

COMPASS



Navigate Your Way Through Sun City Lincoln Hills

Happy
St. Patrick's
Day!



15 The Patron Saint of the Tennis Club

21 Whimsical Words

Calendar of Events

March 16 – April 16

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

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Upcoming Association Meetings: March 15 – April 26	
Finance Committee Meeting	Thursday, March 18, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, March 22, 9:00 AM
Board of Directors Meeting	Thursday, March 25, 9:00 AM
Board of Directors Executive Session	Thursday, March 25, 2:00 PM
Properties Committee Meeting	Thursday, April 1, 9:00 AM
Elections Committee Meeting	Friday, April 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, April 6, 9:30 AM
Compliance Committee	Wednesday, April 7, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, April 12, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, April 13, 10:00 AM
Finance Committee Meeting	Thursday, April 15, 9:00 AM
Board of Directors Meeting	Thursday, April 22, 9:00 AM
Board of Directors Executive Session	Thursday, April 22, 2:00 PM
ARC/Architectural Review Committee Meeting	Monday, April 26, 9:00 AM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!

Committee Openings

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

- Compliance Committee
- Properties Committee
- Architectural Review Committee
- Finance Committee
- Elections Committee

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

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Board of Directors' Report
Alice Crawford, Past President

“Annus Horribilis” was a term used by Queen Elizabeth many years ago to describe a year of misfortune for her family. It was the first I heard the term. I think we can all agree that it applies to 2020. Commencing on March 13, 2020, the fun ceased, and our lifestyle of play and merriment changed to solitude and sadness because of something completely out of our control. That was the day that the Board voted to close our facilities and cease our club meetings, sports activities, spa visits, and dining in response to the threat of the COVID-19. My comments will be brief because I cannot report grand happenings in the community this year.

Our accomplishments this year included:

- Change of management of the Association by the hiring of Bob Richardson as General Manager.
- Formation of a Food and Beverage Task Force Committee reporting directly to the Board to find out what exactly we residents want of our Food and Beverage operation and how best to manage it.
- The hiring of new legal counsel as a result of a request for proposals.
- Completion of the purchase of the Orchard Creek Solar Array and final payment of the Kilaga Solar Loan.

- Development of a Safety and Security Task Force, consisting of two Board members and two volunteers from Neighborhood Watch, the General Manager; a community member with law enforcement background; and a Community Standards representative.
- Approval of Lava Rock for use in backyards.
- Rescission of the Hand Rail Variance.

We spent many hours on Zoom attending to our business and admittedly set some records for the length of Board meetings. It has been by no means an easy year. While our accomplishments may not be many, they have been significant in their impact on how we will continue as the Association for the next few years.

Many thanks to all the Directors, the members of our committees who continued to do yeoman’s work despite Zoom, our employees who worked through the openings and closings mandated by the state, and special thanks to Bob Richardson for joining us and keeping us from chaos. It has been a real pleasure to be the President this year and serve on the Board of Directors for the past two years.

Congratulations to our new Board, seated on February 18, 2021. May they have an Annus Mirabilis!





A Note from the General Manager

Robert Richardson, General Manager

With elections behind us and the seating of a new Board of Directors, there is much to be done in the planning and future efforts of the Association. This is the time that many of our future plans, work priorities, and budget needs for next year begin to formulate. That means it is your best opportunity to have conversations with Board members to let them know what you would like to see in the future. Certain amenities maintained to a higher standard? New amenities? New or a broader array of services and programs? Only through your conversations with them will they know to request our committees to review and consider those enhancements you would like to see.

Much of my job actually kicks in at the other end of the process. It's obvious that the Committees and Staff have been doing a good job laying out work needs and priorities for the years ahead. However, the back end of the equation hasn't always been a driving part of the conversation – that is, what can we actually expect to get done during the course of the year. It is one thing to layout on paper what you would like to see completed, but there is also the corresponding resources in the form of workforce, expertise, time, and money to realistically complete those lists.

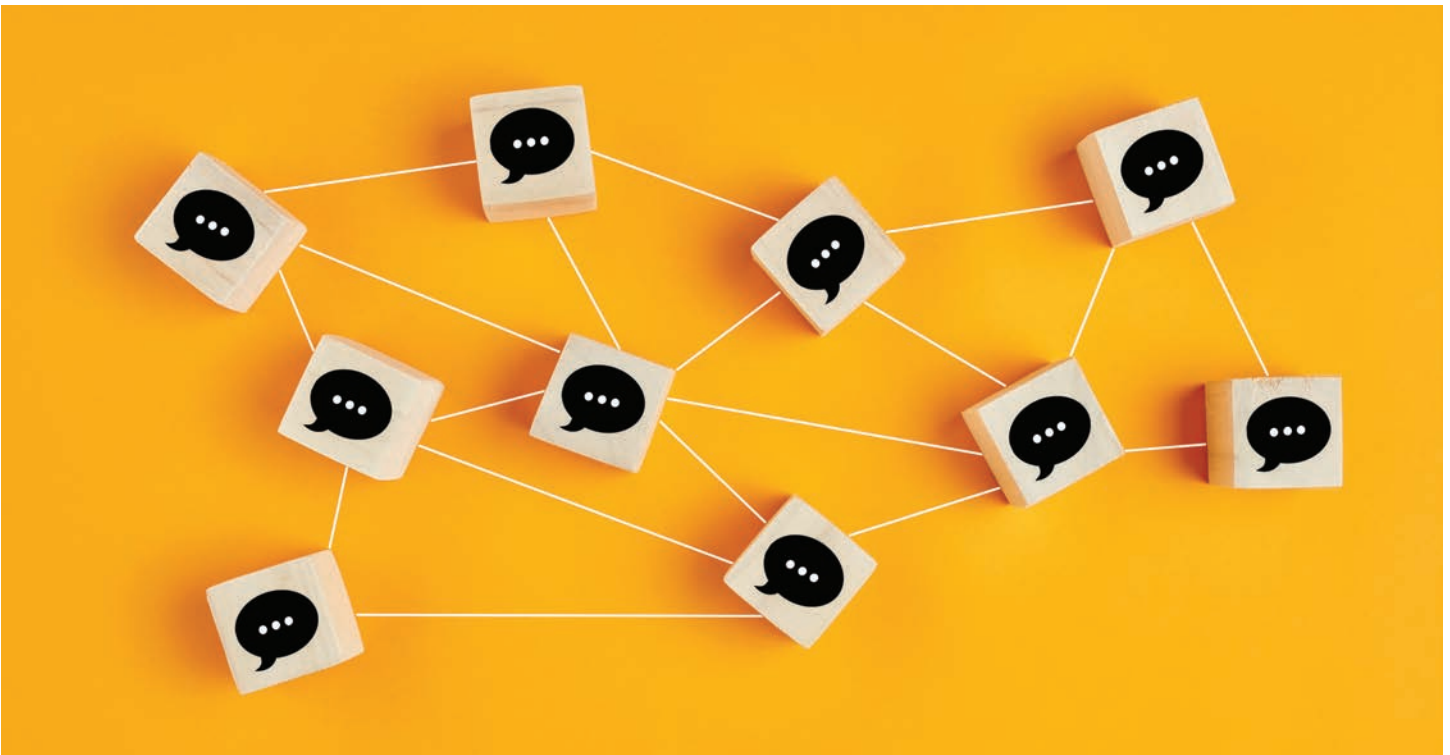
For example, we frequently do not complete every project on the yearly Reserves List, and as a result, we have several projects not yet completed. Now, it is not that we do not want to get them done, far from it, but there are many competing needs and priorities for staff – and we simply do not have the numbers of people to complete the work.

With new project ideas coming in, priorities being set, and budgets measured, I will work with the Board, Staff, and Committees to:

- Build accurate annual work plans.
- Determine if we will have consistently high levels of work demands or just periodic “spikes” in certain areas, and make specific organizational changes to meet those demands.
- Develop other methods for economically achieving higher workloads.

I have been impressed with the staff and how much they are getting done, even with their vastly reduced numbers due to COVID-19. I know you will be able to count on them in the future for continued Association support.

So, you get in there at the front end and let the Board of Directors know what you would like to see, and we will all work on the back end to ensure reliable expectations and smooth progress every year.





Finance Committee

Becoming a Member of the SCLH Finance Committee

Linda Mann

The Finance Committee is an invested group of individuals with a variety of experiences and financial skills. The Committee works to meet the Board of Directors' needs for sufficient financial information in support of their fiduciary duty. Each committee member also acts as a liaison to one of the departments to ensure the committee has the information to understand the Association's financial position. The committee endeavors to balance the support of staff while encouraging continuous improvement. What steps do you need to take to apply for the committee, and what makes a good candidate?

First, we suggest you attend a Finance Committee meeting to observe what we do. With all the meetings on Zoom, you can follow the meetings live or watch the recorded version. If after watching the committee meeting, you decide you want to get involved, go to the Association's website (or contact the membership desk) to review the Committee's purpose, get the application and see how to contact us for more information (Committees tab, Finance Committee).

We also appreciate the identification of contacts to discuss future openings. We often need investment or

insurance backgrounds, and we are always looking for residents with accounting skills. However, if you or a contact have ever worked in business and developed a budget or managed monthly financials, you qualify. Along with financial skills, we are looking for residents who want to work together as part of a team.

We will then review your application and schedule an interview with the entire committee to assess your qualifications. Not every experienced applicant has been selected. This is usually because we have a particular skill that we need to add or perhaps because the resident did not understand the committee's role. If an applicant is not selected, we likely would suggest they continue to attend Finance Committee meetings and meet with the committee members. This might well improve the chances of being selected when the next opening occurs.

We advertise openings at the Finance Committee meeting, the Board Meeting, eNews, and *Compass*. When this article was written, we had two openings. If you or someone you know would be interested in joining the Finance Committee, start by sending us an email. We are always happy to talk to prospective members. We look forward to meeting you and helping you join our team.



Architectural Review Committee

Marching into Spring

Carole Dummett, Chair

Marching into spring encourages us to paint our home exterior and replace or revisit our current landscaping. These improvements will most likely require ARC approval prior to beginning work. Please refer all questions to sam.mckee@sclhca.com, 916-625-4006, or arc@sclhca.com. Sam McKee is our Community Standards Manager, his department processes all ARC paperwork. Jessie Krost, Community Standards Coordinator, is also available to answer questions, jessie.krost@sclhca.com or phone 916-625-4008.

Oftentimes, residents wishing to file a complaint or concern about a non-compliance letter they received from the Association contact the ARC in error. These questions or issues should be directed to sam.mckee@sclhca.com or compliance@sclhca.com. They are able to assist the resident with their questions and/or liabilities.

Once again, the ARC's purpose, as stated in Section 5.02 of the CC&R's, is to review all proposed improvements, additions, or exterior alterations, including landscaping, and to determine whether such improvements are consistent with the enhancement of the com-

munity and current Design Guidelines.

Our CC&R's and Design Guidelines benefit the entire community by creating an attractive lifestyle, desirability, while maintaining or increasing property values.

As Chair of the ARC, I have had the pleasure of meeting many of our residents needing help with their improvements, including site visits. We are available to assist and provide answers or alternative ideas for your improvements.

Please take the time to fill out an application with supporting documents and gain ARC approval prior to the start of work.

Thinking of re-landscaping? It appears we will be facing a drought year, so please take this into consideration when selecting plants, turf, or artificial turf.

On a final note, all Accessory Structures require a pre-approval site visit with the ARC. These structures have additional setback requirements with the City of Lincoln and require a Building Permit as part of the approval process. Refer to Design Guideline 1.8.2.

A special thank you to all of our wonderful homeowners and residents who continue to make this a beautiful place to call home.



Compliance Committee What is That in Your Yard?

David Mateer, Chair

The days are getting longer and warmer. This brings happiness to our community and our plants.

Our plants are sprouting and starting their growing season. It is an ideal time to fertilize the plants and lawns in our community to help them look their best. Some plants have grown substantially since last spring, and they may need trimming. Similarly, some areas may have died back and also require attention. If you have a plant that needs replacing or an area that needs additional plant coverage, the Design Guidelines have a long list of approved plants that can be used without any approvals to maintain the look of your landscaping. Just remember to consider the mature size and your desired location. Also, remember all new trees and any plants that will be over 5 feet in height require ARC approval.

While on the subject of size, remember that front yard plants along the property line and driveway must be maintained to ensure they are 4 feet or less in height. Some have grown since last year and may need attention. Also, consider they will grow in the spring and summer months. They should also remain clear of the sidewalk so everyone can enjoy a good walk this time of year.

The wind and water of fall and winter always seems to make off with some of the bark in our planter areas. This bark is important to maintain the attractiveness of our yard and also control the weeds that try to get going in the spring. I am always amazed at how much bark it takes to provide adequate coverage. For some, it is a do-it-yourself project, but for many, it is best left to the professionals.

In April, we will start the first 2021 landscape cycle for our Community Review Program (CRP). The topic of this month's article is also common items checked during this effort. Insufficient bark, plant trimming, and plant coverage are the most common items needing attention. The villages included in this review are listed below. Please double-check as some were inadvertently not listed in the January *Compass* article.

April-May Landscape Community Review Program Villages

5A, 5B, 10, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B, 33, 37, 42A, 42B, 43A, 43B, 43C.



Election News

Congratulations to Our Newly Elected Directors!

Craig Fraser | Laura Thiele | Robert Copp | Joe Cortez



- Sun City Lincoln Hills Members submitted 4391 valid ballot envelopes for counting which is 65% of the homeowners.
- Candidate Forum #1 was attended, via Zoom Livestream, by 214 residents, and afterward the video recording was viewed 324 times.
- Candidate Forum #2 was attended, via Zoom Livestream, by 167 residents, and afterward the video recording was viewed 144 times.
- Videos of the Candidate Statements were viewed 2825 times.
- Members submitted 87 questions, which the Elections Committee then used to develop the 14 questions asked in the Candidate Forums.
- A special thank you to all the candidates who ran!

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

There are openings to serve on the Elections Committee for the 2022 Election. Applications are available on the website or at the Orchard Creek Membership Desk.

For more information, go to: elections.committee@sclhca.com

Neighbors InDeed We're Open for Business

Janet Roberts



Contrary to what you might have heard, Neighbors InDeed is open for business!

True, Handy Helpers are doing “urgent only” calls to ensure your safety and ours. But as soon as restrictions are lifted, they’ll be back in business. You’ll be notified through eNews, or the *Compass* when that happens. But for now, the Handy Helpers are replacing batteries in chirping smoke alarms; replacing light bulbs in unlighted areas inside the house, the garage, and the front porch; reprogramming thermostats, sprinkler controllers, and garage door openers; and other tasks that ensure your safety and well-being at home. Call us at 916-223-2763, and our volunteers will let you know if we can do the task. If not, and you can’t wait, we can refer you to a vendor.

The Medical Equipment Loan Program volunteers are also working. If you need to borrow a wheelchair, transport chair, walker, cane, or crutches to get around, call, and it will be delivered to your home. When you’re done with it, call again, and we’ll come to pick it up. All equipment is sanitized when returned from a resident before being placed in the storage unit to wait for the next loan. We also loan out ramps to make getting into and out of the

house in a wheelchair or transport chair easier.

Last but not least, our Information & Referral volunteers, who direct your Handy Helper and Medical Equipment calls to the right team, are also giving referrals to vendors who have been recommended by other residents and to public and private agencies who can assist in meeting your needs. These vendors range from appliance and HVAC repair to general contractors, and pet sitters, to alterations and automotive repair. Just call, ask if it is on our list, and if yes, you’ll get three referrals. Public and private agencies include, but are not limited to, Placer County Department of Public Health and Seniors First, the State contracted agency for senior services, as well as agencies that provide in home medical and non-medical care.

This is still a difficult year for all of us, but these three groups of volunteers are working hard to ensure that you can carry on as best as possible in your home. We wear masks when we come to your house and appreciate it when you’re willing to do so as well.

So leave a message for us at 916-223-2763, and we’ll return your call Monday through Friday from 9:00 AM to 5:00 PM. Check out our website at www.neighborsindeed.org.



Let us serve you with a view

Meridians Restaurant & Bar

Soda Bread Recipe

*Michael Jackson, Executive Chef
Food & Beverage*

Soda bread is an Irish tradition that has led the country through some of its darkest times. This simple Irish classic is a staple in many households, used to mop up hearty stews and wash down pots of tea. It is also a symbol of celebration, baked in scores in the lead-up to Saint Patrick's Day. While soda bread is most famously attributed to the Irish, it was actually first created by Native Americans. They were the first to be documented using pearl ash, a natural form of soda formed from the ashes of wood, to leaven their bread without yeast. The Irish later discovered and replicated the process. While it seems like an ancient recipe, Irish soda bread history began in the 1830s, when baking soda, or bicarbonate soda, was first introduced to the country.

At the time, widespread famine meant bread had to be made out of the most basic and cheapest ingredients available. The four ingredients were soft wheat flour, salt, baking soda, and sour milk (buttermilk is more commonly used today). Since yeast wasn't readily available, the combination of baking soda and buttermilk acted as the leavening agent, causing the bread to rise.

The soft wheat flour was better for quick breads, rather than the hard wheat flour typically found in yeasted bread. Since Ireland's unique climate was only suitable to grow soft wheat, soda bread was the perfect match for the country.

Many Irish families also lived in isolated farm areas with no access to ovens, and soda bread solved this problem too. The bread was cooked in three-legged iron pots or baked on griddles over open wood fire hearths. This gave the bread its famous hard crust, dense texture, and slightly sour tang.

The Southern Irish regions bake their loaves in a classic round fashion and cut a cross on top of the bread. This was done for superstitious reasons, as families believed a cross on top of the bread would let the fairies out or ward off evil and protect the household.



Chef's Recipe of the Month:

Soda Bread

Ingredients

- 2 cups all-purpose flour
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 tablespoons cold butter, cubed
- 2 large eggs, room temperature, divided use
- 3/4 cup buttermilk
- 1/3 cup raisins or currants

Instructions

- Preheat oven to 375. Whisk together the first 5 ingredients. Cut in butter until the mixture resembles coarse crumbs. In another bowl, whisk together 1 egg and buttermilk. Add to flour mixture; stir just until moistened. Stir in raisins.
- Turn onto a lightly floured surface; knead gently 6-8 times. Shape into a 6-1/2-in. round loaf; place on a greased baking sheet. Using a sharp knife, make a shallow cross in top of loaf. Whisk remaining egg; brush over top.
- Bake until golden brown, 30-35 minutes. Remove from pan to a wire rack. Serve warm.





The Communications Corner
eNews

Jeff Caponera, Communications and IT Manager

Hello Lincoln Hills! It's March already; this year is moving along fast. Since we have not had any New Resident Orientations because of the pandemic, I have received a lot of emails lately from new residents asking, "How do I find out about what is happening in our community?" "What is eNews?" "How do I sign up for eNews?" It is important to sign up for eNews, the primary source of communication from the Association to you, the residents.

ENews comes out daily; the *Compass* comes out once a month; the best way for you to stay up to date with everything happening in your community is to receive eNews directly to your email inbox. We have daily newsletters from each department:

Monday – WellFit and Kilaga Springs Spa	Thursday – Lifestyle, Trips, and Entertainment
Tuesday – Food and Beverage	Sunday – Full Association news

If you do not want a lot of emails, you can sign up for the Sunday eNews, which is a weekly recap of the week's eNews along with new information.

It's easy to sign up; all you need to do is visit the resident website (www.sclhresidents.com); at the top of the page, click on the "Sign up for eNews" link. This link will open up a new page. You fill in your first, last name, and email address, select which newsletter you would like to receive, and press "signup."

If you use your smartphone to access the website, you can scan the QR code below, which will direct you to the signup page. It's that easy.

Also, please stay tuned to eNews for updates on New Resident Orientations.

I hope this is helpful, and if you have any questions, please feel free to reach out to me at help.desk@sclhca.com.



SIGN UP FOR ENEWS

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

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Lifestyle News & Happenings

Lucky Charm

Lavina Samoy, Lifestyle Manager

I am not someone who relies much on luck nor has any lucky charms. My parents brought me up to depend on hard work instead of luck. But my life experiences have proven that luck, combined with diligent work, are keys to success. Luck are opportunities in disguise that you need to grab when they come along.

We are midway through **Lucky Leprechaun Month**. Please join us for the **Kraf-Tea Party on March 16 (page 61)** and enjoy **Happy Hour at Home** while listening to the music of **Tom Petty from the Insiders on March 26 (page 56)**. Make sure you are tuned in to eNews when we announce when the **Leprechaun Egg Hunt** is on!

As a result of the successful Krafting with Karla and Lavina, Lifestyle is offering made-to-order fresh **Teacup Spring Bouquets** for anyone who enjoys Spring! It is a perfect Easter gift too! Order one for yourself and share the joy with a friend or neighbor and get a discount! Each pre-made creation is unique, highlighting fresh Spring blooms on a lovely teacup that is reusable—**Register online by March 29 to place your order and pick it up on April 1**. See the ad on page 60 for details.

More craft spring celebrations are on their way! Krafting with Karla and Lavina offers three cute and easy projects virtually. Join us for **Blooming Umbrella, March 30 (page 61)**, an intriguing **Unique Veggie and Flower Arrangement, April 20 (page 61)**, and plant a cactus arrangement without being pricked with our **Cactus Rock Painting class, April 27 (page 61)**. **Zoom Line Dance, Level 3 with Ellen**, continues virtually for those who feel more comfortable and safer taking a class at home. Instructor **Ray Ashton** has lined up two four-week series of movie classes beginning March 24 featuring the **Comedic Art of Woody Allen, March 24 to April 14 (page 63)** followed by the **Comedic Art of Mel Brooks, April 21 to**

May 12 (page 63). Register early!

Enjoy the outdoors with Yvonne teaching **Introduction to Line Dance** for those who are very new to Line Dance and a **Beginner Level**. In-person classes are held in Kilaga Springs Parking Lot at 10:00 AM on Mondays and Wednesdays (**page 65**). Instructor Kerry Dahlin is back teaching outdoors with her fun **Art Journaling class using Mixed Media (page 63)**.

Yale Professor Marc Lapadula is back, **April 8 (page 57)**, and Bard College Professor Joseph Luzzi will present **Ancient Literature on Homer and Virgil, April 27 (page 57)**.

As luck will have it, these opportunities are right in your community. Grab them before they are gone!





The Spa at Kilaga Springs Celebrating Spring and New Beginnings

Trudy Smith, Spa Manager

Spring, fresh buds bloom, animals awaken, and the earth seems to come to life again.

Farmers and gardeners plant their seeds, and temperatures slowly rise. Spring is the promise that everything can begin again, letting go and embracing something new. Promise, birth, renewal, new love, romance, starting anew, birds, butterflies, tulips, and fragrant blossoms are but a few of spring symbols.

The Spa encourages you to let go, get out and come to the Spa to take care of yourself!

In our Skin Care Department, we have a new line of Hydropeptide products that are perfect for spring. **The Firming Vibrant-C Facial is our featured treatment.** This potent, patented vitamin C facial treatment is perfect for those looking to bring back the firmness and glow of youth. A vitamin C enzyme peel combined with a unique, pure vitamin C delivery system and double mask encourages firming and brightening. You will leave relaxed, radiant and on your way to firmer skin. Featured price \$130 (normally \$150) - 70 minutes.

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

treatment begins with a full-body exfoliation with a magnesium-rich cream scrub followed by a full body massage using rich Shea butter blended with Citrus essential oils. This is 90 minutes of Bliss! Citrus is a sweet treat for the senses. The scent helps to invigorate the mind, body and soul, relieve stress, uplift mood, and provide mental clarity. Citrus boasts anti-aging and skin-saving benefits as well, such as brightening the skin and increasing radiance. Featured price \$120 (normally \$145) - 90 minutes.

In our Retail Boutique, we have a variety of lovely gifts and home care products. Artisan jewelry, our Kilaga Springs Spa bathrobes, nail care, skin care, and body care. We have CBD from Lane 4 and Body Bliss in drops, liniments, balms, oils, and gels. Jane Iredale makeup and Grande Cosmetics. Both our skin-care lines have affordable kits and travel-size kits. The kits allow you to try new products at a reduced price. Image skincare kits, Beauty Sleep collection, Image Hydration, Hydropeptide kits – Clean Getaway, Rich and Powerful, and many more.

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

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





WellFit News

Put On Your Walking Shoes

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Whether you walk in jeans, leggings, or sweats on the streets or trails, it is still the same left, right, left towards your health. Every walk you take is a step toward good health.

The benefits of walking increase you're cardiovascular like other types of regular moderate exercise. Walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, inflammation, and mental stress. Before you take a serious walk, warm up your hips and hamstrings to get the blood flowing and increase your range of motion. Start with swinging your leg forward and back and then across your body about 12-20 times for each exercise. If balance is an issue, stand next to a stable object and hold on for assistance. Then stretch to cool down afterward, focusing on calf's, hips, quadriceps, and hamstrings. Hold each stretch for at least 20 seconds. Start your walk at a slow pace and slow down towards the end of your walks as well. Begin with routes that are well within your

range, and then extend your distances as you improve. The same is true of your pace; beginning modestly, then pick up your speed as you get into shape.

If you're still not sure or just bored of your same old walk/routine, we got you covered. WellFit is offering a new seasonal *SGT Walk on the Wild Side* starting in April. This is a great class if you are just starting out, the trainer will also include stretching, strength training, balance, and more. Or try *SGT Pick up the Pace*, this class is perfect if you have been walking and are looking for more in your walking routine. You can find both of the courses on page 75.

Is this all too serious and looking for a little fun? Well we got that too. Walk around Orchard Creek and look for the Peep! You remember those yellow marshmallow candies that show up around Easter. It is the same concept as *Elf on a Shelf*, but we are looking for the *Peep on a Perch!* For all the details and how you can win a prize, see WellFit ad on page 66.

Ready, set, walk.





LIVE INSPIRED

Energize your life with a taste of the extraordinary at Sonrisa. Inspired by the amenities of a lifestyle resort, Sonrisa a personalized and elevated experience in independent living. Enjoy refined service and a true sense of community that nurtures meaningful connections and new friendships.

Now Accepting Reservations - Call Today

At Sonrisa we offer beautiful apartment homes including: Alcove, One-Bedroom and Two-Bedroom (612 - 1167 sq. ft.)
Call 916.963.9942 to Schedule a Safe In-Person Socially-Distanced or Virtual Visit.

Community Features

- Chef Display Open Kitchen
- Elegant Restaurant Dining
- Poolside Dining
- Lobby Lounge and Bar
- State of the Art Fitness Center
- Yoga and Dance Studio
- Bistro Café with Outdoor Dining
- Full-Service Beauty Salon and Barber, Day Spa
- Theater and Media Room
- Multipurpose Room
- Courtyard Pool, Water Fitness
- Raised Flower and Vegetable Gardening
- Chef Prepared Meals, Housekeeping, Linen Service, Utilities, Basic Cable, Wellness-Activity-Lifestyle Programs and Much More are included in the Monthly Fee!
- Outdoor Barbeque
- Bocce Ball Court
- Pickle Ball Courts
- Dog Park and Indoor Dog Wash
- Stimulating Group Outings
- Resident Interest Clubs
- Concierge Services
- Information Kiosks

Residence Features

- Open Floor Plans
- Contemporary Kitchen with Upgraded Stainless-Steel Appliances
- Quartz Countertops with Full Height Backsplash
- Shaker-Style Soft Close Cabinetry
- Under Cabinet Lighting
- Washer/Dryer
- Walk-In Showers
- Luxury Vinyl Flooring
- Balcony/Patios in Select Units
- Walk-in Closets in Select Units
- 9-Foot Ceilings
- Electronic Entry Locks

SONRISA SENIOR LIVING

1099 Roseville Parkway | Roseville, CA 95678 | 916.963.9942 | SonrisaSeniorLiving.com



Jack serving aces and aches

The Patron Saint of the Tennis Club

David Wright, Roving Reporter



“Gentleman of the court”
(photo by Sarah Solberg)

There are many grandparents in the 205-member Lincoln Hills Tennis Group, but Jack Williams is the Granddaddy of them all. Unlike his St. Patrick’s Day beer, he is far from being green. Jack turns 90 next week. An avid tennis player for over half his life, he is still at the top of his game.

Jack retired from a 50-year career in pipe manufacturing and engineering that saw him

overseeing major construction projects worldwide. He and Jan, his wife of 69 years, moved to Lincoln Hills in 2003. Jack immediately began his courtship with the Tennis Group, and like leaders of so many clubs here, he volunteered to be president only if no one else stepped forward. By double-fault, he was knighted as Racket Boss.

To this day, even after lobbing the leadership role to the youngsters, he still serves the club. Set in his routine, he holds court four days a week—arriving early to measure the nets and clean the debris off the playing surface. Then he networks with his favorite doubles’ partners, defending his 3.5 player-rating on the court.

Fellow tennis club member Sarah Solberg describes Jack’s uplifting, “winning smile” and how he is considered “the gentleman of

the court.” She adds that he is “a mentor to all tennis players and a fine example of how Lincoln Hills helps people remain active and involved as they age.”

Jack has been absorbed with sports all his life—especially playing basketball and riding bicycles. The father-of-five, grandfather-of-seven, and great-grandfather-of-nine found that as he entered his twilight years, tennis was a better match—slightly less strenuous than guarding fast-breaks and slightly less dangerous than dodging fast cars.

Sure, he has the normal aches and pains of older people, but Jack doesn’t stew on them. Jan makes sure her husband eats healthy—limiting his diet shenanigans. Corned beef and cabbage may annually sneak into his meals, but he has never had a weight problem.

Jack’s secret to staying young is keeping active and “getting new parts when needed.” He has had shoulder surgery, heart valve replacement, a pacemaker, and an abdominal aortic aneurism repair. Jack explains, “I keep chugging away and feel very fortunate I still can. My heart keeps ticking, so I keep running.”

Mixing the love of tennis with his shamrock-solid attitude and perhaps a little luck of the Irish, Jack Williams has discovered his fountain of youth.



Jack Williams and Sarah Solberg playing doubles

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Lucky Days! Welcome Packet Tuesdays Are Back

Teresa Tanin, Neighborhood Watch

Welcome Packet Tuesdays are back! What are *Welcome Packet Tuesdays*? Due to the shutdown of New Resident Orientations, special Tuesdays have been established for obtaining **New Resident Welcome Packets**. (To ensure compliance with Placer County guidelines, Neighborhood Watch offers appointments for Mailbox Captains (“Captains”) to pick up packets for new residents on the first and third Tuesdays monthly, between 10:30–11:00 AM near the Kilaga Springs Lodge entrance—look for the “red” shirts!

Captains are to follow the recommended health and safety

guidelines as follows:

To limit “touchpoints,” a *Welcome Packet Tuesday* appointment must be requested in advance. Contact Director Bonnie Smedberg at 916-749-9402 or email Bonnie at kenandbonniesmed@gmail.com. Captains deliver such packets to their new residents. Social distancing and facemasks are required. To further reduce “touchpoints,” badges/logos/Boris stickers are not available at this time.

New residents who have not received a Welcome Packet can visit the Neighborhood Watch website sclhwatch.org and click

on “Who is My Captain.” Follow the prompts. Contact the assigned Captain once a response is received.

Recommended precautions will be taken during *Welcome Packet Tuesdays*, however, if a Captain remains uncomfortable with an in-person appointment, said Captain can utilize the “Virtual Welcome Packet” process by directing the new resident to the NW website. Contact Director Bonnie Smedberg for any questions regarding *Welcome Packet Tuesdays*—they’re back! Thank you in advance for your cooperation and support, Neighborhood Watch.



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- Open skin sores

CVI Risk Factors¹:

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- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

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

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

References

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

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

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Lessons From the File Cabinet

Shirley Schultz, Roving Reporter

This month while singing, “When Irish eyes are smiling...” I approached the long-overdue task of cleaning out file cabinets. Those of you who have tracked and stored information about your life events mainly through the use of technology may not be aware of how us technologically-challenged people have kept our lives organized in file cabinets. Evidence can be found in those file cabinets of my life’s work going back a half-century and predating my ability to navigate on the computer: scientific and health articles, student and patient instruction handouts, course outlines, overheads, curriculum manuals from professional conferences, and on and on. Much of it is outdated now, and all of it is useless as it sits in the file cabinet. It is time to cull the files. Out it goes, but here are a few of its timeless lessons:

Activities of Daily Living: Toileting, feeding, dressing, grooming, bathing, physical ambulation. You know when it is time to get help at home or move to where you can get help when you can no longer safely accomplish these tasks yourself.



Humor: Keep that file and refer to it daily.

Pain: The perception of pain is in your head.

Transitions: Change is inevitable. Becoming knowledgeable about what to expect brings peace of mind. Failure to prepare means one is preparing to fail. Preparedness includes legal documents, financial planning, knowing how to navigate your health care system, learning the resources available if you need help, making adaptations to your home for fall prevention, and many others.

I’m still singing, “In the lilt of Irish laughter...”, and cleaning out files continues.

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Learning English requires some study

Whimsical Words

Linda Lucchetti, *Roving Reporter*



Happy St. Patrick's Day!
Find the shillelagh.

If America is a melting pot, then the English language is a stew. Spoken and/or understood by some 1.6 billion people throughout the world, English certainly presents its challenges, especially to individuals learning it as a second language.

English is a mixture of homonyms, commonly confused words

and idioms, and words introduced and absorbed through many nationalities. Peppered with words passed down through the years – some strange in pronunciation and spelling, these are nonetheless fun to say. You may have learned some growing up, and you may still use them today, words like: bamboozled, kerfuffle, cattywampus, and lollygag, to name a few. Analyzing such gems must be an etymologist's delight!

To celebrate St. Patrick's Day, here's a brief look at a few inimitable words that may be attributed to the Irish.

Shenanigan(s)—Some experts say the history of the word shenanigan is as “tricky and mischievous” as its meaning. It seems that no one has been able to prove its origin. The earliest known use of the word in print appeared in the April 25, 1855 issue of San Francisco's *Town*

Talk. Also attributed to the Spanish and German, shenanigan may center on the Irish *sionnach* or fox.

Hooligan(s)—Defined as a “young man who engages in rowdy behavior,” this word was first found in British newspaper police-court reports in 1898 and may be derived from the Irish surname *Houlihan*, a characteristic comic Irish name in music hall songs and newspapers of the 1880s and '90s.

Shillelagh (shi-LAY-lee)—Not a commonly used word in spoken English, its image, however, is recognizable in cartoons and drawings depicting leprechauns. The shillelagh is a wooden walking stick or club, typically made from a stout knotty stick with a large knob at the top. It is most notably associated with Ireland and Irish folklore.

Limerick—Poets will know this humorous verse by its five-line format and an AABBA rhyme scheme. Although the poem's connection to a particular city is debated, the name generally is taken from Limerick, Ireland, and is often associated in the 18th century with a group of Irish language poets.

Here is an example of a limerick with some Lincoln Hills (lucky) charm!

Ode to a Golf Cart

While taking a stroll I'm aghast,
At how golf carts zip 'round so fast.
Clubs start a floppin'
On the verge of all topplin'
Nearly slicing me as they fly past.

(L. Lucche i)



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In Memoriam



Bill Hilton

At 93, you could say that Bill lived a long and interesting life! His childhood was spent in Missouri, but he completed his schooling and raised a family in Southern California. He served in the Merchant Marine and the Army during WWII. Before moving here 14 years ago, Bill lived in Hawaii for 35 years with a career in printing and publishing. Always ready for something new, he spent a memorable six months on a 42-foot sailboat that left Hawaii and sailed all through the South Pacific. Here Bill enjoyed golf and watching his son Mike and daughter-in-law Joann play softball and pickleball. His laugh and smiles were infectious, and his stories entertaining.



Walter Jones

Walter recently passed away after a short but brave battle with COVID-19. He was preceded in death by his wife, Mitsie. Walter will always be remembered for his cheerful smile and disposition, and all who knew him liked him. He was well known at Meridians and the Sports Bar, where he was always cheerful and generous to the Staff. He will be sorely missed by all who knew him.



Charles Simmons

Charlie was born in Utica, New York. He served in the Air Force at the end of the Korean War and then graduated from the State University of New York Institute of Applied Arts and Sciences. He and his family were transferred as a Civilian from Griffith AFB in Rome, New York, to McClellan AFB, where he retired as an Electronics Engineer. His hobbies included wood carving and hot wax painting (Encostic Art). Charlie leaves his wife Anne, two sons, a daughter, four grandchildren, and three great-granddaughters.



Mercer Tyson

Mercer Francisco Tyson, born May 11, 1949, entered eternal life on January 11, 2021. Mercer was born in Lake Forest, Illinois. Most recently, he lived in Lincoln Hills. He was predeceased by his beloved wife, Sandra Lee Tyson. An avid golfer, Mercer was a member of the Men's golf club. He loved music and enjoyed the concerts. He exercised at the fitness center and made many friends. All will miss his upbeat, positive personality and his zest of life and love of family, especially his three children and his four grandchildren.

If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue at 916-434-0749.

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Amateur Radio

The Group participated in Winter Field Day 2021. The goal of WFD is to try and set up outside and make contacts in emergency-type conditions. Extra points are given for battery power and away-from-the-home antenna setups. LHARG scored 6,032 points, contacted seven states and Canada. A thorough analysis of our Repeater was conducted by John, NQ6Q and L.C., N7VQC. We continue to Zoom our pre-Net meetings every Monday at 6:40 PM. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: lharg.us*



Winter Field Day 2021



Ballroom Dance

Jim and Dixie Parker are a delightful dance couple and an inspiration for their love of dance.



Jim and Dixie Parker

This past New Year's Eve, since there weren't any formal dances, Jim and Dixie dressed up, had a candlelight dinner at home, and danced in the New Year in their kitchen. At 80 years-of-age, they feel it's never too late to dance. Dixie shares that once, while attending a dance in the Orchard Creek Ballroom, she wore her Apple watch. When she got home, she found that she had danced two miles that evening. Jim never danced before he met Dixie, but he loves to dance now. The Parker's advice to new dancers, "You do need a good sense of humor, and laugh at mistakes." *Contact: Ruth Algeri 916-408-4752*



Big History

In collaboration with Sacramento State's Renaissance Society, we now have Zoom meetings weekly

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at 10:00 AM rather than twice monthly. On March 22, we'll learn about the Mound Builders of North America, who over a span of 5,000 years, constructed large earthen mounds for ceremonial and residential purposes. On March 29, we'll hear about early trade patterns in the Mediterranean and why they were historically so significant. On April 5, we'll visit the ancient Greek philosophers, who had such an impact on Western civilization. On April 12, we'll hear about the Yamnaya herders who migrated to Europe from the eastern Steppes and are thought to have brought Indo-European languages with them. *Contact: Ranny Eckstrom 916-708-0165, bhsclh@yahoo.com*



Billiards

Although we do not know when we will be able to return to playing pool, everyone is anxiously looking forward to resuming casual play and tournament play. Initial play will be for all Lincoln Hills residents, and tournament play will commence as soon as restrictions are

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sufficiently removed to allow it. The final restrictions and rules for play will be determined once we get closer to opening again. As it currently stands, LHBG Monitors will be at each lodge to assist and direct play for residents. The New Brunswick Gold Crown V1 tables have been installed in both lodges, carpets have been cleaned, and new stainless-steel lights have been installed.

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



Bird

The big event at year-end was the annual Christmas Bird Count, a nationwide event to detect trends in bird populations all over the USA. Maintaining COVID-19 protocols, on December 29, we had seven teams (with binoculars, cameras, and notepads in hand) out and around the area, plus a number of participants at their backyard feeders. This year, we counted 2,660 birds



Red-Shouldered Hawk by Larry White

of 71 species. We had to forgo the gathering at Round Table Pizza afterward, but it was still good to be out. It is apparent that we will not have any formal meetings or bird walks for the foreseeable time. But the birds are out there waiting for you to grab your binoculars and cameras and go out and have some fun.

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



Bocce Ball, Mad Hatters

COVID-19 statistics are heading in the right direction, and many Lincoln Hills residents have managed to find their way to a vaccination site. The whole process seemed to be hit or miss for a while, but more sites have opened up, and it seems to be getting easier. We speculate that, as summer approaches, we will have a substantial portion of our seniors vaccinated and could entertain

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



Book, OC

Join us on March 18 for a discussion of Lisa See's, *The Island of Sea Women*. Focusing on a culture most of us know nothing about, the book delves into the interactions of sea diving women on an island off Korea. Add in the Japanese invasion, and a complex storyline emerges. We'll be Zooming at 1:00 PM, examining our reactions to the book. Want to join in but not a member? Email Dale Nater at ocbookgroup@gmail.com to add you to our list. Meeting details will go out shortly before the date.

April will be different. We will visit (virtually most-likely) with Lincoln Hills resident and author Nancy Wiseman regarding her book on interacting with female inmates while teaching the skill of sewing.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com
Website: <http://lhocbookgroup.blogspot.com>



Bridge, Partners

The situation continues to improve, with numerous Lincoln Hills residents

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in the under 75-year-old category getting COVID-19 vaccinations over the last four weeks. We are all still affected by the state's rules concerning gatherings of more than ten people. Lodge meeting rooms cannot be used for group activities without the six-foot spacing requirement. This spacing is such that everyone playing bridge in our facilities should have the complete COVID-19 vaccination. The Association adheres to state and county directives; hence bridge remains suspended until further notice. Get your vaccination.



Bridge, Social

Hopefully, the March winds have blown COVID-19 away, but if not, the vaccinations will help put a stop to it. I got my second vaccination and hope you will have yours before play begins. Unfortunately, no word has come down when we will be able to have our first bridge game. Social Bridge is Singles' rotation—no partners needed. When open, we will meet in the Sierra Room (KS) opposite the billiards room from 12:15 to 4:00 PM. For reservations, call our contact below. Free Bridge lessons will begin when OC reopens: beginners from 8:30 to 10:00 AM, and intermediate

from 10:00 AM to Noon.

May you all have a Happy St. Patrick's Day. May the luck of the Irish be with you.

Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com

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If you have not renewed your LHAUG membership, please do so now on our website. You won't want to miss any seminars, such as Bill Smith's upcoming Apple Health app presentation. This app, which collects health data from devices and apps you already use, becomes increasingly useful as we age and have new health issues. Also, Helen Rains will be demonstrating the amazing Notes app on the iPhone and iPad. Learn how to use Apple Notes and how to sync your notes across Apple devices. Discover why this app is a favorite place to save information on the iPhone and iPad.

If you missed any previous seminars, such as Ken Spencer's talk on passwords and security, see the videos on our website.

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

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Our last Zoom presentation was on February 10, "Wiser Shopping" by Rita Wronkiewicz. Online reviews were discussed with suggestions of how to interpret the comments, stars, or other feedback for the product or service you are buying. If you missed the talk, it will be available soon on our website. A real helpful and eye-opening subject. Thanks, Rita. Past presentations are available on the website and cover a variety of useful subjects. The annual dues per family are \$15 by check to Ben Richardson, VP/membership (see website). Articles about hardware or software are sent to members periodically by email. Questions about your desktop, laptop, pad, or phone may be sent to sclhcc@gmail.com. Due to the pandemic, the lodges remain closed. Stay healthy.

Contact: Norman Seidenverg
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Country Couples



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directed by the government to shelter in place and non-essential businesses closed. We have spent a whole year practicing the 3 W's – watch your distance, wear a mask, and wash your hands. Now that 2020 is in the rearview mirror, I'm sure most of us are looking forward to getting the vaccine and hopeful of opening up everything so that we can get back to some of our fun activities.



Dancing Fun

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 do e-Bikes have different tires? Adding an electric motor/battery adds a lot of weight—more than doubling that of a standard bike. To help deal with this, some tires are designed specifically for e-Bikes. When comparing standard bicycles to Class



Karen Johnson on her Class 3 Trek Domane HP7 e-bike

3 e-Bikes (28 mph), there are a lot of riders that match that speed without the motor. Why isn't that an issue for them? What's being overlooked is that e-Bikes reach that speed while carrying extra weight, and riders will often ride faster for a longer period of time than they would on a standard bike. This in turn has a significant impact on tires. That extra pressure put on an e-Bike leads to an increase in treadwear and makes it more susceptible to punctures.

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,
audreyjcmcfadden@gmail.com



Fishing

Blaine Craig went to Collins Lake twice in November (see the picture of his catch). His buddy caught a four-pound Rainbow, and Blaine caught two. On their second trip, he said, "we caught four more." There are no pictures. All fish caught were five to 10 feet deep, trolling at 1.8mph, using 2.5-inch Maglips, two-inch Rapalas, and live worms trolled behind Dodgers. So, someone still sneaks out, fishes, and maintains their happiness during these troubled times. I don't know if anyone else has been out since November.



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



Food Adventures

Beans have been an important part of the American diet ever since Native Americans introduced early European settlers to local bean varieties. The benefits of beans as a regular part of today's diets haven't diminished, and in fact, are now more important than ever. The modern American diet is lacking in many critical components such as plant protein, fiber, and essential vitamins and minerals. All are easily within our reach by regularly including beans in today's diets. Everything you've ever wanted to know (and probably more) about beans is on the Bean Institute's website. You can learn how to cook with canned and dry bean varieties



and much, much more. A reminder: all members' annual club dues are paid through 2021.

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



Garden

Spring has sprung! The time for planning the garden is over, and the time for working in the garden has arrived. There are lots of garden activities to engage in while we are waiting for the Lodges to open for meetings and activities. Check chores from our webpage under "Farmer Fred's March list."



"Earth Laughs in Flowers"
-Ralph Waldo Emerson

The Annual Plant Sale depends on when the Sports Pavilion will be open for our use. We have two possible dates: April 3 or June 5. We rely on garden plants, books, pots, bulbs, art, propagated seedlings, etc., donated by any residents who have extras to share. This event funds our Lincoln City Garden Projects. Contact Marie

Salers at 916-408-3895 or Linda Bringle at 916-645-3862. Thank you!
Contact: Lorraine Immel 916-434-2918, lorraineimmel@gmail.com
Website: lhgardengroup.org



Genealogy

Kathryn Marshall will be our speaker on March 15 at 6:30 PM on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. The topic is "The Northwest Territory and Land Speculators." Kathryn helps maintain the Research Wiki for Family Search. We will send a Zoom link to all members and any handouts one week before the meeting. We will stop sending links to members who have not renewed by February 28. You may still



Kathryn Marshall

renew by going to www.suncitylhgc.com/membership for an application. The cost is \$15 for 2021. You must be a member to receive the notification and the Zoom link. We still have expenses for Zoom, speaker fees, and subscriptions at the Computer Room (OC).

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com
Website: <https://www.suncitylhgc.com/>



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Golf

Ladies XVIII

In January, we added five members to our roster: Betty Blaney, Barbara Davis, Gwen Hare, Sandy McKeith, and Elizabeth Phillips. Betty, a child psychologist, and long-time golfer, moved here 18 months ago from the East Bay. Barbara took up golf about 25 years ago, and although she has lived here about eight years, she is just now joining us. Her favorite memory was playing Pebble Beach last year. Gwen is the new golf pro at Turkey Creek. Sandy also has a fond memory of playing Pebble and playing a hole with Freddie Couples. Elizabeth moved here last summer, following in the footsteps of her parents. She still works in real estate. We are always welcoming new players.

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

Lincsters

The rain has forced the cancellation of a few golf dates, but the cold weather hasn't stopped play. The good news is we are averaging 50 players despite the COVID-19 restrictions.

Are you feeling isolated? Then, join our women's nine-hole golf group. We play every Wednesday. Membership is open year-round.



Ann, Donna, Darlynnne, Sara, Fun Tournament

Don't know how to play golf? Take a beginner group lesson from our pro Steve Treadway, golftreadway@comcast.net. Stay connected. Don't forget to check out our website for updates. It's full of important information such as upcoming tournament dates. You won't want to miss "The Grandmother's Tournament" scheduled for April 21, "Bring A Friend" on May 21, "Senior Rules" on June 30, and more. Each and every tournament will be competitive yet fun.

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

Men's

We held the "Valentine's Day Massacre" on Tuesday, February 17—a Lone Ranger event. The Low Gross winners were: Flight One—S. Braa, J. Dillon, J. Keller, R. Henrikson; Flight Two—T. Portman, J. Noonan, R. Englehart, J. Griggs; and Flight Three—D. Jansen, D. Norman, B. Kugel, M. Varin. Next up is the "Tournament

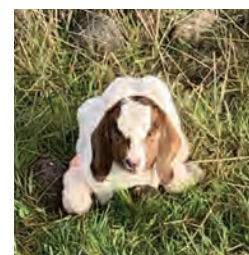
of Champions" and "Just for Fun," individual stroke play. It's set for Tuesday, March 16, starting at 8:30 AM. This tournament will fill up fast.

The Men's Club board is currently accepting donations of golf balls and golf equipment to give to Lincoln High School. Please see Pete Saco or email him at psaco52@gmail.com if you want to donate. Contact: Bob Schoenherr 408-383-5340, schoenherrbob@gmail.com
Website: mgclh.club



Hiking & Walking

If you are getting bored walking the same trails, try walking in the 44 villages of Lincoln Hills. It is fun to see the different landscapes and layout of each village. You will always see something of interest, and the streets are lit up for real early or late walkers.



Resting Baby Goat Near Village 26

Check the community directory for the layout of each village. Enjoy! Contact: LHHikers@gmail.com
Website: lincolnhillshikers.org



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at 2:30 PM, via Zoom or phone call-in. Our speaker will be Russ Abbott or Matt Bopp of Morgan Stanley. The market discussions have been informative and insightful, so consider joining us. The Investors Study is an information-only group with guest speakers from Morgan Stanley or others from the industry that you may recognize from CNBC, Fox Business News, or other media outlets. The Active Investors subgroup meets at 3:00 PM on the second Monday of each month. If interested, contact Norm Quattrin at 916-645-4675. 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

“The Club” is very excited about the new year. This year we are planning many get-togethers, with luncheons, trips, and movies. We have been cooped up and are looking forward to stepping out with our dancing moves. We have had time to read, organize closets and garages, and even binge on movies. Some have learned new languages and recipes, even knitting. It has also given us time to



reflect on what is important to us and cherish our human connections. Our club is important as we have a supportive, caring, and wonderful fun group of folks that are there for each other in thick and thin—giving us that sense of community and belonging that we all look for.

Contact: Deborah Turnor 831-332-8532, moji_meme@yahoo.com
Website: www.Lavenderfriends.com



Mixed Media

Our meetings, when we can get back together, are held on the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. Our Club President, Nan Griffin, will keep us informed when that could happen. Until we can meet in person, we are on Zoom the third Wednesday of the month at 11:00 AM. Don't worry about dues. We are not going to discuss those until we are meeting once again. We always welcome new members, and you can contact Nan to join. The art challenge for the March Zoom is to use the color green. Picasso says, “learn the rules like a pro, so you can

break them like an artist.” Stay healthy and creative!

Contact: Nancy Griffin, griffinnancy70@gmail.com



Motorcycle

The club's first meeting of the year was held via Zoom. Rides for this year were discussed as well as ideas for future rides. This year's first ride will be on Saturday, March 13, the destination yet to be determined.

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



Music

At our January meeting, we held elections. Continuing on as President, Vice President and Secretary are Dan Lehrer, Michael Johnson, and Rodger Mohme, respectively. The Group Zoomed our

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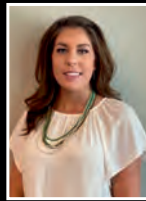
"Penny did an outstanding job selling my home during this pandemic. She is a consummate professional and arranged for all the last minute repairs. No detail left undone." - John Murray, Rustic Ranch Lane

"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

"We lived in Lincoln Sun City for 6 years and decided to upgrade to a larger home. We contacted Penny and were very impressed with her knowledge of the construction, community, pricing and market knowledge. Her sense of urgency in responding to our questions; looking at property on a moments notice, explaining the process we would go through not only purchasing another home but, selling our existing home as well. If you are new to the area and considering our great community, contact Penny. You will not be disappointed." - Steve Giordano, Sun Valley Lane



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February meeting. For our Group Opening song, we paid tribute to Hank Williams with, "Hey Good Lookin'." After wonderful solo performances, we closed with "If I Were a Carpenter," written by Tim Hardin. When the OC reopens, we will meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website. The password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com*
Website: lincolnhillsmusicgroup.org



Needle Arts

Our April meeting will feature the highly-recommended, high-energy sister duo, "The Material Girlfriends." They will provide numerous solutions during their program entitled "Overcoming Quilting Disasters." Their presentation will also include a trunk show. Join us on Zoom on April 13 for this fun afternoon. Have your questions ready as we enjoy their humor and expertise.

There's still plenty of time to create your spring challenge

project that will be featured during our May meeting. A drawing for prizes will be held for all participants. Some of the Needle Arts subgroups are meeting on Zoom. Check our website for groups and contact information. The expansion of the sewing room is moving forward, and we are hopeful construction will begin soon. Keep your needles crossed!

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



Neighborhood Watch

It may take more than the "luck of the Irish" to protect yourself against those determined to take advantage of you. Don't be a victim. Pick up your mail daily. It's tax season, and the lure of important information could tempt those who break into mailboxes. Be sure to lock vehicles left outside; however, even that precaution may not prevent theft or damage. A resident's gas tank was drilled to siphon off the gas. Be aware of



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scams—don't give money, credit card information, or gift card numbers over the phone. For the latest scams, check out Neighborhood Watch's website. Leave on porch lights at night. Consider "dusk to dawn" lights that go on automatically, use less electricity, and are available at nearby stores.

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




Painters

Our Club Members used Jed Dorsey's "Snowy Street" acrylic painting as inspiration for creating their own artist version of his snow scene. Fun was had trying Jed's technique of painting lighter colors on a dark tinted canvass. There were no rules, just the freedom to use any medium, style, or size was encouraged. Also proposed was a refresher exercise interpreting a pair of green apples by artist Will Kemp.



Snowy Street by Jed Dorsey

Members exhibited and discussed their artistic effort during our



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monthly zoom meeting. In-person monthly meetings at OC will resume when COVID-19 restrictions are lifted. New Members are always welcome. Annual dues are \$15. Sign up and start having fun with art and our Club Members. Contact Jerrie Crass, email: jerriec68@gmail.com or 916-302-6178.

Contact: Bob Green 707-292-5526, RwJfGreen@aol.com



Paper Arts

Just because we are currently away from our club meetings and activities doesn't mean we haven't been busy crafting cards and staying happy! Be sure to check out February's club newsletter sent via email.



Pam Haines' beautiful Iris Fold cards

Members shared their lovely cards created with the Iris Folding technique. If you have ideas for projects that we can feature and share with members, please let June Paquette know. Upon lodge reopening, we meet on the first

Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). Contact: Susan Long 916-408-3451, sceulong@sbcglobal.net



Photography

Kirkman Amyx, Professor of Photography at Sierra College, was our February presenter. He captivated us with his use of bold compositions, refined lighting, and expert digital imaging skills.

Due to technical difficulties, the Learning SIG was rescheduled for March 3, in place of the Enhancement SIG. Truman Holtzclaw made a presentation on Landscape Photography. Truman's presentations are always as brilliant as they are entertaining! In line with our new format, the regularly scheduled March Learning SIG will focus on learning enhancement techniques for the photos you took after learning all about landscape photography.

The February Round Table SIG featured the challenges of color calibration, while March will explore panorama photography techniques.

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



Players

The Club has taken this COVID-19 down-time to

revise our governing documents, and they were adopted in our February Zoom meeting. Thank you, Doug Brown, for spearheading the work. Hopefully, everyone here has been or is being vaccinated this month. At this writing, it is unknown if the new COVID-19 variants will cause another surge. That will affect whether rehearsal rooms will open in time to present Murder on the Orient Express this spring. If not, we will present it next spring. (Gee, I remember writing that last year!)

Damn Yankees is still scheduled for this fall. We can only hope! When the Lodges reopen, what fun we will have, and meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS).

Contact: David Africa, President 916-708-0009, djafrica@sbcglobal.net
Website: www.lhplayers.org



Poker

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

All poker players will be seated as long as they arrive by 12:45 PM

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(Mondays and Fridays) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. (Subject to reopening of the lodges). Any questions, contact Lynne.

Contact: *Lynne Barsky 916-253-3730*



RV

We are happily anticipating a busy season full of RV rallies in new places and revisiting past locations. Emerald Desert and San Diego for January and February, with Utah and all the National Parks coming up in April. July will take us to the Giant Redwoods RV park, with Truckee happening in August. The beginning of October, we'll visit Point Reyes and enjoy all that that area has to offer. There is still room to sign up for some of the rallies, and we welcome and encourage new members to join us.

If you like to RV and want to meet new people, you can't beat going on trips with a fun group. Contact our Membership Director, Sharon Skar, at 916-434-7799 or email marlowensharon@gmail.com.

Contact: *Victoria White 530-320-0498, weimarwoman@yahoo.com Website: www.lhrog.com*



SCHOOLS

When Scott Leaman, Western Placer Superintendent, polled parents last fall, over 80% voted for in-person learning. District schools have been open with a five-day educational program since October. After a half-day in the classroom, students must continue the school day on computers at home. Mr. Leaman says there has not been a single case of transmission of COVID-19 occurring in the schools. If a child has symptoms, he or she is tested and sent home. The whole class is quarantined for 14 days.



100 piece puzzles to celebrate 100 days of school

Contact tracing is used to find where that child might have been exposed to the virus. All protocols are observed: masks at all times, social distancing,

and hand washing.

The photo is Mrs. Blank's third-grade classroom, First Street Elementary School.

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

Website: *schoolssuncity.org*



Singles

I am feeling optimistic about our future, and I sincerely hope you are, as well! With a touch of spring in the air and moving closer to the reopening of the Lodges, we will soon be able to look forward to being together again. Your Board of Directors has great plans in place for our upcoming meetings and special events. Please take care and continue to stay safe. So many of us have already had our vaccine. Getting yours will help everyone get through these times!

Thoughts for the Day: I miss the 90's when bread was still good for you, and no one knew what kale was. I'm on two diets. I wasn't getting enough food on one.

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



Softball

At this writing, our field is closed because of storm damage to our left-field fence. Our field maintenance

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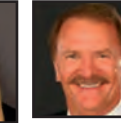
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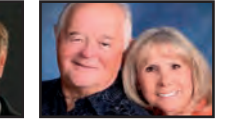
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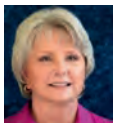
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department is working to rectify the situation, and hopefully, it will be completed by the end of March. We are also looking into the infield drainage problem. By this time, everyone who will be playing recreational softball will have signed up. However, if you are new to our league, there is still an opportunity to get on a team. As a player drops from a team for whatever reason, you're able to replace that player as long as you have equal ability. Our league did a tremendous job last season to keep COVID-19 away. Most of us will have been vaccinated by the time we play. Hooray!

Contact: Karl Wenzler 916-543-4626, kwenzler@sbcglobal.net
Website: lhssl.net

Softball, Women's

Women's-Only Softball is finally here. The Association Board recently sanctioned the Lincoln Hills Women's Softball Club. This new softball club is exclusively for women and run by women. If you want to learn skills of the game, meet new ladies, get exercise, and have fun, this club is for you. No tryouts or experience is necessary. Despite your age or skill level, we encourage all ladies to join in on the fun!

Currently, we have been practicing at a local park while the fence at Del Webb Field is under

repair. Weather permitting, our practices are each Sunday, Noon to 2:00 PM. Conditioning and skills training are on Thursdays from 2:00 to 4:00 PM.

Contact: Kathie Sinor, 916-872-5041
krsinor@gmail.com



Sports Car

The Asnaults are definitely car people! Their first car was a '58 Pontiac, but they upgraded to a '62 Corvette. It was a classic red with white scoops. In 1962, they bought a new Corvette, maroon with black interior, and loved it. Next, changing gears a bit, came a 65 Orange Mustang convertible. Not wanting to give up on sports cars, they bought an MG, which the kids loved. The sportscar trend continued with a stick BMW Z3. In 2006, they purchased an MB SLK350 and had it for seven years. It was a stick, and Carol loved it. They moved on to a 2009 MB SL550 automatic. Safety features led them to



Joe & Carol Asnault

upgrade to the current 2014 MB SL550. Joe & Carol love their cars!
Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com
Website: lhsportscars.com



Sun City Squares

Hopefully, we will be able to start square dancing soon (fingers crossed). 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.

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.

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



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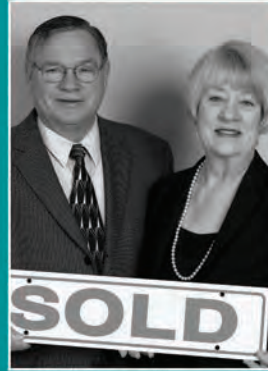
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same recognition as other sports. You may see your friends who play other sports have the week off around the holidays while you're on your way to the pool. That's just the way swimming is.

You learn a lot about yourself throughout your years as a swimmer, and the sport inherently instills valuable life lessons in you. Continue to learn more about the sport and take time to reflect. Excerpt from Swimming World article - January 2021.

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



Table Tennis

Table Tennis remains in the doldrums as suspension continues due to COVID-19 precautions. However, club President Alan Smith and the steering committee continue to explore novel ways of getting our game back on track. To liven things up, three video clips are offered. They feature the Matsushima Family of Japan. All four children are prodigy players, winning national championships for their age groups. The youngest is only three years old. Her level of skill is absolutely amazing. Go to: youtube.com/watch?v=6Voch2vbFrg,youtu.be/24aRN83HrqU andyoutu.be/pRhXMZX_jbg.

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



Tap Company

Alyson Meador, our tap instructor, was hired in 2000 to teach tap in Lincoln Hills. She was 39 and had some learning to do about the best ways to instruct women, 55-plus. It proved to be one of the biggest blessings in her life. These women showed her that although they did not have the energy of her young dancers, their appreciation and spirit far surpassed them. The stories the women shared about what tap had brought to their lives were simply uplifting to Alyson. Some hadn't tapped in over 40 years. Some always wanted to learn, but the financial commitment was too great. The bottom line about tap, you are never too old. We hope to see you all back in class soon.

Contact: Alison Wolfe 925-487-6902, awolffe@tt-valve.com



Tennis

Spring is upon us, bringing perfect weather for tennis! Construction of the new courts is progressing, and we have new windscreens being put up on some of the old courts. We expect to soon be returning, on a limited basis, to offering ball-machine practice to all interested residents.

This month, we wish a Happy

90th Birthday to Jack Williams! Jack is and has been an inspiration to all who know him. Despite his age, he is still playing tennis several days a week, as well as participating in our in-house tournaments and socials.

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

Website: sclhtg.com



Veterans

On St. Patrick's Day, Wednesday, March 17, we are sponsoring a Leprechaun Brigade Parade featuring decorated golf carts. The parade will begin and end at the front portico (OC), 11:30 AM to 1:00 PM. On March 18, a 1:00 PM membership meeting via Zoom will feature Brigadier General Robert Hipwell, U.S. Army (ret.), and president of the Placer Veterans Stand Down, which provides free food, clothing, health, and human services to veterans and their dependents.

Get ready for spring with a bright, new flag. LHVGV President Joan MacAdams and her husband Doug will deliver a flag to your home. Top-quality American flags are available for \$20 each. To arrange a delivery, call Joan at the number below or Doug at 703-217-4735.

Contact: Joan MacAdams 916-751-9272,

joan.macadams13@gmail.com

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Vintage Treasures

With Spring almost here, we hope that the coming months will find more venues opening, especially the lodge where we meet. Let us look forward to the camaraderie we have so enjoyed over the years. It is hard to imagine how many wonderful treasures are residing in our homes, just waiting to be admired and appreciated. Our Vintage Treasures meetings are so fun and interesting.

Our club focus is on vintage and antique items, pre-1970. When our facilities reopen, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

Our Club and every resident in Lincoln Hills are eagerly looking forward to the light at the end of the COVID-19 pandemic tunnel. The outdoor cardio area, lap pool, punch classes, and indoor lap pool are being utilized on a regular basis by community members anxiously awaiting a full opening of all pool and gym facilities. The Water Volleyball Club continues ongoing discussions with the

Association, working toward an agreed-upon process to resume safe play in the Indoor Pool (KS). Hopefully, once the level of infection has dropped, we will receive approval for the club to return to the pool for not only a member meet and greet but recreational and competitive play.

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



Woodcarvers

New people to our club wonder about the supplies they'll need to have to begin their projects. Thinking ahead, our club offers wood, knife sets, a project, and sound advice from other members! For knives, our club offers, at our cost, a set of three knives that are basic for starting wood carving. For a project, we offer a three-dimensional rough cut of a bird, or a flat, relief, a rough cut of a Christmas tree. Both are good ways to learn basic cuts. Of course, your fellow members are always available for advice and support. When meetings resume, they will be on Wednesdays from 1:00 to 4:00 PM in the Sierra Room (KS). Come join us!

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



Writers

Songwriters get ideas for their poetry-put-to-music from a multitude of places. Jim Fulcomer, fellow Writers' Group member, is a poet and writer of prose extraordinaire. He sent a link to a song about which many of us are familiar, but few ever made the connection. Picture Vincent van Gogh's June 1889 "Starry Night" painting. Now, picture it to music. In 1971, after reading a biography about van Gogh, Don McLean wrote the lyrics (on a paper bag!) to his 1972 hit song, "Vincent." The link is: <https://www.youtube.com/watch?v=oxHnRfhDmrk>

Until the Association gives the go-ahead to meet in person, find your reasons to write about dandelions in bloom between sidewalk cracks, sunbeams warming your sleeping kitty, or the starry, starry rural Lincoln nights.

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. The Mixed group meets at 1:00 PM each fourth Wednesday. The Ladies group is discussion-only, designed for women who prefer talking in a less crowded setting. It meets via Zoom on the first and third Wednesdays at 1:00 PM. The Men's group, with Rich Martinez, meets each third Thursday in person at 10:00 AM. Please contact Rich to confirm the next meeting location. More information, including Zoom links to our meetings, is available from our Steering Committee members Valerie Jordan at 909-625-7443, Cathy Van Velzen at 916-409-9332, Jo Fratessa at 916-408-7209, Rich Martinez at 408-202-1865, or by contacting Jeff Andersen.

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



Departing Memory



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. Because of the Pandemic, we will not be meeting. However, please feel free to call and talk. I can also connect you with others who will be happy to talk with you. To put a Memoriam in the *Compass*, please contact Joan Logue. The deadline for Memoriams is the 15 of the month before the *Compass* comes out. Stay safe.

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



Bosom Buddies

Unless it rains, we're having a get-together on March 17 at 11:30 AM in Patty McCuen's backyard. This has been a long year for our ladies, and having the opportunity to meet, socialize and conduct some club business will be a treat. Be sure to wear a mask and bring your own lunch and a chair. Please RSVP to Patty



Peggy Ryan and Patty McCuen deliver Valentine roses to members.

at 916-408-4185. If you're not a member of Bosom Buddies but would like to learn more about us, this informal meeting would be a good opportunity to meet our members and hear what we do. We welcome breast cancer survivors and those still undergoing treatment. What is most important to us is being here for each other. Our dues are only \$12 a year.

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



Gam-Anon

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

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

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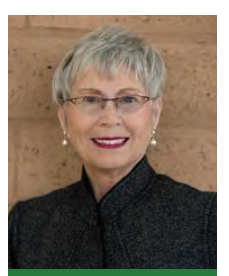
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Glaucoma Support Group

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To learn more about your Glaucoma and share with others living with this chronic disease, our support meetings are a great place to come. Our next meeting is on April 14 at 4:00 PM. Our meetings will continue on Zoom until we can safely congregate. Contact Bonnie for more information.

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



Low Vision Support Group

Following these simple guidelines when you are with those with low vision will help avoid potentially embarrassing situations. Greet us by name and identify yourself, i.e., "Hi, Jane. It's Sally." When walking with one of us, offer your elbow so you can guide. When giving directions, be explicit, i.e., "the door is to your right." When walking with us, identify terrain, i.e., an upcoming curb, a hole in the sidewalk, a low-hanging tree. Let us set the walking pace. To help when dining with us, use the "clock" reference to identify where items are located, i.e., "water is at 1:00, coffee is at 3:00." Guide-dogs on duty with us should not be petted or distracted. Thank you for your kindness and assistance!

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




Multiple Sclerosis

Our Tuesday, April 13, 1:00 PM Zoom Meeting will be an encore of our talented members and family. They have given us a "Spoonful of Sugar," playing the flute, guitar, and singing to help lighten pandemic and emotional fatigue. The Zoom link will be sent April 11. Then, we can connect during check-in: "Have you gotten your shot(s)?" "What's going on with you... the good, bad and ugly?" The MS Walk is planned for Sunday April 24, in Lincoln Hills with your fellow walkers, cyclists, and scooters at your own pace. Contact Captain Joni Deutsch at 916-434-7181 for a logo to wear. Donate to the Lincoln Trailmixers Team at Walk MS: Folsom 2021: Lincoln TrailMixers - National MS Society.

Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com




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AARP

Tax Season is Here! Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2020 Income Tax returns. This free service is available by appointment only to Lincoln residents only if you had your taxes prepared by us for either of the last two years. Appointments are made by calling 916-878-6249. The Intake/Interview Sheet, Form 13614-C, and Form 14446 are required of all clients and are available outside Orchard Creek Lodge in the roundabout. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

This study group meets to discuss and practice the spiritual messages found in this book called "A Course in Miracles." This non-dualistic teaching has as its goal "the achievement of inner peace" through the practice of unconditional love and radical forgiveness. We meet on the first and third Mondays of the month. For more information, call 916-409-5253.

Airport Co-op

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

Cloggers

Okay, so we're not together yet, not dancing together in class. Maybe next month. Meanwhile,

let's continue to clog (Appalachian-Irish dance) at home, so we don't forget our steps. Go to "NCAA Clogging" for videos of dances to practice at home. Also, if you simply google "clogging videos," you'll find many different levels of instruction, plus incredible dancing groups for inspiration. Please stay safe and well until we meet again in class. For more information on clogging right here in Lincoln Hills (when it happens), contact Natalie Grossner at 916-209-3804.

Democratic Club

Jonathan Mehta Stein will address the Lincoln Democratic Club by Zoom at 6:45 PM. Thursday, March 18. Stein became Executive Director of California Common Cause last May after extensive experience working in traditionally underserved communities to increase civic participation and equitable representation, especially voting rights, campaign finance, and redistricting. While earning his Master's in Public Policy and Juris Doctorate from the University of California, Berkeley, Stein served as the student regent on the UC Board of Regents. For more information on our programs and activities, please visit our website, <https://democraticclublincoln.ca.org/>. New members are always welcome.

Italian Club

Activities are canceled at least through the first quarter of this year, and will resume when it's safe to attend. Check the website for updates. Check out the latest email series: In a Nutshell - Pasta, Mystery, and the latest one, Questo

e Quello (A Little of This and That). If you missed any, look on the website under "Blog Recent Posts." Shop at the Apparel Store on the website for hats and shirts with the Club's logo.

If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

Racquetball Group

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

Republican Club

Happy St. Pat's Day! It's been an exciting month for the Republican Club. February Zoom Speaker Judge Steven Bailey (running for California Attorney General 2022). Bailey expressed many concerns for our State, including Integrity in our elections. He spoke of Election Integrity Project's lawsuit against Ventura County, charging Election fraud. Lincoln Hills resident Republicans are invited to join our club. Dues are \$15/yr/pp. We will be having ongoing monthly Zoom meetings and various volunteer projects. Inquiries: www.RepublicanClubSCLH.org.

Shalom Social Group

Our bocce ball program continues to be successful. We have started a virtual happy hour (by Zoom) for our members every second and fourth Thursday at 4:30 PM. We are still planning our 20th (or 22nd) anniversary gala and hoping we will be able to hold it in person later in the year. We also plan a virtual Passover Seder in late March. Our April meeting program will be "Tales of Ellis Island," presented by our own Valerie Jordan. Learn about our activities and programs from our website, <https://sites.google.com/site/sclhssg>. For more information,

please contact Joanne Levy at 508-333-8590.

Shooting Group

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

We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting, at a privately owned facility just minutes from Lincoln Hills. We have no dues, but shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net.

For information regarding rifle





or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, Lincoln, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its activities until further notice. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.




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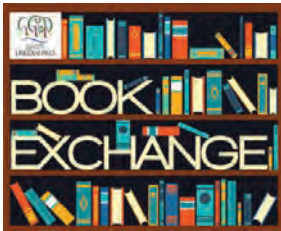
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SCLH Book Exchange

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

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



Conversations

Wednesday, March 17, 9:30 to 11:00 AM – Zoom (watch eNews for Zoom information)

Come share time with Robert Richardson, General Manager, 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.



Kiwanis
CLUB OF LINCOLN

Kiwanis Club

March 11 – April 3

Kiwanis Club of Lincoln will be selling See's Candy for the Easter Holidays, at the Lincoln Ridge Center, adjacent to the Orchard Creek Lodge, 10:00 AM to 4:00 PM, daily except Sundays. All proceeds benefit the youth of Lincoln and the surrounding area. Funds raised support college scholarships, library books for local schools, sports activities, clothing, food for the hungry, and other worthy causes. We also support the military with See's for Soldiers. We are a supporter of the Kiwanis Family House, which provides affordable temporary lodging for parents of children undergoing in-patient treatment at UC Davis and Shriners Hospitals for Children.

Zoom Movie

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



Zoom Movie: Catch Me If You Can (2002)

Monday, April 5, 1:30 PM – Zoom — **LSE313**

A true story about Frank Abagnale Jr., who, before his 19th birthday, successfully conned millions of dollars worth of checks as a Pan Am pilot, doctor, and legal prosecutor. An FBI agent makes it his mission to put him behind bars. But Frank not only eludes capture, he revels in the pursuit. Rated PG -13, 141 minutes. Biography/Crime/Drama. Online Registration is encouraged but not required.

Zoom Meeting ID: 885 7601 4182 • Passcode: Movies



Zoom Movie Classic: Some Like It Hot (1959)

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

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

Zoom Meeting ID: 850 4467 6078 • Passcode: Movies



Document Destruction

Monday, April 19, 10:00 AM to Noon, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and the number of boxes. Just look for the big Shred-It truck in the parking lot!

Lincoln Hills Swap Meet

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



Come by and see what is in store for you at our first Lincoln Hills Swap Meet! This event combines our annual Parking Lot Sale and specialty vendors from our Holiday Expo. So many brand new and pre-loved goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, crafters, artisans, boutique owners and,

specialty vendors of fun and unique items. You'll never know what you will find! Interested in selling? See page 56 for more information. *In case of rain, event is rescheduled to May 22.*



Walk for Multiple Sclerosis

April 24

Attention all walkers, cyclists, and scooters enjoying our beautiful neighborhoods and trails! Please join us for the 2021 Socially Distanced MS Walk. Help create a world free of MS – many of us living with MS are your neighbors and friends in this wonderful community! Wear our logo during your daily exercise, and join our Lincoln Trailmixers Team to support this annual fundraiser for MS research and services. Contact Team Captain Joni Deutsch at 916-434-7181 for details. Please use Google search: Folsom CA Walk MS 2021, to join our Lincoln Trailmixers team or donate.



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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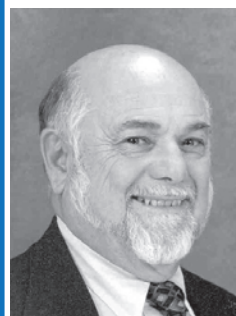


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Sometimes credit card or line of credit balances can creep up. Consolidation might be a smart move. No pre-payment penalties!

THIRD THURSDAY WORKSHOPS

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

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

Call **916.409.7424** to reserve a seat.

Call or stop by to talk with your friendly "hometown" reverse mortgage team!

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

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

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

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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



Artemis– Humanity's Return to the Moon

Thursday, March 18, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 84760129668 Passcode: Forums

Tim Pinkney, NASA Solar System Ambassador, will present the Artemis Space Program. NASA plans to land the first woman and the next man on the moon in 2024 using a radically different approach than the Apollo program from 50 years ago. The new Space Launch System (SLS) rocket and Orion crew capsule, Artemis I, is scheduled to launch in mid-2021

Join Tim for this, his second offering for our forum audience. Those who have seen him present previously found him engaging, knowledgeable, and overall, a superb communicator.



A One-Year Adventure on a Tuscan Farm

Thursday, April 1, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89564968440 Passcode: Forums

Kevin Marini is Placer and Nevada Counties' Program Coordinator for the University of California Cooperative Extension Master Gardener and Composter Programs, a position he has held for 17 years. He has trained over a thousand Master Gardener volunteers and also teaches the public through workshops and speaking engagements.

Kevin will share beautiful photos and stories from his year-long adventure as an intern on an organic farm in the magical region of Tuscany, Italy. From digging potatoes to singing in Italian to drinking plenty of wine – where there was no shortage of amazing experiences and wonderful people.



Sierra Pacific Industries (SPI)

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

Meeting ID: 82393714788 Passcode: Forums

Mark Luster, Sierra Pacific Industries (SPI) Community Relations Manager, has over 30 years' experience in the forest products industry and represents SPI in an eight-county region. Mark has worked in Lincoln since 1984 and has seen first-hand much of the changes and growth in our community.

Sierra Pacific Industries donates resources and time in the communities where they have operations. As part of this, Mark has served three two-year terms as the President of the Lincoln Area Chamber of Commerce and currently serves on their board.



MARCH 26 • 5:00 PM | Happy Hour at Home - LSE305
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Understanding Your Gifted Grandchildren

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

Meeting ID: 86520797986 Passcode: Forums

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



Spain Travelogue

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

Meeting ID: 88054620060 Passcode: Forums

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

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



Roaming the Sierra Nevada Foothills, Number 6

Tuesday, May 20, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89783275669 Passcode: Forums

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

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 Lavina.Samoy@sclhca.com

Notice:

*All dates listed for performances held
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 change based on State and County
 Re-opening Guidelines.*

—In-Person Community Event—



Lincoln Hills Swap Meet

Saturday, May 1
 8:00 AM to 1:00 PM

OC Parking Lot — **LSR33**

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

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

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

Free Concert!
Happy Hour at Home With The Insiders: THE SONGS OF TOM PETTY
 Featuring **Paul Cotruvo & Kiki Stack**



Friday, March 26
 5:00 PM – FREE via Zoom — **LSE305**

As part of our Lucky Leprechaun Celebration, enjoy Happy Hour at Home while you listen to Paul Cotruvo, and Kiki Stack, popularly known for performing as members of The Big Jangle Band, the San Francisco Bay Area Band dedicated to playing all things Tom Petty. They capture the Tom Petty and The Heartbreakers experience, not only playing the music of Tom Petty but the songs he covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. This will surely be a perfect afternoon to enjoy some music and your beverage of choice!

You must register online to receive the Zoom information for your free login.



—Livestream Presentation—



RUNNING ON EMPTY, A Close Analysis Presented by Yale Professor Marc Lapadula
 Thursday, March 18
 1:00 PM - Zoom

\$14 per Zoom device — **LSE308**

Marc Lapadula continues with his series on

Analysis of Great Cinemas. Discover one of the great cinematic works of Sidney Lumet, *RUNNING ON EMPTY* (1988). With multiple clips from the movie, the group will discuss and analyze the merits of this powerful cinematic work that stars River Phoenix, Judd Hirsch, Christine Lahti, and Martha Plimpton. The screenplay was written by Naomi Foner, who is the mother of Jake and Maggie Gyllenhaal.



Literature Live! The New Voices of American Fiction Presented by Professor Joseph Luzzi, Bard College

Monday, March 29

2:00 PM - Zoom

\$14 per Zoom device — **LSE309**

Who are the writers that are changing literary culture in the U.S. today? What themes do these writers explore, and how are they creating captivating new literary forms? This presentation will look at “literature in the present tense” in America as we explore the work of some of the most important emerging—and established—voices on the contemporary literary scene. The authors discussed will include Ben Lerner, Jhumpa Lahiri, Jonathan Franzen, Marilynne Robinson, Jenny Offill, Gary Shteyngart, Teju Cole, and more.

An Afternoon of Great Movie Clips with Yale Professor Marc Lapadula

Thursday, April 8

1:00 PM - Zoom

\$14 per Zoom device

— **LSE311**

Join Yale Film Professor Marc Lapadula for a close analysis and historical perspective of great movie clips



in a wide range of genres. We will look at movies from different eras that deal with timeless themes.

Why Ancient Literature Matters: Reading Homer and Virgil Today Presented by Professor Joseph Luzzi, Bard College

Tuesday, April 27

2:00 PM - Zoom

\$14 per Zoom device

— **LSE312**

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



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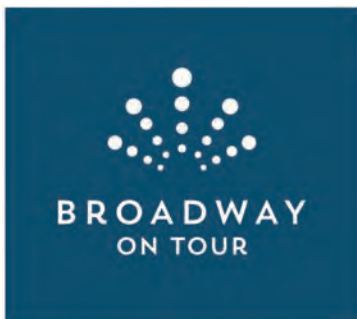
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Broadway On Tour
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We are happy to announce the 2021 Broadway on Tour (formerly Broadway Sacramento) Three-Show Series to be held in the newly renovated Community Center Theater now named SAFE Credit 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.

Choose from the following wonderful shows. Register early to secure your spot on the bus.

Hamilton

Tuesday,
 September 21
 — **LST347**
 \$154

Tony®, Grammy®,
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 and the Pulitzer
 Prize for Drama
 winner, and an
 unprecedented
 special citation
 recipient from the

Kennedy Center Honors, Hamilton finally comes to Sacramento! HAMILTON is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B, and Broadway. HAMILTON is based on Ron Chernow's acclaimed



biography. Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed when you load the bus.

An Officer and A Gentleman

Tuesday,
 November 2
 — **LST348**
 \$121

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

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



Charlie and The Chocolate Factory

Tuesday,
 December 28
 — **LST349**
 \$121

Roald Dahl's amazing tale is now Sacramento's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including

"Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed when you load the bus.



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

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A Made to Order

Teacup Spring Bouquet

Bring Spring cheers to anyone with our dainty Teacup Spring Bouquet. Lifestyle is selling unique creations made of Spring blooms and greeneries on a cute teacup set.



"Sometimes
the smallest things
take up the most
room in your
HEART"

- Winnie the Pooh

Register Online at www.SCLHResidents.com | Code **LSE310**. Place order by March 29.

Your Spring flower arrangement will be available for pick up in front of Orchard Creek entrance on **Thursday, April 1 at 2:00 PM**.

\$27 for one or \$50 for two bouquets. All prices inclusive of tax. **Orders must be made in one registration to receive the discount.**

Questions? Call **916.625.4073**



Register Online at
SCLHResidents.com



Questions? Contact Karla Hearron.
Karla.Hearron@sclhca.com

Livestream Classes

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

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

—Krafting with Karla and Lavina—



Kraf-TEA Party!
Tuesday, March 16
10:00 AM – Zoom
Free — **LSC3116**

As part of our Lucky Leprechaun celebration, please join us for a tea party! Enjoy the morning sipping tea and painting rocks with Karla &

Lavina. Rock painting is a simple act of kindness that's making a big impact in communities across the country to brighten the days of strangers and neighbors — one colorful rock at a time. Residents must provide their own tea, paintbrush, paint, rocks and smile. This will be a free social event to meet others as well as making colorful rocks. Painted rocks may only be placed inside your property/backyard. The community does not allow anything that will alter the natural landscape. We will be sharing painting tips with each other. Please register so we know how many to expect in the class.



Blooming Umbrella

Tuesday, March 30
10:00 AM – Zoom
\$20 — **LSC3117**

Create a beautiful umbrella door hanger to welcome Spring! Umbrella will feature faux spring blooms, greenery, and a beautiful hand-tied bow. This will make your home speak spring fever, and it sure will put a smile on the face of your guest. Each registrant will be

decorating an umbrella with acrylic paint to add color or a personal design. Supplies include an umbrella, two acrylic paints (yellow and green), spring flowers, greenery, and ribbon. Students must provide their own paintbrushes and other acrylic paints they would like to use. Supply pick up will be Monday, March 29, 2:00 PM at Orchard Creek Lodge front roundabout. NOTE: project may come out differently than the photo. ***This class may run longer than normal crafting classes***



Unique Veggie & Flower Arrangement

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

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



Cactus Rock Painting

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

Create a beautiful cactus garden that will live on forever. No watering required. ☺ The cactus garden will come with

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a flower pot, four rocks to paint, green and white craft paint, and pebbles. Students must provide their own paintbrushes and other acrylic paints they would like to use. Supply pick up will be Monday, April 26, 2:00 PM at Orchard Creek Lodge front roundabout.

—Movies—



The Comedic Art of Woody Allen

Wednesdays, March 24 - April 14
1:00 PM – Zoom

\$40 (four sessions) — **LSC3124**

Get ready to laugh as we take a journey of discovery with the great filmmaker Woody Allen. We will explore the career of this unique American artist and see four of his great films. First is the great

homage to Woody’s childhood *Radio Days*. Then we will see Mr. Allen’s love affair with his beloved *Manha*. Our third film is the Academy Award-winning love story *Annie Hall*. Finally, we journey with Woody to Europe and one of his recent films, the 2011 romantic comedy fantasy *Midnight in Paris*. Each class will include a lecture and a complete viewing of the movies. Instructor: *Ray Ashton*.

The Comedic Art of Mel Brooks

Wednesdays, April 21 - May 12

1:00 PM – Zoom

\$40 (four sessions) — **LSC3125**

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

—Dance—



Zoom Line Dance: Level 3 — High Beginner/Improver

Wednesdays, April 7-28

11:45 AM – Zoom

\$24 (four sessions)

— **LSC3126**

For dancers with line dance experience.

Class format: one-hour zoom class: 11:45 AM to 12:45 PM. Zoom admittance starts at 11:30 AM. (Students are muted on Zoom when class starts.) Learn new dances and review other dances. There will be at least a one-wall walkthrough of steps before beginning each dance. We know that Line Dance class on Zoom cannot be compared with dancing in the same room, but it is a good way to stay in touch and keep dancing! *About the Instructor:* Ellen is a new resident of Lincoln Hills. She became hooked on line dancing in 2002 and enjoys teaching line dance too. Since 2017, Ellen has taught five classes weekly in Santa Rosa. She began to teach line dance on Zoom in August.

In-Person Outdoor Classes

—Art—



Mixed Media Art Journalling

Thursdays, April 8 & 22

10:00 AM - Zoom

\$45 — **LSC3129**

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

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—Dance—



Line Dance Level I – Absolute Beginner (Intro)

Mondays, April 5-26
10:00 to 11:00 AM
KS Parking Lot
\$28 (four sessions) — **LSC3127**

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



Line Dance Level 2 – Beginner

Thursdays,
April 1-29
10:00 to 11:00 AM,
KS Parking Lot
\$35 (five sessions)
— **LSC3128**

This is an In-person class. Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class. Instructor: *Yvonne Krause*.

Notice:

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

- Line Dance - All Levels
- Mixed Media Art Journaling
- Oil and Acrylic Painting: Intermediate/Advanced
- Pastel and Watercolor: Intermediate to Advanced
- Ceramics – All Levels from Jim Alvis
- Card Making – All Levels
- Clogging – All Levels
- Country Couples Western Dance – All Levels
- Hula
- Jazz Beginner & Performance
- Line Dance – All Levels from All Instructors
- Line Dancing 4 Fun
- Country Line Dancing
- Tap Classes with Alyson
- Stained Glass
- Guitar – All Levels
- Folk Guitar for Fun Folks – All Levels
- Intro to Swing Guitar – Intermediate Level
- Ukulele – All Levels
- Sewing Certification
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PEEP ON A PERCH

has been spotted at Sun City Lincoln Hills



Find the Peep! Take a pic! Get a raffle ticket!
Then return it to OC WellFit's front desk so it can hide again.
The fun begins Monday, March 22 thru Good Friday at noon.

(Drawing winners will be announced on Friday,
April 2 and in the Easter Sunday eNews, April 4.)

Check the WellFit eNews for hints and clues.

For more information contact
Danielle.Merrill@sclhca.com



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WellFit Orientations

Updated! Free Orientation: WellFit Staff

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

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Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It

can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact **Rebecca Kang** at rebecca.kang@sclhca.com or 916-625-4034.

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Disease Prevention & Management Session-Based Classes

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

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

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

Arthritis

Location & Time: TBD

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

Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option. *Please sign up before the first day of class.*

Lessons

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



Beginners Pickleball Lessons

Sunday, April 4-25

Noon to 12:50 PM

Location: Pickleball Courts

\$70 (4 sessions)

If you have never played Pickleball before, this is designed especially for you!

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

MARCH 2021 COMPASS | 67

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Advanced Beginners Pickleball Lessons

Sunday, April 4-25

1:00 to 1:50 PM

Location: Pickleball Court #5

\$70 (4 sessions)

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

Intermediate Pickleball Lessons

Sunday, April 4-25

2:00 to 2:50 PM

Location: Pickleball Court #5

\$70 (4 sessions)

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

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

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Location: Pickleball Courts

Free

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

**Nordic Pole Walking**

Location & Time: TBD

By adding Nordic Poles to your walking routine, you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles;

reduce impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge, with the option to purchase at the final session. Instructor: *Dr. Richard Del Balso*.

Mindful Movement

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

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

Tuesdays, April 6-27

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

\$48 (four sessions)

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

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

Tuesdays, April 6-27

3:00 to 4:00 PM

Aerobics Room (KS)

\$48 (four classes)

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Peli Fong*.

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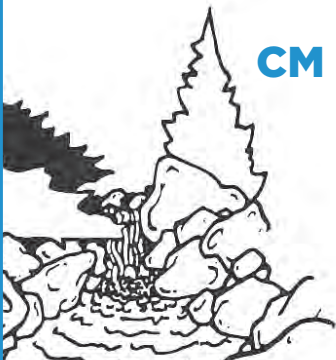
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Personal Improvement

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

NEW! Laughter Wellness ****VIRTUAL CLASS****

Wednesday, April 14
11:00 AM to Noon - Zoom
\$20 (one session)

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

NEW! Strengthen Your Memory ****VIRTUAL CLASS****

Wednesday, April 28
11:00 AM to 12:15 PM - Zoom
\$20

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



8 Steps to Feeling Calm and Happy ****VIRTUAL CLASS****

Thursdays, April 1-22
1:00 to 2:00 PM - Zoom
\$97.00 (four sessions)

In this class series, you will receive (4)

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



Hope for Loneliness ****VIRTUAL CLASS****

Wednesday, April 21
11:00 AM to 12:15 PM - Zoom
\$20 (one session)

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



Living with Knee Pain

Wednesday, April 7
11:15 AM to 12:15 PM
Aerobics Room (KS)
depending on county guidelines for COVID restrictions
\$20 (one session)

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

of experience. Class fills up quickly! Please sign up at least 48 hours ahead. Sign-ups begin on the 17 of the month at 8:00 AM.



Traditional Shotokan Karate
 Saturdays, April 3-24
 2:00 to 3:00 PM
 Location: Sports Pavillion or Aerobics Room (KS)
 \$20 (four sessions)

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

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.*



Bitcoin: A New Technology
 Tuesday, April 13
 11:00 to 11:45 AM
 or 5:00 to 5:45 PM
 Zoom
 \$5 (one session)

Since 2017, the popularity of Bitcoin and other cryptocurrencies has surged, bringing the topic and debate over validity and uses into the finance, business, and media spotlight. Join us for this educational client conversation as it focuses on Bitcoin, which is currently the largest and most popular cryptocurrency. Instructor: *The Abbott Group*.



How to Play Sudoku
 Coming in May!
 Zoom
 \$5 (one session)

Sudoku has become one of the most popular puzzles on the planet and is most likely played by many of your neighbors and friends. The fun thing about Sudoku is that it does not involve math at all, rather just basic logic. Once you learn this logic and how it applies to solving Sudoku puzzles, your brain will feel healthier, and your confidence will grow. He will teach you his personally developed and simple to understand Four-Step system that will help you to understand the logic needed to successfully solve puzzles. This system will make the puzzle easier to play plus increase your speed if that is of interest. Instructor: *Russ Abbo*.

Nutrition

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



Re-Start—Your Health in Just Five Weeks
 Coming soon in May!
 5:00 to 6:30 PM
 Aerobics Room (OC)
 \$149 (five sessions).

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



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Pilates Reformers and Towers

Pilates is back and will be held in the Aerobics Room (OC)!

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

All Pilates Classes are \$17 each and require a MindBody account. Please contact Danielle Merrill for more information and to sign up if you do not already have an account: Danielle.Merrill@sclhca.com or call 916-625-4032. Look for the modified class schedule towards the back of the compass. This is just as we are starting out again, increased class schedule and membership options to follow.

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 one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer 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 to schedule with one of the reformer instructors, please contact Danielle Merrill at Danielle.Merrill@sclhca.com.

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

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. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is 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.**

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**SGT—
Pulmonary
Exercise Class**
Coming Soon
Location: TBD
\$68 (4 sessions)

This class will feature exercises that improve exercise tolerance

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



**New! (Seasonal)
SGT—Walk on
the Wild Side L1**
Wednesdays
April 7-28
First class meets
at OC Fitness
Center

11:00 to Noon
\$68 (4 sessions)

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



**New! (Seasonal)
SGT—Pick Up
The Pace L2**
Wednesdays
April 7-28
First class meets
at OC Fitness
Center
12:30 to 1:30 PM
\$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**

**TBD depending on
county guidelines for
COVID restrictions**

Tuesdays & Thursdays
April 6-29

11:15 AM to 12:15 PM
location: TBD

\$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**

**TBD depending on
county guidelines for
COVID restrictions**

TBD

location: TBD

\$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

**TBD depending on county guidelines for COVID
restrictions**

Tuesdays & Thursdays, April 6-29

12:30 to 1:30 PM

location: TBD

\$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/Rex Owens/MaryAnn Depietro.*



SGT—Posture, Core and Balance L1/2
TBD depending on county guidelines for COVID restrictions
 Mondays & Wednesdays
 April 5-28
 12:30 to 1:30 PM
 location: TBD
 \$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
TBD depending on county guidelines for COVID restrictions
 Mondays & Wednesdays, April 5-28
 1:45 to 2:45 PM
 location: TBD
 \$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.*

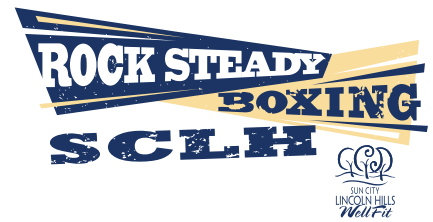


SGT—Therapeutic Water Exercise L1
 Fridays,
 April 2-30
 \$85 (five sessions)
 11:15 AM to 12:15 PM
 Indoor Pool (OC)

Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is

unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Lisa Fisher.*

SGT—Rock Steady Boxing
TBD depending on county guidelines for COVID restrictions
 Thursdays
 April 1-29
 1:45 to 2:45 PM, location: TBD
 \$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
TBD depending on county guidelines for COVID restrictions
 Fridays, April 2-30
 1:45 to 2:45 PM, location: TBD
 \$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—ParkinsonStrong Combo
TBD depending on county guidelines for COVID restrictions
 Thursdays, April 1-29
 3:00 to 4:00 PM
 location: TBD
 \$85 (five sessions)

Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine

content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Milly Nuñez*.

Live Stream Class Passes



Tuesday and Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your

account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may

cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

TBD depending on county guidelines for COVID restrictions

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored grids on pages 78-81 for days and times. *Note: Due to Covid limitations, there are no Fast Pass Classes at this time.*

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 OUTDOOR & VIRTUAL Class Schedule March/April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
9:00am	Zumba Toning L2 - <i>Joanie</i>	Core & Strength L2/3- <i>Kim</i>	Cardio Strength L2 - <i>Beth</i>	Core & Strength L2/3- <i>Kim</i>	Zumba Toning L2- <i>Ruby</i>	Yin Yoga L1-3 - <i>Katie</i>	
12:30pm	Posture, Core & Balance - <i>Renee</i>	TRX Circuit - <i>Rex</i>	Posture, Core & Balance - <i>Renee</i>	TRX Circuit - <i>MaryAnn</i>			
1:45pm	Balance & Fall Prevention - <i>Renee</i>		Balance & Fall Prevention - <i>Renee</i>	Pulmonary Exercise - <i>MaryAnn</i>			
<p>VIRTUAL LIVESTREAM join through <i>MindBody</i> for help logging in, email <i>Danielle.Merrill@schca.com</i></p>							
9:00am	Zumba Gold <i>Joanie</i>			Zumba Gold <i>Joanie</i>			
11:30am			Aerobics Room Reserved for Lifestyle 11:30am to 1:00pm				
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based, sign-up ahead)			
30 min Group Exercise Classes (Fast Pass) \$2.50				Small Group Training - SGT (session based, sign-up ahead)			
<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>							

KS WellFit Class Schedule March/April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45	Cycle & Floor Strength Stretch L2 - Gretchen	Core-N-Strength L2/3- Kim	Cycle & Floor Strength Stretch L2 - Gretchen	Core-N-Strength L2/3- Kim	Zumba Toning L2 - Ruby	Cardio Strength L3 - Katie	
10:00	Cardio Strength L3- Gretchen		Yoga Basics - Slow L2/3 - Gretchen	Yoga Basics - Slow L2/3 - Gretchen	Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 - Katie	
11:15		SGT - 'Functional Fit L3 - Deanne	Live! - Back Pain - April 7 - Lisa Kwon	SGT - 'Functional Fit L3 - Deanne		Traditional Shotokan Karate L1/2 - Al	
12:30	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - Gretchen	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - Gretchen			
1:45	SGT - Balance and Fall Prevention - Renae	SGT - Balance and Fall Prevention - Renae	SGT - Balance and Fall Prevention - Renae	SGT - Park Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
3:00		Ta Chi L2 - Bob		SGT - ParkinsonStrong Combo L1 - Milly			
4:15							
5:30							
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based, sign-up ahead)			
30 min Group Exercise Class (fast Pass) \$2.50				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.							

TBATA
 We are ready to run when we reach redifier!

OC Aqua WellFit Class Schedule March/April 2021

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

Pilates Reformer WellFit Class Schedule March/April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC

7:30am

9:00am

10:30am

12:00pm

1:30pm

3:00pm

4:30pm

With the unpredictable and changing COVID guidelines,
please check schlresidents.com for most up to date class schedule in WellFit.
Also, make sure you are signed up to receive our eNews; emails go out twice a week.
We will be opening our Pilates Reformer program as soon as we move to the red tier.
For more information please contact Danielle.Merrill@schlca.com or 916-625-4032

All classes are subject to change without notice.

All classes are one hour unless otherwise noted.

All classes are subject to cancelation for insufficient registration 24 hours prior to class.

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

HOURS (CURRENT AS OF 2/24/2021)

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

Membership Desk BY APPOINTMENT ONLY Mon–Fri: 8:30 AM–4:00 PM	WellFit (oc) RESERVATIONS REQUIRED Mon–Fri: 7:30 AM–5:30 PM Sat–Sun: 8:00 AM–5:30 PM
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Meridians Resaurant Outdoor Grab & Go Counter: Daily: 11:00 AM–4:30 PM Curbside Pickup & SCLH Delivery: DAILY: 11:00 AM–6:00 PM	CURRENTLY CLOSED: Lodges (OC/KS) Lifestyle Desks (OC/KS) WellFit (KS) Kilaga Cafe Catering Office
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The Spa at Kilaga Springs
Mon–Fri: 9:00 AM–6:00 PM
Saturday: 9:00 AM–5:00 PM

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THE SPA AT KILAGA SPRINGS

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

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Jack Harris..... Vice PresidentJack.Harris@sclhca.com
Craig Fraser Treasurer Craig.Fraser@sclhca.com
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FOOD & BEVERAGE

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

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Barbara Branch: 916-622-5490
Neighbors InDeed916-223-2763neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
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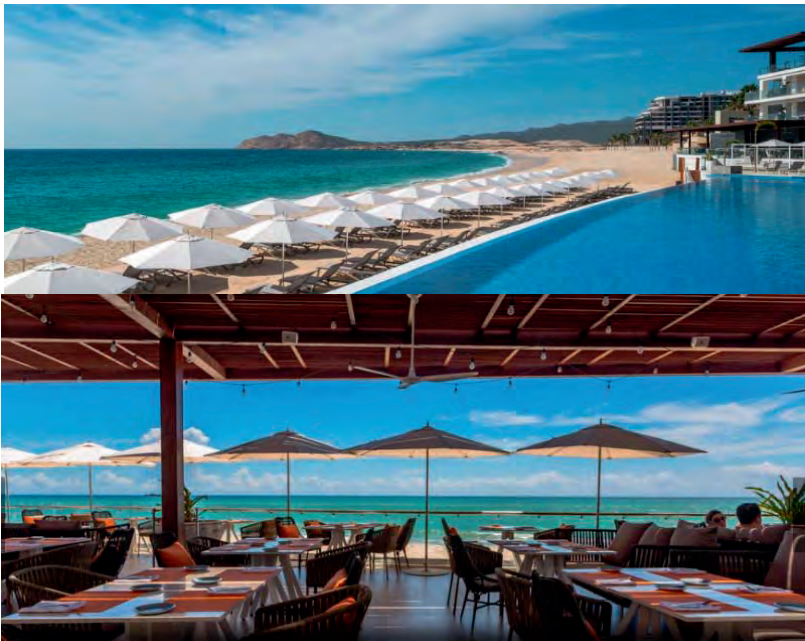
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