **LST346**

Welcome to Margaritaville, where people come to get away from it all—and stay to find something they never expected. With a book by Emmy Award® winner Greg Garcia ("My Name is Earl," "Raising Hope") and Emmy Award® nominee Mike O'Malley ("Survivors Remorse,"

“Shameless”) ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including “Fins,” “Volcano,” “Cheeseburger in Paradise” and many more. Entertainment Weekly raves, “It will knock your flip-flops off!” So don’t let the party start without you. Memorial Auditorium. Seats are located center to the rear orchestra. Wheels roll from OC 6:15 PM return ~ 11:30 PM, show 7:30 PM.

—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 5:45 PM ~ return 11:00 PM.

Rivercats vs. Oklahoma City Dodgers
(LA Dodgers Affiliate)

Wednesday, June 17
\$49 — **LST331**

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



The **Major League Baseball** has postponed all scheduled 2020 baseball games due to the COVID-19 pandemic. Residents who registered for the trips below, will be contacted once rescheduled dates for the games have been announced.

San Francisco Giants

Postponed
Giants vs. San Diego Padres

Thursday, June 4
\$114 — **LST325**



Postponed
Giants vs. Los Angeles Dodgers
Thursday, August 13
\$139 — **LST326**



Postponed
Giants vs. St. Louis Cardinals
Wednesday, September 9
\$114 — **LST327**



Oakland A's
Postponed
A's vs. Boston Red Sox
Date TBD
\$81 — **LST328**



Postponed
A's vs. SF Giants –
Bay Bridge Series!
Sunday, June 7
\$96 — **LST329**



—Tours/Leisure—



Ironstone Winery & Downtown Murphys
Postponed, Date TBA
\$110 — **LST341**

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 9:00 AM return ~ 7:45 PM.



New Date!

Filoli Gardens & Mansion

Woodside, California

Tuesday, September 1

\$83 — **LST339**

Springtime is here! Join us on a trip to Filoli and enjoy three hours of a self-guided tour, exploring beautifully designed formal gardens. Enjoy this year's spring display, "An Homage to English Garden." Walk through 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 ~ 7:30 PM. *Lots of walking with some uneven pathways.*

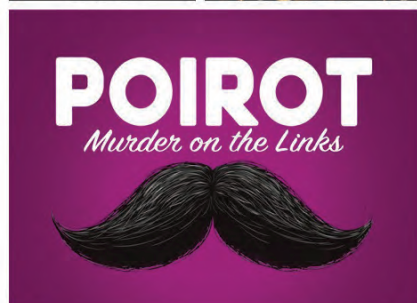


Four days, three nights! Ashland Oregon Theater Excursion

Monday,
September 21 to
Thursday,
September 24

— **LST345**
\$853 per person
double occupancy
\$1,156 single

We are going back to visit one of the most famous Shakespeare Festivals in the world! With included free



time, discover the sights, sounds, and food that Ashland has to offer.

Trip includes:

- Three-night stay at the beautiful Ashland Hills Hotels and Suites with daily complimentary hot breakfast buffet
- Lunch at the Mt. Shasta Resort on the way to Ashland
- Dinner and Show at the Oregon Cabaret Theater to see the adaptation of Agatha Christie's *Poirot: Murder on the Links*
- Matinee tickets to Peter and the Starcatcher at the Angus Bowman Theater
- Matinee tickets to *A Midsummer Nights Dream* at the Angus Bowman Theater
- Visit the popular Harry & David store for some shopping
- Free time to explore downtown Ashland
- Farewell group dinner at the hotel last night
- Lunch at Sierra Nevada Brewery on the way home
- Gratuities for driver and all included meals
- Comfortable coach transportation
- Group trip escort
- Total Meals Included: 3 breakfasts, 2 lunches; 2 dinners

Please advise at registration if you have any dietary concerns and mobility limitations. Please email trips@sclhca.com for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC 8:00 AM, Monday, September 21, return ~ Thursday, September 24 ~ 3:30 PM.

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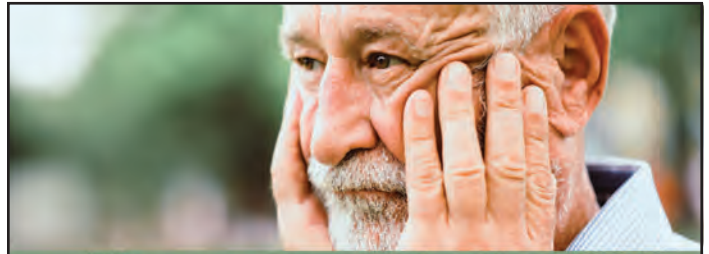
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Catalina Island, Queen Mary & more!

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 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 7:45 AM, Sunday, October 11, return ~ Thursday, October 15 ~ 4:00 PM.

Sold Out Trips

Trip • Date • Departure Time

- Come From Away
May 19 & May 20 Trips CANCELED.
Show postponed until 2021
- Laguna Beach Pageant of the Masters
Art Festival
Sunday, July 26 • 7:45 AM

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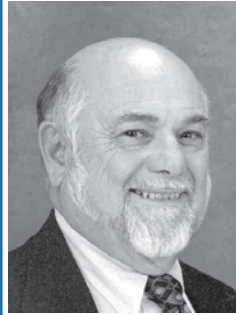
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Notice:

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates and number of class sessions will be re ected on your enrollment. Registration date TBD.

Some regularl erred classes will not be o ered until July as per Instructor's decision.

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—



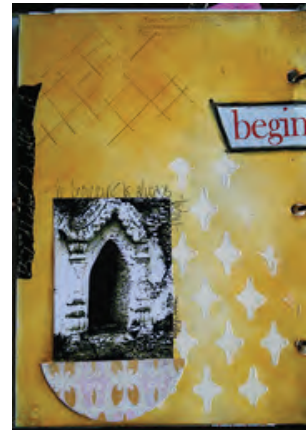
Fine Arts Class Gallery

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

artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime

an art class is in session to view the works and watch the class' creative process in action.

—Mixed Media—



Mixed Media Art Journaling

Tuesdays, June 9 & 23
9:00 AM to Noon (OC)
\$45 (two sessions) plus
\$5 supply payable to
instructor — **LSC2509**

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—



Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, June 3-24
9:00 to 11:30 AM
\$60 (four sessions)

— **LSC1979**
Or Noon to 2:30 PM
\$60 (four sessions)

— **LSC2012**
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. Questions about class supplies? Email *Sandy Lindblad*, the instructor at sandski2@yahoo.com prior to class.

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Sip and Paint “Highway One”

Postponed, Date TBA

5:00 to 8:00 PM

\$55 — **LSC2529**

Or Sip and Paint “Tora at High Tide”

Friday, June 19 — **LSC2530**

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.

—Pastels & Watercolor—



Pastel and Watercolor / Intermediate to Advanced
Mondays,
June 1-29
9:00 to
11:30 AM
\$60 (four sessions)

— **LSC2034**

This class provides you the opportunity to play with either medium that you bring to class. Bring simple images to work from! More focus will be on dry pastel versus watercolor in this class, but both mediums will be welcome. 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.sandylindblads.com. Email **Sandy Lindblad** at 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.

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, June 4-25

9:30 AM to Noon (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2541**

Or

- **Evening Class**

Thursdays, June 4-25

5:30 to 8:00 PM (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2554**



Watercolor – Afternoon Class

Thursdays, June 4-25
1:00 to 4:00 PM (OC)
\$72 (four sessions)

— **LSC2058**

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 colors with the use of a well-organized palette. Learn to create your own voice in art!



New Class!
**No-Fear Portrait
Watercolor Painting**
Wednesdays,
June 3-17
5:00 to 8:00 PM (OC)
\$51 (three sessions)
— **LSC2662**

This workshop will allow you to expand, express, and explore numerous venues to no-fear portrait painting in watercolor. Paint in one to three

colors along with Telagio using a photo reference you provide. For the material list contact the instructor. Telagio is an international, national, and regional multiple award-winning watercolor artist that remains active in juried art shows and conducts private and group workshops in Northern California. Instructor: *Telagio Baptista* at telagiowatercolorist@gmail.com.

Ceramics

—Pottery—



Beginning/Intermediate Ceramics

Tuesdays, June 2-30
1:00 to 4:00 PM (OC)
\$80 (five sessions)

— **LSC2082**

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,
June 2-30
9:00 AM to
Noon (OC)
\$80 (five ses-
sions)

— **LSC2069**

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, June 4-25
9:00 AM to Noon (OC)
\$54 (four sessions) — **LSC2094**

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 assign-

ments, 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,
June 4-25
1:00 to 4:00 PM
(OC)
\$54 (four sessions)
— **LSC2106**

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

—Crafting with Craftopolis—



Garden Hose Wreath
Wednesday,
June 17
9:00 to 11:00 AM
\$15 + \$30 supply fee — **LSC2667**

Create a unique and fun garden hose wreath using silk flowers, flowerpots, seed packets, garden tools, and more.

Perfect as your Spring and Summer front door décor. All supplies provided. Minimum participants: 5, Max 12. *Registration deadline 1 week before class.* Instructor: *Judy Ragland/Craftopolis*.

Games

—Bridge—



Beginning Bridge Class
Mondays and
Postponed,
Date TBA
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*.



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Dance

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Please note that the following Dance Instructors are taking a hiatus in June. They hope to resume their classes in July: Janice Hanzel, Melanie Greenwood, Sandy Garderio, Cathy Paris, and Jim and Jeannie Keener.

—Hula—



Hula
Thursdays, June 4-25
1:00 to 2:00 PM (KS)
\$50 (four sessions)
— **LSC2174**

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.

—Line Dance—



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

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

Level I – Absolute Beginner (Intro)

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

- **Thursdays, June 4-25**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2295**
Instructor: *Yvonne Krause-Schenck*

Level 2 – Beginner

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

- **Thursdays, June 4-25**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC2317**
Instructor: *Yvonne Krause-Schenck*

Level 3 – High Beginner/Improver

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

- **Mondays, June 1-29**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC2306**
Instructor: *Yvonne Krause-Schenck*

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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.



—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a



choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

Beginning Tap 2

Mondays, June 1-29

11:00 AM to Noon (KS)

\$45 (five sessions) — **LSC2339**

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, June 2-30**

10:00 to 11:00 AM (KS)

\$45 (five sessions) — **LSC2349**

- **Mondays, June 1-29**

10:00 to 11:00 AM (KS)

\$45 (five sessions) — **LSC2328**

- **Thursdays, June 4-25**

10:00 to 11:00 AM (KS)

\$36 (four sessions) — **LSC2360**

Glass Art



Stained Glass

Mondays, June 1-22
1:00 to 4:00 PM (KS)
\$61 (four sessions)
\$10 supply fee payable to instructor — **LSC2422**

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.

Music

—Guitar—



Beginning Guitar

Mondays, June 1-29
8:00 to 9:30 AM (OC)
\$48 (four sessions)
— **LSC2372**

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 Bob Wren and his Sacramento World Music Ensemble for over ten years.



Folk Guitar for Fun Folks 101 - Beginner Level

Tuesdays, June 2-30
1:00 to 2:00 PM (KS)
\$50 (five sessions) — **LSC2446**

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, June 2-30
2:00 to 3:00 PM (KS)
\$50 (four sessions)
— **LSC2458**

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, June 3-24
8:00 to 9:30 AM (KS)
\$48 (four sessions)
— **LSC2385**

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,
June 1-29
10:00 to 11:30 AM
(OC)
\$60 (five sessions)
— **LSC2410**

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, June 3-24
9:45 to 11:15 AM (KS)
\$60 (five sessions) — **LSC2397**

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*.

Sewing

—Certification—



Sewing Certification

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer Cer-

tification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact instructor *Sylvia Feldman* at 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

—Smart Phone and Smart Books—



iPhone Basics (iOS 13) Workshop
Tuesday, June 23
9:00 AM to Noon (OC)
\$35 + \$5 supply fee payable to instructor.
— **LSC2663**

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 the instructor *Andy Petro* at 916-474-1544.



Android Smart Phone Basics

Tuesday, June 23
9:00 to 11:00 AM (OC)
\$25 + \$10 supply fee payable to instructor.
— **LSC2654**

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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11:30 AM-CLOSE

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New Class!
How to Install Android Apps from Google Play Store
 Saturday, June 27
 9:00 to 11:00 AM (OC)
 \$20 plus \$10 payable to instructor.
 — **LSC2666**

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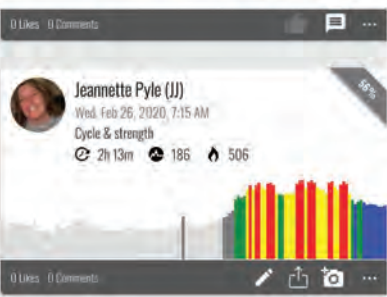
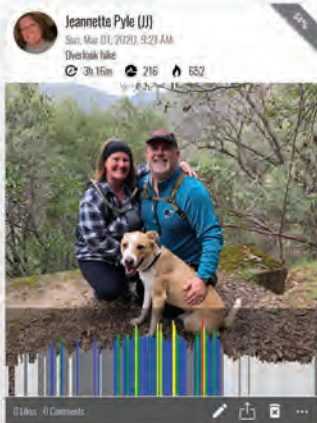
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Fitness Floor (OC)

- **Wednesday, May 20**
Canceled
3:00 to 4:00 PM
- **Tuesday, June 16**
Canceled
3:00 to 4:00 PM
- **Wednesday, June 24**
4:00 to 5:00 PM

Fitness Floor (KS)

- **Tuesday, May 19**
Canceled
12:00 to 1:00 PM
- **Tuesday, June 30**
11:30 AM to 12:30 PM

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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.



NOTICE

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates and number of class sessions will be re-ected on your enrollment. Registration date TBD.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.



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Arthritis

Tuesdays, June 2-30
\$45 (five sessions)
Wednesdays, June 3-24
\$36 (four sessions)
Thursdays, June 4-25
\$36 (four sessions)
Fridays, June 5-26
\$36 (four sessions)

Tuesday's Instructor:
Cynthia Bullwinkel
Wednesday, Thursday,

and Friday's 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. **Please sign up before the first day of class.**

Lessons

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



Nordic Pole Walking
Wednesday & Thursday
June 22-23
8:00 to 9:30 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,
May 31 - July 5
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

Thursday, May 21
9:00 to Noon, Oaks Room (OC)
\$15

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 – Beyond Grief to Gratitude

Thursday & Friday, June 25 & 26
10:00 to 11:30 AM Multimedia Room (OC)
\$40 (two sessions)

Join this class to build and boost the gratitude and joy inside you. Feel Better & Become Happier. 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, June 2-30
1:00 to 2:00 PM, Aerobics Room (KS)
\$55 (five 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, June 2-30
2:00 to 3:00 PM,
Aerobics Room (KS)
\$55 (five 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 L1

Thursdays, June 4-25
2:00 to 3:00 PM, Aerobics Room (OC)
\$40 (four sessions)

Anney Siegel-Wamsat comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for nine years. Tai Chi is "meditation in motion" that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the Yang long-form (128) form with emphasis on basic concepts, stances, and poses. *This class is a prerequisite for the Tai Chi Chaun L2 with Anney on Mondays and Wednesdays.* Loose, comfortable clothing is encouraged. Instructor: **Anney Siegel-Wamsat**.

New Tai Chi Chaun L2

Mondays and Wednesdays, June 1-24
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 nine 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 wellbeing while preparing financially for the future. Classes ll up quickly, please sign up at least 7 days prior to class start. No refunds.



Active vs. Passive

Tuesday, May 26
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, June 23
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,
June 30 - July 28
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, June 30 - July 28
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.

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

Thursday, May 28
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 vegetables (for resisting cancer, diabetes, heart disease, and more), enjoy a cooking demo and tasting, and boost your wellness! This month: The beauty of berries! Sure they are great raw, but since they have SO much to offer our immune systems, let's find special but easy ways to prepare and enjoy these tiny nutrition-bombs. (We'll feature a grain-free, dairy-free, fruit-filled dessert that will delight all kinds of diners!) *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 Benefits of the Mediterranean Diet!**

Thursday, June 18
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 vegetables, enjoy a cooking demo and tasting, and boost your wellness! This month: The Benefits of the Mediterranean Diet. It's not a diet, it's a way of cooking and eating. We'll learn why it's recommended for wellness and how

to incorporate it in our own food choices. *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, May 26
9:00 to 10:30 AM
P-Hall (KS)
\$5 each class

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 Fibromyalgia Pain

Wednesday, June 3
2:30 to 3:30 PM, Aerobics Room (KS)
\$20

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort 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. **Class fills up quickly! Please sign up at least 48 hours ahead.**



Traditional Shotokan Karate

Saturdays, June 6-27
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. Instructor: *Al Trimarchi*.

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 93 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. Jeannette.pyle@sclhca.com.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

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Danielle 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 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. *Date events go on sale is TBD. Register at either Fitness Desk 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.



SGT—Parkinson's Indoor Cycling

Wednesdays,
June 3-24
12:30 to 1:30 PM
Aerobics Room (KS)
\$70 (four 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, June 4-25
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, June 5-26

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, June 5-26

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, June 1-29

2:30 to 3:30 PM

Aerobics Room (KS)

\$85 (five 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, June 5-26

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 & Wednesdays, June 1-24

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, June 2-25

Noon 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, June 2-25

Noon to 1:00 PM

Aerobics Room (KS)

\$135 (eight sessions)

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,
June 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 & Wednesdays, June 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

Mondays & Wednesdays, June 1-24
11:30 AM to 12:30 PM, Aerobics Room (KS)
\$135 (eight 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 and Max Alcantar*.

SGT—Balance & Fall Prevention L1

Mondays and Wednesdays, June 1-24
2:00 to 3:00 PM, Aerobics Room (OC)
\$135 (eight sessions)

Learn simple stretches, exercises, and techniques 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, June 2-25
3:00 to 4:00 PM, Aerobics Room (KS)
\$135 (eight sessions)

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 90-93 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 under WellFit tab.

OC WellFit Class Schedule June 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	OC Stretch for EVERYBODY L1/3 - Renae	OC	OC Stretch for EVERYBODY L1/3 - Renae	OC	OC	OC	OC
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 - Jeannette	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 Kilgus
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 L2 - Anney	Yin Yoga L1 - Fran	Tai Chi 2 - Anney	Chair with Flair L1 - Julie	Basic Chair L1 - Maria/Beth		
2:00	Balance & Fall Prevention L1 - Renae	iRest Meditation L1 - Fran	Balance & Fall Prevention L1 - Renae	New! Tai Chi L1 - Anney	Activities		
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie		SCLH Booking	
4:00	TBA	Activities	Try It Out! FREE! Yin Yoga L1-3 - Sara				
5:00	TBA			Activities			
5:30	TBA						
Group Exercise Classes (punch pass) \$4.50							
30 min Group Exercise Classes (Fast Pass) \$7.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule June 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena			
8:30	45 min Cycle & Strength L2 - Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Zumba L2/3 Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	
9:00							9:00am Cardio Strength L3 - Kim
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	Yoga Stretch L1 - Aundrea	10:00am Zumba L3 - Carrie
11:30							
12:30	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	WaiDan Gong L1 - Joan	11:30am Shotokan Karate L1/2 - AI	
1:00		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonStrong Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	Yoga Basics L1 - Lesley	SGT - Rock Steady Boxing Milly	SGT - Rock Steady Boxing Milly		
2:30	New! SGT - Golf Conditioning L2-3 Max	3:00pm SGT - Balance & Fall Prevention L2 - Danielle	New! Living with Fibromyalgia Pain Lisa K.	3:00pm 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 June 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Jiji</i>	OC	Water Works L2/3- <i>Danielle</i>	OC	OC
8:30	Aqua Fitness L2/3- <i>Helena</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Fitness L2/3 - <i>Jiji</i>		
9:30	Deep Water Fitness L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Renee</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3 - <i>Lisa</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Marla</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Lisa</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Sharon</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		
12:30	TBA				SGT - Therapeutic Water Exercise L1 <i>Max Alcantar</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							

Pilates Reformer WellFit Class Schedule June 1-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>				Mixed Equipment L1-L2 - <i>Sarah</i>		
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Cynthia</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Delphine</i>	Ref Basics L1 - <i>Julie</i>	Ref L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Delphine</i>	
10:30	Pilates Bootcamp L2 - <i>Valerie</i>			Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Ref Basics L1-L2 <i>Delphine</i>	
11:30							
12:00		Ref Basics + L1-L2 - <i>Julie</i>					
			Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Ref L1-L2 - <i>Valerie</i>		
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancelation for insufficient registration 24 hours prior to class.							

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS

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

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THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
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Fitness Coordinator
Danielle Merrill 916-625-4032..... Danielle.Merrill@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant.....MeridiansRestaurant.com
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Kilaga Cafe
To-Go Orders & Info: 916-408-1682

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Don Giles 916-625-4043..... Don.Giles@sclhca.com

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Lincoln Police & Fire..... 916-645-4040
Neighborhood WatchSCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

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