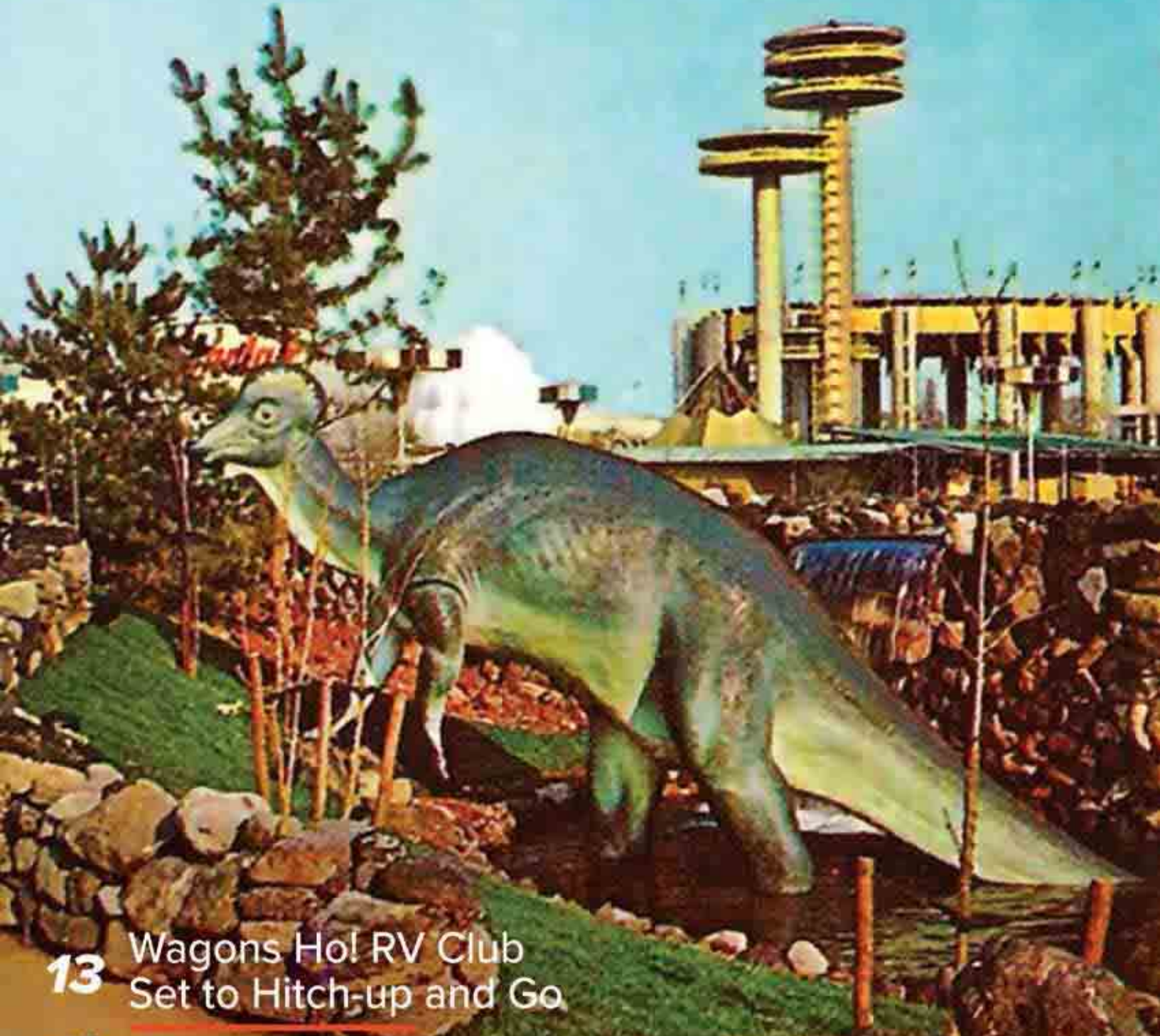


COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 Wagons Ho! RV Club
Set to Hitch-up and Go

19 Ghosts of Vacations Past

Calendar of Events

June 16 – July 16

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

Date	Event	Page #
6/16	Conversations.....	49
6/25	Branden & James.....	55
7/5	500 Days of Summer - Movie	49
7/9	Garratt Wilkin & The Parrotheads	52
7/15	Lighthouse Counseling	51
7/16	Moulin Rouge.....	49

Do you enjoy getting to know your community better? Are you interested in telling a story? We have a perfect opportunity! The COMPASS is actively looking for an individual with a team player attitude and a writing background to develop articles for the COMPASS.

Please contact Theresa Renken, COMPASS Editor at theresa.renken@sclhca.com to find out more details.

Upcoming Association Meetings: June 15 – July 27	
Special Election Committee Meeting	Tuesday, June 15, 2:00 PM
Finance Committee Meeting	Thursday, June 17, 9:00 AM
Board of Directors Workshop	Tuesday, June 22, 2:00 PM
Board of Directors Meeting	Thursday, June 24, 9:00 AM
Board of Directors Executive Session	Thursday, June 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, June 28, 9:00 AM
Special Election Committee Meeting	Tuesday, June 29, 2:00 PM
Properties Committee Meeting	Thursday, July 1, 9:00 AM
Elections Committee Meeting	Friday, July 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, July 6, 9:30 AM
Special Election Committee Meeting	Tuesday, July 6, 2:00 PM
Compliance Committee	Wednesday, July 7, 9:00 AM
Board of Directors Workshop	Thursday, July 8, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, July 12, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, July 13, 10:00 AM
Finance Committee Meeting	Thursday, July 15, 9:00 AM
Special Election Committee Meeting	Tuesday, July 20, 2:00 PM
Board of Directors Meeting	Thursday, July 22, 9:00 AM
Board of Directors Executive Session	Thursday, July 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, July 26, 9:00 AM
Special Election Committee Meeting	Tuesday, July 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
- Finance Committee
- Elections Committee

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

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- 5** Committee Reports
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 - Architectural Review
 - Compliance
 - Properties
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 - Food & Beverage
 - Lifestyle News & Happenings
 - The Spa at Kilaga Springs
 - WellFit News



COMMUNITY PROFILE

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- 15** It's Travel Time! Do This First For A Worry-Free Vacation!
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On the Cover
Summer Travels
1964 Worlds Fair
See article page 19



Board of Directors' Report

Tom Dunipace, Director

It's been a very busy spring. The Board of Directors has had several meetings, open workshops, and executive sessions as we face a multitude of issues.

At the forefront is the preparation to appropriately incorporate the Fixed Mandatory Assessment (FMA) into our governing documents. This will be a busy topic throughout the summer culminating in a community vote in the fall. Please become proactive and not only support this necessary change but encourage your neighbors to support it also.

We will have workshops to not only gather input on the FMA but to consider additional ideas and potential changes that may also be on the ballot. Please watch for the upcoming forums to make your thoughts and ideas known so they can be included in the discussion.

Other matters that take up a lot of time for the Board of Directors involve disciplinary hearings.

Many hearings involve dogs that are off-leash, aggressive behavior toward other dogs or even threatening conduct toward residents. We have a good schedule in place to encourage compliance,

however, our preference is that everyone focuses on being a good neighbor, so we don't have to get to that point.

Unfortunately, situations also arise between residents that escalate in rhetoric and actions that cause a need to bring the matter to the Board's attention. This involves interactions with other residents and the failure of residents to follow staff instructions and community guidelines. These matters are never pleasant, and often the offender is remorseful, but the situation nevertheless has to be investigated, and the conduct addressed.

We are very anxious to reopen our lodges, and the staff has been busy preparing for this eventuality. This has required careful planning to ensure the safety of our residents and additional hiring to support the reopening. By the time you read this, Meridians should be running at increased capacity, the Kilaga Café should be open for business and we should be able to finally try out the new billiard tables. With the summer upon us I too am anxiously awaiting the ability to once again mingle at the pool with our family and friends.

All in all, we on the Board strive to preserve the peace, tranquility, and beauty of Lincoln Hills.



SUNDAY, JULY 4 – MONDAY, JULY 5

Administration & Membership – July 4: Closed, July 5: Closed

Spa at Kilaga Springs – July 4: Closed, July 5: Closed

WellFit OC/KS – July 4: OC – 7:00 AM – 5:00 PM, KS: 6:30 AM – 5:00 PM

July 5: OC & KS: 5:30 AM – 8:30 PM

Meridians – July 4: Closed, July 5: Closed

Lifestyle – July 4: 8:00 AM – 2:00 PM, July 5: 8:00 AM – 8:00 PM

Special Election

Lincoln Hills is having a special election to amend our Covenants, Conditions, and Restrictions (CC&Rs) and Bylaws.

We Need You!

This election will be a community-wide effort, and we will need all hands on deck as participants, advocates, volunteers, and especially voters.

Watch for eNews blasts, workshop announcements, website updates, and member events informing our community about the importance of the proposed amendments and the potential outcome.

Check out the Special Election button on the homepage of the Resident Website at sclhresidents.com to find articles and documents defining this election.

The next scheduled Special Election Board Workshop is Tuesday, June 22 2:00 PM. Watch your eNews for the most up to date information.

Send questions to: Special.Election@sclhca.com



Finance Committee

Positive Results in April

Fred Raach, Vice Chair

Total revenues, including dues for the first four months of 2021, were \$4,438,000 and total expenses \$4,176,000, producing a net positive revenue of \$262,000. Dues revenue was \$3,609,000, and other revenue (primarily from fees charged by operating departments) was \$829,000. Actual results for the year-to-date were \$216,000 better than budget and \$3,000 better than in March.

The budget, used to determine dues for the year, assumed that Placer County would be in the Orange tier for the entire month of April. While this did not occur, restrictions were loosened enough that the operating departments were able to generate \$31,000 more revenue than the budgeted amount for April. For the year-to-date, total other revenue exceeded the budgeted figure by \$237,000.

Total expenses for the four months were \$21,000 higher than budgeted. Lower than budgeted expenditures on personnel, landscape maintenance, insurance, and general maintenance and supplies were offset by overages in the cost of sales (related to more revenue), administrative expenses (largest overages in legal fees and ADP fees), and utilities (the bulk from natural gas and water charges).

Overall, department net results were \$3,000 better than budgeted in April and \$216,000 better for the year-to-date. Administration, Communications, Spa, and

WellFit had better results than budgeted in April. Lifestyle, Meridians, and Facilities net results did not meet budget in April, but all except Meridians were better than budgeted for the year-to-date.

Reserve expenditures for 2021 were projected to be \$2.1 million. Through April, \$279,000 has been spent, the bulk of which has been street light replacement, completion of the Orchard Creek pool renovation, and resurfacing the Kilaga indoor pool.

Department management has primary responsibility for determining when reserve components need replacement. To clarify the role of the Properties Committee in this process, the Finance Committee recommended the Board establish a policy that the Properties Committee review scheduled replacements and provide an independent opinion on the need for them.

The unallocated balance of the Community Enhancement Fund on April 30 was almost \$1.2 million. At the end of April, the current "in process" projects, which still have allocated money to be spent, are Trail Enhancement, Ballroom (OC) Video Upgrade, Needle Arts Room Expansion, Sports Pavilion Upgrade, and the Kilaga Pool Refurbishment.

More detailed information on the monthly financials is available on the Resident website in the Library section under Financials and from the Finance Committee meeting video.



Architectural Review Committee Landscaping

Carole Dummett, Chair

Beware of contractors and designers of landscape plans charging excessive dollars for a landscape plan. The committee does not require detailed information on irrigation and drainage systems but rather a simple comment on the type of irrigation and/or drainage modifications. A professional landscape plan should have a price range of \$300.00 to \$800.00 depending upon your requirements. Our primary interest lies with lot dimensions to determine turf, plant, and rock coverage as there are limitations on these (Checklist 20 Calculation Sheet). A conforming and compliant plan will have a variety of plants consisting of seven plants per 100 square feet of plantable area and one required street tree. Section 6 of the Design Guidelines and Checklist 20 provides all necessary information about our landscape requirements. Why do we request seven plants per 100 square feet? This benefits our Compliance Committee when determining if a yard lacks plants or has bare spots and assures all homeowners they are being treated fairly and consistently within the community. You may also draw and submit your own plan following these guidelines. Our plan size limitation is 11" x 17" which accommodates most designs. If larger, you must submit an 11" x 17" copy along with your plan. If the plan is not legible, it will be returned to the homeowner.

We are fortunate to have many qualified landscape contractors and designers in Lincoln Hills; please refer to our *Compass* Magazine's last page for a list of advertisers or reach out to Neighbors-In-Deed, they are both a great resource for contractors and service individuals.

California is now facing a drought year, so please consider scheduling all landscape work to be performed in the fall. We are also approaching fire season, with the best line of defense being trees and plants trimmed, eliminating dead leaves and branches from the property. Be a good neighbor and keep your trees trimmed with canopy coverage in your yard and not extending into sidewalks and adjoining properties.

As of this writing, our meetings are closed to residents and homeowners. Hopefully, they will reopen in the near future. Announcements will be made through eNews and our website.

This past year has been challenging for all of us so thank you for your patience and understanding.

We have a current opening on our committee. If you are new to Lincoln Hills this is a great committee to learn about the community and meet many of our wonderful residents.

Please submit your application to robert.richardson@sclhca.com for review and submittal to the Architectural Review Committee.





**Compliance Committee
Community Review – What is Being “Reviewed?”**

David Mateer, Chair



First, I would like to thank everyone for their support of our community and the efforts to keep this a great place and looking great too. We have two remaining review cycles for the second half of the year.

Landscape cycles are the easiest to understand and also to correct. This is because they are generally routine maintenance items and easier to understand. Not surprisingly, the number one item is to ensure you have adequate bark/wood chips in your planter areas to cover the dirt and irrigation lines. The second most common is insufficient plant coverage or missing a front tree. This is typically when a damaged or dead plant is removed but not replaced. Plant coverage should cover between 40% and 50% of non-turf areas. Some villages also seem to have a number of yards where the plants exceed the maximum height of 4’ for

plants along the driveway and property lines.

Paint cycles focus on condition and color. We are now also including fences. Fade happens gradually over time and can easily go unnoticed. The most important thing here is to know what color each part of the house should be painted. Unfortunately, it is not always as easy as that would sound. The ARC paint application includes a good diagram that highlights the various parts of the house and the terminology that goes with them. When painting, if you wish to change any colors or are not 100% sure what the original color is, Community Standards can assist. Please do not color match faded paint, this could result in needing to repaint to the correct color sooner rather than later.

Additional information is available in the Community Standards section of the Resident Website.

Remaining 2021 Review Cycles		
Months	Focus	Villages
June – July	Paint maintenance, Exterior Paint Standards and fencing	1A, 1B, 2, 3A, 3B, 7, 8, 9, 11, 12, 25A, 25B, 26A, 26B, 26C, 26D, 27, 28, 29, 30A, 30B, 30C, 35A, 35B, 36, 40A, 40B
August – September	Landscape maintenance. Coverage, trimming, visibility	4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C



**Properties Committee
We Are Here for You!**

Lynne White, Committee Member

Meet our newest member, Bob Ress. Bob moved to Lincoln Hills in 2020. He has never had a chance to meet his neighbors or make friends at functions. He hasn’t seen the lodges or been inside Meridians. After Bob settled into his home, he volunteered! Bob thought the Properties Committee was a good match for his life and work experiences. He is now working hard alongside his committee members. Bob is a great example of how people can engage and participate under all kinds of adverse circumstances.

In June, Christine Uebele will be inspecting Kilaga Springs fitness, Spa, lodge, café, and parking lot. Christine is the Properties Committee’s second longest-serving member. Her enthusiasm and knowledge about Lincoln Hills speak volumes.

All residents have a Capital Project Application Form available to them. The staff or our committee can assist with filling it out. What happens to a project? We have received this question numerous times. First, the application goes to the Executive Director. When the Properties Committee receives the application, we review it and do one of three things: 1. Vote to move

forward. 2. Vote not to move forward. 3. Set up a task force for further evaluation. After we approve a project, it is sent to the Finance Committee. Properties has done their job at that point. We are basically the first step in getting a project in the pipeline. It’s a big responsibility that all of us take very seriously. We understand that some items are essential to the applicant. Our experience and diversity on our committee help decide what projects to move forward with. There are a few exceptions. If a project is less than \$2000, the Executive Director can approve it. If it is an emergency, it goes directly to the Executive Director. Part of our responsibility is to conduct inspections of all the physical properties once a year. We want all of the physical properties to be safe, adequately cared for, and in good condition. Regardless of the inspections, we can use input from all residents. If you observe any potential maintenance issues in our community, please let us hear from you. Our contact email is properties.committee@sclhca.com. If we all work together, we will keep our community one of the top 55+ active adult communities in the United States.



Let us serve you with a view
Meridians
 Restaurant & Bar

Local Produce

*Michael Jackson, Executive Chef
 Food & Beverage*

As the summer heat approaches, so does a great season of produce from the local Sacramento Valley. Sacramento farmers (such as Del Rio Farms and Watanabe Farms) are known for their intricate varieties of heirloom tomatoes. Red Cherokee, Mister Stripey, and Golden Green are to name just a few. Meridians continues to source local farms for the best produce available, and with the help of these and other local farms, we bring the taste to you. Check out this month's Summer Salad, which infuses the great flavor of watermelon, tomatoes, cucumbers, and more.

Summer also is an excellent time to BBQ. I personally have been a huge fan of open Oak/Almond wood fire to grill on. Be on the lookout for eNews for more grilling specials.

Lastly, but certainly never least, I want to extend a specific thank you to the entire Lincoln Hills Community standing by Meridians over the past month. We have finally overcome the closure of 2020 and are seating indoors, outdoors, at the bar, and still curbside and delivery. To have the love and support of residents, families, and even guests amazes me every day. For the Food & Beverage team, we were able to be of service in a time of need and now want to bring a sense of normalcy to our residents, guests, and staff.

On behalf of the entire Food and Beverage Team, thank you, and we hope to see you soon.



Chef's Recipe of the Month:

Chef's Summer Salad



This is a summer seasonal mixture of items that you can adapt to your liking. Summer brings out the best produce in the Sacramento/San Joaquin Valleys. If you enjoy one item more than the other, switch out the quantities. I am a big fan of the following recipe:

Cut all of the following, and toss together:

- 1 cup, watermelon, large diced
- 1 cup, heirloom tomatoes, large diced
- 2 each, english cucumber large diced
- 1 each, medium red onion, julienne
- 4oz, feta cheese, medium diced
- 5-6 leaves of fresh mint, roughly chopped or torn
- 5-6 leaves of fresh basil, roughly chopped or torn

Toss in a mixture of:

- 3 Tbsp white balsamic vinegar
- 1/4 cup local olive oil
(Arbequina is my favorite)
- As needed, fresh cracked black pepper
- Finish with a light sprinkle of Maldon sea salt (or any other very coarse sea salt).
- Place on a platter, and enjoy.



Lifestyle News & Happenings Shout Out to Summer!

Lavina Samoy, Lifestyle Manager

By the time you open our magazine summer will officially be here! With the increasing percentage of the country receiving COVID 19 vaccines, things are opening up! The word “travel” that we missed for over a year is achievable again! Hugs and kisses in family gatherings are back!

Outdoor activities offer fewer restrictions and are deemed safer for group settings. With that, your Lifestyle team is cooking up some local day trips in the near future as we navigate guidelines on safe group transportation.

While that is still in the works, we are now ready to bring you live events both indoors and outdoors.

Yes, our Summer Amphitheater Concert Series is here! It will be easy to imagine you are on the beach with **Garratt Wilkin and the Parrotheads’ music tribute to Jimmy Buffet (July 9)**. Wear your beach swag and join the party! Rock on to **John Mellencamp hits** with one of the best local Mellencamp tribute bands, **Cherry Bomb**, when they go on stage July 30. Both shows started sales on June 1. Sales will begin July 1 for the remainder of the series covering pop hits, dance tunes, classic rock, country rock, blues, and everything in between. There will surely be a “Whole Lotta Shakin’ Goin’ On,” so don’t miss it!

See complete line-up and concert details on **page 52**. Please note that concerts in July and August start at 7:30 PM and September, and October concerts start at 7:00 PM as days gets shorter. Gates open an hour prior to the concert. Plan to enjoy your meal before the show with available food and drinks at the venue. As a reminder, only factory sealed bottled water is allowed!

Continuing with entertainment, we have our first indoor live concert in the ballroom on **June 25, with America’s Got Talent Branden and James** bringing their touring production of **The Broadway Covers Project (page 55)**. We were fortunate to have them. Choose between 3:00 PM matinee or 7:00 PM performance. Laugh out loud with our first in-person **Comedy Night in the Presentation Hall with Stephen B (page 55)**. Stephen B returns to us with his funny anecdotes and life commentaries that always gets the crowd roaring. Two shows at 6:00 and 8:00 PM.

Lifestyle classes are back in full swing for July! Learn a new hobby or start something you have always been curious about. It is never too late to reinvent yourself and meet awesome like-minded people. Starting on **page 60**, choose the class and time that best fits you!

Let the sizzling summer begin!





The Spa at Kilaga Springs Summer

Trudy Smith, Spa Manager

Summer has arrived, and outdoor activities abound. The skincare department is promoting sunscreen in many forms. We have several products to suit men and women. Image and Hydro-peptide skincare sunscreen in 30 or 50 SPF tinted and untinted along with Coola spray sunscreens for face and body.

The Spa is continuing to feature the Specialty Facial with LED light therapy.

LEDs have an impressive history of assisting in the reduction of both inflammation and vasodilation. Visible red and infrared (IR) wavelengths can adapt the mechanisms of epidermal keratinocytes to increase localized blood flow. This has positive effects, such as oxygenation and the transfer of nutrients to the treated area. Furthermore, the wavelength-specific output of 630–670 nm raises the potential of macrophages, fibroblasts, and keratinocytes, as well as anti-inflammatory and immune-supportive effects.

We also are continuing with the CBD Massage

with a free tincture sample size.

Massage has so many benefits – improved circulation, ease of aches and pains and boost immunity by moving the lymph system. Add CBD massage oil, for added benefits.

CBD, especially in the form of oils, is becoming extremely popular to manage pain and other ailments people face daily. As an alternative to addictive and potentially dangerous pain killers, CBD oils are safer and replete with natural ingredients.

The retail boutique carries CBD in several forms. Lane 4 Health comes in balms and massage oil for topical application and tinctures for sublingual application. This sublingual oil may include relief from joint pain, muscle pains, anxiety, stress, and nausea.

As you are aware, I have accepted another opportunity. I am so grateful to have had the opportunity to serve the residents for the past four and a half years. I am proud of the wonderful team here at the Spa as they have become a 5-star complement to Lincoln Hills. I wish everyone the best as my journey takes me onto a new opportunity.





WellFit News

Traveling Fit

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Traveling this summer? In order to avoid the shock of returning to the gym after indulgent time away, use these travel fitness tips that will help you feel refreshed and energized while on the road. While your car might get you to where you want to go faster, think about walking or biking as great alternatives. You can also plan an exercise routine in advance.

A few simple exercises can be done in your hotel room. Such as a squat to overhead press, lunges with bicep curl, or jumping jacks with a lateral lunge while using water bottles or exercise bands that are easy to pack. Don't forget the best core and back exercises don't require any equipment at all. Hold a plank for 30-60 seconds, then recover with pushups! You can also look for activities like snorkeling, surfing, swimming, walking trails, use park benches for triceps dips, lunges, steps up, pushups and abdominal crunches. Planning your travel fitness needs ahead of time will help you stay focused and take the stress off exercising while you're away.

Don't forget to also prepare before your trip. Start walking more before you leave. If the weather is not cooperating, use the upstairs track at OC or get on a treadmill and watch your favorite Netflix show; you would be surprised how fast the time goes by. Sign up for a Balance and Fall class, especially if you are going somewhere that has a lot of stairs or one of our outdoor walking classes can help. Our certified Personal Trainers are also available to help you before your trip, they can even write up a workout plan for you to take on your trip. So, prepare ahead, and you will have the time on of your life. We will see you when you get back!

Not going on any trips this year, just not feeling confident yet; no worries living here at Lincoln Hills has you covered. We are starting up our Thursday Happy hours by the pool in June with a new food and drink lineup and don't forget the entertainment! The SACS concert will be gearing back up in July, treat yourself to a massage/facial day at Kilaga Springs Spa, or just enjoy a nice evening at Meridians.



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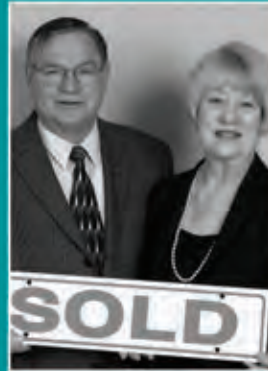
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Circling the wagons—photo courtesy of Sharon Skar

Wagons Ho! RV Club Set to Hitch-up and Go

David Wright, Roving Reporter

While most vacationers plan their summer travel around airplanes and hotels, the Lincoln Hills Recreational Vehicle Group prefers a modern-day wagon train. Its 60 members own a hodgepodge of motorhomes, fifth-wheels, cab-overs, van conversions, and travel trailers. But no matter what they drive, everyone is welcome.



Ann and Steve Beede
—photo courtesy of LHRVG

Club President Steve Beede touts RVing as “a different vibe.

Everything we need is there with us. It gives us the freedom that we couldn’t experience flying.”

Steve and his wife, Ann, never drove an RV before they moved to Lincoln Hills in 2014. At the urging of a friend, they bought a used tenement-on-wheels and enjoyed it so much, they joined the RV Group. Despite being greenhorns, they interned with experienced members and quickly became road warriors. After selling his 30-year Sacramento law practice in 2018, Steve traded the used RV for a brand-new 35-foot Class A motorhome. Now he and Ann are always ready “to hitch up the toad”—the small car towed behind an RV—and hit the road.

The club holds six to ten rallies a year, with most lasting less than a week. Participation varies, but some rallies have as many as 20 rigs. The designated Wagon Master “heads ‘em up”—planning itineraries, scouting maintenance stops, and reserving the campsites.

Navigating truck routes help to avoid those narrow passages, low bridges, and drooping tree canopies. Nothing can be as nail-biting as backing a 40-foot rig out of a tight spot.

Due to individual schedules requiring different leave times, drivers are responsible for getting to the designated campground on their own. Although, like the covered wagons that convoyed across the untamed west, many members still choose to caravan. Magically, they all make it to the rally point in time to circle the wagons for a pot luck dinner or happy-hour campfire singalong.

After the meetup, many will slide out from the itinerary for their own excursions. Some plan visits to friends while “moochdocking”—plugging-in at homes along the way. Others prefer to “boondock” on the side of the highway—using only self-contained utilities—passing the time talking, reading, and playing board games. The remainder elects to leapfrog their way through RV parks where coaxial internet and TV hookups allow high-tech pioneers to stay connected to the grid.

Typical summer vacation stories may emphasize destinations. But for the happy campers of the Lincoln Hills Recreational Vehicle Group, life is all about the journey.



Bill and Dori Duthler getting ready to move ‘em out

VALLEY VIEW Church
Lincoln, California

Temporarily at Grace Life Church
671 East Street, Lincoln
Sundays at 1:00 p.m.



Please join us each Sunday at Grace Life Church. We hope to be back in Sun City at the Kilaga Presentation Hall in July!

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.



Pastor Tom & Linda Galovich
Phone: 916-740-3044

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Plan For A Worry-Free Vacation!

It's Travel Time! Do This First For A Worry-Free Vacation!

Teresa Tanin, Neighborhood Watch

Are you planning a get-away? It's about time, huh? There is an old saying: "Lay out your clothes, then lay out your cash—take half the clothes and double the cash." So true.

You may be loading up your RV or packing for a tropical vacation. No matter your plans, Neighborhood Watch provides a helpful list, "Security Tips For A Worry-Free Vacation." See NW website sclhwatch.org under "Security/Safety Flyers/Vacation Checklist & Home Check Request." Here are a few from the checklist:

1. Let your neighbor(s) know you will be away. They can pick

up packages from your front door, pick up your mail (if not stopped), agree to put out/away garbage cans, and pick up those pesky flyers on your driveway. Give your itinerary, a house key, and your emergency contact information to a trusted person. Neighbor helping neighbor, your vacation or theirs, helps to secure a worry-free vacation.

2. Make sure your home looks and sounds occupied. Put lights, radio, and/or TV on timers. "Smart Plugs" can help and be controlled remotely. Secure all windows and doors and consider a home alarm system and/or security cameras. Make sure your

lawn maintenance continues.

3. Do not broadcast your vacation publicly or through email groups. Tell your family not to mention your vacation on Facebook or other social media.

4. Consider requesting a "Vacation Home Check" from the Lincoln Police Department volunteer program. Call 916-645-4081 or visit sclhwatch.org under "Security/Safety Flyers."

5. Turn off the water main to your home, but leave the landscape water main on. Turn your water heater setting to "vacation."

These are just a few items to consider—for a worry-free vacation!

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When Traveling – Remember This

Richard Pearl, Roving Reporter



We're getting close to being back to normal, or maybe it will be a new normal, but hopefully, we can begin traveling again to see family or to just plain have fun.

So, now that you'll be out and about, here are some safety tips to consider, especially when out of the country or in big cities. Full disclosure, some of these tips were

learned the hard way, either by friends or me.

- Before leaving home, make copies of all the credit cards you will be traveling with, plus passports, and put them in several secure places, e.g., hand luggage. Also, take a picture of the page(s) of data on your smartphone.

- If you have a smartphone, make sure it's backed up into the Cloud. I had my iPad stolen in Italy, went to a local electronics store, bought another one, and downloaded everything, so I was back to 100% the very next day. If this happens to you, make sure to contact your service provider to lock up the stolen unit.

- Bring all required charging devices for your electronics.

- Guys, carrying your wallet in your back pocket is a definite no-no. At the least, put it in your front pants pocket.

- Ladies, be aware that a bad guy or gal can slice your handbag strap and be off in a flash and trust me, you won't catch them. There are purse straps available with an enclosed steel cable.

- If you're jostled in a crowd, be VERY aware. A common trick is for one thief to lift your wallet and quickly pass it off to an accomplice.

- If you're out touring, take only the minimum identification, some cash, and maybe just one or two credit cards. Do NOT tour with your passports on your person.

- Always take your immediately needed medicines with you on the airplane, never in checked luggage.

- Make sure you always lock your rental car with the windows up when exiting, even for a moment (Yes, I was guilty of this, which my bride never lets me forget. The thief only got my iPad and overlooked a backpack in the rear.)

- Be wary of friendly strangers.

- Dress casually and leave jewelry in your room safe. Take minimum jewelry on the trip.

- Look people in the eye when greeting them, they then know they're on your radar.

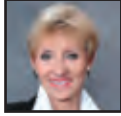
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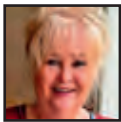
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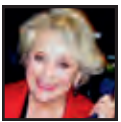
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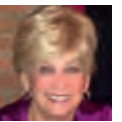
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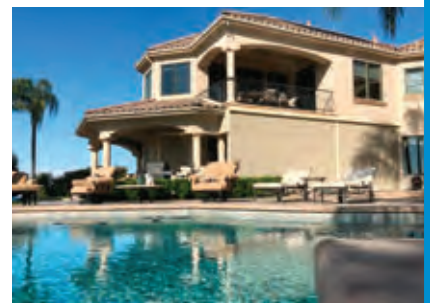
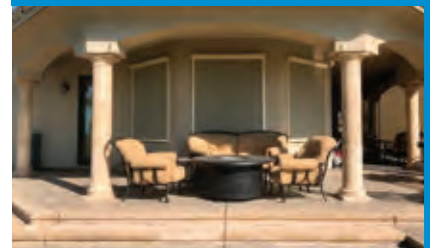
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Unisphere at Flushing Meadows Park, N.Y.

Ghosts of Vacations Past

Linda Lucchetti, Roving Reporter

As a kid, I loved going on summer vacations, although they were few and far between. My parents disliked traveling, especially my dad, who dreaded driving to the grocery store. I've always said, if he didn't love to eat so much, he never would've bought a car!



Ford Mustang debuts at 1964 World's Fair

This transportation aberration presented another problem –

choosing a topic for "What I Did on My Summer Vacation." How I feared that traditional back-to-school assignment. (Should I make something up or be creative about what could have been?)

Residing just 11 miles north of Boston, we should've had ample opportunities for Dad to pack up the car for day trips to historical sites like the USS Constitution, Faneuil Hall, or Plymouth.

Then, it happened! It was 1964, I was 13, and a World's Fair was set to open in Flushing Meadows, New York, only 3 1/2 hours from my home. What drove my father to sign up with Mom and me for a three-day trip there? Did he experience an epiphany? Was he dying and hoping to bequeath us lasting memories?

I suspect Dad's main reason was that he wouldn't have to drive. This

trip was organized through a local bus company that would leave the driving to anybody but him and included round trip transportation, hotel accommodations, and an excursion to New York City, some 13 miles from the fairgrounds.

For me, the trip's bonus was the tour guide – a young, handsome college student named Nick, with a personality and gift of gab that fueled my first crush.

While Nick was busy working, we explored the multitude of wonders at the fair. So many innovations were introduced in the shadows of the symbolic Unisphere, an enormous steel-sculpted globe that carried an everlasting message: "Peace Through Understanding."

I remember some of the fair's show-stoppers and how they affected our world.

Ford Mustang, the iconic sports car, rolled out with an affordable price of about \$2,300.

Bell Lab's "Picturephone" debuted, allowing people to see the person on the other end of a phone call. (This early technology could've been the forerunner of today's Skype or FaceTime.)

Disney's "It's A Small World" entertained more than 10 million visitors who marveled at audio-animatronic dolls while being serenaded with a song that stuck in their heads.

In short, when I returned to school that fall, "What I Did on My Summer Vacation" became my best essay ever!



Five cent commemorative postage stamp

In Memoriam



Chere Anne Andre

Chere was born and raised in San Jose, California, and lived in that area most of her life prior to moving to Lincoln Hills. Chere loved the dancing and theater arts activities in our community and participated in most of them. She was also an active member of the Lincoln Hills Sports Car Club, serving for two years as the club's Social Event Officer. Chere was a very outward-going social person who loved life and her Lincoln Hills friends and family. She is survived by her husband of 29 years, Ernie Drake, a brother and sister, two stepdaughters, and many extended family members and friends.



Pat Evans

Moving here from Richland, Washington, Pat had a career as a secondary Business Education teacher. She moved here to be near many cousins. Several times she entertained about 40 relatives in her house and garage for Thanksgiving! Early on, Pat became active in Neighborhood Watch and Neighbors InDeed. She was involved in starting the Handy Helpers. She also began writing for the *Compass* magazine and spent many years writing interesting articles, mainly about Neighborhood Watch. Pat also enjoyed concerts here and traveling. In 2018 she "retired," and friends threw a large luncheon at the Orchard Creek Lodge to thank her. Soon after she moved to The Pines Senior Living. Besides her son, daughter-in-law, and two grandsons, she leaves many relatives and friends.



Richard E. Glen

Rich was born in Oakland, California, and grew up in Chico. A graduate of U.C. Berkeley, he was a loyal member of Sigma Phi. He served in the Korean War as First Lieutenant in the Army. He was a partner of GlenNyen Insurance in San Francisco. Rich loved Yosemite, especially watching the "Fire Falls" as a child. He also loved tennis, concerts, and travel. Rich leaves his wife, Sally, two children, three grandchildren, two great-grandchildren, and three stepsons.



Richard V. Martinez

As a young marine in July 1962, Richard was on a Navy ship waiting to breach the beaches of Cuba while President Kennedy negotiated with Russia's Nikita Khrushchev during the Cuban Missile Crisis. Later in life, he had a positive impact on the lives of many individuals by volunteering for 25 years as the Producer/Director of the Cable TV show "On the Move." The show highlighted the capabilities of individuals overcoming a lifestyle disability. Retiring here with his passions for Veterans, he wanted to provide a memorial in Lincoln that honored the men and women who have and are serving to protect the freedom of this great nation. He formed a non-profit, Lincoln Veterans Memorial Coalition, Inc. This Memorial will be dedicated on Memorial Day this year at McBean Park. Rich lost his wife in 2015 and leaves his daughter and significant other, Pat Mullins.



Randy Roberts

Born and raised in Costa Mesa, California, on a working family farm, Randy graduated from UC Irvine. He worked for many years in the defense and aerospace industry as a design engineer eventually becoming a radio frequency design consultant to many companies in the Bay Area. His special loves were poetry writing and all phases of ham radio. He often read his poetry at venues near his mountain home in Bear Valley Springs, where he also kayaked on the lake. He leaves us many volumes of poetry to ponder. He was a warm, opinionated, funny, smart, and interesting friend. He leaves his wife of 40 years, Grace, a daughter, two stepchildren, three grandchildren, two great-grandchildren, and many extended family.



Burton D. Swart

Burt was a Southern California boy, earning his degrees at Cal State Long Beach and working for 37 years in Los Angeles Unified School District as a teacher, coach, school psychologist, assistant principal, counselor, and scholarship coordinator. He also taught Psychology at Cal Lutheran College. He married Fran 48 years ago, and they moved North to Lincoln to be closer to family. Burt was one of the founders of the Lincoln Hills Men's Golf Club. He was a true Dodger fan, loved desserts, and any sports his children or grandchildren were playing. He would engage in conversation with anyone willing, especially if they could keep up with his knowledge of sports history and trivia. He will be missed by his wife, two children, five grandchildren, and one great-grandchild.

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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Third Annual Amateur Radio Group Field Day 2021



When: Saturday, June 26 11:00 AM thru Sunday, 27 2:00 PM

Where: Near the Lincoln Hills Sports Pavilion

Why: The objective of Field Day is to contact as many Field Day radio stations as possible on all amateur bands and to learn how to operate in abnormal situations in less than optimal conditions.

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Amateur Radio

Our recent meeting was a reunion of sorts, as we conducted our pre-net meeting outdoors. Keeping socially distant and obeying other safety guidelines, we discussed the Repeater status and field ideas on where the best site for it could be. A donation of equipment and books related to Amateur Radio was received. The members were excited and grateful with the show of support from the Community. Preparations are underway for the Annual Field Day June 26-27. 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

Our all-member meetings continue to meet online using the Zoom computer application. Meetings will continue using this mode until in-person meeting restrictions are lifted. No meetings are scheduled for July. The Cosmology

Interest Group has postponed its meetings until in-person gatherings can occur. Although the LHAG does not meet in July, the Telescope Interest Group has scheduled a star party at the Sports Pavilion for July 1. Sunset is at 8:30 PM, and the moon will be in its last quarter. For membership information, contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Annual membership dues are \$10 per household

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



Ballroom Dance

Dennis and Julia Wang-Dahlback are this month's featured Ballroom dancers. Their first date in 2008 was to go ballroom dancing. They have been dancing ever since. Dennis's early dance days included the Waltz, Foxtrot, and Schottische (a slow polka) while dancing with his mom at the local VFW Club in his hometown of Austin, Minnesota. Julia, who was born, raised, and educated in Beijing, China, shares that during the Chinese Cultural Revolution (1966-1976), ballroom dances were forbidden. However, after the Revolution, her father



Dennis and Julia Wang-Dahlback

taught her the Waltz and Foxtrot during her 20s in Beijing. While in college, she learned the basic steps of Swing. The Ballroom Dance Club was one of the incentives for their move when the Dahlbacks relocated to Lincoln Hills in 2017. Contact: Ruth Algeri 916-408-4752



Big History

Our 10:00 AM Zoom meetings continue on a modified schedule for the summer. On June 21, Jerry Steinman will introduce a new format. He will lead a question/answer discussion on the book, *The Age of Wood*, exploring the subject matter it addresses, the detail or evidence it provides for its basic thesis, and the level of reading difficulty. Come just to satisfy your curiosity or to determine if reading the book is worth your time. Come having read or not read the book, watch a relevant video, just to listen, or to join in the discussion. We hope to make this an enjoyable and

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



Billiards

Initial play will be for all residents of Lincoln Hills. Tournament play will commence as soon as restrictions are removed sufficiently to accommodate individual Billiard Group Tournament play. The final restrictions and rules for the use of the Billiard Rooms and facilities will be determined in accordance with the Association's reopening plans for the lodges based on current State and local Public Health Guidelines. This guidance will be provided to residents and our club members as soon as it becomes available. See our website for information about our



Orchard tables

Club Policies, Membership form, and Individual Tournament rules.

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

Website: lhbilliards.com



Bocce Ball, Mad Hatters

We got off to a great start for our first Bocce session in over a year. We had 48 people for our May 6 get-together, including many new residents. Paul was quite happy that they ate up all his donuts. He didn't have to take any home. It was really great to see all the old faces as well as all the new ones. We requested that people wear masks for our first summer session. We had fairly good compliance, and everyone showed up with a mask, but people tended to get a bit lax as the morning wore on. We are keeping track of guidelines as they change, but for now, we would like to continue to have people wear masks.

Contact: *Paul Mac Garvey*
 916-543-2067, lhboce@gmail.com



Book, OC

Don't tell anyone, but our June book was banned in Boston! Kathleen Winsor's *Forever Amber* has that distinction for its sexiness – although by today's standards? Read it and decide if it should be banned in Lincoln Hills. As of this writing,

we'll be Zooming at 1:00 PM. Not a member—email Dale Nater at ocbookgroup@gmail.com to get on our notification list. Meeting details will go out shortly before the meeting. Upcoming reads are July's selection, *The Answer Is*, by Alex Trebek. The August meeting will be an author visit, and September brings us, *The Book of Two Ways* by Jodi Picoult. Plan to join us at one or more of these meetings.

Contact: *Cathie Szabo* 916-434-6667,
catsickle@gmail.com

Website:
<http://lhocbookgroup.blogspot.com>



Bridge, Partners

Plans have been developed to start opening the lodges during the daylight hours when Placer County moves to the Orange Tier. Night openings and Thursday night bridge will not resume until all tiers have been released and no social distancing, masking, or vaccinations are required. The Association will keep us informed via eNews. So, make sure you are signed up for eNews. When we can play again, our same managers have volunteered to continue. But no reservations can be made until all tiers have been removed by California. For Reservations for the second and fourth Thursday, contact

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Joanna and Alan Haselwood at 916-209-3392. For reservations for the first and third Thursday, contact Carla and Mark Green at 916-844-5888.



Chorus

Our best-laid plans for June and July performances went awry, as once again, concerts had to be canceled. Concerns for our collective health and safety prevented our continuing with these anticipated joyous summertime choral festivities. Now we wait for fall reopening of rehearsals in anticipation of Christmas concerts on December 11, 12, and 13. Our fingers are getting cramped from being crossed so long. Meanwhile, the Chorus was happy to have monthly Zoom-powered Leadership Team meetings during the long pandemic hiatus. Governing documents and club bylaws were revised and approved. Elections were postponed until October. Our director, Paul Melkonian, was a faithful attendee of our



Christmas 2019...remember?

meetings. Thank you, Paul! Stay tuned in the fall for good news. *Contact: Doug Brown 925-286-2110, dougbrown@wavecable.com Website: lincolnhillschorus.org*

Computers

Apple Users



Later this month, Bill Smith will help you become fluent in controlling your iPhone or iPad using finger gestures. Earlier this month, Ken Spencer presented a seminar on Apple iCloud, and Ken Silverman discussed accessories you might need with a Mac with USB-C ports. Watch the calendar for the date of the next "Ask the Tech Hour," where our experts answer member-submitted questions about Apple products. Members can pre-submit questions through email. You don't have to submit a question to attend. For videos of past seminars and the schedule for future seminars, see our website. Also, the website contains information about the donation program and classifieds for members who are upgrading and want to donate or sell their old Apple equipment.

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

Computers

PC



Serena Martinez presented (via Google link) "Artificial Intelligence" on May 12. Her wonderful clear talk is, or soon will be, available on our website. On June 9, "Ask the Tech" returned for our members. A schedule to open the facilities was sent by Lincoln Hills executives. Let's hope it occurs. Send questions about your phone, tablet, laptop, or desktop to the website, and we will try to help. Spam and hacking are very active now, so beware. If you are not sure, do not open the email or answer phone contacts. Call us if you want help. We hope you are all vaccinated. Stay healthy and safe.

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

Country Couples



We are saddened to report that one of our members, Warren English, passed away recently. Warren and his lovely wife, Lauri (pictured here), have been instrumental in helping with the decorations for our dances. Warren will be dearly missed. Rest in

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Warren & Lauri

peace, Warren. On a more positive note, it looks like things are gradually opening up. 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 information, go to our website or contact us.

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



Cyclists

Why buy an e-bike mountain bike? As much as many people have negative feelings toward e-bikes, there is no doubt they can make mountain biking possible for many less-capable riders. For example, moving to an e-bike from a regular mountain bike is a no-brainer if you've developed atrial fibrillation. You just can't push your heart like you once did. An e-MTB is a great way to still be able to get in the difficult climbing of long steep trails while not overtaxing your cardiopulmonary system. What the mountain bike purist has to realize is that riding an e-MTB is not cheating or

a lack of achievement. That kind of negativity comes purely out of ego, personal preferences and has nothing to do with the bike.

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



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.

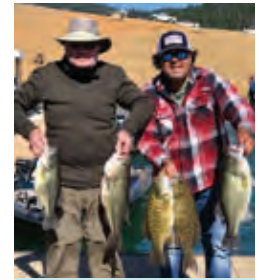
Contact: Audrey and Clyde McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Fishing

Mark Anderson and his son-in-law fished a tournament on April 10 and finished in eighth place. His small mouth bass weighed in at seven pounds, while his catch of five weighed in at 26 pounds. Ed Martinelli also fished with his son and caught ten bass beauties—though a

few got away. The fish were on their beds and wouldn't hit hard. They just picked up the worm and swam off with it to get it off the nest. Are



Tournament style

you planning a fish out? Tell us about it. On Fridays, Fly anglers meet at the Turkey creek patio at 8:00 AM, and Bait anglers meet at KS at 8:30 AM. Join our fishing club. Contact Ralph ralphtonseth@comcast.net or Henry via email.

Contact: Henry 415-716-0666,
hsandigo@gmail.com



Food Adventures

During April and May, we have been gathering comments from the membership via email to help the club determine how to proceed toward what we hope will be a full reopening of the club's meetings and activities. We rely on a realistic evaluation of member comments, and it is apparent there are serious concerns about the club's ability to restore itself to its pre-pandemic positive status. We will continue gathering member comments for the time being. Before much longer, we will engage in member

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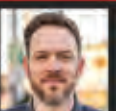
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Food Adventures Club

discussions via Zoom or physical club meetings to determine our direction. Although there has been much progress in the general struggle against the pandemic, many uncertainties remain that make it difficult to commence with planning our normal activities.

Contact: Don R. Rickgauer, SCLHFoodAdventuresClub@gmail.com



Garden

Gardening is soil prep, pruning, edibles, flowers, vegetables, fruit trees, bushes, succulents, topiary/bonsai, composting, propagating, watering, fertilizing, cultivating, pest management, disease control, and healthy exercise. The Garden Group is general meetings, rose/flower/bonsai shows, home garden tours, plant sales, brown bag sales, socials, classes, community projects, and camaraderie. You can see why we have such a large Steering Committee of 25. Each area requires different



Garden Group-Lavender Wand Classes

people planning and executing the activity. We are very fortunate to have such an active and capable group to do this. Even though we had great plans for the year, we have been unable to do all of them yet because of the closed lodges. But we hope to manage a few before the end of the year.

Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com

Website: lhgardengroup.org



Genealogy

Stephanie West will be our speaker on June 21 at 6:30 PM on Zoom. Members will receive a Zoom link and handouts in a separate email from the Ancestry Shaky Leaves or Solving a Brick Wall.



Stephanie West

Stephanie has been researching since high school. We are offering a membership discount of \$15 per household for this year only for new and renewing members due to coronavirus constraints. Memberships can still be obtained. We are still paying for the Zoom application, speakers, and subscriptions at the Computer Room (OC). It's time to travel again. Take a road trip to visit a local genealogical site of interest to you. My sister and I have been visiting historic schoolhouses in Northern California.

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com

Website: <https://www.suncitylhgc.com/>



Golf

Ladies XVIII

Nobody is crying "fowl" when we see those fuzzy goslings taking a swim in the ponds as we enjoy the newborn wildlife. We even have awards for birds—counting more than 100 birdies and two eagles, in four months of play. Who says golf is for the birds? Thus far, we have 26 new members, and most have Pro Shop credit in their short tenure. Nice reward for a "walk in the park." Wendy Seagraves, Georgia Richie-Lynch, and Sandra Perrin joined in late April and early May. Additionally,



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former players Grace O’Leary and Judy Habecker were given an honorary membership for years of devotion to our club. In July, the Red, White, and Blue tourney, team competition and luncheon, will commence our summer events.

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

Website: lincolnhillsladiesgc.memberplanet.com

Lincsters

Tournaments are in full swing. Lincsters competed for the Grandmothers Tournament’s coveted trophy – a cute granny golfer figurine. Brenda Cook, low gross with 43, and Sarah Cannon, low net with 49, each took home a granny. For both, it was a first major tournament win. Perhaps Jeanne Friedman received the day’s cutest tournament prize. Her first Great Grandchild, William Alfred Weidman IV, was born. He arrived two weeks early, but it was the perfect day for a



Sarah Cannon and Brenda Cook – winners of Grandmothers Tournament

golfing grandmother. The Bring-a-Friend Tournament called for creative teamwork, and Carol Hofmeister, Daphne Poitress, Laura Niles, and Sue Worrall succeeded by posting the top score of 104. On June 30, the Seniors Rule Tournament, chaired by Marie Bossert, will mix it up with “crazy rules.”

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

Men’s

May 18 was the Spring Scramble (ABCD). This was another packed field with lots of winners. See the winners in our newsletter. Our next tournament is the Memorial Tournament on June 21 and 22, with day one being a two-person scramble and day two being a two-person 9/9. Tee times start at 8:00 AM on the Hills and Orchard courses. The first-ever Inter-Club Tournament, hosted by the Women’s Golf Club of Lincoln Hills, was on June 13. It was an exciting four-person scramble event featuring players from all three Lincoln Hills Golf Clubs. There were 32 players each from the LHLGXVIII (Ladies 18 Club), Lincsters Niners, and MGCLH. For all the latest information,

please go to the men’s club website.

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

Website: mgclh.club



Hiking & Walking

We are marching forward and bursting out of the bubble! The walking group is back on Wednesdays with weekly walks. The hiking group has several planned hikes for all levels. Check the website for updates. It is very exciting to see the activity resume. See you on the trail.

Contact: LHHikers@gmail.com

Website: www.lincolnhillshikers.org



Auburn Ravine, April 27



Investors’ Study

There is no meeting in July due to the normal summer break. We will be back on August 5. Look for more information about the August 5 meeting. We are an information-only group with guest speakers from Morgan Stanley or others from

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the financial industry. There is an Active Investors sub-group. Contact Norm Quattrin at 916-645-4675 if you are interested in the Active Investors sub-group. Contact Carl Sulzer for additional information on the Investors Study or if you would like to receive the meeting notice email. **Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com**



Lavender Friends

June is celebrated as LGBTQ+ Pride Month.

Did you ever wonder where the rainbow flag came from? Who designed it? What the different colors signify? The flag was designed by San Francisco artist Gilbert Baker at the urging of Harvey Milk. It was to be a visible symbol for the LGBT community and was first flown at the San Francisco Gay Pride parade on June 25, 1976. The original colors were hot pink, red, orange, yellow, turquoise, indigo, and violet. Today it has six colors.



The rainbow flag as it flies today

Red is for life. Orange represents health. Green celebrates nature. Yellow is sunshine. Blue celebrates harmony. Purple signifies spirit. We welcome the LGBTQ community and allies residing in Lincoln Hills. Please check out our website.

Contact: Carolyn Shama 916-835-3858, cdshama@gmail.com
Website: Lavenderfriends.com



Mixed Media

The Club leadership is making some changes.

Our President, Nan Griffin, is stepping down after doing a fantastic job leading for several years. As she steps down, we are happy to have Chris Fetter step up as our new President. Thanks to both of these ladies! When the club gets back to meeting inside, our meeting place and time is the third Wednesday of the month in the Ceramics Room (OC) 1:00 PM. There is a great class offered here, called Art Journaling, where you will see many of us club members. Absolutely no art experience is necessary to take this class. It is a lot of fun just playing with paper, gluing, and painting. Check the *Compass* each month for more information.

Contact: Chris Fetter, cfjams@gmail.com



Motorcycle

Road Captain, John Marin, led the club's monthly ride on May 8. Riding through Plymouth and Sutter Creek, the group enjoyed lunch in Lockeford at George's Country Cafe. Also, in May, Club President Don Bowden led an impromptu ride to French Meadows reservoir. 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, currently via Zoom. Once coronavirus restrictions are lifted, meetings will resume in the Multipurpose Room (OC). Guests are always welcome. "Ride Safe - Ride With Friends"

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Lunch stop in Lockeford.



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Music

At our May Zoom meeting, our theme centered on songs with “Fire” in their title. For our Group Opening song, we sang and played “Great Balls of Fire” from Jerry Lee Lewis. After wonderful solo performances, we closed with Johnny Cash’s “Ring of Fire.” We are getting better sound quality, and the fun increases each time—although we miss being together. When the OC reopens, we will meet every fourth Wednesday of the month from 6:30 to 8:30 PM in Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website. The password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com*
Website: lincolnhillsmusicgroup.org



Needle Arts

Needle Arts members enjoyed what we are hoping was our last monthly Zoom meeting last week. Kathryn Pellman’s lecture on “A Fashionista in Quarantine” was a fun presentation and show-and-tell returned



Karen Hardage’s Flower Lady counted cross stitch Spring challenge entry

with some great projects. Our monthly meetings take a break in July, and August and returning on September 14. We are all hopeful that the lodges will have reopened by then and that our monthly meeting will be held in P-Hall. There are many talented needle artists in our community, and while many of the most recent presentations have focused on quilting, it is anticipated that once in-person meetings are held, a wider variety of needle artists will be available for presentations. The NA website, listed below, is a great resource for information.

Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com
Website: sclhna.com



Neighborhood Watch

“On the road again...” The poetry of Willie Nelson is more meaningful than ever since COVID-19 slammed our doors shut. We’re anxious to get out into the world again—travel, camp, visit relatives, etc. Still, we can’t



Look out world, here we come!

forget that those who look to take advantage of us don’t take vacations. If you plan to hit the “road again,” protect yourself in advance. Let your neighbors know you’ll be gone, so they can keep their eyes on your house and watch for unusual activity. Tell them if and when gardeners or cleaning crews may be in your yard or house. They can help by picking up flyers and newspapers on driveways and reporting any suspicious cars or people to the police. Neighbors help each other stay safe.

Contact: Barbara Branch 916-543-8219, drbabsie@gmail.com
Website: www.SCLHWatch.org



Painters

Every six months, we have fun challenging our Members to create a work of art based on a given topic.

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Faded Round Up by Joanie Adams

The theme for this challenge was “Fade, Fading, Faded.” No rules, just freedom to use any medium, any style, and any size were encouraged. Members submitted their artistic entries under two categories. The Open class for all Members of the Prior First Place Winners Class. Winners were announced at our Spring Luncheon at the Turkey Creek Golf Course. The challenge winners and members gave a brief “Show and Tell” of their artistic work before the other Art loving attendees. Become a Painters Club Member and join the fun. Sign up today. Contact: Jerrie Crass, email: jerriec68@gmail.com or 916-302-6178.

Contact: Bob Green 707-292-5526



Paper Arts

Our Community Service Committee reports that more than 350 cards have been collected thus far and prepared for distribution to residents of

various care facilities in Lincoln. Donna Tewart, chair, adds that the project will now be expanded to include Happy Birthday cards.



Maureen Morton's cheerful community service cards

Thank you to all who are donating their beautiful cards! Hopefully, we'll be getting together soon, but until then, let's continue to keep in touch by sharing our ideas, cards, and paper crafting projects in the club's monthly newsletter. Contact June Paquette. 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



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. When the lodge reopens for card games, Pedro will meet in the Card Room (OC) on the first and third Friday from

9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Pickleball

We had a fun-filled President's Cup tournament in mid-May with over 140 participants. Congratulations to everyone who played. Thank you to all who helped make it successful. A special thank you to our sponsors for making the tournament possible! Our sponsors were Cory Smart—Bagel and Bean, Shari McGrail—Home Smart iCare Realty, Schaack Physical Therapy, Kay Armstrong—Coldwell Banker Sun Ridge Real Estate, and Paula Nelson—Coldwell Banker Sun Ridge Real Estate. For our 400-plus members not participating, drop-in players, and the community, we held the lower seven courts available for recreation play.

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

Website: lhpclub.com



Players

We are inching towards re-opening. I can feel it. At this writing, we are still stuck in the red tier, but that could certainly

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change at any moment. When we make it into the orange tier, we may be able to accommodate our membership at P-Hall (KS) for our monthly meeting—with a greatly reduced audience. Our production of *Murder on the Orient Express* is continuing to go forward for a November presentation. When the lodges open again, meetings will be held on the second Mondays of the month at 4:00 PM in P-Hall. It takes many hands to put on a show. We encourage newcomers to come join us as actors, dancers, singers, and stage and technical crew.
Contact: David Africa 916-708-0009, djafrika@sbcglobal.net



RV

Here we are, beginning the RV season, with some in a quandary as to where to go and some all signed up for our rallies. RV sales have skyrocketed—making it very hard to get into any park. Do your research. There are still those tucked away locations with vacancy signs, or join our club and let us do the planning. We have now completed our Moab trip—in visiting several of the amazing National Parks. Our group of seventeen RVers had exhilarating experiences with memories that will last a lifetime. If you are interested in joining or have any questions about the



*Ann & Steve Beede
RVing in Naples, Florida*

RV club, contact Sharon Skar or Victoria White, Co-Vice President, at 530-320-0498, Weimarwoman@yahoo.com.
Contact: Sharon Skar 916-764-1222, marlowensharon@gmail.com
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SCHOOLS

In a poll of parents in the School District, 97 percent of families want their children back in school full time for the 2021-2022 academic year.

Plans to open schools fully are underway. The District supports the valuable time members of our community devoted to our teachers, but there has been no decision to allow volunteers back in classrooms. Kerry Callahan, the new Superintendent, is focusing



*Kerry Callahan,
new Superintendent
WP School District*

on a Summer “Fund-emic” School at Lincoln Crossing Elementary School from July 12 to August 6. The children attending have an opportunity to engage in real-life, high interest, low-tech activities. Reading, writing, and math skills are being reinforced while students are challenged to think critically and work creatively together. For information and updates, the WPUSD website is www.wpusd.org.

Contact: Cyndi Colloton, ccolloton@yahoo.com

Website: schoolssuncity.org



Scrabble

We look forward to the reopening of the club-houses this summer. Once that occurs, the Scrabble group has the Card Room (OC) reserved for every Monday afternoon from 1:00 to 4:30 PM. When restrictions allow, we will resume playing at that time. The room is reserved for playing Scrabble only—not other card or board games. We have several Scrabble sets, dictionaries, and all other equipment. No reservations or advance notice needed. Just come and join us.

Contact: wiltonanne@yahoo.com



Singles


Now is the time to join our club. When the Lodges reopen, we will



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be more than ready to resume our meetings and events. It won't be long, as things are looking up in Lincoln Hills! We have cocktail and dinner events, game nights, bocce ball, golf, bingo, trivia, and much more. For only \$20 a year, you can join us for all this fun. We have over 200 members, and we all look forward to welcoming you to the Singles Club. We hope to see you soon.

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



Sports Car

We hope you have had the pleasure of seeing us riding off on a tour. It is really a sight—all the colors, the sounds, and smiling drivers. It was a wonderful time at our annual Sausage Run with lunch at Teresa's in Jackson. The air smelled so clean and fresh, and the hills were still green. Lunch was in the banquet room for the first time. Because of its size, it was very comfortable and safe. Visiting with friends



At the Firehouse

was the highlight of the trip. Next up is a tour to Pescatore Estate Vineyard and Winery with a five-course dinner and wine tasting. Yum! Also, we have a tour of the Aerospace Museum with lunch and social time. See you on the road.

Contact: Vic Kremesec 916-543-7050, vkj1245@yahoo.com

Website: lhsportscars.com



Sun City Squares

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. 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. Hopefully, June is the magical month when we can start up again. 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

You won't always drop time like your 10-year-old self.

Remember when you were younger, and you would drop three seconds in your 50 free each time you raced it? As we all know, once we get older, that stops happening. There comes a point in your swimming career when you simply won't drop time anymore. As much as you'd like to, and no matter how hard you train, the results just don't seem to go your way. Plateaus happen. You may only drop a few tenths here and there. Celebrate that success. As of this writing, our pools are not fully opened. I am so looking forward to seeing all of you when we hit the Orange Tier. Until then, be safe.

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



Table Tennis

Two tables are available on the terrace behind KS. Playtimes are Tuesdays, Fridays, and Sundays, 8:00 AM to Noon. Players must register at <https://holdmycourt.xyz/reserve2/lhtt>. Tables may be reserved for a half-hour or one-hour time slot. Players are required to bring their own paddles and observe COVID-19 sanitizing protocols. Hand sanitizer and wipes are available at the play site. Also, players are encouraged not to arrive early or remain later than their reserved time slot. A big thank you goes out to Club President Alan Smith and

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

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

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the steering committee for keeping table tennis alive.

Contact: Alan Smith 916-543-6545, aledsmith0411@gmail.com



Tap Company

Exciting news! Placer County is getting close to the Orange Tier. Once that is announced, two days later, our lodges will open. If all goes well for two more weeks, we might start to receive word on Tap classes resuming. Alyson Meador's thoughts are to start with three classes a week at 10:00 AM. Fingers crossed! Lifestyle classes will be offered indoors based on instructor interest and availability. For our safety, our clubhouses, fitness centers, and Meridians will be providing Vollara Active Pure—the most powerful surface and air purification system. Thank you, Lincoln Hills. Lastly, members, has your email or phone number changed? If so, please send your new contact information to Alison Wolfe at awolfe@tt-valve.com. Keep smiling, stay tuned. We are almost there!



Tennis

On April 21, we had the Grand Opening for our new tennis courts! Eleven past presidents served ceremonial "First Balls" to kick off the



Opening ceremony for new courts.

event. This fine group included Junus Jhanda, who was one of the first to move to Lincoln Hills and served as the first LHTG president. At the time, there were no tennis courts. He was instrumental in getting the courts built and forming our club. We've had many dedicated players who gave their time and effort to run the organization, and owe them all a debt of gratitude. This group includes Yunus Jhandra, Jack Buffington, Jack Williams, Linda Burke, Greg Burke, Jerry Dong, BJ White, Bob White, Pam Flaherty, Les VanPelt, and our current leader, Steve Bringman. Our thanks to each of you.

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



Veterans

Group members and guests celebrated Flag Day, June 14, with a picnic at McBean Park. This gathering was in lieu of the group's traditional Flag Day barbecue in the Sports

Pavilion. Hopes are high that the group will be able to return to its traditional venue in 2022. Remember Independence Day and fly your flag proudly to recognize our country's values and all of the people who have sacrificed much to keep it free. If your American flag is looking a bit shabby, the Veterans Group will deliver a new one to you. All-weather American flags are available for \$20. Just call Joan or Doug MacAdams or 703-217-4735 to arrange for delivery.

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



Vintage Treasures

Now that things are beginning to open up, we may be inclined to clean some things out of our garages. The donation trucks are again picking up. While perusing boxes and deciding what must go, we might find some real gems. It gives us a chance to find some buried treasure! 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

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Water Volleyball

Injuries and surgeries and pandemic, oh my! (Say it like the Wizard of Oz.) The Steering Committee recently asked our members the question, “when water volleyball play resumes, will you return to play water volleyball?” Nearly 95 percent of our members will return to play as soon as the indoor lap pool (KS) reopens in the evening. The most common reason for not returning to play water volleyball is due to moving away from our community. We also checked on the health and well-being of our members. We learned that a few of our members had surgery or were rehabbing an injury. These members will play recreationally just for the fun of being in the water.

Contact: : Ross Underwood
916-869-7402,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

Recently, a club member sent us a link to the Capital Woodcarvers Club of Salem, Oregon—of which he is also a member. The Salem club had a virtual woodcarving show, and the work displayed was so well done! Caricatures for all seasons and reasons were displayed. They were creative and very original—truly inspiring! If you would like to look at a variety of carvings from the Salem club, you can go to capitalwoodcarvers.org, click on their “virtual tour,” and enjoy their work. Once our lodges open, our club meets every Wednesday, from 1:00 to 4:00 PM in the Sierra Room (KS). We are here to help and inspire you.

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



Writers

Recently, I heard someone say, “The Summer of 2021.” It made me think of “The Summer of ‘68” and similarities about the years. But Mother always said, “Look for the good in everybody and everything.” Good in the summer of 2021? Yes! In spite of the local and worldwide issues, we’re coming out stronger. Celebrate 2021! Go drive the backroads as slow as possible. Appreciate what you see—deer and their fawns, turkeys with their “turklets,” trees with barbed wire faces, and... Dust off your typewriter (laptop/printer), write about your Summer of 2021 boondocking experiences, and bring it to the first Writers’ Group meeting. Submit it to eNews “Storytellers Corner!” Just as Dame Vera Lynn sang in WWII, “We’ll Meet Again.”

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





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Alzheimer's-Dementia Caregiver's Support

Our meetings are currently held online via Zoom each month except in December. We will resume in-person meetings once COVID-19 restrictions ease to allow use of the OC rooms—perhaps in July. The Mixed group meets via Zoom at 1:00 PM each fourth Wednesday, and the Ladies group meets via Zoom on the first Wednesday at 1:00 PM. 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, and Jo Fratessa (916) 408-7209, or by contacting Jeff Andersen. We sincerely hope that you have fared reasonably well through the pandemic event and look forward to seeing you soon in person.

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



Fading Memories



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, July 14, at Joan Logue's home at 3:00 PM for a group session. Contact Joan 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

Last month, we got together for a quick meeting and the opportunity to socialize a little. While most of our activities have been shut down for over a year, our trio of angels – Patty McCuen, Peggy Ryan, and Kathy Woodward – continued to deliver seasonal gifts to our ladies. Plans are in motion for the annual "Relay for Life" to be held in August at the Auburn Fairgrounds. This fun event, which includes games, booths, food, and much more, raises money for breast cancer research. Even if you don't plan to participate, please still register. We're hoping for a 100 percent response. For more information, call Peggy



Four of our great ladies: Patty, Val, Peggy, and Kathy.

at 916-408-0599. To learn more about Bosom Buddies, call Patty at 916-408-4185 or Marianne Smith.

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. We are resuming meeting on the first and third Friday of each month, from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. Masks are required. Follow the signs to the room. A Gambler's Anonymous meeting starts at the same time and meets in another room. If you need support at another time, you can call the Gam-Anon Northern California Hotline at 510-407-3898 or the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person. The Gam-Anon International

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 Contact: Kay F. 916-543-3079, kayfischer89@gmail.com
 Website: www.gam-anon-loomis.com



Glaucoma Support Group

Welcome to the world of Glaucoma. At our meetings, we share our ways of living with this chronic disease and, in doing so, often learn useful information and tips that may help us make living with Glaucoma a bit easier. Our July meeting will be held on July 14 at 4:00 PM. The possibility of having our meeting in person is currently unknown. If not, we will meet on Zoom. Roster members will be notified when the decision is made. If you wish to join this support group or come to the meeting, please contact Bonnie for more information.

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



Low Vision Support Group

Here are questions to ask your doctor about Macular Degeneration (www.macular.org). Do I have “wet” or “dry” macular degeneration? Does it affect both eyes? What stage is it

in—early, intermediate, or advanced? What is the likelihood that my AMD will progress? What are my treatment options? Do they include injections, and are there new studies of other treatments? Can diet, exercise, supplements, and other lifestyle changes help slow the progression? Are my children and siblings at risk? Should they be examined? What can I do to stay independent? What should I tell my family? How often do I need to get check-ups? Can you recommend a retinal or macular degeneration specialist, a vision rehabilitation center, and support groups? Am I legally blind?

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



Multiple Sclerosis

Enjoy your summer of freedom! Our Group will be on break till September when Meetings will be held the third Tuesday of the month at 1:00 PM. Plans are to have a variety of hosts and hopefully Zoom the meetings so those who can't manage to get out can also attend. Thank you to all our faithful “Zoomers” during quarantine, such as members and family who entertained; Dr. Calmes; Kalli Genest; and our YouTube star, Lovely Ann



Assarasson. She can still be seen by logging into YouTube. Congratulations to “Captain of the MS Walk,” Joni Deutsch. She did it her way, organizing two teams to walk and collecting over \$7,000. Google “Walk MS Folsom 2021” to donate to Joni Deutsch or Lincoln Trailmixers. Carry On!
 Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com



Parkinson's Support

Those with Parkinson's and their care partners are welcome! We meet on the third Tuesday of each month from 10:00 to 11:30 AM at Lincoln Hills Community Church, 950 E. Joiner Parkway. Please wear a mask and attend only if vaccinated. For questions, call facilitators: Gary High or Susan Feldman at 916-919-0063.
 Contact: Gary High 916-434-5905, susan.feldman@brightstarcare.com

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Cloggers

Almost there! Yes, we're almost ready to have a normal life again. Let's hope that by the time you read this, we actually have dance (and other) classes open and vibrant and well-attended. In the meantime, of course, we need to maintain our skills by clogging with the help of videos. Let's put on our clogging shoes, go to "NCAA Clogging," and stay on top of our steps so that when we are finally back in class, we will shine! For more information on clogging right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We will award a scholarship to a Lincoln High student. Our members volunteer at the Placer Food Bank. On May 20, we will meet by Zoom to hear Amanda Wilcox, long active in Brady United Against Gun Violence. She is the founder and president of the Nevada-Placer Brady Chapter and co-president of the Sacramento Chapter. We will participate in the July 4 parade; our theme celebrates the 101st anniversary of Women's Right to Vote. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

While activities are still on hold, we continue to enjoy our club's emails packed with Italian facts and fun. They're posted on our website, so check them out - especially the "Pizza in a Nutshell" series. They're not cheesy, but rather, they'll pepper your mind with interesting particulars. For instance, bakers in Naples prepared the first dish known as a "pizza" in the 1600s. The word "pizza" is thought to have come from the Latin word *pinsa*, meaning flatbread. If you're a Lincoln Hills resident of Italian heritage, see 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 Group

Steven Frank, Judge Steven Bailey, Assemblyman Kevin Kiley, Brad Dacus, Attorney for Pacific Justice Institute, were past 2021 Zoom Guest Speakers. June - TBD. May 14-16; Club Volunteers worked in Auburn Home Show booths for Election Integrity and the Placer County Republican Central Committee! Potter's Game scheduled for LHRC at 6:00 PM June 16. Get involved, join our club; \$15/pp per year.

Shalom Social Group

Our Bocce Ball play continues to be popular. Our April hike, our first this year, was very successful, and we will soon start bowling. On June 28, we will hear Steven Magagnini, an award-winning local and national diversity reporter and current editor of the *Sacramento Observer*. He will share his insights into covering various cultures and his observations on today's society. Our Gerry Burstain will soon move to Texas to be closer to family. Gerry, thank you for serving as past co-president and in so many other roles. For more information about our group, please contact Joanne Levy at 408-333-8590.

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Conversations

Wednesday, June 16, 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

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

Wednesday Farmers Market, come 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.



KS At the Movies: (500) Days of Summer (2009)

Monday, July 5, 1:30 PM, Presentation Hall (KS)

An offbeat romantic comedy about a woman who doesn't believe true love exists and the young man who falls for her. Rated PG -13, 95 minutes. Stars Zooey Deschanel, Joseph Gordon-Levitt, Geoffrey Arend. Comedy/Drama/Romance.



KS Movie Classic: Moulin Rouge (2001)

Friday, July 16, 1:30 PM, Presentation Hall (KS)

A poet falls for a beautiful courtesan whom a jealous duke covets. Celebrating its 20th anniversary, this mesmerizing musical stars Nicole Kidman, Ewan McGregor, John Leguizamo. Rated PG -13, 127 minutes. Drama/Musical/Romance.



Document Destruction

Monday, July 19, 8:30 to 10:30 AM, 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 number of boxes. Just look for the big Shred-It truck in the parking lot!



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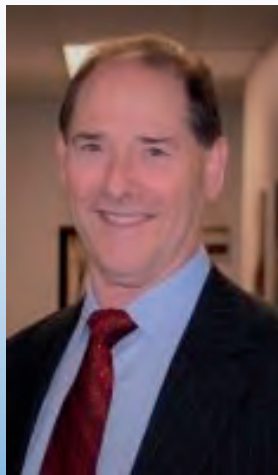
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Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



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

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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



Lighthouse Counseling and Family Resource Center

Thursday, July 15, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 876 1743 0660 • Passcode: Forums

Raymond Hampson, Community Outreach Specialist, will discuss the Lighthouse Counseling and Family Resource Center, a full-service counseling and resource center serving approximately 4,000 Placer County residents each year. He will describe services offered with a focus on COVID related mental health issues.

Their mission is to help individuals and families heal by providing counseling, educational classes, and access to resources. The vision of LCFRC is to build healthy families and communities.

Lighthouse’s reputation for providing quality services to individuals and families in need continues to grow and has received numerous awards.

Please visit their website at: <https://lighthousefrc.org/>.

UPCOMING EVENTS

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

The Salt Mine – Eric Long, Tuesday, November 16, 2:00 PM

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Mark your calendars for the following fantastic concerts! Ticket sales started June 1 for the first two concerts. Remaining shows will go on sale starting June 17. Wristbands will be required for entry. Online buyers can pick up concert wristbands from Orchard Creek Lifestyle Desk on showdates. Complete Guidelines will be released and posted later via eNews.

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



Garratt Wilkin & The Parrotheads – A TRIBUTE TO JIMMY BUFFET

Friday, July 9, 7:30 PM, Amphitheater
\$22 — **LSE332**

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



Cherry Bomb – A TRIBUTE TO JOHN MELLENCAMP

Friday, July 30, 7:30 PM, Amphitheater
\$22 — **LSE333**

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



**Jared Freiburg & The Vagabonds
CELEBRATING THE EARLY YEARS OF ROCK ‘N ROLL**

Friday, August 13, 7:30 PM, Amphitheater
\$22 — **LSE334**

Get ready to have fun! For the past four years, Jared Freiburg has been touring the world on land and sea, performing the role of Jerry Lee Lewis in Broadway’s Tony Award-winning Musical, *Million Dollar Quartet*. Jared lights up the stage with his high energy, electrifying personality and amazing piano playing ala Jerry Lee Lewis! He was first introduced to the style of Jerry Lee Lewis as a young teenager and from that point on, he took on a serious obsession into the Killer’s music and classic rock ‘n roll!



Fleetwood Mask – THE ULTIMATE TRIBUTE TO FLEETWOOD MAC

Friday, August 27, 7:30 PM, Amphitheater

\$22 — **LSE335**

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



Decades – MUSIC FROM 60'S TO TODAY

Friday, September 3, 7:00 PM, Amphitheater

\$22 — **LSE336**

Everyone's favorite dance band is back to kick off Labor Day Weekend! Since 2010, Decades has been working (and rocking) around the clock to master songs spanning from the 1940s (Glenn Miller's Orchestra's "In The Mood") to

today (Bruno Mars & Mark Ronson's "Uptown Funk"). The band has played over 700 shows all along the West Coast and has booked 100+ shows five years in a row, earning its place as one of California's most in-demand bands. They will swap between several instruments (including saxophone, harmonica, pennywhistle, and trumpet, to name a few) and belt out four-part harmonies.



The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17, 7:30 PM, Amphitheater

\$22 — **LSE337**

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



The Rhythm Method 4: THE CAROLE KING SONGBOOK

Friday, October 1, 7:00 PM, Amphitheater

\$22 — **LSE338**

Get groovin' to the music of one of the most prolific songwriters of the '60s and '70s! The Rythm Method 4 (TRM4) is back to bring Carole King's hits to life including memorable classics like Aretha Franklin's "Natural Woman", and The Drifters' "Up on the Roof." The show will also highlight selected songs from King's best-selling, 4-time Grammy Award winning album Tapestry, including

"So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend. TRM4's excellent musicianship and vocals is the perfect way celebrate King's music and the close of the Summer series!



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JULY 9 | 7:30 PM

Garratt Wilkin & The Parrotheads
A TRIBUTE TO JIMMY BUFFET

JULY 30 | 7:30 PM

Cherry Bomb
A TRIBUTE TO JOHN MELLENCAMP

AUGUST 13 | 7:30 PM

Jared Freiburg & The Vagabonds
CELEBRATING THE EARLY YEARS OF ROCK 'N ROLL

AUGUST 27 | 7:30 PM

Fleetwood Mask
THE ULTIMATE TRIBUTE TO FLEETWOOD MAC

SEPTEMBER 3 | 7:00 PM

Decades
MUSIC FROM 60'S TO TODAY

SEPTEMBER 17 | 7:00 PM

The Big Jangle Band
A TOM PETTY TRIBUTE

OCTOBER 1 | 7:00 PM

The Rhythym Method 4:
THE CAROLE KING SONGBOOK

**Tickets available Online and at the Lifestyle Desk (OC/KS).
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Questions? Contact Lavina Samoy.
 Lavina.Samoy@sclhca.com

*Indicates new performances on sale June 17

—Comedy—



**KS Comedy Night:
 Stephen B**

Thursday, July 22

6:00 PM Show

\$16 — **LSE339**

8:00 PM Show

\$16 — **LSE340**

P-Hall (KS)

Stephen B is a high-energy, animated comedian with fast-paced material packed with punchlines that keep his

audience laughing non-stop. With 38 years of experience, Stephen B's material covers a wide range of topics we can all relate to. He has opened for great comics like Louie Anderson, Kevin Nealon and performed in various venues, including clubs, churches, and cruise ships.

—Concert—



**From TV's
 America's Got Talent
 Branden & James:**

**The Broadway
 Covers Project**

Friday, June 25

3:00 PM — **LSE331**

7:00 PM — **LSE330**

Ballroom (OC)

\$28 - Reserved

Seating

Branden & James from America's Got Talent returns to The Bay Area via New York City with their hit show, "The Broadway Covers Project." Featuring music from *West Side Story*, *Phantom Of The Opera*, *Sunset Boulevard*, *Wicked*, *Hamilton*, *The Waitress*, & more! "Dazzling cello...soaring

tenor vocals" NPR Music. With special guest Katy Stephan on vocals & piano. All seats are reserved. The conduct of the show and seating capacity will follow State and County public health guidance.

**Garratt Wilkin & The Parrotheads – A Tribute to
 Jimmy Buffett**

Friday, July 9

7:30 PM – Amphitheater

\$22 — **LSE332**

Billed as the #1 Jimmy Buffet tribute band in the nation, Garratt and the Parrotheads get you going on the dance floor and singing to Jimmy Buffet hits and classic rock tunes! For more details, refer to page 52.

Cherry Bomb – A Tribute To John Mellencamp

Friday, July 30

7:30 PM – Amphitheater

\$22 — **LSE333**

Rock on with the hits of "heartland rocker" John Mellencamp. Cherry Bomb's authentic and powerful rendition of Mellencamp hits and familiar tunes such as "Jack and Diane," "Hurts So Good," and "Cherry Bomb," will surely have you rocking and dancing through the evening. For more details, refer to page 52.

**Jared Freiburg & The Vagabonds
 Celebrating The Early Years Of Rock 'N Roll**

Friday, August 13

7:30 PM – Amphitheater

\$22 — **LSE334**

Performing the role of Jerry Lee Lewis in Broadway's Tony Award-winning musical, *Million Dollar Quartet*, you will be impressed with Jared's virtuosity on the piano, vocals, and electrifying personality! A show not to be missed! For more details, refer to page 52. **Tickets will go on sale July 1.**

**Fleetwood Mask – The Ultimate Tribute To
 Fleetwood Mac**

Friday, August 27

7:30 PM – Amphitheater

\$22 — **LSE335**

Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in Fleetwood mask's live performances. Sing along to hits like "Landslide," "Gypsy," "Go Your Own Way" and more. For more details, refer to page 52. **Tickets will go on sale July 1.**

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"My experience with Carolán Properties was incredibly positive. When I first met with Penny she was focused and professional and she laid out all of the steps that needed to happen next. There was never any pressure to do something, all of the decisions were up to me but her experience and knowledge helped me make my way. Every item that needed to happen on the house was itemized, figured out and fixed as needed. All of this work was done in a quick and professional way. I didn't have time to oversee the work or fret over the details so I left this to Penny because I knew she would get it done right. I would (and will) recommend working with Penny and Carolán Properties to anyone in Lincoln who is in the market. When I initially thought about selling my parents house it seemed like a daunting and difficult task. This was not the case, Penny was a pleasure to work with. Thanks so much Penny!" - Jeff Mazzeo, Homewood Lane

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Lavina.Samoy@sclhca.com

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**
WAIT LIST ONLY



**An Officer and
A Gentleman**
Tuesday, November 2
— **LST350**
WAIT LIST ONLY

**Charlie and The
Chocolate Factory**
Tuesday, December 28
\$121 — **LST349**

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.



Save the Date!

– Sports –



San Francisco Giants 2021

Get back to the excitement of Giants baseball games! Now that a live audience is allowed, we have selected to attend

two games this season. Watch your San Francisco Giants in the comfort of club-level seats with spectacular views at Oracle Park! These seats are wider with more leg room; access to the memorabilia displays, and shorter lines. Portions of the club level are in climate-controlled areas. No cans, glass bottles, alcohol, or hard-sided coolers are allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. More details on the sale date and price will be announced soon via eNews.

SF Giants vs. LA Dodgers

Thursday, July 29
Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. (This trip includes a rest stop on return due to weekday traffic.)

SF Giants vs. SD Padres

Thursday, September 16
Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. (This trip includes a rest stop on return due to weekday traffic.)



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



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

*Indicates new class on sale June 17

Classes

—Art—



*Mixed Media Art Journaling

Thursdays, July 13 & 27
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\$45 - (two-sessions) plus \$5
supply fee paid to instructor
— **LSC2726**

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*.



*Sip and Paint

Friday, July 23
5:00 to 8:00 PM (OC)
\$55 — **LSC2746**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in

one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. About the Instructor: Artist *Unni Stevens* studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

Ceramics

—Pottery—

*Beginning/ Intermediate Ceramics

Tuesdays, July 6-27
1:00 to 4:00 PM (OC)
\$64 (four sessions)
— **LSC2824**

Or Thursdays,
July 1-29

9:00 AM to Noon
\$80 (five sessions) — **LSC3152**

This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor’s tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.



*Advanced Ceramics

Tuesdays, July 6-27
9:00 AM to Noon (OC)
\$64 (four sessions)
— **LSC2799**

Or Thursdays, July 1-29
1:00 to 4:00 PM

\$80 (five sessions) — **LSC3153**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.



Crafts

—Card Making—

*Card Making Level 2 – Intermediate/ Advanced

Mondays, July 5 & 19
9:00 AM to Noon (KS)
\$30 (two sessions)
— **LSC3155**

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



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



***Card Making Level 3
Intermediate-Advanced**
Wednesdays
July 7 & 21
9:00 AM to Noon (KS)
\$30 (two sessions)
— **LSC3140**

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

Dance

—Clogging—



***Beginning Clogging**
Tuesdays, July 6-27
10:00 to 11:00 AM (KS)

Canceled

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

to balance skills. No new students accepted without instructor approval. Instructor: *Janice Hanzel*.

*Easy-to-Intermediate Clogging

Tuesdays, July 6-27
11:00 AM to Noon (KS)

Canceled

Prerequisite: Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels are encouraged to participate. Instructor: *Janice Hanzel*.

*Intermediate Plus Clogging

Tuesdays, July 6-27
Noon to 1:00 PM (KS)

Canceled

Prerequisite: Instructor approval. Students are strongly encouraged to take the Easy-to-Intermediate clogging class. Challenge yourself with a higher level of clogging. Review steps from some of the intermediate level dances and learn new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate-level dances. Instructor: *Janice Hanzel*.



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—Country Western Dancing—



***Country Couples Western Dance – Beginner Level 1 & 2**
Mondays, July 5-26
7:00 to 8:00 PM (KS)
\$28 (four sessions)

— **LSC2785**

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the

dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

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

Mondays, July 5-26
6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC2813**

Prerequisite: Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. Instructors: *Jim & Jeanie Keener*.

—Hula—



***Hula**
Thursdays, July 1-29
1:00 to 2:00 PM (KS)
\$62.50 (five sessions)

— **LSC2832**

An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and

spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginner**

Thursdays, July 1-29
11:00 AM to Noon (KS)

\$45 (five sessions) — **LSC2844**

This class will leave your mind, body, and spirit

feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland, to name a few, as well as TV and video. Instructor: *Melanie Greenwood*.

***Jazz Performance**

Tuesdays, July 6-27
1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC2854**

Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Instructor: *Melanie Greenwood*.

—Line Dance—



***Country Line Dancing**

Fridays, July 2-30
3:00 to 4:00 PM (KS)

\$35 (five sessions)

— **LSC2923**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group who love to dance and welcome new participants.

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Level 1 – Absolute Beginner (Intro)

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

- ***Thursdays, July 1-29**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC3033**
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, July 5-26**
4:00 to 5:00 PM (KS)
\$28 (four sessions) — **LSC2873**
Instructor: *Cathy Paris*

Level 2 – Beginner

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. Instructors: *Yvonne Krause-Schenck*, *Sandy Gardetto*, and *Cathy Paris*.

- ***Thursdays, July 1-29**
10:00 to 11:00 AM (KS)
\$35 (five sessions) — **LSC3074**
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, July 2-30**
2:00 to 3:00 PM (KS)
\$35 (five sessions) — **LSC2951**
Instructor: *Sandy Gardetto*
- ***Thursdays, July 1-29**
3:30 to 4:30 PM (KS)
\$35 (five sessions) — **LSC3156**
Instructor: *Cathy Paris*

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns and some tags, and restarts. Instructors: *Yvonne Krause-Schenck* and *Sandy Gardetto*.

- ***Mondays, July 5-26**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC3077**
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, July 7-28**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2980**
Instructor: *Sandy Gardetto*

Level 4 – Easy Intermediate

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

- ***Wednesdays, July 7-28**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC3006**
Instructor: *Sandy Gardetto*
- ***Mondays, July 5-26**
5:00 to 6:00 PM (KS)
\$28 (four sessions) — **LSC3142**
Instructor: *Cathy Paris*

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Instructor: *Cathy Paris*.

- ***Thursdays, July 1-29**
5:30 to 6:30 PM (KS)
\$35 (five sessions) — **LSC3143**
Instructor: *Cathy Paris*



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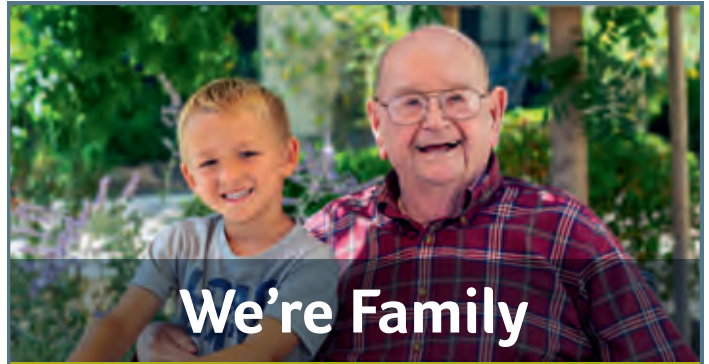
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*Line Dancing 4 Fun

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

- ***Thursdays, July 1-29**
4:30 to 5:30 PM (KS)
\$35 (five sessions) — **LSC3144**
Instructor: *Cathy Paris*

Line Dance Instructors

• Sandy Gardetto

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



• Yvonne Krause-Schenck

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



• Cathy Paris

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



—Tap—



Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of

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

*Beginning Tap 2

Mondays, July 5-26
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC3145**

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

*Tap Technique

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

• *Mondays, July 5-26

10:00 to 11:00 AM (KS)
\$36 (four sessions) — **LSC3042**



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Glass Art

*Stained Glass

Mondays
July 5-26
9:00 AM to
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\$61 (four
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Supply fee:
\$10 payable
to instructor
— **LSC2966**



Requirements: No open-toe shoes. You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

Music

—Guitar—

*Beginning Guitar

Mondays
July 5-26
8:00 to 9:30 AM
(OC)
\$48 (four sessions)
— **LSC2373**

Reading music notation for guitar made easy. *About the Instructor: Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.



*Folk Guitar for Fun Folks 101 - Beginner Level

Tuesdays, July 6-27
1:00 to 2:00 PM (KS)
\$40 (four sessions)
— **LSC3014**

No prior music knowledge or good singing voice necessary! Emphasis is on



playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor: Darrell* is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. *Instructor: Darrell Effinger.*

*Folk Guitar for Fun Folks 102 - Intermediate Level

Tuesdays
July 6-27
2:00 to 3:00 PM
(KS) \$40 (four
sessions)
— **LSC3040**



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

*Intro to Swing Guitar - Intermediate Level

Wednesdays, July 7-28
8:00 to 9:30 AM (KS)
\$48 (four sessions)
— **LSC3146**

Come play swinging guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. We will guide you into one of the most exciting styles of guitar playing in the world, how simple it can be once you know the tricks. We will play acoustic guitars only: either steel strings or nylon and need to play with a pick. *Instructor: Jon Gowin.*



—Ukulele—



***Beginning Ukulele**
 Mondays
 July 5-26
 10:00 to 11:00 AM
 (OC) \$48 (four sessions)
 — **LSC3148**

This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students. Instructor: *Jon Gowin.*

***Intermediate Ukulele**
 Wednesdays, July 7-28
 9:45 to 11:15 AM (KS)
 \$48 (four sessions) — **LSC3149**

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: *Jon Gowin.*

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- **Thursday, July 1**
3:00 to 4:00 PM
- **Thursday, July 15**
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Opportunities that provide education and management of diseases to achieve and maintain optimal health. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

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.

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,

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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**.

Advanced Beginners Pickleball Lessons

Coming Soon

Location: Pickleball Courts

\$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

Coming Soon

Location: Pickleball Courts

\$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@sclhca.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.

Mindful Movement

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



Tai Chi Qigong L1

Tuesdays, July 6-27

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

\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: **Sifu Anney Wamsat**.

Tai Chi Qigong L2

Tuesdays, July 6-27

3:05 to 4:05 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 a traditional 128 Yang long form. In addition, you will learn 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: *Sifu Anney Wamsat*.

Tai Chi / Qigong L1/L2

Fridays, July 2-30

3:05 to 4:05 PM, Aerobics Room (KS)

\$60 (five sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Sifu Anney Wamsat*.

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.*



New! Mind, Body & Spirit

Wednesdays

July 7-28

3:05 to 4:05 PM

Location: Aerobics Room (OC)

\$68 (four sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the neurology of the brain. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. Instructor: *Nina Baldi*.

Getting Your Stuff Together: Organizing Your Estate

June 21-22, 9:00 AM to Noon

Multipurpose Rooms (OC)

\$30 + \$25 material fee paid to the instructor on the first day of class.

As we age, we wonder, "who will help me?" or "will I outlive my money?" We feel overwhelmed

and end up doing nothing. Start slowly. Learn the small steps you can take. What you need, where you get it, and where you put it. Getting Your Stuff Together creates order out of chaos, helps your chosen advocates, and alerts you to the complexity of aging. Your LegacyLedger™ is the tool to bring it all together. Instructor: *Marcia VanWagner*.

Laughter Wellness

TBA

Check sclhresidents.com – WellFit – for current class schedules, flyers, and online enrollment.

Laughter is the best exercise for life! It creates healthy social interaction, decreases stress, elevates endorphin levels which may help reduce pain and anxiety, increases tissue and organ oxygenation, improves circulation, 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.*

Strengthen Your Memory

Tuesday, July 20

11:00 AM to 12:30 PM, MultiPurpose Room (OC)

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*.



Hope

Tuesday, July 13

11:00 AM to 12:30 PM, MultiPurpose Room (OC)

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 Arthritis Pain

Wednesdays
July 14-21
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$40 (two sessions)

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*, Occupational Therapist. Then, learn the correct stretches and exercises to maintain this pain-free lifestyle. Keep your body strong and happy to support longevity. Instructor: *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second class.



Traditional Shotokan Karate

Saturdays, July 3-31
12:55 to 1:55 PM
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.*

The Abbott Group

Coming soon!

Zoom
TBA
\$5

This class is a great way for the beginner investor to learn more about investing and the more advanced to revisit the core concepts that can often escape us. We will go through three main themes that will help any investor, which include; Major Asset Classes, Basic Tenets of Investing, and Asset Allocation. This is our most popular investor conversation and allows investors to have a sound footing before diving into more profound research. Instructor: *The Abbott Group*.

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

Returning soon in early Fall!
Multi-purpose Room (OC lodge)
\$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 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.



Pilates Reformers and Towers

Please check sclhresidents.com for most current schedule and information regarding Pilates Reformer Program including sign up forms.

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 85 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 or if it is inactive. Danielle.Merrill@sclhca.com or call 916-625-4032.

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. For more information regarding Private Reformer Training and 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.

Rex Owens
Fitness Supervisor
Rex.Owens@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact 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.*

***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

Thursday, July 8-29

2:00 to 3:00 PM

Orchard Creek

\$68 (4 sessions)

This class will feature exercises that improve exercise tolerance and focus on respiratory topics that enhance 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 DePietro*, Respiratory Therapist.



(Seasonal) SGT—Walk on the Wild Side L1

Time & Location:
TBD

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 while 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*.



(Seasonal) SGT—Pick Up The Pace L2

Time & Location:
TBD

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, July 6-29

11:50 AM to 12:50 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

July 5-28

3:05 to 4:05 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*.

SGT—TRX Circuit L2

Tuesdays & Thursdays, July 6-29

12:55 to 1:55 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*.

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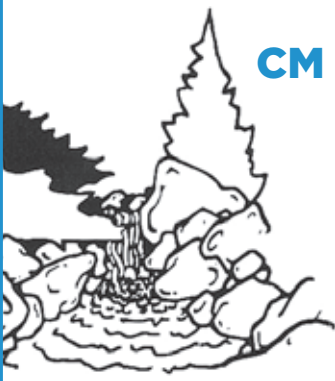
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SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays

July 5-28

12:55 to 1:55 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: *Renae Schmidt*.



SGT—Balance & Fall Prevention L1

Mondays & Wednesdays

July 5-28

2:00 to 3:00 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: *Renae Schmidt*.



SGT—Therapeutic Water Exercise L1

Fridays, July 2-30

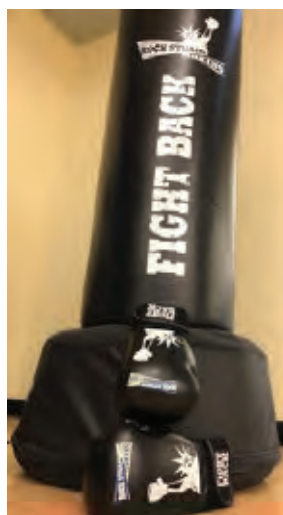
10:45 to 11:45 AM

Indoor Pool (OC)

\$85 (five sessions)

Therapeutic style exercise program in the pool! The warm water helps 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, July 1-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$85 (five 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, July 2-30

2:00 to 3:00 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, July 1-29

3:05 to 4:05 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.

INTRO TO ...

YOGA!

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PUNCH PASS CLASS: INTRO TO YOGA
VERY BEGINNER L1 | 55 MINUTES

Fridays, 10:45 AM

Aerobics Room (KS)

\$4.50

Instructor: Nina Baldi

Ever curious to try a Yoga class and learn some stretches for your body? Here is the perfect chance to get an easy introduction to Yoga and see if it is a good fit for you without worrying about hurting yourself or holding up the class.

Contact WellFit Program Manager Danielle Merrill for more information:
Danielle.Merrill@sclhca.com

www.SCLHResidents.com



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

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 82-85 for days and times.

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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OC WellFit Class Schedule June/July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L1/2 - <i>Jeanie</i>	Step L2/L3 - <i>Kim</i>		Step L2/L3 - <i>Kim</i>			
9:40	20/20/20 L2/L3 - <i>Gretchen</i>	Core-N-Strength L2/3 - <i>Kim</i>	Strictly Strength L2/3 - <i>Katie</i>	Core-N-Strength L2/3 - <i>Kim</i>	Coming Soon!		
10:45	Piloga L2/3 - <i>Gretchen</i>	Yoga Flow L2 - <i>Amy</i>	Slow Flow Yoga L2/3 - <i>Katie</i>	Yoga - Jennifer	Barre L2/L3 - <i>Gretchen</i>		
11:50	Sit & Be Fit L1 - TBA	Staying Active with Arthritis L1 - TBA	Sit & Be Fit L1 - <i>Beth</i>	Staying Active with Arthritis L1 - TBA	Chair Yoga L1 - TBA		
12:55							
2:00			Stretch It Out L1 - <i>Nina 2:30-3:00pm</i>	Coming Soon! Pulmonary Exercise L1 - <i>MaryAnn</i>			
3:05		Healthy Living Exercise L1 - <i>Milly</i>	<i>Starts June 2</i> Mind, Body & Spirit L1 - <i>Nina</i>	Healthy Living Exercise L1 -			
4:10			Why Breathe Matters L1 - <i>Nina</i>				
5:15							
Group Exercise Classes (punch pass) \$4.50							
30 min Group Exercise Classes (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.							

KS WellFit Class Schedule June/July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Cycle L3 - Helena KS	KS	Cycle L3 - Erin KS	KS	Cycle L3 - Helena KS	KS	KS
8:35	Cardio Strength L2/3 - Helena	Cycle, Strength, Core & Stretch L2 - Helena	Yoga Flow L2/3 - Erin	Zumba L2/L3 - Sharon	Zumba Toning L2 - Ruby	Cardio Strength L3 - Katie	
9:40	Strictly Strength L2/3 - Katie	Zumba Gold L2 - Joanie	Cardio Strength L2 - Beth	Piloga L1 - Lola/Cynthia	Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 - Katie	
10:45	Yin Yoga L1-L3 - Katie	TBA	TBA	TBA	Intro to... Yoga! L1 very beginner - Nina		
11:50	Living with Neck & Shoulder Pain - Lisa Kwon & Danielle Anne 21 & 25	SGT - 'Fun'ctional Fit L3 - Deanne	Living with Arthritis Pain - Lisa Kwon & Danielle July 14-21	SGT - 'Fun'ctional Fit L3 - Deanne			
12:55	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - Torin	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - MaryAnn	Wai Dan Gong L1 - Joann	Traditional Shotokan Karate L1/2 - Al	
2:00	SGT - Balance and Fall Prevention - Renae	Tai Chi L1 - Anney	SGT - Balance and Fall Prevention - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
3:05	SGT - Progressive Bootcamp L2/L3 - Torin	Tai Chi L2 - Anney	SGT - Progressive Bootcamp L2/L3 - Torin	SGT - ParkinsonStrong Combo L1 - Milly	Tai Chi L1/L2 - Anney		
Group Exercise Classes (punch pass) 55 minute \$4.50							
30 min Group Exercise Class (Fast Pass) \$2.50							
Wellness Classes (session based, sign-up ahead) 60 minute							
Small Group Training (session based, sign up ahead) 60 minute							
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 June/July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2/3 - <i>Nina</i>		Aqua Surge L2/3 - <i>Jiji</i>		Aqua Surge L2/3 - <i>Nina</i>		
8:35	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>		
9:40	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>		
10:45	Fluid Moves L1 - <i>Jiji</i>		Fluid Moves L1 - <i>Lisa</i>		Therapeutic Water Exercise SGT - <i>Lisa</i>		
5:00pm	Power Waves L3 - <i>Compassion!</i> <i>Dhritelle</i>		Power Waves L3 - <i>Compassion!</i> <i>Nina</i>				
<p>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.</p>							
<p>30 Minute Group Exercise Classes (fast pass) \$2.50</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

Pilates Reformer WellFit Class Schedule June/July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - <i>Gretchen</i>	OC	OC	Reformer L1-L2 - <i>Cynthia</i>	OC	OC	OC
8:30	Reformer Barre L1-L2 - <i>Gretchen</i>		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Julie</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
9:30		Reformer Basics + L1-L2 - <i>Valerie</i>		Reformer Basics + L1-L2 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Cynthia</i>		
10:30		Reformer Basic + L1- L2 - <i>Valerie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basic + L1-L2 - <i>Julie</i>			
11:30		Reformer L1-L2 - <i>Julie</i>	Reformer L1-L2 - <i>Gretchen</i>	Reformer L1-L2 - <i>Julie</i>			
12:00					12:00 Cardio Jump & Core L2 - <i>Gretchen</i>		
12:30		Mixed Equipment L1-L2 - <i>Julie</i>					
4:00				Reformer L1-L2 - <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

The most up-to-date class schedules are on MinBody or sclhresidents.com

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 (SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS)

Orchard Creek Lodge Mon–Fri: 8:00 AM–5:00 PM	Membership Desk Mon–Fri: 8:30 AM–4:00 PM
Kilaga Springs Lodge Mon–Fri: 8:00 AM–5:00 PM	Lifestyle Desks (OC/KS) Mon–Fri: 8:00 AM–4:00 PM
Meridians Restaurant Meridians / Sports Bar Daily: 11:00 AM–8:00 PM Curbside Pickup: DAILY: 11:00 AM–7:00 PM SCLH Delivery: DAILY: 4:00 PM–7:00 PM	WellFit Orchard Creek Fitness Mon–Fri: 5:30 AM–8:30 PM Sat–Sun: 7:00 AM–8:00 PM Kilaga Springs Fitness Mon–Fri: 5:30 AM–4:00 PM Sat–Sun: 5:30 AM–1:30 PM
The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM	Currently Closed: Kilaga Cafe Catering Office

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 Diana Peters Director..... Diana.Peters@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
Food & Beverage Director
 Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com

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Lifestyle Assistant Manager
 Karla Hearron916-408-4609 Karla.Hearron@sclhca.com
Room Booking & Club Coordinator
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WELLFIT

WellFit Desks
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WellFit Program Manager
 Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
Fitness Supervisor
 Rex Owens.....916-408-4825Rex.Owens@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
 Appointments & Info: 916-408-4290

GENERAL NUMBERS

Curator Security 916-771-7185
 LH Golf Club916-543-9200lincolnhillsgolfclub.com
 Lincoln Police & Fire.....916-645-4040
 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
 Clubs & Community Organizations..... CCOC@sclhca.com
 Communications & Community Relations CCRC@sclhca.com
 Compliance..... Compliance.Committee@sclhca.com
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