

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

14 *Cultivating Creativity*

15 *After April Showers —
Get Ready for May 7!*

Calendar of Events

April 16 – May 13

**Subject to change.
Please see eNews
for updated times
and dates.**

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Upcoming Association Meetings: April 15 – May 27	
Finance Committee Meeting	Thursday, April 15, 9:00 AM
Board of Directors Meeting	Thursday, April 22, 9:00 AM
Board of Directors Executive Session	Thursday, April 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, April 26, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, May 4, 9:30 AM
Compliance Committee	Wednesday, May 5, 9:00 AM
Properties Committee Meeting	Thursday, May 6, 9:00 AM
Elections Committee Meeting	Friday, May 7, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, May 10, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, May 11, 10:00 AM
Board of Directors Workshop	Thursday, May 13, 10:00 AM
Finance Committee Meeting	Thursday, May 20, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, May 24, 9:00 AM
Board of Directors Meeting	Thursday, May 27, 9:00 AM
Board of Directors Executive Session	Thursday, May 27, 2:00 PM

Meetings subject to change. Visit sclhresidents.com for the most up to date information.

VOLUNTEER OPPORTUNITIES!

Committee Openings

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

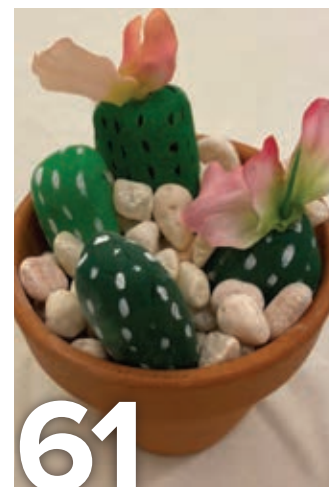
- Compliance Committee
- Properties Committee
- Architectural Review Committee
- Finance Committee
- Elections Committee
- Clubs & Community Organizations Committee

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

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Big 
Day of
Giving
MAY 6

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On the Cover
*April Showers Bring May
Flowers – Reawakening*



Board of Directors' Report

Laura Thiele, President

What a difference a year makes. When the 2020 April *Compass* was distributed, we had just completed a month of having our facilities closed due to the pandemic restrictions. We didn't know how long our facilities would be closed or how bad things would become. At the writing of this article, the restrictions are slowly being lifted. In March, we moved from purple tier to red tier with the promise of moving to the orange tier not far away. Vaccinations are occurring daily. We are emerging from this challenging year with a new Executive Director and a new Board of Directors. Our future looks bright.

The focus of this Board is to oversee the reopening of our facilities and to help create our new normal. The Board spent the majority of the annual Board retreat on how to work together – some items discussed were ground rules, Board meeting organization, Board operations, and email communication. Our Board is developing strategies to move forward in various areas working in teams of two or three.

We cannot do this alone; we need your help. We need our committees and other volunteers to be an integral part of this reopening. After more than a year of social distancing, we may have more

residents than ever returning to our lodges, attending club meetings, taking classes, enjoying entertainment events, and going on trips. We need to work together, engaging and welcoming the hundreds of new residents who have moved into our community during the closures.

Some things haven't changed in a year. Our community remains beautiful, our Association remains financially strong, and our residents and staff remain terrific. We have the ability to create our new normal to be even better than before. Let's work together and make that happen.

Stay safe.

Board Workshop Schedule:

The Board of Directors is planning to hold monthly workshops from 10:00 AM to Noon on the following dates. These dates are the second Thursday of the month with the exception of November.

April 8, 2021	September 9, 2021
May 13, 2021	October 14, 2021
June 10, 2021	November 10, 2021
July 8, 2021	December 9, 2021
August 12, 2021	



Top left to right – Robert Copp, Jack Harris, Laura Thiele, and Craig Fraser
Bottom left to right – Tom Dunipace, Diana Peters, and Joe Cortez



A Note from the Executive Director

Robert Richardson, Executive Director

Every month, I reach out to each of you in 400 words and talk about the goings on here at Lincoln Hills. Normally, with so much happening here, it is a quick process. However, this month, I'm having a hard time squeezing this into my schedule with things really popping.

The annual audit is finished, and we have started a new and earlier budget process to make sure everyone has the time they need to look into it. We updated our main computer system, Northstar. By the time you read this, our new Food & Beverage Director will be on board and working with the restaurant staff to create an even better experience in a most professional manner.

The rebuilding of the Blue Heron Bridge should be starting any day, and the renovation of the Kilaga indoor pool should be complete within 30 days. The Sewing Room expansion is underway (finally...), and we installed a temporary fence at the softball field after the last big storm took one down. We are well into updating our Reserves program, classes have resumed at the gyms, the spa is filled to the brim almost every day with satisfied members, and the goats are happily

grazing in the fields.

We are busy making plans to reopen our facilities. New spring plantings are going on all around the community. Even the waterfalls are being cleaned, painted, and brought up to standards for the entryways into this beautiful community. Outdoor pools are all opening, as well as outdoor gatherings to get us reconnected. The Kilaga Café will be opening soon with some new surprises.

There is also a new Board. After a very productive retreat, they are moving forward with a series of efforts to create new internal efficiencies, better coordination with our Committees and the Association, and better communications with all of you to ensure more transparent operations. Right now, staff will begin to document many of our procedures, making them available to all of you – thereby providing a clear path for you to obtain the services you need and want. They will make the budget process more open to hopefully answer your questions and provide time for input. Not glitzy work, but important stuff that will pay dividends well into the future.

Well, look at that...400 words already...That wasn't so hard after all.





Update on Reserves

Hans Fokkema

During this year's Board election campaign, several candidates mentioned that the increased cost of our reserves was a sizeable component of the increase of our homeowner dues during the last several years. Unfortunately, they did not mention why increases in the reserve contributions occurred.

When Sun City Lincoln Hills was first established in 1999, everything was new and little attention was given to reserves during the first 10 to 15 years. In fact, at times reserves were intentionally underfunded to keep our homeowner dues low. In 1999 monthly homeowner dues started at \$83.18, and if that amount is adjusted for the California Inflation Index, 2021 dues would have been \$146.85 rather than \$133.00. In fact, for everyone who moved here in 2011 or earlier, the inflation-adjusted 2021 dues would have been more than \$133, but unfortunately, that is not the case for people who have moved here since.

Because we have just celebrated our 20-year anniversary, we can no longer avoid dealing with the funding of our reserves. Unfortunately, when underfunding of reserves needs to be corrected, it always occurs at a higher cost.

Beginning in 2017, we started reviewing our reserves and not only noticed the underfunding but also that several items that should have been in the reserves were not. During the past four years, this has slowly been corrected, and that is why the homeowner contribution to the reserves has had to increase. Homeowner associations are generally considered to be in a strong reserve position when the funding percentage is over 70%. This is based on the fact that, as a general rule, not more than 70% of reserve components that have been in place for their expected useful life need to be replaced. Our objective is to be in a strong reserve position to keep our infrastructure as good as it is and keep our property values high.

Because of the way the Davis-Stirling Act requires that the funding percentage is calculated, the funding percentage can change quite a bit from one year to another. We, therefore, want to keep this percentage between 60% and 90% while increasing annual homeowner contributions by less than the inflation rate. We expect to reach that goal next year.

As always, if you have questions, please feel free to ask. I am happy to talk to anyone and explain how our reserves work.



Architectural Review Committee New Residents

Carole Dummett, Chair

This month we would like to reach out to our many new residents in Lincoln Hills. We welcome you and are here to assist with questions on all exterior improvements. Living in an HOA is a unique experience to many of you, so please remember Community Standards and ARC are always available to answer questions.

What requires approval? The short answer is everything that is visible to the street or neighboring properties, including exterior paint. Design Guideline 2 references all items that do not require ARC approval.

Please take the time to research our Design Guidelines prior to beginning a project. They are very detailed to ensure every homeowner is treated fairly and equitably. You should have received a copy when you purchased your new home, and they are also available on the SCLH website under Library-Governing Documents. You may also request a copy from Community Standards at Orchard Creek Lodge.

Many of us purchased a home and then drove throughout the community for paint and landscape ideas thinking, "This must be allowed, it appears to have been there for a while."

Do not fall into this trap as many items may not have been approved and could be facing a non-compliance issue. If you have questions, seek information from ARC or Community Standards, do not reach out to contractors or neighbors for answers.

Lincoln Hills has setback requirements on all accessory items that may differ from the City of Lincoln statutes. This becomes an issue because all accessory structures must be 10 feet from the rear of your house and 5 feet from the rear and side yard. Accessory structures are outlined in Design Guideline 1.8.2 and require a site visit before an application is placed on our agenda.

The ARC meets the second and fourth Monday of every month except December. Applications must be placed in our ARC Drop Box located at the main entrance to Orchard Creek Lodge no later than Wednesday at 2:00 PM the week before our Monday meeting. Once our facilities reopen, the dropbox will be located inside Orchard Creek Lodge next to the membership desk.

Thank you for choosing our beautiful community; we look forward to assisting you with future projects.

We now have a complete committee, but are accepting applications for future openings.

Communications and Community Relations Committee

Community Input at Lincoln Hills

Fred Barnhart, CCRC member

Our Association has many ways to communicate information out to residents, including the *Compass*, eNews, and the SCLH Resident website. But how do residents provide input to the Association? Any resident can speak at a Board of Directors meeting, write an email to the Board, Committee Chairs, or Staff, or participate in workshops or focus groups. All of this is important input but only represents the voices of the few who choose to participate in these ways. Even well-attended workshops and focus groups rarely attract more than a few hundred of our 11,000+ residents.

Well-designed, community-wide surveys are an excellent way to get input from a large number and variety of residents. The Communications and Community Relations Committee (CCRC) has been developing a consistent process for conducting surveys and recently ran a trial survey to “test drive” that process. Thanks to the 2590 residents who responded! Survey results are posted on the Resident website under Committees/CCRC/Documents.

Some of the key elements of the survey process are:

- Surveys may be requested and sponsored by the BOD, Standing Committees, Task Forces, or staff.
- Survey questionnaires will be distributed via email to eNews subscribers. It was decided to use eNews

because of reach (currently 7000+ residents), speed of delivery, and zero cost.

- Surveys are intended to provide another channel for community input. They ARE NOT a “vote” for any particular action and do not imply any particular decision. Surveys provide data from the community, which will supplement anecdotal input from emails, workshops, and conversations as the Board, Committees, and staff make decisions.

- Survey results will be made available to residents via eNews, the *Compass*, and the Resident website.

In order to participate in future surveys, it is necessary to sign up for eNews. If you share an email with another resident, you may want to consider enrolling another email account since each email account can only respond to a survey once. If you know residents who do not get eNews yet, encourage them to sign up! Signing up for eNews is quick and simple. Just log into the resident website, and click on Sign up for eNews at the top of the main page.

CCRC will be working with the Board of Directors on the first Annual Survey. The goal will be to gather data year after year to better understand trends and how our residents’ needs and desires change over time. Stay tuned.



Compliance Committee

Who to Believe...

David Mateer, Chair

The good news, and sometimes bad news, is everyone has many sources of information. This is also the case when it comes to doing maintenance and improvements to your home and yard. Since we cannot be experts in everything, we can seek the help and advice of others. There are multiple companies doing business in the community. This is true for items such as painting your home or redoing your front yard. They really can provide some good suggestions as well as getting the work done for you. You can always check in the back of the *Compass* to find businesses. The same can be true for your neighbors.

However, please remember that many types of changes in our community do require submission and approval of the Architectural Review Committee (ARC). This also helps you avoid problems after the job is done since the approval will give you peace of mind knowing those who know the Design Guidelines signed off on your project.

Sometimes it can be as simple as paint touch up. Color matching the old and faded paint frequently results in the wrong color being used. If you had painted before and obtained approval, Community Standards should be able

to provide paint color information for you.

Some seemingly minor landscape changes also may require ARC approval. Any change in rock or turf coverage, hardscape, or planting a tall bush or tree does require ARC approval. Although some may say otherwise, this also applies to backyards.

Sometimes even correcting a problem may require obtaining ARC approval for the necessary work. Should you receive a letter from Community Standards about a violation, it may provide information on when ARC approval is needed. If the approval is necessary, it is better to spend the extra time to go ahead and get the approval before the work is done. We would rather provide you the time needed to do the job right. We understand this may add some time to get done and extend the time to complete the work when the ARC approval is obtained.

If you are not sure if what you intend to do is permitted or requires approval, reach out to Community Standards and let them help you. The easiest way to do this is via email at CommunityStandards@SCLHCA.COM. You can also call, but with some of the COVID changes, they may be easier to reach by email.

Properties Committee

Who Are We?

Lynne White, Committee Member

As an introduction to writing in the *Compass*, I would like to let the Lincoln Hills Community know about us. We are “responsible for the appearance, maintenance, and care of all of the Association’s physical properties.” Along with the physical properties, we include “buildings, systems, equipment, and grounds.” If there are potential maintenance issues, please let our Committee know. The Properties Committee is very fortunate to have Bill Szabo as our Chair, Sarah Lambrose as our Vice-Chair, and a very committed and talented group of people involved in our projects.

As time goes by, I will keep you informed as to what work is in progress. We have “pending repairs, improvements, inspections, landscape and open space issues at this time.” Sometimes immediate attention is required for unforeseen problems. A good example of this would be the last wind storm. We had damage to several large trees and also serious damage to the 30-foot softball field fence. Erik Rosales, Facilities and Maintenance Manager, keeps our Committee continually informed as to how all of our projects are progressing. At the last

meeting, project updates included but were not limited to the following, an automatic door at the Ballroom Entrance at Orchard Creek (OC), the Sewing Room (which we know is a long-awaited expansion), is out for bids, and then a proposal review. Striping for our new tennis courts has been delayed by weather. Work started on the Kilaga Springs (KS) pool, deck, and spa and, sidewalk repairs started on Spring Valley Parkway.

We meet on the first Thursday of the month at 9:00 AM. Right now, you can receive a Zoom code through the eNews sent out the first Monday of the month. If you cannot attend our Zoom meeting, video recording is available on our Resident website. We welcome community attendance and participation during the open forum. Also, we have a Capital Project Application Form that can be downloaded from our website. If you have a project you want our Committee to consider, please put your proposal in writing and email it to our Executive Director, Bob Richardson. Our goal is to have our residents take an active role in keeping Lincoln Hills a premier place to live. This is who we all are!

Lincoln Hills Foundation

Give Where You Live – Big Day of Giving is May 6!

Denise Bowden

Mark your calendars for Thursday, May 6, and join your community and the Lincoln Hills Foundation for the Big Day of Giving. This is the day that four local counties join together for a day of community philanthropy. Beginning at midnight, May 6 and continuing for the next 24 hours you can make your contribution to the Lincoln Hills Foundation to support residents right here in Lincoln Hills.

During times like these maintaining the funding for key programs becomes even more important. The ability of the Foundation to continue supporting our residents depends on all of us plus families, friends, and neighbors. The need for delivered meals, basic necessities, and respite care is continuing to increase as our seniors

remain in their homes. Please take advantage of the opportunity to help the Foundation to continue our work supporting our seniors when they need it most.

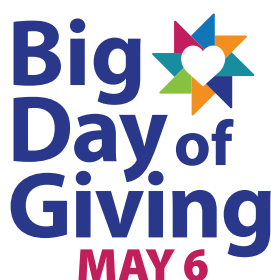
In 2020 the generous and caring residents of this community rallied around the needs of our residents, and as

a result, the Foundation was able to provide two incremental grants to The Salt Mine, which resulted in the distribution of over 60 tons of food and basic necessities.

The good news is that we don’t need balloons, banners, or big stuffed dogs to celebrate the day, and we can still contribute while remaining at home. Donations can be made on May 6 online from your home, however, don’t wait until then to show your support and make your donation. Beginning on April 22, you may go online and schedule a donation by entering bigdayofgiving.org/lincolnhillsfoundation. If you wish to donate now, you may also call Denise at 408-307-1700 to make a cash, check, or credit card donation, and one of our volunteer Board members will pick it up from you.

The Foundation is also looking for new members interested in being a part of this community benefit organization and making a difference in Lincoln Hills. Please contact us at lincolnhillsfoundation.org.

We would like to express our appreciation to Southern Comfort Heating and Air Conditioning for being a Lincoln Hills Foundation corporate sponsor. As a company that knows Lincoln Hills well, their contribution gives back to the community and will be part of the matching fund process on May 6.





Let us serve you with a view

Meridians
Restaurant & Bar

Delta Asparagus

*Michael Jackson, Executive Chef
Food & Beverage*

Nothing says spring in the Sacramento Region than Delta Asparagus straight from the San Joaquin Valley. Located just 30 minutes from the California Capital, San Joaquin's fresh produce region is second to none. It is one of the highest producing agricultural centers in the United States, with over 12% of the country's produce productions. Having lived throughout our country, I have personally sought out produce from Northern California, with extreme price increases on the East Coast.

Asparagus, especially desired throughout the world, has only a harvesting season of 8-12 weeks in Northern California. The tender vegetable is a staple in spring menus throughout. One of my favorite recipes is a Spring Fling Risotto.

Using short grain rice (such as Arborio or Carnaroli) for its higher starch content gives a much creamier consistency for Risotto. Arborio, Italy, is known for its rice production of short-grain rice for Risotto. The next most significant region for Arborio-style rice is in the Sacramento Valley. Therefore, Spring Fling Risotto can be a localized Recipe!

One of the biggest secrets to making a great Risotto is stirring. A wooden spoon and frequent stirring, help "crack" the rice to allow the starch to thicken the risotto dish.



Chef's Recipe of the Month:

Spring Fling Risotto

Ingredients

- 1 pound asparagus, thinly cut diagonally into 1 1/2" pieces
- 1/2 pound peas, freshly peeled from shell
- 2 ea. shallots quartered lengthwise, thinly sliced
- 1 cup diced fennel bulb (reserve fronds)
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 1/2 cups Arborio rice (or Carnaroli)
- 2/3 cup white wine
- 1 tablespoon finely grated lemon zest (use a microplane)
- 2 tablespoons freshly squeezed lemon juice
- 1/3 cup mascarpone cheese, room temperature
- 1/2 cup grated Asiago (or Pecorino) cheese
- 100% Olive Oil (Arbequina preferred)
- sea salt and freshly ground black pepper

Instructions

1. In a medium saucepan, bring broth to a simmer.
2. Meanwhile, melt olive oil and butter in a large pot over medium heat. Add arborio rice, cooking, and stirring constantly. Do not allow to get any color. Once the kernels begin to "crack" (pull a kernel to look for shallow cracking within the kernel), add the shallots and fennel.
3. Allow shallots and fennel to cook, occasionally stirring, until softened, about 7 minutes.
4. Then add wine; cook, constantly stirring, until it begins to absorb within the rice.
5. Slow add 1/2 cup hot broth; frequently stirring, until almost absorbed. Continue adding 1/2 cup hot broth in this manner until rice is tender and mixture is creamy about 20 minutes.
6. Add asparagus, peas, and lemon zest to cook, occasionally stirring, for 2 minutes.
7. Turn off heat, and stir in mascarpone cheese, asiago cheese, and lemon juice until fully incorporated. Season accordingly with sea salt and cracked pepper to taste.
8. Place in a shallow bowl for presentation. Top with reserved fennel fronds and asparagus tips, more asiago cheese, and a drizzle of 100% pure olive oil (I prefer Arbequina) and serve immediately.



Lifestyle News & Happenings

Reawakening

Karla Hearron, Lifestyle Assistant Manager

Spring is a gift of reawakening. Winter is beautiful but long, and by the end of it, we all tend to feel a dreariness in our eyes for no other reason than a lack of sun for too many days. Springtime here in Lincoln Hills is special. You notice it, you long for it, and you welcome it with open arms. Springtime brings an observable change in people. They walk with an extra bounce in their step, smile at strangers, and we see more people outside enjoying the sunshine, biking, walking, running, and gardening.

Springtime has always been a magical time for me. I get excited watching the new plant life push its way up out the earth, flower buds start to open, and fresh, beautiful colors are everywhere in the surrounding landscape.

Enjoy the outdoors and fresh produce at our **Wednesday Farmers Market**, which starts earlier this year! **Beginning April 21** and every Wednesday after that, you can shop local fresh produce and find your favorite goodies from our specialty vendors (page 50).

On **April 19, Document Destruction** is back!

Shred-It offers state-of-the-art shredding trucks on site to provide this service. (see page 50)

You still have time to catch Instructor Ray Ashton as he dives into a four-session series on the films of **Mel Brooks**. Get ready to exercise your “funny bone” as we experience four of Mel’s finest (**April 21-May 12**). Each class will include a lecture and complete viewing of the movies (page 63).

Live performances are also awakening! Outdoor concerts are now allowed following state guidelines. Join us at the Orchard Creek Outdoor Pool with **The Rhythm Method 4 on April 30**. Sun and excellent music, what could be better? Read details on page 57.

We have our first **Swap Meet on May 1** at the Orchard Creek Parking Lot! This event combines our Parking Lot Sale and vendors from the Holiday Expo! So, don’t miss it whether you are buying or selling. Contact Shelvie.Smith@sclhca.com for any questions.

Join us for some fun **Krafting with Karla & Lavina** as we make two easy wood crafts for May. We’re decorating **Wood Coasters** with cute sayings on **May 4** and crafting **Kitchen Wood Magnets** on **May 18** (page 63).

So step outside, enjoy a concert, class, or event this month and feel Reawakened!





The Spa at Kilaga Springs Renewal

Trudy Smith, Spa Manager

Mind and **body** are intimately connected, so spring is already affecting your whole system. In short, you are set by default to feel **renewed** and at the same time to bring **renewal** to your **body**. Let's bring the qualities of spring into your life during this season.

Let the services, nurturing environment, and retail therapy at the Spa at Kilaga Springs Renew you!

All our services, staff, and take-home products are designed for your betterment. Each product chosen in the service is specifically for your health and wellness. From the skincare products used in Facials of Hydropeptide, Hydrafacial and Image to the massage oil, CBD oil from Lane 4 and aromatherapy oils from Body Bliss used in Massage to the scrubs, lotions, and healthy applications, Dazzle Dry used in Nail Care are specifically and carefully chosen with you in mind.

Due to popular demand, we are continuing to feature our Firming Vibrant-C Facial for another month. This facial is perfect for renewal. Bringing back your skin to a youthful firmness and glow. 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.

Take advantage of 10% off retail purchased the

same day. Your Esthetician can guide you to the best products for your home skincare regimen.

The Massage Department continues with the popular Spring Citrus Refresher Body Treatment. 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. Citrus is a sweet treat for the senses. The scent helps to invigorate the body, mind, and soul. Citrus also boasts anti-aging and skin-saving benefits, such as renewing and brightening the skin and increasing radiance. IN our Retail Boutique, we have many products for your health and wellbeing. Our skincare lines Hydropeptide and Image, have new products and fabulous kits. Kits are a smart purchase to try products in travel size at an excellent price point. We carry Lane 4 CBD in tinctures and Balms. They have introduced a new product-Digestive and Immune support oil. Patented formula providing healthy bacteria to the digestive system and boosting the immune system. This is so important, especially in these times. This product includes 1,000 mg CBD, over 200mg CBG, Vitamin D3, Vitamin E, Omega 3, Calcium, and Magnesium with Blueberry extract.

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

Pilates Reformer Has Big Body Benefits

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Why is Pilates Reformer so popular? Pilates Reformer has grown internationally among women and men and continues to grow. The biggest reason is, it's inclusive in that all fitness capabilities are welcomed. Rarely does a group exercise program cater to such a wide range of participants as elite athletes, office workers, and post rehab. Everyone can gain something from this system of exercise. Pilates reformer will develop your whole body. **What is the Pilates reformer machine, and how is it different than Mat Pilates?** It is the most famous piece of Pilates equipment, and if you are not familiar, it looks kind of scary. A frame called the carriage moves around on wheels and is attached to one end by a set of springs, which provide resistance as the platform is moved. There are also foot bar straps, which can be used by the legs and arms. Relative to Pilates mat, you can do more on a reformer. The reformer can create resistance or instability to make exercise



easier or harder in a way that a mat cannot. **What are the benefits?** Some people think Pilates reformer builds long, lean muscle; it does not. You cannot lengthen your muscles. What it does do is strengthen your muscles through eccentric contractions, as well as lowers blood pressure, and improves cardiovascular health.

It is particularly popular for those suffering from back pain, focusing on stabilizing the muscles around the spine. Bottom line, Pilates reformer can be used in a huge range of ways to benefit strength, flexibility, and balance due to the majority of exercises involves pushing and pulling the platform through different resistance.

Lincoln Hills has been very fortunate to have had such a successful program for the last eight years. We are very excited to finally bring it back slowly. We have a temporary space that will provide for social distancing to keep everyone safe. For more information on the program and to schedule your first class, please see our ad on page 66.



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Art on the rocks

Cultivating Creativity

Ah, spring – a season of new beginnings. Buds are popping on branches, flowers are blooming, and the ground is reawakening. It's the perfect time to dust off those winter doldrums and jump-start your creativity.



Like spring flowers,
creativity blooms

No doubt, you may have already tried some hobbies during the lockdowns, shutdowns, and quarantines this past year. Now that we can see the light at the

end of the tunnel, you might want to continue these pastimes, or maybe try new ones, to help you through the end of the ordeal.

According to a culture website, engaging in arts and crafts such as painting, mixed media, cardmaking, and quilting has been a popular diversion during the pandemic, ranked behind watching TV and movies, reading, and working out.

There are many benefits to creative arts-and-crafts-related hobbies. They include: helping to structure time and increase efficiency; developing social connections; managing stress; acquiring new skills; helping to recover from tough days; becoming more innovative; and increasing a sense of enjoyment and satisfaction.

But even if you are already "crafty," how can you cultivate or sustain your creativity?

Here are a few tips:

Create every day. You don't have to paint the Mona Lisa, but visit your particular hobby or project each day.

Revamp your workspace. Give your work area a facelift and spruce it up by decluttering, adding some fresh flowers, or playing music for inspiration.

Take a class. Expand your creative horizons. Residents are fortunate that many classes in a variety of subjects have been available via Zoom during the shutdown.

Get together with others who share your interests to socialize and exchange ideas. Form a small group and meet regularly in a park or outdoors, if preferred.

Join a club. Someday, Lincoln Hills clubs will again be offering in-person meetings and activities. Check out the *Compass* "Club News" section to see what these groups are about and get contact information. Be revved and ready to join when things open up.

Try something new. Go online and see what's trending in arts and crafts or in your particular artistic genre. (Are macrame plant hangers really making a comeback? Back by popular demand, paint-by-number kits. What about rock painting?)

All humans are innately creative, just in a variety of ways. Whether you believe the enjoyment is in the process, or the journey is the destination, have fun.

Russian writer Leo Tolstoy said: "*Spring is the time of plans and projects.*"



Activities with benefits



After April Showers – Get Ready For May 7!

Teresa Tanin, Neighborhood Watch

April showers bring May flowers, so the saying goes. The month of May brings much more, however—it is a time for renewal. The Neighborhood Watch organization has done just that, renewing outdated forms, procedures, and policies. This has been a team effort, and we thank the many Mailbox Captains and Village Coordinators for their input and great suggestions. The

next General Board Meeting is slated for May 7, in the Fine Arts Room (OC) 1:00 to 3:00 PM (subject to scheduled re-opening). Should we remain closed, however, the meeting will be a “Zoom” meeting. Link: <https://us02web.zoom.us/j/85378750049>, meeting ID 853 7875 0049. An email will be sent to all volunteers to confirm such. This meeting will be a great time to

provide additional input or ask questions. There have been many changes, and we look forward to hearing from you.

The General Board Meeting is open to all volunteers, as well as all residents. If voting occurs, Coordinators are eligible to vote. Remember, all residents are members of Neighborhood Watch. Even more importantly, any resident can volunteer to help manage their cluster mailbox station. Each such mailbox station is assigned a Captain who maintains confidential friends and family contact information for each neighbor who wishes to participate. Everyone has a Captain. Don’t know who your Mailbox Captain is? Visit our website sclhwatch.org and click on “Who is My Captain?” and follow the prompts. Want to volunteer? We are always looking for interested residents who are not quite ready to retire completely and who wish to utilize their computer skills. We have a fun and active group, all working together with the Lincoln Police Department as our community’s eyes and ears. Help us make our community a safer place to live. See you May 7, where your renewed ideas make us stronger. Email the NW Executive Director for more information at executivedirector@sclhwatch.org. Are you ready to spring into action? This is *your* community!

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- Restlessness
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CVI Risk Factors¹:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

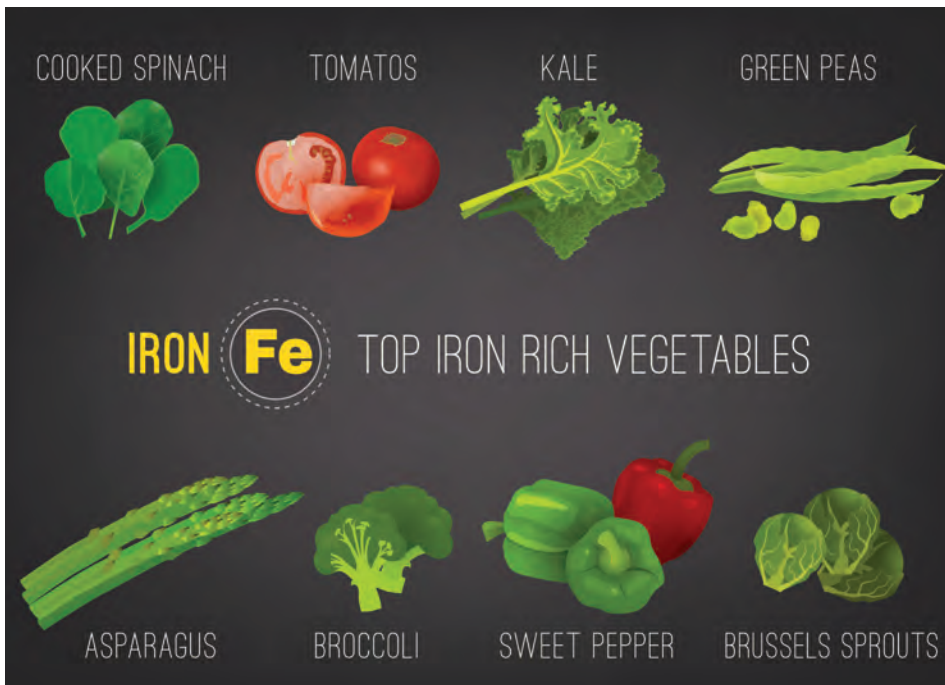
¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronck A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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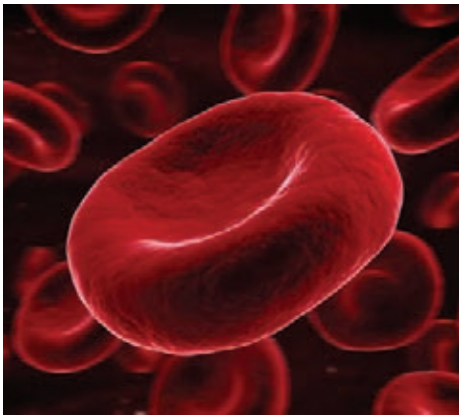
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Anemia: When Your Get-Up-And-Go Has Got-Up-And-Went

Shirley Schultz, Roving Reporter



Extreme or unusual fatigue is the most common symptom associated with several types of anemia. Anemia is the most common blood condition in humans, and it reportedly affects more than 30% of the world's population. Other symptoms include weakness, pale skin, chest pain, fast heart rate, shortness of breath, headache, lightheadedness, cold hands and

feet, or even restless leg syndrome. Anemia may contribute to confusion and depression.

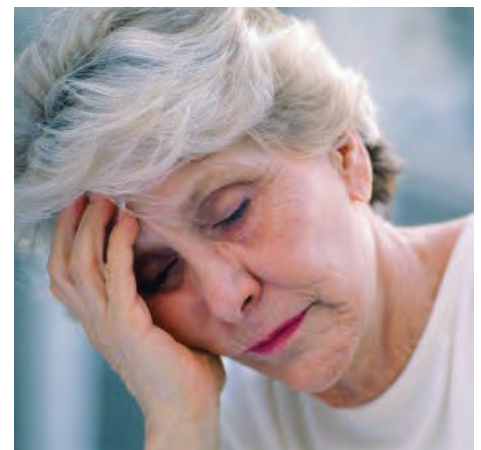
The underlying cause of anemia is red blood cells not carrying enough oxygen to meet the body's demands. Hemoglobin is the protein molecule in red blood cells that carries oxygen from the lungs to the body's tissues and returns carbon dioxide from the tissues to the lungs. A decline in the number of healthy circulating red blood cells may be due to: 1) the body's inability to produce enough hemoglobin, 2) the body makes hemoglobin, but it doesn't work properly, 3) the body does not make enough red blood cells, or 4) the body breaks down red blood cells too quickly or loses them through bleeding.

Some will remember the old ads for Geritol in which they touted

"iron-poor blood." Your body requires iron to make hemoglobin. Watch an entertaining YouTube called, "KEEP WOMEN IN LINE WITH GERITOL 1960 IRON POOR BLOOD." The Federal Trade Commission in 1965 ordered the makers of Geritol to disclose that it would relieve tiredness only in persons who have iron deficiency anemia and that the vast majority of tiredness people experience is not from iron deficiency. In general, nutritional supplements containing iron should not be taken by people who are not iron-deficient, because an overload of iron in the blood can cause the red blood cells to burst, and too much can contribute to excess stomach acid, liver disease, and other problems. Read labels.

Anemia is identified by a blood test called a Complete Blood Count (CBC). Further tests may be needed. Treat anemia under medical supervision after identifying exactly what kind of anemia it is so the correct treatment is instituted. Obviously, iron is for iron deficiency anemia, and Vitamin B-12 is for pernicious anemia, and so on.

Inherited anemia cannot be prevented, but the best prevention against other types is a healthy diet that provides adequate iron-rich foods and foods high in B and C vitamins. Keep your get-up-and-go going strong.



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No rest for the wicket on Tuesday mornings

Shootout at the Croquet Corral

David Wright, Roving Reporter

Like a reawakening of Boot Hill, the new fenced-in croquet lawn has rejuvenated the dead northeast corner of the Sports Plaza. Every Tuesday morning, the emerald vista springs to life as six mallet-packing fun-slingers “hoop” it up in their weekly showdown.



Dede Barnhart playing through

Unofficial group leader, Paul MacGarvey, laid the groundwork. The retired Laboratory Technician from Massachusetts General Hospital, and his wife Usha, moved

to Lincoln Hills in 2006 after relatives pitched the community.

Paul became interested in hammering wooden spheres through wire loops while visiting Sun City Roseville six years ago. Happening upon their formal croquet club, he thought, “We could do that here.” Starting with drop-in games on the grassy knoll, Paul recruited people from the Bocce Mad Hatters. But, “somehow it morphed into the Bird Group.” Five of the six current players are members of the birdwatchers’ club.

Since a birdwatcher is always birding, it is not unusual for players to pause between shots to admire a passing feathered friend. What better place to be waiting your turn on the croquet court, than overlooking the wetlands full of migratory waterfowl, goldfinches, and red-winged blackbirds.

When the Sports Plaza changes were discussed, the croquet troop made sure to lobby the Board of

Directors for a stake in the design. New tennis courts replaced the old grassy knoll, and the croquet area was resurrected at the barely-used horseshoe pits.

The revised lawn is shorter and bumpier than the old one—making it necessary to layout the wickets diagonally and to allow do-overs for bad shots. But the six-shooters just enjoy playing for fun rather than by strict rules. At first, they were a fairly hardcore band but soon learned the informal game is more-conducive to just having a ball with friends. As a player in the croquet clan, Election Committee Chair Dede Barnhart de-stresses during the election cycle off-season by trading ballots for mallets.

During the pandemic, few sports lend themselves to being as protocol-friendly as croquet. It is easy to play while masking-up, social distancing is built-into the game, and players only touch their own equipment. Plus, it is played outdoors—with regular breezes to roquet germs away.

Though the Tuesday Bird League is full—six is the perfect number for croquet matches—they hope their interest might ricochet through the community. There are still plenty of open mornings for other groups to showcase their wicket skills.



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Zoom Meeting

Clubs Coping With COVID

Richard Pearl, Roving Reporter

This column is written in mid-March, and we've now moved to the red tier, so things are improving, but we're not out of the woods yet.

I'm confident that all 12,000 of us up here on the Hill can't wait for a return to some degree of normalcy...whatever that is. I'm reminded of the phrase: 'What doesn't kill us makes us stronger,' but I'm not sure how much stronger I want to get.

Many of us are involved in one or more clubs. In looking at recent *Compass's*, there appears to be three distinct approaches to Clubs Coping with COVID: continuing operations, Zoom, and shutting down.

Continuing Operations: Certain activities were able to carry on (some recently opening), with sometimes minor adjustments. Examples include the various Golf groups, Cycling, RV, Motorcycles, Pickleball, Shooting, Line Dancing, and Tennis.



A Forlorn Meeting Room

Zoom: How would we have survived without this (and similar type) computer platforms? Many clubs adapted to this opportunity with – from what I hear – generally good success. Examples of 'Zoomers' are Astronomy, the several book clubs, the two computer clubs, Mixed Media, Investors, Big History, and political clubs. Also in this category are various Community Forums and Entertainment viewing. Clearly, Zooming is less rewarding than in-person gathering, but at least it allowed for continued knowledge and fun.

Shutting Down: For some clubs/activities that require close contact, COVID meant hibernation. Examples include Billiards, Bocce Ball, close-contact dance clubs, table tennis, and the Garden Club.

There have also been some pretty creative solutions to Coping with COVID:

Lincoln Hills Chorus: Normally, this 125-member ensemble of residents does both spring and winter Holiday concerts, with each concert running several days. Lots of practice and rehearsals. Each concert is almost always sold out. Enter COVID and exit the concerts. To keep their vocal cords limber, Chorus members sing in church choirs, some virtually, some in ad-hoc block party songfests (socially distanced), or just singing along to MIDI files in their homes.

Bored Actors Society (BAS): What to do when you can't do a stage production? One solution is to write your own script(s) and act out the play via Zoom. A little zany, but it works, and the BAS has performed four short plays since last year, the latest one being "A Plot of Murder."

Clubs that I spoke to also report using the "downtime" to rewrite outdated governing documents and tidying up their minutes and records.

Bottom line: we will all glad to start reawakening and put COVID in the rear-view mirror!



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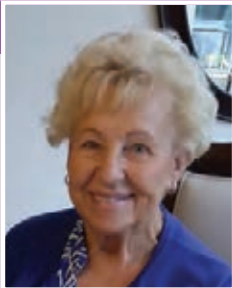
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In Memoriam



Jane Hill

Born in Dayton, Ohio, Jane grew up in Sacramento and later lived throughout California. She had a special love for tennis, and in high school, she played Billy Jean King and Rosie Casals. She was the National Girls Novice Champion at 18, but her best tennis achievement was once acing Pancho Gonzales. After college, she worked as an analyst for the State. Her best role was a stay-at-home wife and mother. She and her husband traveled a lot, and here she played tennis, Bridge, and enjoyed the travel group. She is survived by her husband of 47 years, Bob, two daughters, two stepsons, and nine grandchildren, as well as extended family and many friends.



Marilyn G. Lewis (Lyn)

Living here was Lyn's dream. She was a member of Lincoln Hills Community Church and involved in Needle Arts, Ballroom Dancing, Line Dancing, Chorus, Wine Tasting, and the outdoor pool. She mostly liked the people she met. Before moving here, she owned and operated a sewing machine/fabric store in Simi Valley, California. She leaves her husband, Bill, two sons, seven grandchildren, and eight great-grandchildren. There will be a Celebration of Life on April 24 at 11:00 AM in McBean Memorial Park. Donations to the Lincoln Veterans Memorial Coalition are appreciated.



John Vallis

John was a lifelong adventurer. He loved the vitality of being outdoors and observing wildlife while hiking, strolling, kayaking, swimming, snorkeling, diving, or just sitting quietly. While living in Hawaii, he swam with the dolphins and manta rays. He also enjoyed being competitive and had a wry sense of humor, and was a great storyteller. Here he played water volleyball and pickleball. He is survived by his wife, Terri, his brother, two sons, two stepsons, five grandchildren, and extended family. An unconventional memorial is planned: an interactive self-paced stroll through a nature preserve with stories of John's life. Or your own walks in nature and donations to a charity that benefits the outdoors.



David J. West

Long Beach, California, is where David was born and raised and where he played on State and National Champion football teams in high school and city college. He graduated from California Western University, San Diego on a football scholarship. David served in the U.S. Marine Corps Reserves. He had a nearly 50-year banking career. He traveled the U.S. and then founded Folsom Lake Bank as Chairman of the Board. David was always active in the community with his Church, Boy Scouts, High School PTSA, Little League, Folsom Chamber of Commerce, and more. He was an active Rotarian and founder of the Youth Leadership Conference at Folsom High School. He also loved water and snow skiing, fishing, tennis, golf, and travel. Remembered most for his high ethics, commitment, and generosity, he is missed by his wife of 53 years, Joanie, three children, and four grandchildren.

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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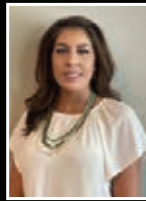
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Billiards

The Billiards Group is a social, and fun organization with 200 plus members offering lessons from beginning to advance players. Equipment furnished. Just show up to see what we offer with a chance to make new friends. Have faith. We will be playing in our pool rooms again!! New tables and lights installed. Just waiting for players!!

See our website for information about our Club Policies, membership form, American Pool Players Association and Individual Tournament Rules.

Contact: Tony Felice 916-955-0501

Afelice3@gmail.com

Website: <http://lhbilliards.com>





Amateur Radio

Keeping with the spirit of "Spring Cleaning," our Repeater has been taken down by L.C., N7VQC, for a tune-up to ensure clear transmissions in emergencies. Improving coverage to our Lincoln Hills Community is the long-term goal. John, NQ6Q has been testing and analyzing various antennas. Special thanks to the Western Placer Amateur Radio Club for allowing us to use their Repeater during the downtime. We continue to Zoom our pre-Net meetings every Monday at 6:30 PM. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

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



Astronomy

The club currently meets online on the first Wednesday of each month and is open to all Lincoln Hills residents. No level of scientific knowledge is required or needed as members range from novice to Ph.D.

We have two subgroups,

cosmology and telescope observing. So, if you are interested in just keeping up with current astronomical events, understanding the Big Bang Theory, or viewing the amazing cosmos through telescopes, we have a place for you.

If you wish to become a member and participate in upcoming programs and activities, you are welcomed to contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Our annual membership dues are \$10 per household.

Contact: Bill Weaver 916-408-1252, hamweaver@wavecable.com
Website: www.lhag.org



Ballroom Dance



We are excited to introduce Milton and Gail Greene as this month's featured couple. The Greene's love to dance. When they lived in La Jolla, CA, they were members of a group of neighbors calling themselves the "Garage Gang." The name was a product of weekly dances held in the garages of four couples.

Gail, born and raised in Brooklyn, NY, first met Milton when she visited friends in Santa Monica in 1975. Milton was the boy next door. A friendship led



Milton and Gail Greene

to correspondence, future visits, and marriage in 1976. Ever since Gail humorously refers to herself as a "mail-order bride."

They have been participants in the Ballroom Dance Club since 2013. Swing is their favorite dance because it makes them feel like teenagers again.

Contact: Ruth Algeri 916-408-4752



Big History

We have some exciting presentations this spring. On April 19, Doug Brown will speak about the origins of something we use every day: written language. On April 26, Marty Keale will tell us about the Yamnaya, a tribe that migrated west out of the Asian Steppe; was known for its strong, sexually prolific males; and greatly influenced modern languages and genes. On May 3, Dave Lewis continues to explore how war has been an integral part of human civilizations. And on May 10, Jerry Steinman discusses how

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time has been used, conceptualized, and measured throughout history.

Speaking of time, Big History meets Mondays at 10:00 AM via Zoom until we can meet in person.

Contact: *Ranny Eckstrom*
 916-708-0165, BHSCLH@yahoo.com



Billiards

We are a social and fun organization with 200-plus members, offering free lessons from beginning to advanced players. Equipment is furnished, so just show up to see what we have to offer—with a chance to make new friends. Have faith.



KS tables

We will be playing in our pool rooms again. New tables and lights have been installed. We are just waiting for players. See

our website for information about our Club Policies, Membership form, American Pool Players Association, and individual Tournament rules.

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



Bird

The Great Backyard Bird Count held in February was a great success. California has about 450 different species, and this count got nearly 85 percent of them. Placer County birders did their part by submitting 151 different bird species. Sal Acosta and Suzanne Hutchinson spotted 64 species here in Lincoln Hills over four days. It is hard to believe that it has been over a year since we had our last bird group meeting. You can still get out and enjoy the wealth of birds we have in our area. One good place to go is the Sacramento National Wildlife Area. It takes about 90 minutes to get there, but when



Common Goldeneye on Ferrari Pond
 by John Garfein

you do, you could see Clark's Grebes doing their mating dance across the ponds.

Contact: *Sal Acosta* 843-991-5188,
quailrun@wavecable.com
 Website: www.lhbirders.org



Bocce Ball, Mad Hatters

We are still looking for a volunteer to write our *Compass* and *Sun Senior News* articles. A Journalism degree with a minor in Computer Science is required. No, seriously, all you need to be able to do, is write a coherent email, read a calendar and think creatively once in a while—in that order.

We are still evaluating our strategy for beginning group activity. We'd love to be able to tell you we'll start again in May, but everything depends on what happens with COVID-19 the next month. A brief survey of members showed that most, but not all, members would be willing to wear masks. There were a few other reservations and caveats.

Contact: *John Gradwohl*
 650-576-2979,
jcgradwohl@hotmail.com
 Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



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will visit to discuss her book, *Jail Journal: Sewing Behind Bars*. Besides teaching sewing, the author delves into the growing connections between teachers and students. Nancie will share her thoughts on teaching in jail and on getting a book published.

We'll be Zooming at 1:00 PM. Want to join in but not a member? Email Dale Nater at ocbookgroup@gmail.com to add you to our list. Meeting details go out shortly before the date.

May's book *Beneath a Scarlet Sky* by Mark Sullivan focuses on the experiences of an Italian young man on both sides of WWII's conflict. Join us on May 20 as we explore this book.

Contact: Cathie Szabo 16-434-6667, catsickle@gmail.com

Website: LHocbookgroup.blogspot.com



Bridge, Partners

Placer County has moved into the red zone allowing limited business activity. Lincoln Hills is still awaiting county specifics concerning interior group meetings. Consequently, bridge is still suspended. Questions involve vaccination requirements, masking rules, and spacing since lodge bridge games will need to use 15 tables to allow 60 bridge players. Our eNews system is

the best source of current information on when facilities might open. Use it.



Bridge, Social

Here it is, April, and we are still in limbo—watching the flowers blooming, vaccinations happening, and isolationism still with us. I have received no news from “the powers that be” as to when we can again come together for a day of bridge. Hopefully, it will not be too far in the future.

Social Bridge is Singles' rotation-no partners needed. When opened, we will meet every Friday in the Sierra Room (KS) opposite the billiards room from 12:15 to 4:00 PM. For reservations, call our contact below.

Free Bridge lessons will begin when OC opens: every Wednesday, beginners 8:30 to 10:00 AM and Intermediate 10:00 AM to Noon.

Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com until 4:00 PM



Chorus

With high hopes, we are now making plans for Summer concerts in the Ballroom (OC) on June 30 at 7:00 PM, July 1 at 2:00 PM, and July 2 at 7:00 PM. Our theme, “California Dreamin'—Live!” features favorite songs celebrating our sheer

delight in returning to you, “live” and in-person on stage: “Over the Rainbow,” “Eye of the Tiger,” “Stand by Me,” toe-tapping medleys from “Grease” and the Beach Boys, and more. Keep your fingers crossed for a propitious alignment of planets to enable imminent Lodge re-openings that'll bring you a return of live resident performing arts in Lincoln Hills. See page 57 for information on ticket sales, which are scheduled to go on sale May 1. Mark your calendar — see you all then!

Contact: Doug Brown 925-286-2110, dougbrown@wavecable.com

Website: lincolnhillschorus.org



Summer Chorus Concert

Computers

Apple Users



Upcoming seminars will cover iPhone photos, the Calendar app, and the Reminders app. Andy Petro will demonstrate how to organize your photographs directly on your iPhone, including editing photos, creating videos, and creating slideshows. Vicki White will show how to

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stay organized and be on time by using the Calendar app. With this app, all information you need — dates, times, and locations — will be at your fingertips. In May, Helen Rains will show you how to use the Reminders app to keep track of everything you have to do, see, or buy, and be notified when it's time to remember something. If you missed any previous seminars, such as Ken Spencer's talks on Contacts, iCloud, and Siri Dictation, see the videos on our website.

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

Computers

PC



On March 10, Bob Ringo presented via Zoom, "Multi-Cloud Storage, Fast, Secure, and Inexpensive." Great information was presented by an excellent senior, with clear and helpful power points. His slides are available on our website and were sent to all members. Door prizes were a 1TB Portable HD and Microsoft 365 Family—six users. On April 14, Terry Rooney presented "State of Streaming in 2021," discussing cable TV wannabes, streaming

services, and streaming devices. We await the opening of the lodges, but for now, submit questions about your desktop, laptop, pad, or phone to sclhcc@gmail.com, and we will try to help our members. Dues are \$15 per year for a household membership. See our website for details. The pandemic is slowing, so stay healthy.

Contact: Norman Seidenverg 916-209-3894, gozimas1937@gmail.com
Website: www.sclhcc.org



Country Couples

As we all get vaccinated, the next step is how we get back to "normal."

Things may never return to the way they were, but we should be able to get together safely. That will entail practicing the five W's — wear your mask, wash your hands, watch your distance, wait to see relatives and when it's your turn, get the vaccine. We're all hoping things start opening up soon. It appears to be headed that way unless there's another surge. No one wants that. Just keep on practicing the five W's.



Fun Times!

Are you 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

This article is dedicated to the "electric bike naysayers." First and foremost, can you still get exercise on an electric bike?

The great paradox — people sometimes think that electric bikes are for people who don't want to exercise, but actually the exact opposite is true. People get electric bikes specifically because they want to exercise more and be more active. For some people, it's the fear of hills, length of the ride, or speed of the peloton that keeps them from cycling as consistently as they once did. For others, it can be health limitations and age. The bottom line is this. As an active cyclist, what destinations are you giving up now that you enjoyed riding to 10-12 years ago?



Bob Burns' Trek Domane+ HP, Real Cyclists ride e-Bikes

Contact: Dave Sausen 916-300-5395, dave.sausen@yahoo.com
Website: lincolnhillscyclists.com



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Euchre

When OC is open again for activities, consider joining us. 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

Attached are a few pictures taken on my trip to Pyramid Lake with a friend. We fished Wednesday and Thursday, and I caught seven and eight over the two days. My friend had a similar number, all about 22 to 25 inches. I released them all, and my friend kept one. Here are two photos:



Stone Mother

Pyramid and Stone Mother. See this link to understand Stone Mother—a Paiute Nation story: <http://plpt.nsn.us/story.html>. If you would like to join the fishing club, email Ralph, ralphtonseth@comcast.net or contact Henry. Contact: Henry Sandigo 415-716-0666, hsandigo@gmail.com



Garden

Our Group sponsors an Annual Plant Sale with donated garden plants, pottery, books, art, and items to purchase. This event is to raise funding for Lincoln Civic Garden Projects, which we have implemented over the years. This year's Plant Sale, scheduled for June 5, will be determined subject to availability. Contact Marie Salers: 916-408-3895 or Linda Bringle: 916-645-382 for any donations you have. We thank all of you for your participation in our fundraisers.



Garden Project-Twelve Bridges High School

Another civic project this year involves plans to fund a tree and bench at the new Twelve Bridges High School. When the Lodges open, look for our upcoming announcements for our other events of Rose, Flower, and Bonsai

Shows, General Meetings, field trips, and socials.

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



Golf

Ladies XVIII

Membership for the new year has grown by 20 players. The latest additions include three Bay Area transplants who have decades of golfing between them. Colleen Connell has lived here five years, and Kathie Lee and Patty Owens moved here during the last several months. We are averaging 50 players for each Thursday game day. Many from the new roster have been appearing on the leaderboard: Christoff, Feldman, Fitzmaurice, Hare, Hurner, Lim, Lopez, Marshall, McCann, and Sutter. Tournament coordinators: Ashe, Bedford, Briggs, Carr, Dong, and Lilienthal have assembled games like Cha-Cha-Cha, Throw Out Worst Three, and Ones to add to the fun and camaraderie. While new friendships are being forged, our club is always accepting members.

Contact: Rosie Warren, Membership
530-613-2327, rmw1903@gmail.com
Website: lhlgxviii.com

Lincsters

After a year of canceled events, we are finally filling our golf

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Best Ball Scramble Foursome Quandary:
"Should we hit from here?"

calendars. The Captain's Scramble was a hit in February with a full field of foursomes. The fun challenge was to choose the team's next "best ball." Hurry, tee times may still be available for the Grandmother's Tournament, April 21. You must be a grandmother, want to be a grandmother, or have had a grandmother. Sign up by April 18. In May, the Bring a Friend Tournament provides an opportunity to introduce a friend to Lincsters. Club membership has increased by 14 in just three months. March additions include Betty Blaney, Lillian (Hedy) Hallums, Carol Shuey, and Didi Martin. Current members are encouraged to volunteer as Big Sisters to provide welcome and support.

Contact: Nancy Hastings
925-337-9391, nhast38@yahoo.com
Website: www.lincsters.com

Men's

There's been an important change in our Tournament Schedule. The Memorial Tournament

has been moved from September 13-14 to June 21-22. Check out the March Linksletter for more information.

The Tournament of Champions and Just for Fun was played on March 16 with another packed field. Great Job Mike! The NCGA Senior Four-Ball Net Qualifier & JFF, a two-person better ball tournament, was played on April 13. Winners of this tournament qualified to participate in the NCGA Senior Four-Ball held at Haggin Oaks. This year the winning team will be responsible for all entry fees.

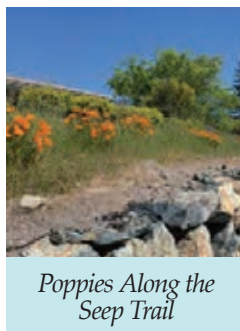
Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com
Website: mgclh.club



Hiking & Walking

Spring is here, and hikes are starting to sprout! Happy trails are waiting for us. Flowers are blooming. Hikers and walkers are anxiously waiting for the return of group events. Stay tuned and check the website.

Contact: 916-408-5185, LHHikers@gmail.com
Website: www.lincolnhillshikers.org



Poppies Along the Seep Trail



Investors' Study

We hope you will join us Thursday, May 6, at 2:30 PM, via Zoom or phone call in. Jay Jacobs, CFS, Head of Research & Strategy at GlobalX, will be the speaker. The topic will be Renewable Energy and Clean Tech: Ready for Mainstream? Investment in 'clean technologies,' like renewable energy production, electrified infrastructure, and smart grids, is accelerating. The Biden administration has ambitious policy plans for clean energy, while Environmental Social Governance and Socially Responsible Investing initiatives are increasingly important considerations for investors.

We are an information-only group with guest speakers from Morgan Stanley or others from the industry. Contact Carl for additional information or if you would like to receive the meeting notice email.

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



Lavender Friends

After more than a year of our COVID-19 clampdown, the club is discovering that not everyone has spent their isolation binge-watching Schitt's Creek or posting Randy Rainbow parodies. Actually, our

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members have done some pretty interesting things: learning to play the blues on the ukulele, painting with fingernail polish, baking bagels, and sewing elaborate quilts.



Joan Lactis painted this howler monkey from a photo

Our activities committee will host a special show-and-tell via Zoom at 6:30 PM, May 7, to feature some of these amazing accomplishments. For details, and the Zoom link, see your weekly club news emails.

We were founded 16 years ago for LGBTQ residents and their allies. For more information about who we are, check out our website.

Contact: Sandi Dolbee 619-861-0734, sandidolbee@yahoo.com

Website: www.lavenderfriends.com

Mixed Media

At the time of writing this article, we still are not getting together in person but are Zooming. We Zoom the third Wednesday of the month at 11:00 AM. As a reminder, when we meet in person, it is the third Wednesday of the month in the Ceramics Room (OC) 1:00 PM.

Time for a new art challenge? Look carefully around where we live. What living creatures do you see? Some creatures in Lincoln Hills are lizards, geese, foxes, birds, and butterflies. The list of who lives in our outdoors is endless. Pick one or more of the creatures that live here and let it or them inspire your art. You can share your creation at our April meeting. Have fun!

Contact: Nancy Griffin, griffinnancy70@gmail.com

Motorcycle



On March 13, the club enjoyed the first scheduled ride of 2021. Led by Club President Don Bowden, the riders made their way through Knights Landing and the Capay Valley to a great lunch at the Yocha Dehe Golf Club at Cache Creek. After lunch, it was a nice ride through the Sutter National Wildlife Refuge and back to Lincoln.



Taking a lunch break at Cache Creek

If you like motorcycle touring and have a road-worthy motorcycle or trike - check us out! The club has scheduled rides on the second Saturday of the month, March - November. The club meets on the fourth Thursday of the month at 5:30 PM via Zoom. Once Coronavirus restrictions are lifted, meetings will resume in the Multipurpose Room (OC). "Ride Safe - Ride With Friends." Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

At our March meeting, our theme centered on St. Patrick's Day. The Group Zoomed our March meeting. For our Group Opening song, we sang, "When Irish Eyes Are Smiling." After wonderful solo performances, we closed with "I'm Looking Over a Four-Leaf Clover." We were pleased to see a few members join the Zoom meeting who previously had not participated. When the OC reopens, we will meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website. The password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact

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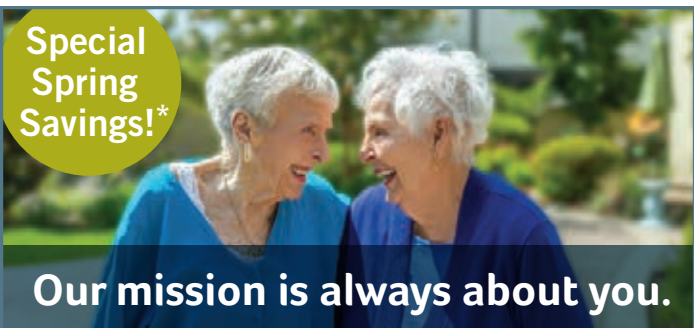
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Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website: lincolnhillsmusicgroup.org



Needle Arts

The general meeting on May 11 at 1:00 PM, via Zoom, will feature our guest lecturer, Colleen Pelfrey's "Life with a Border Around It" presentation. Following that, the 'Looking Forward to Spring' challenge showcasing your creations will be via a powerpoint presentation. Watch for the Constant Contact email with details of how to submit photos of your creations by May 9. Be prepared to share your thoughts regarding your entry. All participants will be entered into a drawing for prizes.

The spring retreat at Mercy Auburn has been confirmed for April 26-30. There is still space available if you are interested, contact Nancy Norton at nbnorton.com for details.

2021 membership is required to receive Constant Contact emails. Dues are \$20.

Contact: Jeanne Helland 916-409-5512,

needleartspres@gmail.com

Website: sclhna.com



Neighborhood Watch

Springtime brings a much-needed sense of renewal. Hopefully, we'll be out

and active in the community again! If you're looking to be more active, Neighborhood Watch offers many volunteer positions.

Needed are mailbox captains and village coordinators. For more information, please join our upcoming General Meeting via Zoom, Friday, May 7, 1:00 to 3:00 PM. All residents, especially our volunteers, are invited to participate. Use link <https://us02web.zoom.us/j/85378750049>; meeting ID: 853 787 50049. This meeting will also include information about the Home Security Camera registration program being launched by the City of Lincoln and the Lincoln Police Department. For more information about this security camera, go to our website under "tutorials."

Contact: Dr. Barbara Branch 916-543-8219, drbabsie@gmail.com

Website: www.SCLHWatch.org



Consider being a Neighborhood Watch volunteer.



Painters

This month, three online videos of "Flower" themes were proposed to inspire our Club Members. A grouping of Daisies in pastel by Louise

Corke, a beautiful Rose in pastel by Lyn Diefenbach, or a gathering of Peonies in oil by Oleg Buiko, with his unique brush stroke style. Members had no rules for their "Flower." Just the friendly fun and freedom to use any medium, style, or size to create. Members exhibited and discussed their artistic effort during our monthly Zoom meeting. In person, monthly meetings at OC will resume when COVID-19 restrictions are lifted.



Daisies by Louise Corke

New Members are always welcome. Annual dues are \$15. Sign up now and start having fun with Art and our Club Members.

Contact: Jerrie Crass 916-302-6178, jerriec68@gmail.com



Paper Arts

Our Community Service Chairperson, Donna Tewart, has organized an effort to send cards created by members to people living in residential

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facilities in Lincoln. This campaign is sure to spread smiles and sunshine.

As of last month, 21 members had answered the call to donate cards with positive messages like thinking of you, sharing a hug, and have a nice day. Check the March update for details, and contact Donna if you'd like to participate in this worthwhile cause in our community.



A cute card by Leslie Jacobs

Do you have ideas for projects to feature in our monthly newsletters? Let June Paquette know.

Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net



Photography

With an abundance of caution, the Club is slowly starting to rethink field trips. Our first official trip since the lockdown was our Annual Spring Safari at Ferrari



Photo by Bill Kress

on April 2. Ferrari Pond is a haven for wildlife and nature-loving photographers.

With restaurants beginning to reopen, we encourage you to visit Simple Pleasures and Buonarroti's Ristorante in downtown Lincoln. Beautiful photos taken by our Club photographers have been on display waiting for an audience.

Our virtual meetings continue at an active pace. In April, Darren Koshko, Key Account Manager at Bay Photo, gave us a website tour of the vast range of Bay Photo's photographic products, as well as specific information on how to maximize the benefits and services that Bay Photo offers.

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



Pickleball

Red tier? Yes, please! On March 27, the Pickleball Club returned to our regular activities with our usual COVID-19

protocols, meaning you may take a lesson, play on a ladder, in a group event, or just drop-in. What is drop-in? Daily from 9:00 AM to Noon, go to the upper courts, get in line and play with a foursome. Foursomes are rotated after one game. This is a perfect environment for anyone who does not like planning a foursome or making reservations. We must remember social distancing, though.

If you are brand new to pickleball, take an Intro to Pickleball class, Wednesdays at 11:00 AM. Register at paddleuppartner@gmail.com. We provide balls and paddles.

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



Players

Last month we lost a friend and supporter.

Paul Krow passed away, leaving behind a legacy of acting, singing, producing, writing, and directing productions for Lincoln Hills audiences. In a recent letter, he wrote, "they say that you really die twice. Once when you pass away, and the second time when your last friend finally says your name." He will be missed by those of us involved with the Players and by the community.

As for news from the Players, a decision will be reached this month if we are to proceed with casting

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our June play, *Murder on the Orient Express*, directed by Julie Africa, or to wait until November to present the musical *Damn Yankees* directed by MaryEllen Vogt.

Contact: David Africa 916-708-0009, djafrika@sbcglobal.net



Poker

Once the lodge reopens. 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.

All poker players will be seated as long as they arrive by 12:45 PM (Mondays and Fridays) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full (subject to reopening of the lodges). Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Camping is a wonderful way to enjoy the outdoors. As we aged, the tent started to lose its appeal. After a two-year journey of looking at RVs, we settled on purchasing a travel trailer. With so many RV parks, State, Federal or private campgrounds, we found we

can stay just about anywhere with the comforts of home. We joined the Lincoln Hills RV Club. We have met some wonderful people—a great group of people that love to have fun.

If you like to RV and want to meet new people, play games, and explore different places, contact our Membership Director, Sharon Skar, at 916-434-7799 or email marlowensharon@gmail.com.

Contact: Janet Motta 707-803-0604, janetemotta25@gmail.com

Website: www.lhrvg.com



SCHOOLS

Children are back in school—no more Zoom classes. Teachers are vaccinated. Students can work and play together safely. Volunteers are happily working with students and teachers in the classrooms. That might be the outcome for the Fall 2021-2022 school year. The



Third graders working together for brief periods.

Western Placer School District has been working very hard to make that happen. The District added a COVID-19 administrator to handle monitoring of quarantines and contact tracing. Strict adherence to State and CDC guidelines has been enforced. For the half-day that students have been in school this year, there has been no transmission of the virus in classrooms. Everything now is “to be determined.” For information and updates, the Western Placer School District website is www.wpusd.org.

Contact: Cyndi Colleton, ccolleton@yahoo.com



Singles

Good news has arrived in Placer County! We have been moved into the red tier. This is just a start, of course, but at least now, we are going in the right direction. To keep you up to date, when the Lodges reopen, your Club stands ready to welcome you all once again to our monthly events. One of the very first events will be to celebrate all of the Singles’ birthdays from April 1, 2020, to March 31, 2021. Remember, you will get a complimentary drink of your choice, and we will all sing a rousing version of Happy Birthday to each and every one! Hopefully, this event will include a buffet

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dinner and music for dancing. Be patient. We are almost there. Continue to take care.
 Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Sports Car

Are we there yet? This is a familiar refrain when driving with family, but it is also something we can all say when it comes to COVID-19. Fortunately, we can see things getting better, and with any luck and good behavior, we will see our clubs restarting with meetings and activities.



"On the Road again" soon!

Our social chair, Linda Snyder, has already reserved the Catta Verdera for our Holiday party. Yea! There is also talk of some short-day trips in the near future. Meetings are also being discussed, but the safety of members and Association staff is a priority. Things are moving forward, spring is in the air, and we are all looking forward to seeing friends again. See you on the road! We

are also accepting new member applications.

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



Sun City Squares

Come on, let's Dance! 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. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM. Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out. (Very soon, we hope)

If you are interested in joining our club or learning to dance, please send us your email address or give us a call, and we will add you to our current email list.

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



Swimmers & Water Walkers

The clock will never lie...use the clock at the pool. You always hear the cliché; the clock never lies. Well, it's true. The clock doesn't and will never lie, but that's the beauty of it. The precise nature of our sport allows us to visibly see the outcome of the work we

do. There is no judge marking off points for technicality or style. You swim, look up at the clock, and there's the result. It's an honest sport.



Excerpt from Swimming World article - January 2021

You can't make up excuses for numbers that are right in front of your eyes.

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



Table Tennis

Two tables are now available on the terrace behind KS. Playtimes are Tuesdays, Fridays, and Sundays, 8:00 AM to Noon. Players must register on the following link: <https://holdmycourt.xyz/reserve2/Ihtt>. After opening the link, preregistration is required by entering an email address, password, and phone number. Players may then reserve a table for a half-hour or one-hour time slot. Registration may also be accomplished by scanning a QR code using a smartphone or tablet. The QR code is displayed at the table site. Club members have been provided detailed instructions for accessing 'Hold My Court' utilizing either registration method. Also, detailed instructions are provided complying with COVID

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19 requirements. A big thank you goes out to Club President Alan Smith and our steering committee for making this happen.

Contact: Alan Smith 916-253-9525, aledsmith0411@gmail.com



Tennis

Plans are now underway to resume Saturday ball machine practice. Until the COVID-19 restrictions are lifted, guidelines will require reservations and limited participation. Tentative plans are in the works for a Fall in-house tournament for members.

Fences and gates have been installed on our two new tennis courts. As the weather warms, the final surface will be applied, and the net posts and benches will be installed. Hopefully, soon after that, we can host social and competitive events.

Please continue to maintain a distance from other players and wear a mask to and from the courts. Washing your hands after tennis is also recommended.

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

Website: sclhtg.com



Veterans

Veterans and friends from the community celebrated St. Patrick's Day on Wednesday, March 17, with a Leprechaun Brigade parade featuring decorated golf carts, costumes, and



Jim and Mary Adamson's best costumes. (photo by Fred Buhler)

shenanigans. The parade featured elaborately decorated carts, and prizes were awarded for the best efforts. Many thanks to the social chair, Shirley Schultz, for organizing this imaginative event. Thanks also to Fred Buhler for photographing the celebration.

Welcome spring with a bright, new flag. LHVG President Joan MacAdams and her husband Doug will deliver a flag to your home. Top-quality American flags are available for \$20 each. To arrange a delivery, call Joan at the number below or Doug at 703-217-4735. Unserviceable flags can be placed in the flag deposit box by the Compass distribution table under the OC portico.

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



Vintage Treasures

Has your Spring cleaning turned up some wonderful treasures? Now that the

donation trucks are picking up, I have been working on donating unused items. While cleaning a closet, I unearthed four hidden family pictures. What a find! Now I can enjoy them and perhaps share them with our wonderful members. I wish you a few of those finds, so our group can enjoy their history and memories of the past. Our club focus is on vintage and antique items, pre-1970. When our facilities are open, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

Good news daily about vaccines, dips in cases, and a reduction in hospitalizations and deaths. Unfortunately, this past year will be forever marked in memory by loss of life on a community and personal level. For the Water Volleyball Club, we lost a beloved member, John Vallis, in February to cancer. As described by Terri Vallis, "John loved to be athletic and enjoyed being competitive with a lot of fun and laughter mixed in." As a fellow Water Volleyball Club member, I enjoyed being John's teammate. John was a gentleman who displayed respect, kindness,



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and support during competitive and recreational play. John felt "time spent wandering was the journey, not the destination." John will be greatly missed by all members of the Water Volleyball Club.

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



Woodcarvers

Upon entering our woodcarvers' workshop, many visiting and interested community members wonder about the knives we use. Most of us started out with a set of three knives that allowed us to do the basic cuts required of a new project. We now have those knives in a set, available at our cost, to anyone wishing to join and begin a project. We have wood and small projects available, as well. Not only do we

have the tools and supplies, but lots of words of encouragement and support also come with those items! Feel free to join us, once we begin to meet again, in the Sierra Room (KS)—every Wednesday, from 1:00 to 4:00 PM.

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



Writers

Have you seen what's happening in Lincoln Hills residents' yards? You got it! Flowers of all varieties, shapes, sizes, and colors are blooming. Some include Camellias, Flowering Pears, Peaches and Plums, Rosemary, and the one flower which truly announces Spring - the delightful Daffodil. Other delights also grace our yards - Hummers, Robins, Doves, Bluebirds, Northern Harrier Hawks, Red-tailed and

Red-shouldered Hawks, and Peregrine Falcons. And, on an early March morning, our neighbors had a flock of wild Turkeys on their roofs.

Until given the go-ahead to meet in person, find reasons to write about your flowers or the lambies and baby goats having the zoomies in the late afternoons, where they're grazing in the open spaces. Submit your writings to Storytellers' Corner for all to read.

Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com



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If you are unable to join us, Pastor Tom is posting a video of his sermons every week on our website & on YouTube. Be sure to watch.



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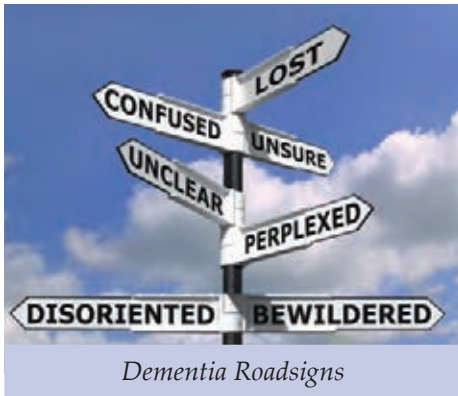
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Alzheimer's-Dementia Caregiver's Support

Our meetings are currently held online via Zoom each month except in December. The Mixed group meets at 1:00 PM each fourth Wednesday. The Ladies group is discussion-only, designed for women who prefer talking in a less crowded setting.



It meets via Zoom on the first and third Wednesdays at 1:00 PM. The Men's group, with Rich Martinez, meets each third Thursday in person at 10:00 AM. Please contact Rich to confirm the next meeting location. More information, including Zoom links to our meetings, is available from our Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen 916-409-9332, Jo Fratessa 916-408-7209, Rich Martinez 408-202-1865, or by contacting Jeff Andersen. *Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com*



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, May 12, at Joan Logue's home at 3:00 PM for a group session. Contact Joan Logue for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is the 15 of the month to be in the next *Compass*. *Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net*



Bosom Buddies

Fortunately, with social distancing and COVID-19 shots, we were able to hold a meeting at Patty McCuen's home. As with other groups, the virus prevented us from getting together the past year. The opportunity to see each other was a much needed one.



A few of our ladies at the March meeting.

This meeting gave us a chance to catch up with what members have experienced these past 12 months. One common note was how much we've appreciated Bosom Buddies

reaching out to us with gifts, cards, and emails. Again, we were reminded how important it is to have a group that is here to support us, to remind us we're not alone. We welcome breast cancer survivors as well as those still undergoing treatment. For more information about Bosom Buddies, please call Patty at 916-408-4185.

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



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Our group is still not meeting in person due to Coronavirus concerns. However, if you need support, you have several options: you can call the Gam-Anon Northern California Hotline at 510-407-3898 for information about the Pleasant Hill Thursday Evening Zoom meeting or for someone to speak to you; you can go to the Gam-Anon International Service Office website at www.gam-anon.org for information, or you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542. They will have someone from our local Gam-Anon group call you back. If you call our club contact from this article, please leave a message. She will call you back.

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



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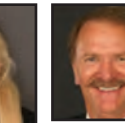
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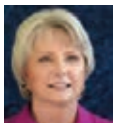
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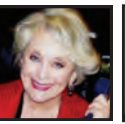
Loree Risi
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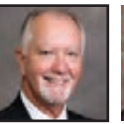
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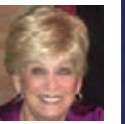
Doreen Traxel
#00822877
916-698-0801



Tangi Walker
#00820609
916-316-1112



Tony Williams
#01390054
916-521-3400



Sharon Worman
#00905744
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Glaucoma Support Group

Our next Zoom meeting is May 12 at 4:00 PM. We are pleased to welcome Dr. Annie Baik, a Glaucoma Specialist from the UC Davis Eye Center, as our guest speaker. Her presentation is "What's Ticking in Your Glaucoma Specialist's Head?" This will cover how the Doctor evaluates new patients for a Glaucoma diagnosis at their initial visit and over time as new factors come into play that requires changes for their continued Glaucoma management.

This presentation is open to all who wish to attend. Contact Bonnie for Zoom details and other information. Group members will be sent the Zoom sign-in a few days prior to the meeting.
Contact: Bonnie Dale 916-543-2133, bjdale@aol.com



Low Vision Support Group

Few people are totally without sight. Most people who are classified as "blind" actually have remaining sight. Thanks to developments in low vision rehabilitation, they can make good use of what sight they have and improve their quality of life.

Anyone with non-correctable reduced vision is visually impaired. The World Health Organization uses classifications of visual impairment based on the vision in the better eye with corrections: 20/30 to 20/60 is near-normal vision; 20/70 to 20/160 is moderate low vision; 20/200 to 20/400 is severe low vision; 20/500 to 20/1,000 is profound low vision; no light perception is total blindness. There are also levels of visual impairment based on peripheral vision.

For more information about Low Vision – Classifications, contact the American Optometric Association, <https://www.aoa.org>.
Contact: Cathy McGriff 916-408-0169, cathygriff1010@gmail.com



Multiple Sclerosis

Our Group is hosting an educational and entertaining Zoom meeting, Tuesday, May 11, 1:00 PM. The Zoom link will be sent to all members the Sunday beforehand. If you are interested in the MS Group but not a member, call Jeri and leave a message.

In the meantime, all Lincoln Hills residents are invited to join the Saturday, April 24 MS walk... right here, doing it your way! See this *Compass* "Community Perks" section for details.
Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com

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COVID-19 has temporarily changed the way we do a number of things in our community. One silver lining of those changes: added flexibility for prospective residents. Now that we've been cleared to invite visitors back on campus (by appointment only), we're thrilled to offer you the choice of a minimum-contact, in-person appointment or a virtual preview with one-on-one video consultation. Simply choose which is most comfortable and convenient. But don't delay. Cottages and villa apartments at The Ridge are **80% reserved**, and construction is entering its final phases.

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A Course in Miracles

This is a study group that meets on the first and third Monday of the month in a home in Lincoln Hills, which can accommodate distance seating. The purpose of the study group is to assist students in the study and application of the principles set forth in the book *A Course in Miracles* which deals with the universal spiritual themes of love and forgiveness. This course of study involves 365 lessons designed to lead to inner peace by teaching a method of connecting to your inner spiritual guide—Call 916-409-5253 for more information.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride – get a ride. Membership is \$15.00 per year. Information can be found on our website www.lh-airportco-op.org or contact Barb Iniguez at 916-408-7812.

Cloggers

Are we there yet? If so, welcome back to actually physically dancing together! If not, well, maybe next month. Whichever the case may be, we hope you are keeping up your clogging (Appalachian-Irish dance) skills with on-line videos. Just go to “NCAA Clogging” for a selection of practice videos, so you don’t forget your steps before we meet again in class. If you haven’t yet tried clogging, those same videos will show you what it’s all about. For more information on clogging right here in Lincoln Hills (when it happens), contact Natalie Grossner at 916-209-3804.

Democratic Club

On Thursday, April 15, at 7:00 PM, we will hear Daniel Berlant share his insights regarding local fire safety now and in the future. Berlant is Cal Fire’s Assistant Deputy Director for Planning and Risk Analysis, Fire Engineering, and Investigations. He is also a former mayor of Auburn and currently sits on the Auburn City Council. Our club offers many opportunities to participate in politics and elections, both in our area and in other jurisdictions. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Our activities will resume when it’s safe to attend. In the meantime, check out the following new email series: “Questo e Quello” (This and That); “Opera in a Nutshell”; and “Mystery.” Sharpen your knowledge of Italy, learn about famous operas, and tease your brain with a few whodunits. Shop at the Apparel Store on the website for hats, shirts, and sweatshirts with the club’s colorful logo, and be “good to go” when our events resume. 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.

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.

Republican Club

We are active and involved in a variety of efforts and concerns, from community, county, state, to nationwide. Last month our Zoom meeting guest speaker was Ruth Weiss of Election Integrity Project of California, a Non-Partisan organization. For information on how to volunteer – contact Carol at cnwilson1@ssctv.net. Check our website for updates on Club activities and links to various information of interest.

We welcome LH Republican members ongoing and new! Be sure to check our website for the next Zoom meeting, etc. Annual dues \$15/per person, application on the website. www.RepublicanClubSCLH.org.

Shalom Social Group

We had a lovely Passover Seder by Zoom. It included traditional Passover foods, prayers, and rituals. The Zoom meeting ended with favorite Passover music. Our Bocce Ball continues on Sunday mornings at 10:00 AM, with additional drop-in play on Tuesday and Thursday afternoons, at 1:30 PM. Our own Valerie Jordan will present “Tales of Ellis Island” at our April meeting, also by Zoom, at 7:00 PM Monday, April 26, following a brief Zoom social hour at 6:45 PM. Learn about our programs and activities on our website, <https://sites.google.com/site/sclhssg>. For more

information, please contact Joanne Levy at 508-333-8590.

Shooting Group

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports.

We meet on Tuesday for Trap and Thursday for Skeet with weather permitting, at a privately owned facility just minutes from Lincoln Hills. We have no dues, but

shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, Lincoln, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

We are canceling activities until further notice. We are a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.



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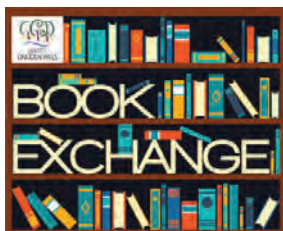
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SCLH Book Exchange

Every Wednesday, 9:00 AM to 1:00 PM, OC Lodge Portico

You asked for it, you got it! Weather permitting, we will continue with the Book Exchange that we started at the Farmers Market! It is easy to participate. Just drop off a maximum of two books at the designated table in exchange for two books on the shelves. Books should be published no earlier than 2010, preferably best sellers and popular publications. **Please do not leave instructional, self-help, and table books.** Paperbacks and hard bounds are okay. Exchange is exclusive to residents. Participants must sanitize their hands before touching the books, wear face coverings, and follow 6' distancing. There will be **no book exchange when it rains.**



Kiwanis Club

April 12-26

Kiwanis Club of Lincoln Foothills is having a Cinco de Mayo Tamale Sale. Pork or chicken tamales are \$22/dozen. Orders are taken April 12-26 (cash or check due order date). Pick up is May 5. Please contact Marta or Richard Holm at martaretired@yahoo.com. Word-of-mouth, our KSOX collected over 1200 pairs of socks for homeless children (and adults!) in two weeks. We join The Gathering Inn in heartfelt thanks to the compassionate grapevines in Lincoln Hills.



Document Destruction

Monday, April 19, 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. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and the number of boxes. Just look for the big Shred-It truck in the parking lot!



Conversations

Wednesday, April 21, 9:30 to 11:00 AM – Zoom (watch eNews for Zoom information)

Come share time with Robert Richardson, Executive Director, to discuss hot topics of the day. There will also be plenty of time for any Associated related questions. From time to time, he may be joined by department staff and/or Association committee members. Join in on the conversation.



Lincoln Hills Farmers Market - Opens April 21

Wednesdays, April-November, Opens April 21, 8:00 AM to Noon, Parking Lot (OC)

We are bringing back our Wednesday Farmers Market earlier this year! Starting April 21 and every Wednesday after that, you can shop local fresh produce and find your favorite goodies from your favorite specialty vendors such as Touchstone Crystal by Swarovski, Loravella Bakery, LipSense, and more. With guidance from the Placer Department of Health, the event will be conducted following the required safety standards and procedures on physical distancing, sanitation, and face mask. Customers are required to follow protocols and guidelines at the market. If you are interested in becoming a vendor, please email [Shelvie Smith at shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com).



Walk for Multiple Sclerosis

April 24

Attention all walkers, cyclists, and scooters enjoying our beautiful neighborhoods and trails! Please join us for the 2021 Socially Distanced MS Walk. Help create a world free of MS – many of us living with MS are your neighbors and friends in this wonderful community! Wear our logo during your daily exercise, and join our



Lincoln Trailmixers Team to support this annual fundraiser for MS research and services. Contact Team Captain Joni Deutsch at 916-434-7181 for details. Please use Google search: Folsom CA Walk MS 2021, to join our Lincoln Trailmixers team or donate.



Lincoln Hills Swap Meet

Saturday, May 1, 8:00 AM to 1:00 PM, OC Parking Lot

Come by and see what is in store for you at our first Lincoln Hills Swap Meet! This event combines our annual Parking Lot Sale and specialty vendors. So many brand new and pre-loved goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, crafters, artisans, boutique owners and more. You'll never know what you will find!

Bring your whole family! Are you interested in selling? See page 57 for more information. In case of rain, the event will be rescheduled to May 22.

Zoom Movie

We are bringing back the fun and the fans of our FREE movie presentations via Zoom (instead of having it in the Presentation Hall)! All you need is the ability to log into Zoom through your laptop, PC, tablet, iPad, or Mac computer and watch the show with the rest of the community. Popcorn and drinks in your home optional.



Zoom Movie Classic: Some Like It Hot (1959)

Friday, April 16, 1:30 PM – Zoom — **LSE314**

After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in. Not Rated. 121 minutes. Comedy/Music/Romance.

Online Registration is encouraged but not required.

Zoom Meeting ID: 850 4467 6078 • Passcode: Movies



Zoom Movie: Poms (2019)

Monday, May 3, 1:30 PM – Zoom — **LSE317**

Poms is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it!' Stars Diane Keaton, Jacki Weaver, Celia Weston. Rated PG -13, 90 minutes. Comedy/Drama/Sport.

Online Registration is encouraged but not required.

Zoom Meeting ID: 819 0699 6279 • Passcode: Movies



Zoom Movie Classic: Last of the Mohicans (1992)

Friday, May 7, 1:30 PM – Zoom — **LSE318**

The last members of a dying Native American tribe, the Mohicans – Uncas, his father Chingachgook, and his adopted half-white brother Hawkeye – live in peace alongside British colonists. But when the daughters of a British colonel are kidnapped by a traitorous scout, Hawkeye and Uncas must rescue them in the crossfire of a gruesome military conflict of which they wanted no part: the French and Indian War. Stars Daniel Day-Lewis, Madelaine Stowe, Russell Means. Rated R for violence, 112 minutes. Action/Adventure/Drama/ Romance/War.

Online Registration is encouraged but not required.

Zoom Meeting ID: 833 0998 3046 • Passcode: Movies



Game Day – Virtual BINGO

Tuesday, May 11, 2:00 PM - FREE via Zoom — **LSE319**

Stuck at home with nothing to do? Join your Lifestyle Team as we play Virtual Bingo, Lifestyle Edition. All you have to do is register online to receive the Zoom information and details of how to play the game. One Bingo card per player. Link to the Bingo card will be sent via email the morning of the event. We will play for an hour with a maximum of 10 rounds. Participants will be limited, so register early. A fun prize will be awarded to the winner of each round. Registration is required to receive a Bingo card. Zoom Meeting ID: 898 3096 5753 • Passcode: Bingo



Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln’s volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.

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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2021. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a "chat button," which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email "handles" are not acceptable.

To receive eNews bulletins, please go to <https://sclhresidents.com/enews>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/community-forum-videos>

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



Understanding Your Gifted Grandchildren

Thursday, April 22, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 86520797986 • Passcode: Forums

Dr. Barbara Branch has been working with gifted children as a teacher, principal, central office administrator, and consultant for almost 40 years. In this presentation, 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 of the children. Come listen. You may learn something about yourself or your own children, the parents of these gifted grandchildren.



The Vietnam War – A Personal Account of the Evacuation of Saigon

Thursday, May 6, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89387827107 • Passcode: Forums

American POWs were released in February 1973, and troops came home, but the actual fall of Saigon to communist forces was on April 30, 1975, officially ending the nine-year Vietnam conflict.

46 years later, Commander Tim Pinkney (Ret) recounts being on the legendary aircraft carrier, U.S.S. *Enterprise* and flying the Navy's super sophisticated airborne electronic countermeasures jamming aircraft, the *Prowler*. He discusses how 7,000 'boat people' evacuees were rescued.

Tim will also provide an overview of carrier operations and the dangers of landing on a "moving" runway. Tim retired in 1990 after serving as Commanding Officer of the Electronic Warfare Squadron.



Spain Travelogue

Thursday, May 13, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 88054620060 • Passcode: Forums

Howard Koons' wife, Marlene, lived and taught in Madrid in the mid-'60s while he was in the Malayan jungle swatting mosquitoes and trying to teach science. She convinced Howard that it was time to visit Spain. In the fall of 2017, they packed their bags and headed off for a month driving around mostly the northern half of the country, stopping off at anything that attracted their interest.

Howard has presented several Community Forums that were very well-received. Join him when he presents his video/photographs of Spain.

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Roaming the Sierra Nevada Foothills, Number 6
 Tuesday, May 20, 2:00 PM, Zoom <<https://zoom.us/join>>
 Meeting ID: 89783275669 • Passcode: Forums

Mike Stark, a favorite repeat Forum presenter, will begin his latest trek in Folsom and discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involve Folsom. We'll take a quick journey into the Sierra, pointing out interesting spots to investigate: almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location, and gold dredging operations continued into the 1960s. I have a special spot so you can restart the Pet Rock craze.

UPCOMING EVENTS

The Caregiving Journey (Del Oro Caregiver Resource Center) – Tefani Wilson, Tuesday, November 9, 2:00 PM

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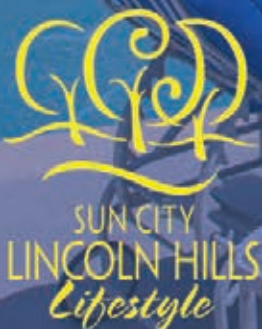
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EVENT CODE: LSE 316

Get out and have fun at our very first live and in-person concert of the year!

The Rhythm Method 4 will get your spirits high with their great musicianship and vocals of popular hits, your favorite classics and standards from through the years! Expect songs from Journey, Stevie Wonder, Celine Dion, The Beatles and more. Limited seating available.



We will be following State and County Health Guidance in the conduct of the event. Face mask, social distancing and sanitation are required from all attendees.



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Questions? Contact Lavina Samoy.
Lavina.Samoy@sclhca.com

Notice:

*All dates listed for performances held in the lodge
may be subject to change based on
State and County Reopening Guidelines.*

***Indicates new performances on sale April 17**

In-Person Events

—Club Performances—

***SAVE THE DATES!**

Lincoln Hills Chorus Summer Concert:
"California Dreamin'—Live!"
Wednesday, June 30, 7:00 PM, Ballroom (OC) — **LSE321**
Thursday, July 1, 2:00 PM, Ballroom (OC) — **LSE322**
Friday, July 2, 7:00 PM, Ballroom (OC) — **LSE323**

The Lincoln Hills Community Chorus is delighted to announce our first-ever SUMMER concert in Orchard Creek Ballroom on June 30, July 1, and July 2. "California Dreamin'—Live!" features a selection of all-time popular songs: "Over the Rainbow," "Eye of the Tiger," "Stand by Me," toe-tapping medleys from "Grease" and the Beach Boys, and more. Director Paul Melkonian will have the Chorus primed and ready to entertain you with songs celebrating our delight in returning to our long-lost audiences with on-stage performances — our own way of "dreamin' in California, live," and in person! Following State and County health guidance, the performance will be confirmed, and tickets will go on sale beginning May 1. Look for purchasing information in upcoming eNews announcements.

—Outdoor Concert—



***Spring Fever
Outdoor Concert
With The Rhythm
Method 4**
Friday, April 30
6:00 PM, OC
Outdoor Pool Area
\$18 – **LSE316**

Watch The Rhythm Method 4 at our first in-person concert at the Orchard Creek outdoor pool. Composed of 4 distinctively talented musicians with Chris Holmes in Keyboard and Vocals, Rob Lopez in Bass and vocals, Keith Vaughn in Drums and Percussion, and Ke'Lee Marie Bordeaux on Vocals; this phenomenal band performs regularly in the Bay Area and elsewhere to fans of every genre and taste of music. Expect hits and standards from through the years and classics from the likes of Stevie Wonder, Journey, Celine Dion, Whitney Houston, The Beatles, and more. Limited seating available. Outdoor live performances are allowed starting April 1 per State health officials following state guidelines of wearing a face mask, social distancing, and sanitation. The number of seats available will follow state guidance.

—In-Person Community Event—



**Lincoln Hills
Swap Meet**
Saturday, May 1,
8:00 AM to 1:00 PM
OC Parking Lot —
LSR33

Resident selling used/preloved items: \$25/space
Resident Business selling new items: \$50/space
Public Business: \$75/space

Don't miss your chance to participate in our first Swap Meet, either to shop or sell! Our Swap Meet will be a combination of our traditional Parking Lot Sale event plus our specialty vendors from the Holiday Expo. The event will bring a lot of buyers from the community. This is your chance to sell your unwanted and pre-loved items. If you have a business selling unique items, you are also invited. Limit two spaces per household/vendor. Spaces will go fast; reserve yours now! Vendors must provide their own tables and chairs and abide by the guidelines received during registration. Vendors must stay within allotted space. Space is limited—Parking Lot participants must register online at www.SCLHResidents.com by April 23. **In case of rain, event is rescheduled to May 22.**

Note: Resident and Public Business must contact Shelvie Smith at shelvie.smith@sclhca.com to apply and register for space.

Virtual Events
—Entertainment—



***Oregon Shakespeare Festival – Snow in Midsummer**
May 3-29, \$5 per streaming device — **LSE320**
View-On-Demand

We have purchased Group Viewing for *Snow in Midsummer* (May 3-29). Based on the classical Chinese drama *The Injustice to Dou Yi That Moved Heaven and Earth* by Guan Hanqing. This 2018 U.S.-premiere production interweaves two stories—of a young woman who curses her city from beyond the grave and of a wealthy businesswoman who must face the parched, locust-plagued city. *Snow in Midsummer* is part of Oregon Shakespeare Festival’s new program O! This full-length video recordings of OSF plays right in your living room, on your phone, anytime you wish. Register Online to receive the unique password to view the play. View-on-demand at your convenience from the date of your registration until May 29. You will be viewing the show directly from the OSF website.

—Presentation—



Why Ancient Literature Matters: Reading Homer and Virgil Today
Presented by Professor Joseph Luzzi, Bard College
Tuesday, April 27, 2:00 PM
Zoom - \$14 per Zoom device — **LSE312**

What makes the magnificent epic poems of the ancient Greek poet Homer and the ancient Roman Virgil still relevant to our contemporary world? How can their masterpieces, the *Iliad*, the *Odyssey*, and the *Aeneid* help us make sense of some of the greatest cultural, political, and social problems we face? In this presentation, we will explore the magnificent world of ancient literature as we discover how works written millennia ago can continue to enchant, astonish, and instruct us.

***The Quest for the Great Italian Novel**
Presented by Professor Joseph Luzzi
Monday, May 24, 2:00 PM - Zoom
\$14 per Zoom device — **LSE324**

We are familiar with the term *Great American Novel*, which has historically been associated with how writers like F. Scott Fitzgerald, Harper Lee, Philip Roth, and many others have sought to capture

American life’s complexities in a single book. Can one use the term for other nations, perhaps one with as ancient and celebrated a literary tradition as Italy? In this presentation, I will propose that certain novels in Italian literature, legendary classics including Alessandro Manzoni’s *The Betrothed*, Giuseppe Tomasi di Lampedusa’s *The Leopard*, and Giovanni Verga’s *House by the Medlar Tree*, are examples of how the many dimensions of *italianità*, Italian identity, are represented in an individual work. I will also show how more contemporary authors, especially Elena Ferrante, relate to this historical quest for the “great Italian novel.”

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Broadway On Tour
Now on Sale!



We are happy to announce the 2021 Broadway on Tour (formerly Broadway Sacramento) Three-Show Series to be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience. All shows will start at 7:30 PM, with Orchestra seating.

Please register yourself to Wait List for Sold Out shows so we can determine interest. We will try to add a bus if possible.

Hamilton

Tuesday,
September 21
— **LST347**

\$154 - **SOLD OUT!**

Tony®, Grammy®, Olivier Awards and the Pulitzer Prize for Drama winner, and an unprecedented special citation recipient from the Kennedy Center Honors, Hamilton finally comes to Sacramento! HAMILTON is the story of America then, told by America now. Featuring a



score that blends hip-hop, jazz, R&B, and Broadway. HAMILTON is based on Ron Chernow's acclaimed biography. Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

An Officer and A Gentleman

Tuesday,
November 2

— **LST348**

\$121 - **SOLD OUT!**

Based on the Oscar-winning film starring Richard Gere and Debra Winger. An Officer and a



Gentleman is a breathtaking production that celebrates triumph over adversity and includes one of the most iconic and romantic endings ever portrayed on screen. Featuring the Grammy Award-winning, #1 hit single "Up Where We Belong," this spectacular new live stage production is not to be missed! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

Charlie and The Chocolate Factory

Tuesday, December 28 — **LST349**

\$121

Roald Dahl's amazing tale is now Sacramento's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.



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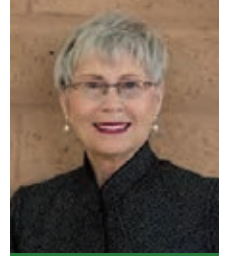
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Livestream Classes

We are bringing the following classes right into your home! Students are required to have a PC, laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs.

Online registration preferred for all classes.
Questions? Call 916-625-4073 or 916-408-4609.

***Indicates new class on sale April 17**

—Krafting with Karla and Lavina—



Unique Veggie & Flower Arrangement

Tuesday, April 20
10:00 AM – Zoom
\$23 — **LSC3122**

Are you a flower arrangement enthusiast? Join us for another fun morning creating a unique arrangement using fresh flowers and vegetables! We will incorporate flowers and greeneries with fresh produce like carrots, radishes, and Brussel sprouts. It's one healthy arrangement for sure! Vase, blooms, greeneries, veggies, and wet foam will be provided. Students provide their own garden shears/sharp scissors, gloves, water, and creativity! Supply pick up will be Monday, April 19, 2:00 PM at Orchard Creek Lodge front roundabout.



Cactus Rock Painting

Tuesday, April 27
10:00 AM – Zoom
\$20 — **LSC3123**

Create a beautiful cactus garden that will live on forever. No watering required. ☺ The cactus garden will come with a flower pot, four rocks to paint, green and white craft paint, and pebbles. Students must provide their own paintbrushes and other acrylic

paints they would like to use. Supply pick up will be Monday, April 26, 2:00 PM at Orchard Creek Lodge front roundabout.



*Wood Coasters

Tuesday, May 4
10:00 AM – Zoom
\$14 — **LSC3135**

Wine not add these coasters to your home? This set of three coasters is the perfect gift for any wine and beer lover.

Whether you're making them for yourself (cheers!), a friend, or a relative - these are perfect for any occasion. Each student will receive three wood coasters. Sayings will be: "Wine Not?", "Cheers" and "Bottoms Up!". We will seal each coaster for a lasting effect. Supply pick up will be Monday, May 3, 2:00 PM at Orchard Creek Lodge front roundabout.



*Kitchen Wood Magnets

Tuesday, May 18
10:00 AM – Zoom
\$9 — **LSC3134**

Ever go to put away dishes, and you are not sure if they are clean or not? You won't have that problem again with this

cute magnet! In this class, we will be making two round wood magnets. The first will be a Clean/Dirty magnet to hang on your dishwasher. The second one will be a fun saying "I love you to the fridge and back," for your refrigerator. Students must provide their own hot glue gun. Supply pick up will be Monday, May 17, 2:00 PM at Orchard Creek Lodge front roundabout.

—Movies—



The Comedic Art of Mel Brooks

Wednesdays, April 21-May 12
1:00 PM – Zoom
\$40 (four sessions) — **LSC3125**

"It's good to be the king!" That about says it all for Mel Brooks. For over 50 years, Mel has given us the most outlandish comedies that have ever graced the silver screen. We will look behind the creation of these films, and together we will discover the brilliance of *The Producers*, *Blazing Saddles*, *Young Frankenstein*, and the Master's salute to another Master, Alfred Hitchcock, in *High Anxiety*. So, get ready to exercise your "funny bone," for we are about to experience four of Mel's

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In-Person Outdoor Classes

—Art—



*Mixed Media Art Journalling

Thursdays, May 13 & 27
10:00 AM, Secret Garden
\$45 – (two sessions) plus \$5 supply fee paid to instructor
— **LSC3131**

A variety of media will be used as we “play” on our art journals’ pages. 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. Instructor: *Kerry Dahlin*.

—Dance—



*Line Dance Level I – Absolute Beginner (Intro)

Mondays, May 3-24
(No Class Memorial Day)
10:00 to 11:00 AM
KS Parking Lot
\$28 (four sessions) — **LSC3132**

This is an In-person class. 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. Instructor: *Yvonne Krause*.



*Line Dance Level 2 – Beginner

Thursdays, May 6-27
10:00 to 11:00 AM
KS Parking Lot
\$28 (four sessions)
— **LSC3133**

This is an In-person class. Beginner level dances are built upon the skills learned at 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. Instructor: *Yvonne Krause*.

Notice:

The following indoor classes will resume once lodges are allowed to open. Keep an eye out for eNews announcements when registration will be available.

Line Dance - All Levels
Mixed Media Art Journaling
Oil and Acrylic Painting: Intermediate/Advanced
Pastel and Watercolor: Intermediate to Advanced
Ceramics – All Levels from Jim Alvis
Card Making – All Levels
Clogging – All Levels
Country Couples Western Dance – All Levels
Hula
Jazz Beginner & Performance
Line Dance – All Levels from All Instructors
Line Dancing 4 Fun
Country Line Dancing
Tap Classes with Alyson
Stained Glass
Guitar – All Levels
Folk Guitar for Fun Folks – All Levels
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Updated! Free Orientation: WellFit Staff

New to SCLH Fitness Centers? Our free Orientation teaches you how the Fitness Centers work and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Group Orientations are temporarily unavailable at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email rex.owens@sclhca.com, and he can assist with scheduling you a walk-through of either location.

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Disease Prevention & Management Session-Based Classes

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

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 reflected on your enrollment.

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

Arthritis

Location & Time: TBD

New classes and pricing are coming soon! Check the website and sign up for eNews for the most up-to-date information on classes!

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.*



Beginners Pickleball Lessons Coming Soon

Location: Pickleball Courts
\$70 (4 sessions)

If you have never played Pickleball before, this is designed especially for you! The instructor has a master's

in physical education and is an avid pickleball player since 2002. The course will cover basic rules, terminology, primary skills, coordination focus on serve and service return, Volley, dinks forehand and backhand, and more. We recommend starting here with our three-part course. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

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

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

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

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

This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency.

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Advanced Beginners Pickleball Lessons

Mondays, May 3-24

Noon to 12:50 PM

Location: Pickleball Court #5

\$70 (4 sessions)

These lessons are the next step after the Beginners course (see above). The instructor will base this class on the ability of participants. The focus will be on strokes, Volley, dinks, court strategy, lobs, return lobs, and more. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: *Barry Cunningham*.

Intermediate Pickleball Lessons

Mondays, May 3-24

1:00 to 1:50 PM

Location: Pickleball Court #5

\$70 (4 sessions)

The intermediate course is designed for players that want to take their game to the next level. Prerequisite of the advanced beginner course is recommended. These sessions will include more of the same at advanced levels such as court position, service returns, lobs, etc. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: *Barry Cunningham*.

To Schedule appointment for 1 on 1 sessions on the Pickleball Courts with Barry and for more information, please email rex.owens@schca.com.

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Location: Pickleball Courts

Free

This class is for any Lincoln Hills Resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

**Nordic Pole Walking**

Location & Time: TBD

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*.

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 ll up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID restrictions, all classes, times and locations are subject to change.*

**It's back! Tai Chi Qigong L1**

Tuesdays, May 4-25

1:45 to 2:45 PM, Aerobics Room (KS)

\$48 (four sessions)

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Peli Fong*.

**It's back! Tai Chi Qigong L2**

Tuesdays, May 4-25

3:00 to 4:00 PM

Aerobics Room (KS)

\$48 (four classes)

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*.

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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. *Due to COVID restrictions, all classes, times, and locations are subject to change. *Zoom classes: Instructor will email the link prior to class to those registered.*

NEW! Laughter Wellness

****VIRTUAL CLASS****

Wednesday, May 12
11:00 AM to Noon - Zoom
\$15 (one session)

Laughter is the best exercise for life! It creates healthy social interaction, decreases stress, elevates endorphin levels which may help reduce pain and anxiety, increase tissue and organ oxygenation, improves circulation and provides easy cardiac workouts, relaxes and strengthens muscles, and enhances immune system function. The session includes easy stretches, breathing practices, and intentional laughter techniques. Students can choose their level of participation, from gentle to vigorous; the experience is suitable for all ages and all levels of ability. Instructor: *Linda Kalb Hamm, M. Ed.*

NEW! Strengthen Your Memory

****VIRTUAL CLASS****

Wednesday, May 26
11:00 AM to 12:15 PM - Zoom
\$15 (one session)

Many of us have found ourselves in an isolated routine during the pandemic – and it turns out, that is not good for our memory. As we age, there is some normal decline in memory, but the COVID restrictions have contributed to the decline. If, since lockdown, you have found it hard to remember to email someone, summon up the word you need, or yet again forgotten to buy the milk – you are not alone. Learn why you are experiencing the decline in memory and tips to help strengthen it. Instructor: *Amel Whitaker.*



8 Steps to Feeling Calm and Happy

****VIRTUAL CLASS****

Thursdays, May 6-27
1:00 to 2:00 PM - Zoom
\$97.00 (four sessions)

In this class series, you will receive (4)

30-minute live relaxation sessions (value \$260). (4) FH Balancing Sessions exclusive system for mind/body balance (value \$400). (4) “DIY” lessons for your success in using these skills at home (value \$200). This series will get you feeling better after just one class! Enrollment also qualifies you to receive special access to We Rise World Summit—a three day online summit featuring leaders with various expertise answering “How to be resilient and move forward before, during, and after the unexpected.” Total value \$927.00! Instructor: *Kelley Moreno.* Kelley is a Coach and Certified Conversational Hypnotherapist specializing in trauma recovery and anxiety relief.



Hope for Loneliness

****VIRTUAL CLASS****

Wednesday, May 19
11:00 AM to 12:15 PM - Zoom
\$15 (one session)

Loneliness is a common experience as we age, but it can seriously affect our mental and physical well-being unless we learn how to focus on ways to reduce it. This year we have had an extra challenge. With California and Placer County nearly shutting down because of the surge in COVID-19, many of us are grappling with the challenge of isolation and creating memories and fostering togetherness with family and friends without spreading the virus. Instructor: *Amel Whitaker, CA* licensed psychotherapist, with a professional emphasis in mental health and aging adults, will provide some helpful information and tips for dealing with loneliness.



Living with Back Pain

Wednesday, May 12
11:15 AM to 12:15 PM
Aerobics Room (KS)
\$20 (one session)

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. 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. Sign-ups begin on the 17 of the month at 8:00 AM.



Traditional Shotokan Karate
 Saturdays, May 1-29
 12:30 to 1:30 PM
 Location: Aerobics Room (KS)
 \$25 (five sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 years of 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*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all Abbott Group classes are offered through Zoom and the Abbott Group will send you an email link for the class the morning of the class you registered for.*

Comparing the Stock Market to the Economy

Tuesday, May 11 - Zoom
 3:00 to 4:00 PM
 \$5

Markets collapsed as the Great COVID-19 Recession (GCR) began but quickly bounced back within the quarter while we entered into a recession and economic data tumbled. This investor conversation discusses the composition of the stock market vs. the economy by looking at sectors, geography, profits, and employment and analyzes historical business cycles. While 2020/2021 represents an extreme, 'markets running ahead of the economy' has been the norm: markets are forward-looking and regularly lead the economic cycle, while economic data lags. As such, despite a global pandemic, unprecedented volatility in the markets, and historic lows in economic data, 2020 actually resembled a normal business cycle. Instructor: *The Abbott Group*.



How to Play Sudoku
 Tuesday, May 25 - Zoom
 10:30 AM to Noon
 \$5

Sudoku has become one of the most popular puzzles on the planet and is most likely played by many of your neighbors and friends. The fun thing about Sudoku is that it does not involve math at all, rather just basic logic. Once you learn this logic and how it applies to solving Sudoku puzzles, your brain will feel healthier, and your confidence will grow. He will teach you his personally developed and simple to understand Four-Step system that will help you to understand the logic needed to successfully solve puzzles. This system will make the puzzle easier to play plus increase your speed if that is of interest. 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
 Wednesdays
 May 5-June 2
 5:00 to 6:30 PM
 Aerobics Room (OC)
 \$149 (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.

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Pilates Reformers and Towers

Pilates is back and will be held in the Aerobics Room (OC)! Please check sclhresidents.com for most current information regarding Pilates Reformer Program and schedule or contact Danielle.Merrill@sclhca.com.

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 MindBody. See class grid on page 81 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:
Four-class membership package \$72 per month, Add-on classes for member \$18 per class.
Eight-class membership package \$136 per month, Add-on classes for member \$17 per class.
Drop-in classes for non-member \$20 per class.

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account: Danielle.Merrill@sclhca.com or call 916-625-4032. Look for the modified class schedule towards the back of the *Compass*.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle.Merrill@sclhca.com to coordinate your Intro with an instructor.

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.

ONLINE: SCLHRESIDENTS.COM

For more information regarding Private Reformer Training and to schedule with one of the reformer instructors, please contact Danielle Merrill at Danielle.Merrill@sclhca.com.

One-on-One Training and Buddy Training:
Prices same as Personal and Clinical Training below.

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 Rex Owens (rex.owens@sclhca.com). 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 \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **New Packages:** One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **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.

All training is non refundable and has a 1 year expiration date from time of purchase.

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 the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

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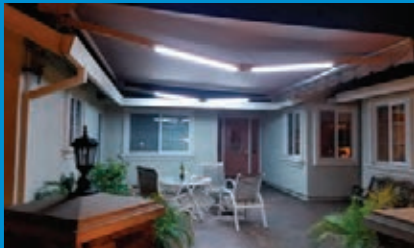
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***Check eNews and sclhresidents.com for the most up to date information. Due to the changing regulations from COVID-19 please be aware that class locations, dates, and times could change. Prices will be adjusted accordingly.**

SGT—Pulmonary Exercise Class

Time & Location: TBD

\$68 (4 sessions)

This class will feature exercises that improve exercise tolerance and focus on respiratory topics that improve the ability of people with lung disease to manage their condition. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen. Instructor: *MaryAnn DiPietro*, Respiratory Therapist.



New! (Seasonal) SGT—Walk on the Wild Side L1

Wednesdays,

May 5-26

9:00 to 10:00 AM

First class meets at
OC Fitness Center

\$68 (4 sessions)

Experience the beautiful trails of Lincoln Hills guided by a trainer with exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side! This class is designed for beginners. Instructor: *MaryAnn DePietro*.



New! (Seasonal) SGT—Pick Up The Pace L2

Wednesdays,

May 5-26

10:30 to 11:30 AM

First class meets at
OC Fitness Center

\$68 (4 sessions)

Similar to SGT 'Walk on the Wild Side', but adds a little intensity and distance to your walk. Includes warm-up, strength training and conditioning, balance and coordination, and stretching, all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and "Pick Up The Pace! This class

is designed for faster-paced walkers. Instructor: *MaryAnn DePietro*.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays

May 4-27

11:15 AM to 12:15 PM

Aerobics Room (KS)

\$136 (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. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays

May 3-26

3:00 to 4:00 PM

Aerobics Room (KS)

\$136 (eight sessions)

Are you 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. Instructor: *Torin Garza*.

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SGT—TRX Circuit L2

Tuesdays & Thursdays, May 4-27
12:30 to 1:30 PM, Aerobics Room (KS)
\$136 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructor: *Torin Garza/MaryAnn Depietro.*

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

Mondays & Wednesdays
May 3-26
12:30 to 1:30 PM
Aerobics Room (KS)
\$136 (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. Instructor: *Rena Schmidt.*

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays, , May 3-26
1:45 to 2:45 PM, Aerobics Room (KS)
\$136 (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: *Rena Schmidt.*

SGT—Therapeutic Water Exercise L1

Fridays, May 7-28
(date exception - May 13 Thursday, not Friday 14)
11:15 AM to 12:15 PM, Indoor Pool (OC)
\$68 (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 and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Lisa Fisher.*

SGT—Rock Steady Boxing

Thursdays, May 6-27
1:45 to 2:45 PM
Aerobics Room (KS)
\$68 (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, May 7-28
1:45 to 2:45 PM, Aerobics Room (KS)
\$68 (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**

Thursdays, May 6-27
3:00 to 4:00 PM
Aerobics Room (KS)
\$68 (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.*

Live Stream Class Passes

Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your

live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

TBD depending on county guidelines for COVID restrictions

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored grids on pages 78-81 for days and times. Note: *Fast Pass Classes are coming soon!*

We also offer 60 minute Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desks. 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. **PUNCH PASS EXPIRATION UPDATE: Punch Passes purchased before Dec. 1, 2019 will NEVER expire. Passes purchased Dec. 2, 2019-Dec. 1, 2020 have a NEW expiration of December 1, 2021.**

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KS WellFit Class Schedule April/May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Cycle with Core & Stretch L2/3 - Helena KS	Cycle with Core & Stretch L2/3 - Erin KS	Cycle with Core & Stretch L2/3 - Erin KS	Cycle with Core & Stretch L2/3 - Helena KS	Cycle with Core & Stretch L2/3 - Helena KS		
8:45	Cardio Strength L2/3 - Helena	Core-N-Strength L2/3- Kim	Yoga Flow L2/3 - Erin	Core-N-Strength L2/3- Kim	Zumba Toning L2 - Ruby	Cardio Strength L3 - Katie	
10:00	Piloga L1/L2 - Gretchen	Zumba Gold L2 - Joanie	Cardio Strength L2 - Beth	Piloga L1 - Lola/Cynthia	Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 - Katie	
11:15		SGT - 'Fun'ctional Fit L3 - Deanne	Living with Backe Pain - Lisa Kwon May 12th	SGT - 'Fun'ctional Fit L3 - Deanne			
12:30	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Rex/MaryAnn	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Rex/MaryAnn	Wai Dan Gong L1 - Joan	Traditional Shotokan Karate L1/2 - Al	
1:45	SGT - Balance and Fall Prevention L1 - Renae	Tai Chi L1 - Peii	SGT - Balance and Fall Prevention L1 - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
3:00	Progressive Bootcamp L2/3 - Torin	Tai Chi L2 - Peii	Progressive Bootcamp L2/3 - Torin	SGT - ParkinsonStrong Combo L1 - Milly			
4:15							
5:30							
Group Exercise Classes (punch pass) \$4.50							
30 min Group Exercise Class (fast Pass) \$2.50							
Wellness Classes (session based, sign-up ahead)							
Small Group Training (session based, sign up ahead)							
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							

OC Aqua WellFit Class Schedule April/May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2/3- <i>Nina</i>	OC	Aqua Surge L2/3 - <i>Jiji</i>	OC	Aqua Surge L2/3 - <i>Nina</i>	OC	OC
8:45	Power Waves L3 - <i>Nina</i>	Aqua Intervals L2/3 - <i>Beth</i>	Power Waves L3 - <i>Jiji</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Power Waves L3 - <i>Nina</i>		
10:00	Splash L2 - <i>Jiji</i>	Aqua Intervals L2/3 - <i>Beth</i>	Splash L2 - <i>Lisa</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Splash L2 - <i>Lisa</i>		
11:15	Fluid Moves L1 - <i>Jiji</i>		Fluid Moves L1 - <i>Lisa</i>		Therapeutic Water Exercise SGT - <i>Lisa</i>		
12:30- 1:30	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	cleaning 12- 1:30	cleaning 12- 1:30
5:00	<i>Danielle</i>		<i>Nina</i>				
Coming Soon							
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
30 Minute Group Exercise Classes (fast pass) \$2.50							
Small Group Training - SGT (session based, sign up ahead)							
Group Exercise Classes (punch pass) \$4.50							

Pilates Reformer WellFit Class Schedule April/May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - Gretchen			Reformer L1-L2 - Cynthia			
8:45	Reformer Barre L1-L2 - Gretchen		Coming soon! Reformer Basics + L1-L2 - Delphine	Virtual Zumba Gold - Joanie	Reformer Basics + L1-L2 - Cynthia		
10:00	Coming Soon! Mixed Equipment L1-L2 - Delphine	Reformer Basics + L1-L2 - Valerie	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Julie	Mixed Equipment L1-L2 - Cynthia		
11:15		Fusion L1-L2 - Valerie		Fusion L1-L2 - Julie	Cardio Jump & Core L2 - Gretchen		
4:00		Reformer L1-L2 - Julie		Reformer L1-L2 - Valerie			
5:15		Coming Soon! Julie	Reserved for Nutrition	Coming Soon! Valerie			

All classes are subject to change without notice.

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 (CURRENT AS OF 3/19/2021)

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

Membership Desk BY APPOINTMENT ONLY Mon–Fri: 8:30 AM–4:00 PM	WellFit (oc) RESERVATIONS REQUIRED Mon–Fri (OC): 5:30 AM–8:30 PM Sat–Sun (OC): 6:30 AM–8:00 PM Mon–Fri (KS): 5:30 AM–4:00 PM Sat–Sun (KS): 5:30 AM–1:30 PM
Meridians Restaurant Outdoor Grab & Go Counter: Daily: 11:00 AM–4:30 PM Curbside Pickup & SCLH Delivery: DAILY: 11:00 AM–6:00 PM	CURRENTLY CLOSED: Lodges (OC/KS) Lifestyle Desks (OC/KS) Kilaga Cafe Catering Office
The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM	

ADMINISTRATION

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Membership
Lisa Hammons916-625-4068 Membership@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant.....MeridiansRestaurant.com
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe
To-Go Orders & Info: 916-408-1682

CATERING

Catering Sales Manager.....OrchardCreekLodge.com
Mandy Bryer916-625-4043 Mandy.Bryer@sclhca.com

BOARD & COMMITTEES

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Diana Peters Director..... Diana.Peters@sclhca.com

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Lifestyle Desks
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Room Booking & Club Coordinator
Shelvie Smith.....916-625-4021 Shelvie.Smith@sclhca.com

WELLFIT

WellFit Desks
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Fitness Supervisor
Rex Owens.....916-408-4825Rex.Owens@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
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Trudy Smith.....916-408-4071 Trudy.Smith@sclhca.com

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Erik Rosales916-645-4500 Erik.Rosales@sclhca.com
Landscape Supervisor
Willie Mayberry.....916-645-4501Willie.Mayberry@sclhca.com

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Curator Security916-771-7185
LH Golf Club916-543-9200lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood WatchSCLHWatch.org
Barbara Branch: 916-622-5490
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

Committees

Architectural Review.....ARC@sclhca.com
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