

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



15 One for the Books

21 Learning a New Skill

Calendar of Events

September 16 – October 19

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

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Upcoming Association Meetings: September 15 – October 31	
Finance Committee Meeting	Wednesday, September 15, 9:00 AM
Board of Directors Meeting	Thursday, September 23, 9:00 AM
Board of Directors Executive Session	Thursday, September 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, September 27, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, October 5, 9:30 AM
Special Election Committee Meeting	Tuesday, October 5, 2:00 PM
Compliance Committee	Wednesday, October 6, 9:00 AM
Board of Directors Special Meeting	Thursday, October 7, 9:00 AM
Elections Committee Meeting	Friday, October 8, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, October 11, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, October 12, 10:00 AM
Special Election Committee Meeting	Tuesday, October 12, 2:00 PM
Properties Committee Meeting	Wednesday, October 13, 9:00 AM
Board of Directors Workshop	Thursday, October 14, 10:00 AM
Finance Committee Meeting	Thursday, October 21, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, October 25, 9:00 AM
Board of Directors Meeting	Thursday, October 28, 9:00 AM
Board of Directors Executive Session	Thursday, October 28, 11:30 AM

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

VOLUNTEER OPPORTUNITIES!

Committee Openings

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

- Compliance Committee
- Properties Committee
- Finance Committee

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

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On the Cover
Kilaga Springs Library
—Photo by David Wright



Board of Directors' Report
Let Your Voice Be Heard
Craig Fraser, Treasurer



The Special Election is underway, and by now, you should have received your ballot in the mail. I ask you to please spend time familiarizing yourself with the important proposed amendments:

1. Reinstate the one-time Fixed Mandatory Assessment (FMA) charged to new buyers and exempt the fee if a current homeowner moves from one primary home to another.
2. Require a membership vote to change to an outside management company.
3. Eliminate cumulative voting.
4. Extend Board members' term of office from two to three years by electing three candidates one year and two candidates each of the other two years.
5. Update governing documents to be consistent with our current practices and terminology.

This election will impact your dues, your property values and your community's beautiful amenities. Please make every effort to understand the proposed changes and VOTE to let your voice be heard. Visit the Resident Website, www.sclhresidents.com for details and to locate informational events. You can also watch the webinars and videos explaining each amendment.

If you have NOT received your ballot, please contact Christy Goodlove, Executive Assistant at Christy.Goodlove@sclhca.com. Ballots are due by **3:00 PM Wednesday, October 6**. Instructions on how to complete and submit your ballot are in the ballot packet.

Reopening the community is an important priority of the Association. We are making every effort to make available all the amenities you enjoy. This is challenging, and with every twist and turn this pandemic has presented, the board and staff are working hard to rise to the challenge. We appreciate your patience and understanding and ask for your continued support in this process.

Every day, I am reminded that our community is a great place to live. We are powered by the residents who volunteer for committees, task forces, club boards, and events to ensure we all enjoy life in Lincoln Hills. You, too, can reap the rewards of volunteering.

If you need details on any of these items, be sure to check the Resident Website where you can sign up for our eNews. Please exercise your right to VOTE. We truly need everyone's input. Now is the time for your voice to be heard!



Special Election We Are Almost There!

Janet Becker, Chair

We have been told repeatedly that we have oversaturated our community with the Special Election. Yup, we know that. Yet, it is our responsibility to ensure that every stone is turned to inform our Members about this very important election that will affect the future of our Association. We are still hearing from people who do not know we are having a special HOA election. Hard to believe, right?

So, to those of you who have said “enough already,” we are almost there.

The ballots have been sent. They are being filled out by our Members and returned to our Inspector of Election by mail or dropped in the ballot box at Orchard Creek Lodge. Our informational events have all been held. We are working hard to reach our goal of 5,000+ ballots returned. The end is in sight. Whew!

Dozens of our Members stepped up to volunteer for this monumental effort! Thank you, each of you, for:

- Helping with the many informational events in our pocket parks and neighborhoods
- Passing out information at our Summer Amphitheater Concert Series
- Answering questions at the Farmers Market
- Placing “get out the vote” street signs
- Walking the neighborhoods to place door hangers

- Making root beer floats deluxe at the Float and Vote

- Scooping ice cream at the Ice Cream Social
- Wearing “Ask Me” buttons
- Reaching out to all your neighbors and friends to make sure they VOTE.

This is indeed a community effort, and your help is very much appreciated.

If you have not voted, it is not too late for your voice to be heard. In just a few weeks, we will be counting the ballots under the supervision of our Inspector of Election. Don't miss your opportunity to vote before the 3:00 PM October 6 deadline when voting is closed.

Ballot counting day and the Special Meeting of the Board of Directors will be 9:00 AM, Thursday, October 7, in the Ballroom (OC).

Depending on COVID restrictions, we may have room for Members to observe the counting process. A live Zoom stream is also being provided. Look for eNews with the Zoom link and the determination of observer access. Once counting is completed and the results verified by our Inspector of Election, the results will be announced, placed on the Resident Website (sclhresidents.com), and sent via eNews.

Although the end is in sight, it's not too late to get those last-minute ballots returned. So please help us get out the vote.



Residents join Board members to become informed voters.



Finance Committee

July Results

Fred Raach, Chair

In July, the Association's financial performance was better than budget by \$88,000, raising the year-to-date positive variance to \$459,000. Total expenses through July were \$7,959,000, \$262,000 less than budgeted, and non-dues revenue (primarily fees charged by operating departments) was \$2,040,000, \$197,000 more than budgeted. The budget anticipated a \$63,000 deficit, i.e., expenses exceeding total revenue including dues, at the end of seven months versus actual results of a \$396,000 surplus.

The budget assumed that beginning in June, Association operations would be fully open and produce a large increase in non-dues revenue. That was not achieved in June, but this month, non-dues revenue exceeded the budgeted amount, primarily driven by large increases in Lifestyle and Food & Beverage revenue.

The chart shows the year-to-date savings or overages by function. Personnel costs continue as the largest contributor to overall savings. Savings in Landscape Maintenance are due to deferral of planned activities that may occur this year if sufficient staff is available. Legal expenses for the seven months exceeded budget by \$112,000, which made up the bulk of the overage in Administrative Expenses. The cost of water is driving the negative variance

in Utilities. Increased usage and higher rates produce monthly costs about \$14,000 over budget and can be expected to continue.

Overall, department net results were \$88,000 better than budgeted in July. All departments were better than budget except Administration, the Spa, and Food & Beverage. Administration was impacted by increased legal expenses and higher charges for Human Resources services. Salaries over budget caused the Spa's negative result this month, but it remains positive for the year. In the first six months of this

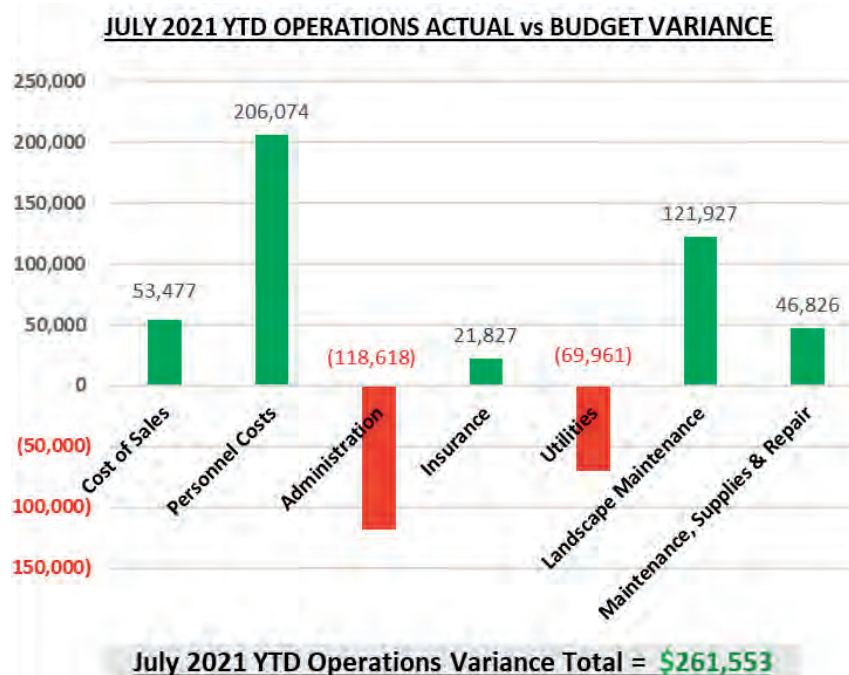
year, Food & Beverage lost an average of \$36,500 a month. In July, the loss was \$9,000, achieved through increased revenue and a significant decrease in the cost of sales.

The Reserve Study shows \$2.1 million of components qualified for replacement in 2021. \$868,000

of reserve funds has been spent through July, primarily on street light replacement, fencing, the Kilaga pool, and the Sports Plaza.

The unallocated balance of the Community Enhancement Fund at July 31 remained at \$1.2 million. The only expenditure during the month was \$31,000 on the Kilaga pool.

More detailed information on the financials is available on the Resident Website in the Library section under Financials and from the videos of the Finance Committee meetings.





Architectural Review Committee Paint Colors

Carole Dummett, Chair

The ARC meets on the second and fourth Monday of every month at 9:00 AM except December, which is scheduled for the second Monday only. Unfortunately, our current facilities do not permit us to have space available to accommodate residents and their contractors. Our Facilities Department is understaffed, so this will continue until we have adequate personnel to meet our needs. This committee enjoys meeting with the residents and contractors, as it is helpful if we have questions or concerns that can readily be answered. We will place a notice in eNews when, once again, this is available to the community.

You may contact Jessie Krost, Community Standards Coordinator at jessie.krost@sclhca.com or arc@sclhca.com if you have questions or input regarding your future improvement. This is an excellent tool to provide answers prior to being placed on our agenda.

There continues to be confusion about paint color requirements. The issue usually becomes painting the house the existing color, which requires documented proof of color and availability. Many of these colors have been discarded throughout the years or the manufacturer is no longer in business. Without this information, please be assured many of the color

palettes in our Sherwin Williams paint book will be similar to your current color. The paint book is available at the Orchard Creek Lodge Lifestyle Desk for your review. Applications are located in the Resident Information Center. It benefits the resident and the community to have an approved paint color on file, thereby avoiding future non-compliance issues, which can be quite costly.

All open space and golf course lots are eligible for the standard wrought iron fence per Design Guideline 7.10 requirements. However, if the intent is to place the fence on the property line, both neighbors must be contacted and a Common Wrought Iron Fence Agreement signed and submitted with the ARC Application. This requirement prevails in all situations unless the fence will be placed 6 inches into the applicant's property.

We are experiencing the resignation of Sam McKee, our Community Standards Manager, so please be patient with the processing of paperwork and inquiries.

Please consider joining the Architectural Review Committee, especially if you have an interest in all exterior property improvements. Our Design Guideline Standards assure all homeowners that we remain consistent with the enhancement of the community.



Compliance Committee
Lights, Camera...Action?
David Mateer, Chair



Well, we are not making a lot of movies in our community, but there are lots of lights and cameras. Cameras have become relatively common for home security. They let you know when someone is visiting or the delivery person shows up. The most common cameras seen are the ones that replace your doorbell. There are several brands, and most security companies also offer this as an option. These doorbell cameras do not require any approval by the ARC (Architectural Review Committee) when they are installed.

There are guidelines for general video surveillance cameras. This is Section 27 of the Design Guidelines and ARC Checklist 6. Yes, ARC approval is needed for these surveillance cameras. Generally, they should be mounted under the eaves of your home and provide coverage of the desired area. Multiple cameras may be installed up to a maximum of eight. That would be a lot of cameras. The area

covered by the camera should include your property and can also extend into the public sidewalk and street. Of course, it cannot include your neighbor's property. Some privacy, please. The checklist will assist with the details for planning and approval.

Changes and additions of exterior lighting fixtures also require ARC approval. Section 42 of the Design Guidelines and Checklist 21 cover the requirements. There are lots of attractive styles available, including coach lights with motion and dusk to dawn sensors. Several residents also have a desire to add additional lights for security and general visibility. Please also consider how much light it will shine. Anything over 2,000 lumens (equivalent to three 65-watt bulbs) will likely be overkill and bother your neighbors. The light should be directed on your property and glare minimized on adjacent residences.

I hope this helps to get lights and cameras, should you desire them.



Properties Committee Physical Properties

Lynne White, Committee Member

What does “Physical Properties” mean? The Properties Committee is responsible for the appearance, maintenance, and care of all Physical Properties. As you come and go throughout our community, it might never occur to you how hard the Association works to keep everything in such good working order. For example: If you attend an event in the ballroom, take time to look around. We are responsible for everything in the room. This includes the carpet, furnishings, lighting, audio, and wallcoverings to name a few items.

Maybe you and a friend want to play billiards before going home. The Properties Committee wants to add to your enjoyment with the beautiful lighting, furnishings, and new pool tables. Having a pleasant atmosphere while participating in an activity often enhances the experience.

When you walk to your car, we are responsible for all of the paving, overhead roofing, solar panels, striping, and landscaping. Some of our projects involve maintenance, but other projects are for your enjoyment.

Conserving water is a priority, therefore, many of the sprayers have been changed to drip irrigation.

Shrub reduction, unhealthy tree removal along Spring Valley Parkway, and mulch replacement are in the pipeline.

For our tennis and pickleball players, the cracks on the courts are being addressed as they occur. This will be an ongoing effort. You can expect the sports complex parking lot expansion in the future.

We have a street-light replacement program by villages. However, if your street has a burnt-out or dimmed bulb, let us know. As you can tell, we are everywhere in our community. We want the residents of Lincoln Hills to be on the alert when they are out and about. Let us know when anything needs our attention.

We have a committee of seven people to address the physical properties, plus staff. We are all willing to inspect and repair any problems you report. Please make note that you can contact

us at Properties.Committee@SCLH.com. Bill Szabo is our Chair. He will always respond to your request or pass it along to the appropriate department. We hope you make a choice to participate in your future. Please, do not sit back and miss out on the opportunity to be engaged in your wonderful active adult community. We are here for you.



Clubs & Community Organizations

Recognized Clubs

Michael Deal, Chair

In the August *Compass*, we detailed what it takes to form a Recognized Club. This month we address the upside for residents who wish to create a new club. The status of Association Recognized Club entitles the club to receive multiple benefits.

1. Recognized clubs may request the use of Association facilities for meetings at no or minimal cost.

2. Lodge Display Windows located along the Orchard Creek Lodge social hallway, provide clubs the opportunity to promote their activities and to encourage club members and guests to attend club meetings or promote a special club event.

3. Promotional avenues are available to clubs, such as inclusion in the *It's the Lifestyle Club Expo*, placement of flyers in Orchard Creek Lodge along with an annual one-half page ad in the *Compass*.

4. Liability insurance coverage, as well as security bonding for club leaders, is extended to clubs through the provisions of the Association insurance coverage.

To obtain any of these exclusive benefits, all Recognized Clubs agree to follow certain Association

rules and policies that relate to club operations and its relationship with the Association.

Association members may form clubs that are not officially recognized by the Association. These clubs are not subject to the provisions of the Handbook and do not receive most of the benefits of being a Recognized Club. However, these clubs may interact with the Association, including use of Association facilities, advertising in Association publications, and in other ways, after agreeing to pay for these services and meeting other Association criteria.

The CCOC is here to work to educate Recognized Club representatives about the Association rules and policies as well as other matters of interest to clubs.

Review recognized Club Applications, revisions to Bylaws, and requests for club dissolution along with making recommendations to the Board of Directors for their final decision.

Consult the Club Information and Guidelines Handbook for all the details you will need to form a club. See you next month when I will discuss club restrictions.



JOIN US



Lifestyle News & Happenings

New Beginnings

Lavina Samoy, Lifestyle Manager

Meet the Fresh Faces of Lifestyle!



From L-R : Susie, Robyn, Michael, Judy, Calvin and Randy

With more than half the year over, the Lifestyle Desk is almost back to its regular schedule. We have five new team members who joined our Guest Services Team at the front desk, bringing fresh energy to our seasoned group of monitors.

Meet our new team members:

Calvin – a three year resident, he retired during the pandemic to enjoy the lifestyle. He recently joined the Pickleball Club and hopes to make use of the expanded courts.

Robyn – happily married, retired registered nurse, dog lover. Hobbies include machine embroidery, sewing, crafting, meeting new people, and cruising. You can also see her volunteering at our events.

Michael – joined the team to meet new people and serve our community. He enjoys the Billiards and Water Volleyball Clubs and playing golf during his free time.

Judy – after being a volunteer for many years, she decided to join the staff of Lincoln Hills. A people person, she especially enjoys assisting those who are in need of a little extra help.

Randy – loves to help people! He is a proud grandfather who loves to spend time with family and traveling with his wife. Hobbies are wine tasting, playing guitar, and golf, which he hopes to do more of soon!

In addition to the fresh faces at the Lifestyle Desk, Susie Hughes has joined us as our Lifestyle Assistant Manager to lead our dynamic front desk team. Susie enjoys meeting new people and serving others and is excited about making a connection with the residents. Her combined experience working at the Rocklin School district, a travel agent, and a cruise ship events organizer, have prepared her for the fun, challenging, and exciting world of the Lincoln Hills lifestyle. She did say she was a mascot in her past work life...so a definite fit for our fun team!

Meet them at the front desk when you register for upcoming shows in **October and November (page 63)**. **Yale Film Professor Marc Lapadula** is back in person with his movie presentation, **Courtroom Dramas, October 12 (page 64)**. Overnight Trips are returning. We are heading to the **Great Italian Festival in Reno, October 8-9**, combining gaming and a great festival experience (**page 67**). For new “trip-pers,” please ask for a copy of the Trips FAQ to learn more about our travel program. For those with mobility issues, please advise us during registration so we can make accommodations whenever possible. Learn about **new classes starting on page 70** and get excited about the **Holiday Expo on October 27 (page 53)**.



The Spa at Kilaga Springs Muscles, Nerves, Tendons, and All!

Breann Reese, Spa Manager

Did you know touch is the first sense to develop in humans and the last to fade?

There are approximately five million touch receptors in our skin – 3,000 alone in a single fingertip! The four senses of sight, hearing, smell, and taste, are located in specific parts of the body. The sense of touch is located throughout the body, in your largest organ, the skin. The sense of touch originates in the bottom layer of your skin, called the dermis. The dermis is filled with tiny nerve endings that give you information about what your body is touching or experiencing. Nerve endings carry the information to the spinal cord, which sends messages to the brain where the feeling is registered. Nerve endings in your skin help to tell you if something is hot, cold or if something is hurting. While many of us wish we could do away with pain receptors and live a blissful pain-free life, the fact is they play an important role to signify when your body is under stress.

With our hands and feet containing the most amount of nerve endings in the body, these are areas we need to give some extra attention to in order to prevent, treat or manage pain such as arthritis, plantar fasciitis, or common hand and foot pain due to repetitive use. With each step you take, the force could be two or three times your body weight. Even up to seven times your body weight for more strenuous activities like running

or jumping. With this kind of impact, it is important we take some extra time for self-care, allowing us to bounce back from day-to-day activities with more ease. Here are some self-care tips for the hand and feet:

- Roll your foot on a frozen water bottle, tennis ball, or golf ball.
- Do ankle pumps, moving the foot up and down.
- Circular motions for your ankle and wrist.
- Soak your feet in an Epsom salt bath to help reduce pain and inflammation. Check out Sonoma Lavender retail offerings at the Spa.
- Apply CBD or arnica creams to a targeted area for a quick on-the-go treatment. Kniepp joint and muscle gel and Lane4 CBD are available for purchase at the Spa as well!
- Book a massage session to focus on the hands or feet! Check out our Spa specials on page 59. Treat yourself to a luxurious hand or foot upgrade on your next massage or facial!
- Try out our 30-minute All about the Feet massage that includes Reflexology, Swedish, and Pressure point techniques, currently on special.

Focusing on self-care is an integral part of our well-being. If you are dealing with any form of chronic pain or tension and are not sure what treatments or products are best suited for you, just stop by the Spa to speak with one of our professional service providers. We are here to help!



WellFit News**Reset Your Routine***Deborah McIlvain, Lifestyle, WellFit & Spa Director*

If you want to make a new fitness routine stick, September is the month to do it. If you have found it challenging to stick to a fitness routine amidst the chaos of lockdown, gym closures, and staycations, do not worry – September is calling, and it is a perfect time to reset your fitness routines, set new goals, and reclaim your motivation.

Why September? For most people, New Year's resolutions and January 1 act as a marker for a whole new fitness goal. However, September is more effective in starting a completely new fitness routine. The mornings and evenings are lighter, giving you time to exercise outdoors at the beginning and end of each day. The weather will also be nicer than in January. In September, you will not have the public pressure of sticking to a New Year's resolution. You can quietly build up your fitness routines, which means that you are much more likely to stick to your workouts as the weather turns colder.

You can start a solid fitness routine with one of our

small group trainings. This class will allow you to work in a small group with a personal trainer, where you can also meet other residents that can offer support and motivation. Not sure which one to take? Look at the levels and the descriptions of classes. I always tell my clients to find something you enjoy, think about what you liked to do as a child and maybe that will spark some interest.

We are offering a new SGT Urban Pole Walking, check out our ad on page 78. Or jump out of your comfort zone and try something new, you never know when you might find a new passion.

Also, important is the class time and days. This needs to work for you if not, you will be less likely to do them. Questions on where to start, you can reach out to the WellFit team, Danielle Merrill, WellFit Program Manager, or Rex Owens, Fitness Supervisor, they are here for you! You can find our contact information in the back of the *Compass*.

It's an opportunity to take back some control in areas where we have all felt a bit powerless, set goals, and create healthy routines that are focused on ourselves.

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Kay Parisot, Sandy Melnick, and Adrian Felice lead volunteers

One for the Books

Linda Lucchetti, Roving Reporter



Residents enjoy using the Kilaga Library

"I have always imagined that Paradise will be a kind of library."
—Jorge Luis Borges, Argentine writer.

For residents who love to read, the Library at the Kilaga Springs Lodge and the Reading Room at the Orchard Creek Lodge might resemble paradise, or at least an oasis— a peaceful place where you're surrounded by books and fellow bookworms. New and prospective residents have been known to "ooh" and "aah" while touring

our community and its lodges, lingering a bit longer to peek in and admire these hidden gems.

Both the Library, situated at the entrance of the Kilaga Springs Lodge, and the Reading Room, adjacent to the lobby of the Orchard Creek Lodge, are eye-catching and welcoming, not to mention lined with books for casual glancing or in-depth reading.

Each location is a definite amenity, but neither one operates by itself. It takes a cohort of volunteers, some 30, as well as a few fearless leaders to supervise overall operations. Enter Sandy Melnick and Adrian Felice, who oversee the Kilaga Library, and Kay Parisot, who manages the Reading Room at Orchard Creek Lodge.

While the Kilaga Library contains an assortment of hardcover genres from biographies to political

works and a collection of magazines and newspapers, the Reading Room concentrates on paperbacks. Volunteers keep tabs on which books are popular, which are rarely borrowed, and those the local book clubs are reading.

Books are not purchased but rather donated, with the stipulation they be published in 2014 and later. The reason for this caveat? Limited shelf space. Trained volunteers are tasked with accepting book donations, evaluating their condition, and categorizing them according to type.

Both the Library and Reading Room are open during regular lodge hours. During the pandemic, both sites were closed to residents. Before the reopening, Adrian said she was leery of contacting the volunteers about returning to their posts. Maybe they would have doubts about coming back. But to her surprise and delight, "They all were so happy to return!"

That's how most visitors to the Library and Reading Room react, too. Sandy and Adrian often hear comments like, "It's so good to come here."

Library users are on the honor system and are reminded that the books may be borrowed, not kept permanently. Be thoughtful of your fellow residents; return the books after you're done with them so others can enjoy!



A Reading Room with a view at Orchard Creek Lodge

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Learning to Fit In

David Wright, Roving Reporter



To a senior on the high school basketball team, a “fastbreak” means a quick score. To a senior in Lincoln Hills, a “fast break” means a visit to the orthopedic surgeon. We may have spent our sports-minded youth learning playbooks and acrobatic moves, but in our twilight years, we have to adapt to an ever-changing physical education. Fortunately, we have Danielle Merrill and her highly-qualified teammates leading us to boldly go where we had never been before age-related kinks overtook our bodies.

Five years ago, following a Physical Therapy career in the Bay Area, Danielle was hired as a Fitness Trainer here. It turned out to be a good fit for her. Not only could she coach exercise courses, but she could customize workouts to address the injuries and growing pains that come with life experience.

She explains, “Lincoln Hills is a perfect demographic for combining my Physical Therapy background with fitness instruction. Some people are looking for a magic fix, but it’s really about finding a balance for your body.”

She puts some snap in our crackle and pop from teaching stretching, core strength, and fall-prevention, to developing rehabilitation, recovery, and pain-reduction programs. With a contagious enthusiasm guaranteed to un-grump Grumpy

and crank-up Cranky, many of her students do not even realize the fun they just had included a well-rounded workout.

After her recent promotion to Wellfit Program Manager, the “Teacher” became the “Principal” of our Fitness Center Schoolhouse. In addition to her new administrative duties, Danielle is able to continue teaching while expanding forms of conditioning and looking for new ways to “think outside the box.”

“My brain loves challenges. I am constantly learning and growing—trying to be creative to hold the class interest,” she adds. That creativity carried over during the pandemic when she substituted bottles of hand sanitizer for dumbbells. The trail challenges she invented tasked residents to find landmarks along our walking paths—only to be greeted with chalked-out exercise instructions when they got there. During maternity leave following the birth of her daughter, Brynnley, Danielle, and her newborn sidekick made workout videos for residents to do some “gym shorts” at home.

It is never too late to teach new tricks to old dogs. Exercising a “golden-years” body may not lead to a gold-medal performance, but with the guidance of Danielle Merrill and her golden staff, it can turn life-long learning into a longer-lasting life.



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Cannabis with bud

Cannabis Safety: Stirring the Pot

Shirley Schultz, Roving Reporter

Who does not want to know about the safe use of medical marijuana? In the spirit of life-long learning, we are grateful to reschedule a speaker on this subject whose March 2020 presentation was shut down by COVID-19. The marijuana industry is big business – by one account, \$5.8 billion U.S. dollars were spent monthly on marijuana products in 2020. Although marijuana has been around for

thousands of years, how much do we really know about its safe use? The whole scene can be very confusing to the consumer.

We turn to an international speaker from New York, Jahan Marcu, Ph.D., who has the scientific background to provide education regarding the safe use of this plant called Cannabis. Dr. Marcu is the Chief Operations Officer, Director of Experimental Pharmacology and Behavioral Research at the International Research Center on Cannabis and Health (IRCCH). You will not want to miss his presentation on **September 28, “Demystifying Cannabis and Hemp”** (see page 55). As the former Chief Science Officer at Americans for Safe Access, a medical cannabis advocacy non-profit, and former Director of a health and

safety oversight program called the Patient Focused Certification program, Dr. Marcu is well qualified to share insights related to the safe use of cannabis products.

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



Cannabis leaf varieties



CBD oil products

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

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



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

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Dr. Barbara Branch

Learning a New Skill—Training Our New Volunteers!

Teresa Tanin, Neighborhood Watch

Volunteering for Neighborhood Watch is a great way to learn a new skill. The ongoing training sessions bring volunteers together where veteran volunteers assist new volunteers. Computer skills are recommended, however, training sessions are geared to support all levels.

Improved training methods continue to be implemented to assist our Neighborhood Watch volunteers. As technology improves, so must the training. Some use desktop computers or laptops, while others have transitioned to iPads. No matter the equipment or software used, keeping it simple is the key.

The training session, held on September 10, focused on the updated Website sclhWatch.org and “how-to” complete new 2021 forms.

Mailbox Captains and Village Coordinators improve their technical skills while learning how to collect and report contact information. This information has proven to be a vital factor in neighbors helping neighbors and reuniting lost pets with their owners.

New volunteers, and those who have volunteered for many years, learn new methods of communication, improving the essential information gathered. Signing up

for Neighborhood Watch *Alerts*, in collaboration with local law enforcement, provides current safety information for our community. Past Alerts are available on the NW website.

Join our team! Sign up for the next training session and learn a new skill.

Contact Dr. Barbara Branch, Training Program Coordinator/ Executive Director at 916-543-8219, executivedirector@sclhwatch.org or visit NW web site sclhWatch.org “Calendar” for more information; “Training” for online training videos.

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In Memoriam



Thomas Fant Andrews

Tom grew up in Sunnyvale, California, where he played football for Fremont High School. He owned and operated Loyola Meat, Fish, and Deli in Los Altos for many years. He was a friend and mentor to all his employees. Tom loved each day, and he showed it by the way he nurtured and cared for all. He also enjoyed playing golf, boating, traveling in his motorhome, and especially spending time with family and friends. He was an active Church member and a pillar of his community. Tom is dearly missed by his wife Donna, six children, 15 grandchildren, his brother Bill, who lives here, and many extended family members and friends.



Stephen Curtis Garavito

Steve grew up in California, although he was born in Greensboro, North Carolina. He graduated from Tennyson High School in Hayward and attended Cal-State University before joining the Marine Corps, serving in Vietnam. He continued his education, eventually getting his Law Degree from UC Hastings College of the Law. His career as an attorney was with the Federal Trade Commission, then with a private law firm in San Francisco, and then enjoyed a lengthy career as an executive with AT&T. His passions were his family, golf, traveling, and theater. He was the President of the Players Group and acted in and produced 2015's Rockin' the Hills. He was also in the sports car club, softball team, and vaudeville shows. Besides his wife, Candi, of 48 years, he is missed by two sons and five grandchildren. He also leaves four brothers, extended family, and friends.



Ann Jenvold

Born 99 years ago in Kansas, Ann lived a long, full life! She earned degrees in textile design and home economics from the University of Minnesota. She and her husband, Bob, moved to California in 1966. Ann loved it here and had many friends and interests. She was a cheerful, friendly, and supportive lady. She participated in Church, bridge groups, clubs like cross-stitch and Bosom Buddies. Living in Lincoln Hills kept her physically and mentally healthy, and she was able to live alone past her 99th birthday! Ann leaves four daughters and their spouses, four grandchildren and two great-grandchildren, as well as many friends.

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.



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Amateur Radio

August meetings were hot but fun as we continued to discuss our latest Ham radio experiences. Several members have made digital contacts known as DX contacts as far away as Australia, Fiji, Poland, and Romania. Dan, KN6DRN, has enrolled in Parks On The Air (POTA). The main idea behind this is to take your radio and go out to State or Federal Parks and make as many contacts as possible. It's a great way to combine Nature and technology. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. **Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com**
Website: lharg.us



POTA Activation - Lake Clementine



Ballroom Dance

We have resumed activities, which include weekly lessons. Sal and Ruth Algeri, instructors, have announced the following monthly schedule: September, East Coast Swing; October, Fox Trot; November, Rumba. Pictured in this article are Will Schaack and Pam Flaherty, ballroom participants who enjoy weekly lessons. Lessons are offered in the Multipurpose Room (KS) each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for experienced dancers. Open dance is from 3:00 to 4:00 PM. In an AARP article (October 2019) by Sarah Lock, AARP VP for Policy, states, "If there is only one thing you choose to do, dance. It's fun. It involves other people. It's exercise. It challenges you to learn patterns and movements. Go out and dance."



Will Schaack and Pam Flaherty

Contact: Ruth Algeri 916-408-4752



Big History

In partnership with the Sacramento State Renaissance Society, we are pleased to be back in P-Hall (KS)

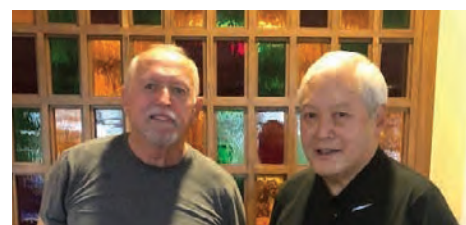
the first and third Mondays of the month, beginning at 10:00 AM. We are very excited that we can now provide a lecture and a Zoom meeting simultaneously for those who do not attend in person. On alternate Mondays, we will present a Zoom meeting only. Join us on September 20 as we welcome new and former members and kick off the new semester. We have some very exciting presentations planned—Ancient Economies on October 4 and an engrossing review of textiles through history on October 11. Join us for peer-to-peer learning for the sheer joy of it!

Contact: Ranny Eckstrom
916-708-0166, BHSLCH@yahoo.com



Billiards

OC is always open for casual play. KS is open for tournaments and workshops, with casual play when there are no tournaments or workshops. During casual play, if you show up to play and the tables are all full, you can challenge a table.



Challenger tournament: first, Dan Oden; second, Wes Hamamura

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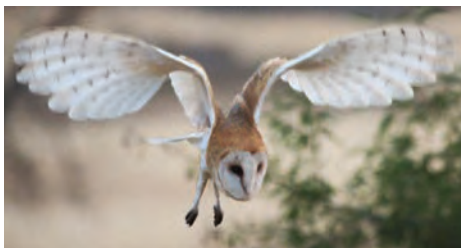
Contact: Tony Felice 916-955-0501, atfelice3@gmail.com

Website: lhbilliards.com



Bird

On September 13, Angela Thompson of Wild Birds Unlimited spoke on "Wild World of Northern California Woodpeckers." No field trips are planned before September. Our programs are held in P-Hall (KS) at 1:30 PM on the second Monday of the month. Most day trips leave from the OC parking lot west of the pool at 8:30 AM, unless otherwise specified. Summer is definitely here.



Barn Owl near Wetland Trail
by Larry White

The house finches, lesser goldfinches, and Anna's hummingbirds are still visiting our feeders and birdbaths. So, if you have any feeders out for the birds in your backyard, please provide the birds a water source as well. They will thank you by bringing a smile to your face when you see them.

Contact: Sal Acosta 843-991-5188,

suncitybirders@sclhbirders.org

Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

We are still getting a good number of players. We meet on Thursdays at 8:00 AM in the summer. New, inexperienced, and handicapped players are welcome. Lessons are available. Our goals are friendship, fun, and enjoyment. Again, we are asking for volunteers to assume some of Paul's many duties. He has been doing them for many years and needs relief. Two women took over the operation of the Bocce League for the Italian Club. The Mad Hatters must surely have many women who could do the same.

Contact: Paul Mac Garvey

916-543-2067, lhboce@gmail.com



Book, OC

On September 16, we delve into *The Book of Two Ways* by Jodi Picoult. It's about a woman at one of life's crossroads.

Which way will she go? Deftly handled, the book tackles choice, life, death, and the afterlife. As of now, the September 16 meeting is at 1:00 PM in Multipurpose Room (OC)—the normal day, time, and location. Should things change and we're on Zoom, email notices will go out to members. Email Dale Nater at ocbookgroup@gmail.com to get on the notification list. Details go out shortly before the meeting. Markdown the third Thursday of the month for the Book Club. October's book is *The End of October* by Lawrence Wright, and November features *Camino Winds* by John Grisham.

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

Website:

<http://lhocbookgroup.blogspot.com>



Bridge, Duplicate

We continue to play each Wednesday at 12:30 PM in the Ballroom (OC). Reservations must be reserved in advance by emailing Elise at elisehomer@gmail.com. Please make reservations no later than the Monday before the game. We also play at 9:30 AM each Tuesday in the Ballroom (OC) with no reservations required. We require proof of vaccination before you can play, or you will be required to wear a mask. Bring your vaccination card with

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you the first time you play, and a list will be kept of those vaccinated. Carol & Ted Neely, Joan & Bob Rouse, and Laurie Vath & Doug Murphy had outstanding games in August. Jack Uppal will offer refresher bridge lessons on the first Wednesday of the month in the Ballroom (OC), from 10:00-11:30 AM.

Contact: Joyce Clark 916-847-3389, joyce8185@gmail.com

Website:

www.bridgewebs.com/lincolnhills



Bridge, Partners

Staffing shortages continue to prevent the use of KS for evening bridge play. No reservations can be made until staff levels support evening table setups. The Association will keep you informed via eNews, and an email will be sent to partners bridge players when Thursdays are scheduled. For reservations for the first and third Thursdays, call Carla/Mark Green at 916-844-5888. For reservations for the second and fourth Thursdays, call Joanna/Alan Haselwood at 916-209-3392.



Bridge, Social

Due to circumstances, we are catching up with many winners. Late June and early July winners were Jean Beyer (twice), Byron

Hansen (twice), George Hubbard, Larry Larsson, Phil Sanderson, and Rich Walliser (twice). Late July and early August winners were Mark Green (twice), Judy Ganulin, Ada Towers, Ed Thomas, John Woodbury, and Patty Hedstrom. On August 12, Frank Kamienski won first, John Butler was second, Phil Sanderson was third, and Byron Hansen was fourth. If you would like to play in September and October, please call Jaylene Gerdes at 916-871-8582. We are playing singles rotation on Thursdays in the Ballroom (OC) from 12:30 to 4:00 PM. Arrive by 12:15 PM. For more information, call our Vice President, Linda McDermott, at 408-390-4311.

Contact: Jodi Deeley 916-208-4086, jodideeley2@gmail.com



Bunco

Please note: due to temporary hour changes at the lodges, Bunco's play starting time has changed to 9:30 AM. The Card Room (OC) door will open at 9:15 AM to receive Bunco players. Please consider joining us for a morning of laughter, fun, and friendship! Bunco is a dice game that is easy and fun to play. We are a non-membership group with a \$5 'pay to play' fee. Play is the third Thursday of the month in the Card Room (OC),

starting promptly at 9:30 AM. The remaining dates for this year are September 16, October 21, November 18, and December 16.

Contact: Kathy Sasabuchi

916-209-3089, ksasabu@icloud.com



Ceramic Arts

Our Group's annual meeting will take place on October 27 in P-Hall (KS) from 10:00 AM to Noon. It's important that as many of our members as possible attend this meeting. We'll be voting for Steering Committee Board members, who will hold office from January 2022 through December 2023. The Nominating Committee members will count the votes and announce the names of the newly elected Board at the end of the meeting. Classes are continuing on Tuesdays in the morning and afternoon and on Thursday mornings. Jim Alves is teaching both days. Sign up and get back to enjoying your creative side!

Website: www.cagsclh.net



Chorus

We're thrilled to report that the Chorus has begun rehearsals for our Holiday concert in December, which we hope will finally be the moment when we enter the Ballroom (OC) stage and lift our

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tree, reminding you there's no place like home for the holidays when bells will be ringin', carols singin', and nutcrackers crackin'. We all do need a great big Christmas this time! Tickets go on sale October 17, so check next month's *Compass* for details. **Contact: Doug Brown 925-286-2110, dougbrown@wavecable.com**
Website: lincolnhillschorus.org

Computers

Apple Users



Later this month, Vicki White will demonstrate how to incorporate photos and movie clips into a video using the basic techniques available in iMovie. If you ever wanted to capture memories from important events like

weddings, vacations, and celebrations of life, be sure to attend Vicki's seminar. Her seminar is a morning seminar, so you can attend either online via Zoom or in-person at P-Hall (KS). You can now receive in-person support for your Apple devices from LHAUG experts. Open Labs are conducted in the Multimedia Room (OC). Masks are required. The "Ask the Tech Hour" via Zoom also continues. Check the website or subscription calendar for Open Lab and "Ask the Tech Hour" dates.

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

Computers

PC



On August 11, Bob Ringo presented via Zoom, "Search Like a Pro." Using Google Search, one may access an amazing number of sites that open information beyond belief. See his talk and slides on our website. Thanks to Bob for a superior discussion, with technical assistance from Terry Rooney and Klara Kleman. Due to the ongoing restrictions, the use of P-Hall (KS) for us does not work. Walk-in-Clinic, free

help to members, is ongoing at this time in the Computer Room (OC). See your emails and our website for times and dates. Hackers and phone scams continue. Be careful to screen emails and telephone calls. Back up your data to the cloud or external device as often as possible. New members are welcome, see instructions on our website.

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



Country Couples

Yahoo! Dance lessons have started up again with Jim & Jeanie Keener instructing. However, due to staffing issues, the lessons are at the Intermediate level only.



Jim & Jeanie

This is positive news for those of us who have taken Intermediate lessons previously as it gives us a chance to brush up on our footwork and socialize a bit. Staffing issues appear to be a "normal" problem for so many businesses these days. We sure

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Contact Theresa Renken
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WEDNESDAY, OCTOBER 13

9:30 AM - 1:30 PM

ORCHARD CREEK LODGE

hope that this is resolved soon. Interested in joining us and learning Country Couples dancing? Once the staffing issue is settled and 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

Bicycle chains are a consumable part of the bicycle drive train. As we pile on the miles, our bike's chain will wear out. The internal parts of the chain—the rivets and rollers, begin to wear out and give the illusion of stretching.



The 70+ Hub Cycling Team riding their Trek Domane+ E-Bikes

Keeping an eye on chain wear is the best way to prolong cassette and chainring lifespan. The easiest way to check chain wear is to use a drop-in style chain checking tool to measure service life. Keeping a chain clean and properly lubricated helps increase its service life. Regular

cyclists usually perform a chain cleaning once every week, or at least once every 200 miles. Of course, weather and road conditions may also increase how often we clean our chain.

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



Fishing

Do you have any idea where fishing might be good? The reservoirs are "really low." Some anglers ply the ocean via charter boat, and a few of us walk rivers. Some are fishing Truckee, Putah Creek, and remote locations. I know a couple who are fishing out of state. In order to protect our fisheries, the California Department of Fish and Wildlife is asking that we reduce our fishing time due to the drought. The bait folks meet at KS Garden, Mondays, Wednesdays, and Fridays at 8:30 AM. Fly folks meet at Turkey Creek, Fridays at 8:00 AM. There will be no general meeting until further notice. If you are interested in



Rob Scafe, his arm and rainbow

joining, contact Ralph at ralphtonseth@comcast.net.

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



Garden

Calling all Members to a morning of fun, food, learning, and meeting new garden friends! Our annual "Table Talk Social" is Wednesday, September 22, 9:00 AM to Noon, at the Sports Pavilion. It is \$5 per person. This is an event where you will change tables four times, so you will be exposed to four different garden topics that change each year. Let's have some fun sharing our multitude of experiences. If you have still not signed up for it, call Debbie Schryver at 916-666-1741 to see if there are spaces left. This is not a drop-in. You must have a reservation due to the situation of rotating table positions. This takes the place of the General Meeting this month. Notice: This is on a Wednesday! Contact: Lorraine Immel 916-435-2918, lorraineimmel@gmail.com Website: lhgardengroup.org



Annual Table Talk Social

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Genealogy

Bruce Bollinger will be our speaker on September 20, at 6:30 PM on Zoom as Lodges are not yet open at night. Members will receive a Zoom link and handouts in a separate email from Maureen. Bruce is addressing, "The Evasion of Lt. Applewhite, an American Airman in Nazi Europe." Bruce has been talking about his family in WWII for many years.



Bruce Bollinger

The Computer Lab (OC) has been reopened, with details to follow for coaching and using the genealogy software on the computers. Boot Camp will not return until 2022. Speakers have been selected for 2022. Our recent member survey gave us some good input for new speakers, coaching, and Boot Camp topics, and other ways we can help our members.

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



Golf

Ladies XVIII

Four gals scored the low net to win NetChix for August. Mitsuko Cameron, June James, Kelley

Royball, and Donna St.Peter were among the field of 32 playing the Orchard on a stifling day. James led the others on the front nine with 44 but fell apart the second nine. Cameron and St.Peter had chip-ins on eight and nine, respectively, but in the end, all four were knotted at 72. Again, for the third time, Linda Fitzmaurice scored the lowest net (65) of the day, logging a birdie on four and chip-in on 12. She was a previous winner in January. The playoff of the monthly winners is set for November. In October, we host the Breast Cancer tourney with the Lincsters.

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

Lincsters

New! Don't waste a minute and sign up now for The Club Champion Tournament to be held on September 15 and 16. There will be two ways to play this tournament. It's a great chance to compete or play just for fun, with something for everyone. For further information, see our website, www.Lincsters.com. The Breast Cancer Fundraiser held on September 10 in the ballroom was a huge success. Members donated beautiful, slightly used golf items,



Susan Graybill & Barbara Korenthal

with proceeds going to the Placer Breast Cancer Foundation. Support the fight by participating in the Breast Cancer Golf Tournament to be held on October 20. Let's welcome two new members: Yoshi Glassner and Susan Graybill, pictured with her big sister.

Contact: Darlynnne Giorgi 916-768-0284, noniegiorgi@yahoo.com

Men's

October is the next big tournament—the Club Championship. This is a two-day event starting on Monday, October 11, on the Orchard course for those participating in the Championship flight. Then, Tuesday, October 12, is the Championship and JFF (Just-For-Fun) flights. The General Membership meeting will follow. A committee is working very hard on evaluating MemberPlant as the Men's Club new all-in-one system. This would take the place of the current multiple systems

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that are used today. These stand-alone products include (but are not limited to) Google Sheets, Cloud storage, Gmail account, MS Excel, GoDaddy Website services, and manual check collecting. The main goal of this program is to provide the Club with a bundled service, so there is a seamless integration. *Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com*
Website: mgclh.club



Hiking & Walking

Our hikers enjoyed some spectator scenery on the Donner Summit trail. There was no smoke! There are three hikes scheduled for September. Check the website for up-to-date information, as it can be changing due to weather. October 1, the group will eat, drink, and be merry instead of hike. They will have dinner at the Pescatore Winery! There will be more information closer to the date. *Contact: LHHikers@gmail.com*
Website: www.lincolnhillshikers.org



Donner Summit, July 20



Investors' Study

The next meeting is Thursday, October 7, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker. Russ Abbott of Morgan Stanley will present his playbook, and the afternoon should be most interesting between inflation and interest rates. We are open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group, and if your interested contact Norm Quattrin at 916-645-4675. For questions regarding Investors Study, contact Carl Sulzer. Please join us. *Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com*



Lavender Friends

Our club continues to bring back old activities and plan new ones. This summer, we renewed our birthday celebrations by gathering at KS Cafe for birthday wishes and good conversation. Also, in July, we met via Zoom for our semiannual General Meeting. Another club activity has also restarted—Adventures in Dining. As of this publication, members will have gathered at La Fornaretta restaurant in Newcastle. This was a return

trip to the Sicilian eatery. Coming up later this month is a Topgolf event to be enjoyed by golfers and non-golfers alike. There's no need for any golf experience to have a blast swinging away and enjoying lunch in the golf bay! Lavender Friends is a club of LGBTQ residents and allies. *Contact: Paula Kregel 530-320-3961, publicitu@lavenderfriends.com*



Mah Jongg, Chinese

After such a long hiatus, it's good to see our attendance numbers grow with both new and returning players. For those unfamiliar with Chinese Mah Jongg, it's a table game similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Mondays during the setup period. We have everything needed to play, so just drop in. Official play begins at 9:00 AM and continues until Noon. See you soon! *Contact: Randy Fong 916-295-9489, randy888@pacbell.net*

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Mah Jongg, National

Greetings. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Per Tom Sloper, "This game involves strategy, finding patterns, analyzing opportunities, and making choices based on probability." Wow, that sounds complicated. But once you get the hang of it, you realize you are doing all that and having fun too. All are welcome. We are so pleased with the number of new people who are joining the club. If you know how to play, bring your 2021 card and join a table. If you're curious, you're welcome to join a table and just observe. If you want to learn, go to Ilovemahj.com, a wonderful resource for beginners. We hope to see you next Tuesday, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860



Mixed Media

The club is collecting yearly dues of \$20 that will cover through August 2022. Make checks payable to Mixed Media Club. We are collecting dues at our meetings. We meet on the third Wednesday of the month at 1:00 PM in the Ceramics Room (OC). Our club has a good time sharing our art. We also have monthly challenges. Our Challenge for our October meeting will be to use fall colors in an art piece. Share what you do at our October meeting. The club is planning future projects, including demos on creating Artist Trading Cards (ATCs), Gelli Printing, Book Making, and a small canvas construction project for the Holidays. New members are welcome. No experience is required!

Contact: Chris Fetter 916-276-7895, christine.fetter@yahoo.com



Motorcycle

VP/Head Road Captain Sean McLaughlin led the club's monthly ride for August. Heading up to Marysville, the riders enjoyed lunch at Mom's Diner. After the break, the ride continued east through the Sierra foothills before heading back to Lincoln. If you like motorcycle touring and have a road-worthy



Time for Lunch!

motorcycle or trike, check us out! The club has scheduled rides on the second Saturday of the month, March through November. The club meets on the fourth Thursday of the month at 5:30 PM, currently via Zoom. Once facilities are fully reopened, 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

Our August meeting held in P-Hall (KS) had a summer theme. The opening song was "Summertime Blues," played in the Who's version of Eddie Cochran's song. The venue was exciting and extremely fun. After wonderful solo performances, we closed with "Under the Boardwalk," the classic by the Drifters. We are looking forward to another P-Hall meeting in September. We are in



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the planning stages of moving our meeting venue from OC to P-Hall in 2022. Stand by for future news. You can find the Lead



Music Group Returns to Live Meetings

Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

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

Website: lincolnhillsmusicgroup.org



Needle Arts

Needle Arts members welcomed the return to monthly in-person meetings yesterday at P-Hall (KS). Our featured speaker was one of our own talented Needle Arts members, Dawn Everhart, who shared with us many of her creative projects. We also enjoyed a fun video featuring the attendees and projects from the August retreat. The sewing room is now open for breakout groups. A calendar posted outside the room displays times and days that the various groups

gather. Stop by and check it out. Located on the counters in the sewing room are numerous reference books which are displayed in bins with descriptive labels and are available to all members for their personal use. Please feel free to help yourself to one of these useful books.

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



Neighborhood Watch

Lincoln Hills will celebrate the annual National Night Out, Tuesday, October 5, and all residents are encouraged to participate. Some of the events hosted by neighborhoods include breakfast potlucks, wine and appetizers, ice cream socials, and progressive dinners. The venues can be inside or outside, at one of our parks, even off-campus if desired. The time and date aren't important. If October 5 doesn't work, choose another day. What matters is getting neighbors together. You don't have to be a village coordinator



Let's celebrate our neighbors with National Night Out.

or a mailbox captain to plan an event. Perhaps you can team up with someone and combine several streets. The more, the merrier. Getting together to socialize with neighbors is an opportunity to meet new residents and to strengthen community bonds.

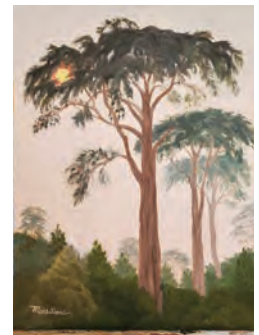
Contact: Barbara Branch 916-543-8219, drbabsie@gmail.com Website: www.SCLHWatch.org



Painters

Earlier this month, our members completed a successful exhibition of 25 original paintings at the Simple Pleasures Restaurant located downtown. Starting September 15 to January 14, 2022, our Club Members will be exhibiting their Artwork at the Buonarroti Ristorante

located at 460 Lincoln Blvd. Below is a sample of a 16 x 12 oil painting by our artist Joan Musillani. Our members also display their works at the Art League of Lincoln Gallery at 580 6th Street. Flash: Our



Golden Gate Park by Artist Joan Musillani

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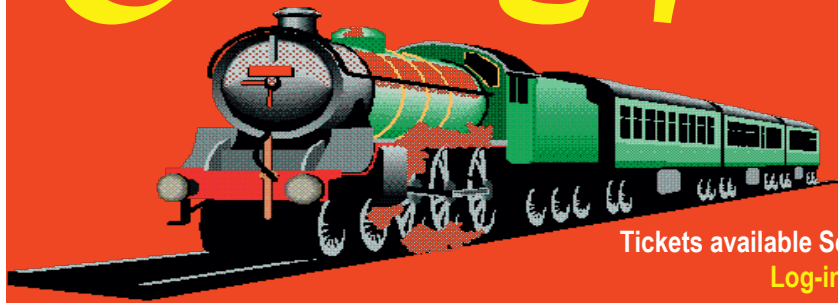
Agatha Christie's

Murder on the Orient Express

Nov. 18 and 19 — 7 pm
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Reserved Seating—\$21

Orchard Creek Ballroom



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Julie Africa

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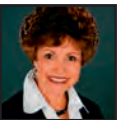
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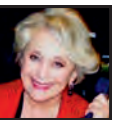
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Painters Club Members will be exhibiting their Art at the Lincoln Hills "2021 Artisans at the Lodge" event to be held on Sunday, October 10 at OC. New Members are always welcome. Dues are \$15 per year. Contact Jerrie Crass at jerriec68@gmail.com or 916-302-6178.
Contact: Bob Green 707-292-5526



Paper Arts

It looks like we'll be holding off having our monthly meetings in our usual location due to room capacity restrictions. Please keep checking our newsletters for updates. The Community Service Project, chaired by Donna Tewart, has exceeded 1,000 cards! Cards will be shared among five area assisted living facilities. The committee is now asking for donations of Christmas or holiday cards. Check our monthly newsletter for details. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).
Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net



June Paquette's fun in the sun card



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7165. We look forward to seeing you soon.
Contact: Denise Jones 916-543-3317



Photography

Our August presenter, Charley Shields, is passionate about capturing personalities with her camera. She's led an intriguing life, including spending several years in Fiji, where she officially opened her photography business. She enjoyed destination wedding photography. Our next exhibit opportunity began September 6 and continues until January 3, 2022, at Simple Pleasures restaurant in Lincoln. Stop by to see our newest exhibit and enjoy the Simple Pleasures experience. To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents who are interested in photography.



Photo by Becky Davis

Members post photographs and suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate, go to: <https://www.facebook.com/groups/SCLHPhotographyClub>.
Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com
Website: lhpc.com



Pickleball

The 2021 Lincoln Hills Club Championship tournament is running from September 14 to 16 at the courts. We are having a fantastic time of fun and competition. Thank you to Summerset Senior Living for sponsoring the tournament and to Bagel and Bean for supplying breakfast. The tournament ends September 16 with a full slate of mixed doubles. Join the club soon if you want to take the fall drilling classes, be on a ladder, or be part



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of a social pickleball group. We have something for every player at every level. You don't need to be a member to play or to take our Intro to Pickleball class. Make a reservation for this class at paddleuppartner@gmail.com. See you on the courts!

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

Website: lhpclub.com



Players

Our Club is back in show biz! Rehearsals are underway for Agatha Christie's Murder on the Orient Express, with Julie Africa as Director and Craig Stults as Producer. Will Agatha Christie's famed detective, Hercule Poirot, solve a heinous crime committed on that famous trans-European train? You'll find out November 18, 19, 20, and 21 in Ballroom (OC). See page 6 for ticket information (available at the lodges



Julie and Craig share a good laugh from the playscript

and online). Better hurry! The Players are also pleased to present two free Readers Theater shows on October 9 and 10 in P-Hall (KS), directed by Norah Prouhet. You'll get primed for a "bewitching" Halloween! New to Lincoln Hills? You're welcome to attend monthly meetings in P-Hall at 4:00 PM on the second Monday of every month.

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

Website: lhplayers.org



Poker

The Poker Group continues to occupy the Front Ballroom on Tuesdays and Thursdays from 12:30 to 4:30 PM. The Poker Group is also sharing the room with the Social Bridge on Thursdays and Partners Bridge on Tuesdays. We have one big (seats 10), and one small poker table (seats eight) set up for playing cards.

Contact: Paul Marcocelle

925-658-2404,

Pmarcocelle@hotmail.com



RV

Our Giant Redwoods Rally was a full trip of hiking the redwoods and visiting the local towns. The weather was amazing, and everyone was awed by the sheer beauty and silence of these forests. Our RV



Making Memories

Group is growing, there were ten new members with five rigs. Camping with 38 RVers was so much fun—every night cocktails, a fire pit, and lots of food. If you like to RV and want to meet new people, please contact our Membership Director, Sharon Skar. Our monthly meetings are on the second Thursday at 4:30 PM at OC, room TBA. Please look at our website.

Contact: Sharon Skar 916-434-7799, marlowensharon@gmail.com

Website: www.lhrvg.com



SCHOOLS

It's fall, and SCHOOL volunteers have been waiting to hear if they will be allowed back in classrooms with the children this school year. The School District has published guidelines on its website at www.wpusd.org. Volunteers should consult it for the new rules and restrictions. Once school has been in

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Volunteer Mary Ales, working remotely during COVID lock-down

session, guidelines may change. Some volunteers were able to assist teachers remotely during the pandemic lockdown in imaginative ways. One of those, Mary Ales, pictured here, used Google Meets to have fun with flashcards of first-grade words. She was able to chart each child's progress and share it with the teacher. Mary has been using the sight word program for about eight years and has been with the first-grade teacher for 21 years.

Contact: Cyndi Colloton, ccolloton@yahoo.com



Scrabble

You are welcome to join us for Scrabble on Monday afternoons at 1:00 PM in the Card Room (OC). All of the materials are provided - no reservations or advance notice needed. Stay for one game or more. We have various levels of experience

and always have a good time and learn new words. New players/residents are always welcome.

Contact: wiltonanne@yahoo.com



Singles

Is a touch of fall really in the air? As I write this, it is a beautiful cool morning with clear blue skies. Is it time for a pumpkin spice latte? Is football far behind? Your board wants you to know about the events which we are planning for the upcoming months. In late September, we will be having our annual Bocce Ball tournament and buffet dinner with the presentation of awards. Save the date of Thursday, October 23, for our Halloween dinner dance, which features a delicious buffet dinner and an exciting parade of costumes. Thursday, November 11, is our annual Turkey Bingo evening. Thursday, December 9, is our festive Holiday dinner dance. Celebrate on Thursday, December 30, at our Pre-New Year's dinner dance. Be sure to save these dates!

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



Ski

It's likely still very warm outside, but burnt offerings to the ski gods have

already begun! So, it's time for our annual pre-season potluck party. It will be on September 23, starting at 5:00 PM, and will be hosted by Bill and Lillie Smith.



2019 Pre-Season Party

Party details have been provided to members. Please RSVP if you have not already done so. Our first general membership meeting of the season will be on October 21. We anticipate that one of the Fitness Center instructors will introduce us to ski conditioning exercises. Details will be provided soon. Please bring your Club dues of \$15 per household to one of these events or contact us for mailing instructions. Guests and new members are welcome!

Contact: Ken Spencer 916-258-2150, lhsclub@gmail.com

Website: LHSkiClub.com



Sports Car

Hooray! We were able to gather for a real meeting after 16 months! It was just great to see each other, plan for future socials and tours, and to be thankful for everything! Last month our

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Ed, Kathy, Virgil & Joe

tour was a “blast from the past.” Mike Schultz was our tour leader, and Ernie Drake was the co-host. We met in front of OC, then up the old Highway 65, towards Wise Rd, around to Bell, and over the hill to Awful Annie’s. There were lots of twists and turns, which we all enjoy. After a really filling and delicious meal, off we went over the bridge, down around and up to Auburn, then back to Lincoln. The tour ended with ice cream—a very successful trip.

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



Sun City Squares

Want to learn to Square Dance? Since we have had quite a bit of interest, we are preparing to start a new class in January. Come join us and let’s get dancing. Please give me a call for additional information. Whether you are new to Lincoln Hills or just haven’t danced for a while, no problem. We would like

you to join us and reignite your inner dancer. 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.

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



Swimmers & Water Walkers

The pandemic shutdown of our pools gave us additional stress. Chances are your swimming/water walking club family was feeling the same way as you. Through the good times and the bad, you have an amazing support system that is happy to share the joy of swimming and water walking. They and I have been able to enjoy the reopening of the pools. What a great feeling to be back. Our club will be meeting in October to celebrate. Club members will receive details in an upcoming email.

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



Table Tennis

Limited hours of operation at KS are presenting

difficulty in scheduling additional play times. However, play is available on a drop-in basis, Sundays, 9:00 AM to 1:00 PM, in the Multipurpose Room (KS). Seven tables are set up to serve a full range of skill levels. In addition, play is available on Tuesdays, Fridays, and Sundays, from 8:00 AM to Noon, on the terrace behind KS. Two tables are set up. Play on the terrace must be reserved at <https://holdmmycourt.xyz/reserve2/lhtt>. Players are reminded to bring their own paddles to both venues.

Contact: Alan Smith 916-316-0796, aledsmith0411@gmail.com



Tap Company

Always wanted to learn to tap? We’d like to start a beginner’s class. Right now, we are compiling a list of names of people who would be interested in taking this class. Please contact Alison Wolfe (see contact info below) or Mary Adamson at maryadamson719@gmail.com. Currently, our tap class schedule continues to be just two classes on Mondays: Beginner II and Advanced. Hopefully, all of Alyson’s tap classes will be back on the schedule soon. Did you know that in celebration of the American art form of tap dance, the U.S. Postal



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Service has issued Tap Dance stamps? These Forever stamps are now on sale at the post office. Thank you, Marcia J, for this bit of news!

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



Tennis

On

September 23, we will have the first tournament since COVID-19 restrictions started. We have fun tennis, music, a great lunch and prizes for the winners! It will be a fun day of competitive tennis and fellowship. Tournament Directors Dennis and Cathy Vaillancourt have a great event planned. Entry forms have been sent to all members and are also available at the Sports Pavilion. There will be four of five rounds of mixed doubles play, with a different partner for each round. Social Director Patty Kingston has a tasty lunch planned for all. Saturday ball machine practice continues every Saturday from 8:00 to 9:30 AM for all residents on Court 6. Our next event will be the annual Oktoberfest on October 21. The annual membership meeting will be on December 6.

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



Veterans

David Morgan, a Lincoln Hills resident and longtime flying doctor, will speak at the September 16 meeting at 1:00 PM in the P-Hall (KS). He served as a radio operator in Japan during the occupation, after which the G.I Bill enabled him to pursue his medical degree. In 1973, David became aware of a great need for medical care in rural Mexico. He organized a trip of pilots, doctors, dentists, and medical support personnel to treat patients in remote areas. The effort continues today, known as The Flying Doctors or Los Médicos Voladores (LMV). Members and guests need to make their reservations now for the Oktoberfest buffet luncheon on October 21. Get a reservation form at the September 16 meeting or in the monthly Bulletin.

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



Water Volleyball

Water Volleyball is back! Join a growing club here! Welcome to 40 New Members. We provide fun, exercise, and friendship for all levels of volleyball play for men and

women. Training and mentorship are provided. Go to our website or call Carol Critch at 925-451-1686. Currently, we play on Mondays and Thursdays, 5:45 to 8:15 PM, at the Indoor pool (OC). Spectators are welcome. Come watch the fun. Soon we will expand our days to four evenings a week and Saturday mornings. Our September 12 social included Water Volleyball and Pizza at the Outdoor Lap Pool (OC). Our Fall Festival Party is on October 1 from 6:00 to 9:00 PM at the Sports Pavilion. Come join the Water Volleyball Club for fun, exercise and friendship!

Contact: Scott Humphrey 530-913-3274,
thtodd1@gmail.com
Website: LHWatervolleyball.com



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STIFEL

Alzheimer's-Dementia Caregiver's Support

Our next General Meeting will be on September 22 at 1:00 PM in the Multipurpose Room (OC). "Caregiving Today: It's a Balancing Act" is the title of our in-person presentation by Gail Arno from ElderCare Management. This will be our first live presentation since early last year, and it promises to be both informative and well-attended. Please join us. Our General meetings are held every fourth Wednesday during the odd-numbered months and have speakers from the medical and caregiving industries. On even-numbered months, we gather amongst ourselves to discuss strategies and challenges in the ever-changing realities of family caregiving. These sessions are facilitated by a professional from Del Oro Caregiver Resource Center. Our group is supported by the Lincoln Hills Foundation.
Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, October 13, at Joan Logue's home at 3:00 PM

for a group session. Contact Joan Logue for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is the 15 of the month to be in the next *Compass*.

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



Bosom Buddies

Earlier this month, we held our first meeting since COVID-19 struck, and we had an opportunity to learn a little more about each other. We hope to include speakers soon, an important part of what we offer our ladies. In the past, we've had presentations on subjects such as advancements in the treatment of cancer, lymphedema, side effects, beauty tips, meditation, and craft projects—just to name a few.



A few of our ladies at the August core meeting.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We meet on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Our dues are \$12 a year. Please make checks payable

to Bosom Buddies and give or mail your checks to Kay Brady.

Contact: Marianne Smith 916-408-1818, msmith39@yahoo.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We are currently meeting on the first and third Friday of each month from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. There are signs directing you to the proper room. Gambler's Anonymous meetings also begin at 7:00 PM at the same venue in a different room. If you need support at another time, you can call the Gam-Anon Northern California Hotline at (510) 407-3898 or the Sacramento Gambler's Anonymous Hotline at (855) 222-5542 for referral to a local Gam-Anon support person. The Gam-Anon International Service office website is www.gam-anon.org. If you call Kay from this article, please leave a message, and she will you back.

Contact: Kay F. 916-543-3079, kayfischer89@gmail.com

Website: www.gam-anon-loomis.com



Glaucoma Support Group

Our meeting next month will be held on Wednesday, October 13 at 4:00 PM in the

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Multimedia Room (OC). We will be sharing resources for those living with Glaucoma. There are many places to look for information about your disease. Many good sources are available on your computer. Some websites are better than others, but information gathering is good. From this information, you will be better prepared to ask questions and become a participant in your care. Bring your resources to share with the group. For more information, please contact Bonnie.

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



Hearing Impaired Support Group

Our next meeting will be on September 23, at 2:30 PM in the Multipurpose Room (OC). Last month we discussed some new hearing technology and reported on recent litigation. We will also be working with Will Foote, the ADA coordinator for the City of Lincoln, who will contribute his expertise in the area of accommodation, as well as the law. At the time of this publication, we had not obtained a speaker for our September meeting, but Mr. Foote may be able to join us. We'll let you know through emails. We are also continuing our work with local hospitals and care facilities to

identify those with special needs involving hearing.

Contact: *Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



Low Vision Support Group

Our next meeting will be Tuesday, October 5, from 2:00 to 4:00 PM at OC. Independent Apple Consultant Ken Spencer will present "Using Dictation with Smart Phones and Tablets." Ken, a member of the Apple Group, will get us up to date on the dictation capabilities of our phones and tablets. We'll learn how to make the best use of our Apple and Android devices by simply using our voices. On Tuesday, November 7, from 2:00 to 4:00 PM, at OC, Society for the Blind will be represented by Toni Boom, Director of Clinical Services & Occupational Therapist, and Kathleen Shevlin, Senior Outreach Manager. The details will be announced.

Contact: *Cathy McGriff 916-408-0169, joan.brant-love@sbcglobal.net*



Multiple Sclerosis

Our first in-person meeting will be on September 21. We'll be experimenting with something new for those members in faraway places. Volunteer, Garth Goselin, plans to Zoom the meeting—our

first attempt! We look forward to hearing your Pandemic survival stories and techniques. How did you carry on? What was your Good, Bad and Ugly?



We'll also be introduced to a new Committee forming on ADA compliance. This is an opportunity to share our Individual and Group ideas/suggestions on MS accessibility here and learn how we can participate. Our September 21 meeting will be at 1:00 PM, in the Sierra Room (KS). MS Headquarters requires that we mask for in-person meetings. Join us in person and, for those Zooming, look for the link the prior Sunday.

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



Parkinson's Support

We meet on the third Tuesday of each month from 10:00 to 11:30 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway. Please wear a mask if not vaccinated. For questions, contact facilitators Gary High, 916-434-5905, gwhigh@wavecable.com, or Susan Feldman, 916-919-0063.

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Cloggers

Doors are open, and classes are underway, life is returning to what it used to be – sort of, anyway. We hope you have remained safe and in good health during these long months of isolation. Also, we hope you have practiced your clogging dance steps with videos. If not, it's not too late. Go to "NCAA Clogging" to refresh your memory and to help as you resume clogging class. As you clog, you enter a magical, musical, rhythmic world of beats and lifts and pure enjoyment. For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

We are looking forward to hearing Seth Brysk, Regional Director

for the Anti-Defamation League's Central Pacific Region. He will address the group by Zoom at 6:45 PM Thursday, September 23. For more information about our club and its activities, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Our Annual General Meeting (AGM) is set for Wednesday, October 6, in the Multipurpose Room (KS). Come by to hear how our club is doing, what activities are planned, and meet our officers. We're looking forward to the popular "Turkey Bingo." Mark your calendars for November 7, when we'll have lots of prizes and a buffet dinner. Time to ditch those sweat pants! On December 5, we'll celebrate during the elegant Christmas Dinner and Dance at Catta Verdera. 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.

Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

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 Group

September 22 – our Annual Bar B Que; open bar starting 4:00 PM delicious dinner at 5:00 PM. At the Sports Pavilion. \$15/pp; check payable to SCLHRC; mail to Ed Zychowski. Other Activities: Hot Chili Cool Cars, Rocklin – September 18. Fall Home Show Auburn – September 24-26. Outdoor October Fest with live entertainment! Watch for details! Participate in SCLHRC for fun and to make a difference! www.SCLHRepublicanClub.org.

Shalom Social Group

We round out 2021 with a series of events, starting with our first in over a year in-person general meeting from 3:00 to 5:00 PM Monday, August 30, at P-Hall (KS). Other events to follow are a New Member potluck on September 23, a picnic on October 10, our Bocce tournament with the Italian club on October 24, and our Hannukkah party on November 29. Our recent Men's Club event was very successful. Our Women Together plan a luncheon for September 22. We have bocce and bowling every week. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera on Tuesday, September 21. Arrive by 11:30 AM. All attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative COVID test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton at 916-408-8708.

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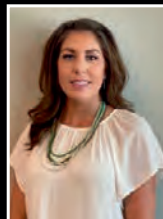
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 Transaction Coordinator
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Lincoln Hills Farmers Market

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

Wednesday Farmers Market, come shop local fresh produce and find your favorite goodies from your favorite specialty vendors such as Touchstone Crystal by Swarovski, Loravella Bakery, LipSense, and more. If you are interested in becoming a vendor, please email Shelvie Smith at shelvie.smith@sclhca.com.



Golf Cart Registration

Thursday, September 16 and October 7, 9:00 to 10:00 AM, front of Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolnca.gov.



KS Movie Classic: The King's Speech (2010)

Friday, September 24, 1:30 PM, P-Hall (KS)

The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. Oscar winner Colin Firth, Geoffrey Rush, and Helen Bonham Carter. Rated R, 118 minutes. Biography/Drama/History.



KS At The Movies: Downton Abbey (2019)

Monday, October 4, 1:30 PM, P-Hall (KS)

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. Stars Stephen Campbell-Moore, Michael Fox, Leslie Nicol. Rated PG, 122 minutes. Drama/Romance.



Lincoln Hills Readers Theater: "Who's a Witch"

Saturday, October 9, 3:00 PM and Sunday, October 10, 3:00 PM, P-Hall (KS)

Lincoln Hills Players Readers Theatre presents "Who's a Witch." This Halloween production will consist of two one-act plays featuring different types of witches, Roald Dahl's "Witches" and a scene from Shakespeare's "Macbeth." You will be left wondering if you know any witches! We are looking forward to performing for a live audience and hope you will join us. It's time to have some fun.



Home, Health and Business Showcase

Wednesday, October 13, 9:30 AM to 1:30 PM, Orchard Creek Lodge

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



Document Destruction

Monday, October 18, 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 in your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot! This will be the last event for 2021.



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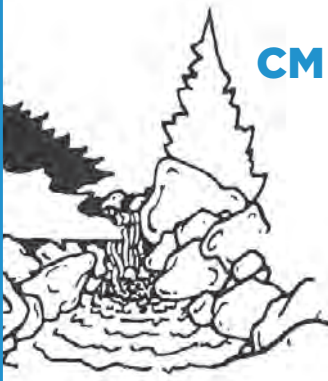
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KS Movie Classic: The Big Lebowski (1998)

Friday, October 22, 1:30 PM, P-Hall (KS)

Jeff "The Dude" Lebowski, mistaken for a millionaire of the same name, seeks restitution for his ruined rug and enlists his bowling buddies to help get it. A classic favorite from the Coen Brothers, starring Jeff Bridges, John Goodman and Julianne Moore. Rated R, 117 minutes. Comedy/Crime/Sports.

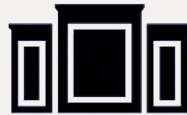


Holiday Shopping Expo

Sunday, October 24, 10:00 AM to 3:00 PM, Parking Lot (OC)

Get a head start on your Holiday Shopping at our fourth annual Holiday Shopping Expo right here in your community! We will turn the parking lot to a winter wonderland for avid shoppers! Check everyone off your gift list with over 50 vendors offering unique crafts, jewelry, beauty items, clothing, books, art, decors, and more! Enjoy chances to win prizes too! Do not miss out on the fun! *Interested vendors:* Spaces are going fast! Complete and submit your application to Shelvie at shelvie.smith@sclhca.com. Forms are available at the SCLH Resident Website: sclhresidents.com under Library/Forms/Lifestyle Activities Forms/Holiday Expo. Registration deadline: September 30.

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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



Demystifying Cannabis and Hemp

Tuesday, September 28, 7:00 to 8:30 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 818 9766 7022 • Password: Forums

Jahan Marcu, Ph.D., a researcher, and international speaker, is superbly qualified to speak about medical uses for cannabis, its production, and safety. With a 15-year background in cannabis pharmacology and chemistry, Dr. Marcu has created national standards for the cannabis and hemp industry. With a mixed background in science and regulatory affairs, he will share insights into mitigating consumer safety issues. He is also the editor-in-chief of the American Journal of Endocannabinoid Medicine, a court-qualified expert witness on cannabis and

synthetic cannabinoids, and a founding partner of Marcu & Arora. Unique circumstances have made it possible to feature this New York-based speaker.

UPCOMING EVENTS

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

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



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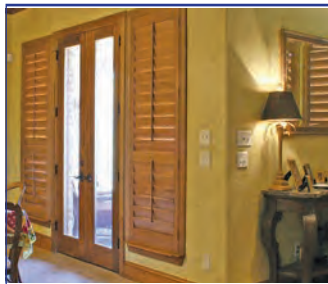
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We have a fantastic team of professionals ready to meet your needs! Whether you are looking for pure relaxation or coming in to treat a specific concern, our team is prepared to fully customize your experience to your unique needs. In addition, we offer an array of self-care and skincare retail offerings ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics, and many more!

—Best Sellers—



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Custom Facial

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concerns like hyperpigmentation, sensitivity, dehydration, and acne.



CBD Massage

60-minutes \$110

90-minutes \$140

CBD massage is the gold standard of deep relaxation. It is a holistic way to heal and treat your

body and mind by combining nature's remedy with skilled massage techniques. CBD stands for Cannabidiol which is cannabinoid in cannabis. It does not have the THC that cannabis has, which means you will not experience the 'high' effect.



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- **Anti-Aging Neck & Décolleté**
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**Maricela Correa,
Lead Massage Therapist**

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**Plyn Marcello,
Lead Nail Technician**

Welcome to the Spa at Kilga Springs, where a manicure and pedicure are truly a Spa experience! We pay special attention to individual's needs to help you maintain healthy and beautiful nails. I highly recommend trying out one of my favorite services, our Spa Pedicure. This includes a 20-minute foot massage, incorporating hot stones along with a paraffin wax treatment and warm towels. One of our most relaxing services, you will be walking on clouds after!



**Julie Willett,
Lead Esthetician**

Our team of estheticians are excited to partner with you in your skincare journey! Each client can feel safe knowing that our team has many years of experience and continued education in the ever-changing world of skincare. Our team is very knowledgeable in every aspect of skin concerns and are always excited to create a professional treatment and home skin care regimen to achieve your unique skincare goals. Receiving routine professional treatments such as our Customized Facial will ensure that your skin is in the best possible health. One of my favorite enhancements is our Anti-Aging Neck and Décolleté treatment, this helps to exfoliate, hydrate and nourish this delicate area that often gets overlooked in our daily home care routine.

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We are more than halfway through our Summer Series and the fun just keeps on going. You may purchase tickets for your friends and family. Please adhere to the SACS Guidelines to enhance your experience. Buy your tickets early before the tickets run out!



The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17, 7:00 PM, Amphitheater
\$22 — **LSE337**

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



The Rhythm Method 4: THE CAROLE KING SONGBOOK

Friday, October 1, 7:00 PM, Amphitheater
\$22 — **LSE338**

Get groovin' to the music of one of the most prolific songwriters of the '60s and '70s! The Rhythm Method 4 (TRM4) is back to bring Carole King's hits to life, including memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also highlight selected songs from King's best-selling, 4-time Grammy Award-winning album Tapestry, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend. With all these hits, it's no wonder King will be inducted for the 2nd time into the Rock and Roll Hall of Fame this year. TRM4's excellent musicianship and vocals are the perfect way to celebrate King's music and the close of the Summer series!

King will be inducted for the 2nd time into the Rock and Roll Hall of Fame this year. TRM4's excellent musicianship and vocals are the perfect way to celebrate King's music and the close of the Summer series!

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2021 Summer Amphitheater Concert Series Information, Guidelines & Restrictions*

- All shows are held on Friday • Gates open one hour prior to concert
- Concerts start at 7:00 PM
- **Venue location:** 965 Orchard Creek Lane, Lincoln, CA

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

ADA: Designated paved area is located in the Amphitheater's center top tier. Additional paved areas adjacent to the First Aid booth are also available for handicap seating. Patrons with wheelchairs have priority access.

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

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

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

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

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

OC Fitness Center/Pool: Closes at 6:30 PM.

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

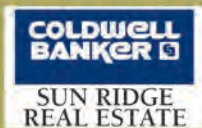
Permitted: Blankets/cushions, lawn chairs, small soft side coolers /bags, water in factory-sealed bottles.

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

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

**Guidelines are subject to change based on State and County Public Health COVID Safety Guidance.*

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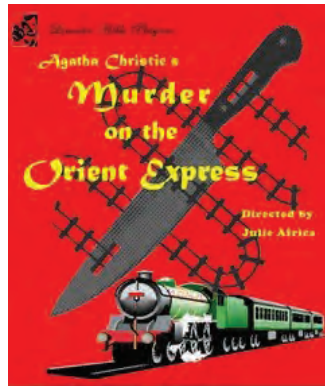
Questions? Contact Lavina Samoy.
Lavina.Samoy@sclhca.com

*Indicates new performances on sale September 17

—Community Performing Arts—

*The Lincoln Hills
Players Club presents
"Murder On the
Orient Express"

Thursday, November 18
7:00 PM show — **LSE347**
Friday, November 19
7:00 PM show — **LSE348**
Saturday, November 20
2:00 PM show — **LSE349**
Sunday, November 21
2:00 PM show — **LSE350**



Ballroom (OC)
General Seating \$17
Premium Reserved Seating \$21

The Lincoln Hills Players are excited about returning to the stage in November to perform *Agatha Christie's Murder on the Orient Express*. Come on out and cheer on your very own resident theater group as you enjoy hilarity and suspense in this classic play, a stage version of one of Agatha Christie's most-loved novels. A cast of unforgettable characters – passengers on the snowbound Orient Express – must match wits with the masterful Belgian detective Hercule Poirot, who's at his inimitable best in reaching a most unlikely conclusion. Don't miss it!

—Concert—

The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17
7:00 PM – Amphitheater
\$22 — **LSE337**

The Big Jangle Band is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. Capture the Tom Petty and the Heartbreakers concert experience listening to Tom Petty originals and the songs Petty covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks.

Comprised of seasoned and experienced musicians from throughout the Bay Area, you are guaranteed a great musical experience and a night to remember!

The Rhythm Method 4: THE CAROLE KING
SONGBOOK

Friday, October 1
7:00 PM – Amphitheater
\$22 — **LSE338**

Get groovin' to the music of one of the most prolific songwriters of the '60s and '70s! The Rhythm Method 4 (TRM4) returns to bring Carole King's hits to life, including memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." Songs selection will include hits from King's best-selling, 4-time Grammy Award-winning album *Tapestry*, with "So Far Away," "It's Too Late," "I Feel the Earth Move," and more. TRM4's excellent musicianship and vocals are the perfect way to close our Summer series!

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***Top Shelf's
MOTOWN
and More!**

Friday
October 15
7:00 PM –
Ballroom (OC)

— **LSE345**

General Seating \$20

Premium Reserved Seating \$24

Awarded as 2013 Black Music Association of America Best Live Performer, Top Shelf returns on stage with their high-energy Motown hits show. Consisting of dynamic vocalists and award-winning musicians from the Bay Area, Top Shelf will bring the house down with their dynamic musical mélange of Motown '60s, old school 70's, Retro 80's and 90's as well as doo-wop, classical soul, and R & B. Get ready to sing, dance and have fun!



***Noa Levy Sings
the Classics**

Wednesday, October 27
7:00 PM, P-Hall (KS)
Reserved Seating \$23

— **LSE346**

The Acclaimed Israeli Songstress brings her uniquely fresh take to iconic tunes from the likes of Cole Porter and STING...to Stevie Wonder and The Beatles. Noa brings her distinctive talent to every song she sings. Noa is a jazz-rock vocalist originally from Israel, currently based in the San Francisco Bay Area. With the emotional directness of Carmen McCrae, a powerful voice reminiscent of Eva Cassidy, and the playful energy of Ella Fitzgerald, Noa sings with an emotional lyricism and magnetic stage presence across genres – Jazz, Rock, Cabaret, and Pop.



—Presentation—

***Marc Lapadula: Great
Courtroom Dramas: The
Best Legal Movies and the
Stories Behind Them**

Tuesday, October 12
9:30 AM, P-Hall (KS)

— **LSE353**

Reserved Seating \$16

Yale Film Professor
Marc Lapadula is back in

person to share his passion and love affair with movies this time focusing on courtroom dramas. Hollywood loves lawyers. And Hollywood loves judges, jurors, surprise witnesses, smoking guns, and falsely accused heroes. Whether they're plaintiffs or defendants, we're on the side of a plucky upstart who needs to help a determined legal hand to fight injustice. Lapadula will discuss and analyze a broad lineup of the best and most compelling movie entries in this genre to include *Judgement at Nuremberg*, *Anatomy of a Murder*, *To Kill a Mockingbird*, *A Few Good Men*, and more.



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*Indicates new trips on sale September 17

— Casinos —



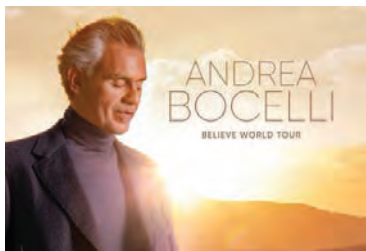
Hard Rock Casino at Fire Mountain

Wednesday, September 29

\$35 — **LST357**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. All players (new and those with existing Hard Rock Casino Sacramento player cards) will receive a \$25 game credit. You must bring your current player card and your California state-issued identification with you to play. New players will be issued a player's card upon arrival. Wheels roll from OC at 9:30 AM, return ~ 3:30 PM.

— Performances —



Andrea Bocelli

Believe World Tour

Saturday, October 23

\$254 — Bus #1

— **LST354 SOLD OUT**

\$254 — Bus #2

— **LST355**

World-renowned

Italian tenor Andrea Bocelli has announced his Believe North American Tour to support his latest album. Bocelli's 21-city tour kicks off stops at Golden 1 Center on October 23, and we have seats located in Sections 117 & 118. The tour will feature performances from Bocelli's uplifting new album Believe, a poignant and personal collection of songs celebrating the power of music to soothe the soul, as well as a selection of arias, his beloved cross-over hits, and famed love songs. Wheels roll 7:00 PM, for a 8:30 PM concert ~ return 11:30 PM.



Charlie and The Chocolate Factory

Tuesday, December 28

\$121 — **LST349**

Roald Dahl's amazing tale is now Sacramento's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load for the SAFE Credit Union Performing Arts Center from OC lobby 15 minutes prior to bus departure for a 7:30 PM show. Tickets to the show will be handed out when you load the bus.

— Sports —



San Francisco Giants 2021

Get back to the excitement of Giants baseball games! Now that a live audience is

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

SF Giants vs. San Diego Padres

Thursday

September 16

\$120 — **LST353**

SOLD OUT

Wheels roll from OC at 8:45 AM for a 12:45 PM game, return ~ 8:00 PM. We start loading from OC at 8:30 AM.



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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**.

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

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

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— Tours/Festivals —

***Apple Hill**

Tuesday, October 19
— **LST358**
\$43

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, produce, wine tasting, and goodies store. Enjoy lunch on your own at The Pie House Restaurant in a reserved area for our group with a separate line to pay for food. Due to supply chain shortages, prepayments or set menus will not be available this year. You will have about 2.5 hours at High Hill, then we proceed to visit two other stops for more apple goodness within Apple Hill. Wheels roll from OC at 9:45 AM, return ~ 4:30 PM.

Apple Hill & High Hill Ranch



Overnight Travel



***The Great Italian Festival in Reno**

Friday October 8 to Saturday, October 9
— **LST359**

\$187 per person double occupancy
\$277 single occupancy

Celebrate Italy's food, culture, music, and traditions with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, Wine Walk, and more! We will start our trip with a day of gaming and fun at Silver Legacy, where you will stay the evening. After 3:00 PM check-in on Friday, you are free to enjoy gaming and dinner on your own at Silver Legacy, with a variety of restaurant options to choose from. Then the following morning, spend four hours (11:00 AM to 3:00 PM) at the Italian Festival, which is a two-minute walk from the hotel. Breakfast and lunch on your own. Bus

departs from Silver Legacy at 3:15 PM. Receive a \$10.00 food voucher per person from Silver Legacy. Wheels roll from OC at Noon, 10/8~ return ~5:45 PM, 10/9. Fee includes overnight accommodation, coach transportation, and driver gratuity. Itinerary and restaurant list available for pick up at the Lifestyle Desk. *Important notice:* face coverings are required while inside the casino. Registration exclusive at the Lifestyle Desk, not available Online.

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Balance & Fall Prevention.....	85	Parkinson Strong Combo.....	85
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Boxing.....	85	Pilates.....	82
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Country Couples.....	73	Sip and Paint.....	70
Fit Fusion.....	84	Stained Glass	76
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Oil and Acrylic Painting.....	70		

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



Register at the Lifestyle Desk (OC/KS)
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*Indicates new class on sale September 17

Classes

—Art—

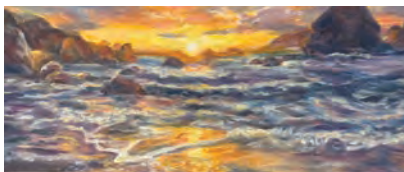


*Mixed Media Art Journaling

Tuesdays, October 12 & 26
9:00 AM to Noon (OC)
\$45 (two sessions) plus
\$5 supply fee paid to
instructor

— **LSC2731**

A variety of media will be used as we “play” on our art journals’ pages. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.



*Sip and Paint: “Sunset at the Beach”

Friday, October 22
3:30 to 6:30 PM (OC)
\$55 — **LSC2750**

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

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, October 6-27
9:00 to 11:30 AM (OC)
\$68 (four sessions) — **LSC2933**

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

—Watercolor—

*Watercolor 1

Thursdays, September 30-October 21
9:00 to 11:00 AM (OC)
\$95 (four sessions) — **LSC3375**

Participants will learn fundamental skills in using watercolor. Basics skills covered will include essential brush strokes using round and flat brushes and applying a basic and graded wash. Techniques include basic color mixing and understanding the color wheel. During the last week of this session, participants will paint a simple floral. At the end of week four, you will have a floral vignette to take home and frame. To improve skill competencies, participants will have practice drills and assignments between weekly classes. Instruction includes demonstrations, paint along, and personal one-on-one time. Instructor: *Faye August*.



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***Watercolor 2**

Thursdays, October 28-November 18

1:00 to 3:00 PM (OC)

\$95 (four sessions) — **LSC3376**

Continuing our journey in watercolors, class 2 will continue to build your knowledge of watercolors. Painting skills include shadows and understanding light sources. Time will be spent understanding positive and negative shapes and how these elements create interest and realism in a painting. Practice drills will combine all of the techniques learned in both sessions resulting in a simple painted sunset scene. Basic composition will be covered in the latter part of this class, with participants painting a landscape that includes a barn in a field. Instruction includes demonstrations, paint along, and personal one-on-one time. Instructor: *Faye August*.

Ceramics

—Pottery—

***Beginning/Intermediate Ceramics**

Tuesdays, October 5-26

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC2828****OR**

Thursdays, October 7-28

9:00 AM to Noon (OC)

\$64 (four sessions) — **LSC3160**

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

***Advanced Ceramics**

Tuesdays, October 5-26

9:00 AM to Noon (OC)

\$64 (four sessions)

— **LSC2803****OR**

Thursdays, October 7-28

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3167**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations,



assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

Crafts

—Card Making—

Card Making –*Intermediate/Advanced**

Mondays, October 11 & 25

9:30 AM to 12:30 PM (KS)

\$30 (two sessions)

— **LSC3180****OR**

Wednesdays

October 13 & 27

9:30 AM to 12:30 PM (KS)

\$30 (two sessions) — **LSC3184**

This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. Class size is limited, sign-up early to reserve your space. All supplies will be provided. **Prerequisite:** Completion of at least four sessions of previously offered Intro to Card Making 101—Level 1 and have instructor's approval to participate. Instructor: *Dottie Macken*. **The last day to sign up is September 30.**





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Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills



***Beginning Clogging**
Tuesdays, October 5-26
10:00 to 11:00 AM (KS)
\$32 (four sessions)
— **LSC2727**

Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. Let's get our bodies back into working order after such a long break. The class will move through at a relaxed pace the eight basic traditional clogging movements while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes are recommended. Instructor: *Janice Hanzel*.

***Easy-to-Intermediate Clogging**
Tuesdays, October 5-26
11:00 AM to Noon (KS)
\$32 (four sessions) — **LSC2756**

Class will feature lots of review of steps from previously learned dances. We will also learn new dances. We'll keep it a bit more simple to get our clogging legs back into shape! We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$10 per session.**

***Intermediate Plus Clogging**
Tuesdays, October 5-26
Noon to 1:00 PM (KS)
\$32 (four sessions) — **LSC2770**

Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. We will be doing plenty of review as we rediscover our clogging legs! Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace.

Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate-level dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*. **Vacation drop-in: \$10 per session.**

—Country Western Dancing—



***Country Couples Western Dance**
Level 3 & 4
Mondays, October 4-25
6:00 to 7:00 PM (KS)
\$28 (four sessions)
— **LSC2816**

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

—Hula—



***Hula**
Thursdays, October 7-28
1:00 to 2:00 PM (KS)
\$50.00 (four sessions)
— **LSC2836**

An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. Instructor: *Pam Akina*.

—Folk Dancing—

International Non-Partner Folk Dance
Tuesdays, October 5-26
11:00 AM to Noon (KS)
\$35 (four sessions) — **LSC3484**

Something new is coming to Lincoln Hills in October. Learn dances from many countries. This music is intriguing, and many of the dances are easy. Learn the audience participation for the Oktober fests and the Syrto for the Greek Festivals. Learn

easy Israeli dances and unusual Latin dances, plus dances from the Balkans and Russia. The history of the dances will be included for many of the dances introduced. A very beautiful dance from England will be taught. You will learn how to do many basic dance steps. And most important of all we will have a lot of fun at every class session. *Bruce Mitchell* will be the master dance instructor for the class. He has taught dances all over the U.S. and in Taiwan, Hong Kong, and Japan numerous times.

—Jazz—

***Jazz for Beginner**

Thursdays, October 7-28

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC2847**

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

***Jazz Performance**

Tuesdays, October 5-26

1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC2857**

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

—Line Dance—



***Country Line Dancing**

Fridays, October 1-29

3:00 to 4:00 PM (KS)

\$35 (five sessions)

— **LSC2929**

This class is a mixture of beginner, high beginner, and intermediate dances.

It features the popular “old” line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

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

as Country. Line dancers are a friendly, social group who love to dance and welcome new participants.

***Level I – Absolute Beginner (Intro)**

Mondays, October 4-25

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC2879**

Instructor: *Cathy Paris*

OR

Thursdays, October 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3048**

Instructor: *Yvonne Krause-Schenck*

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.

***Level 2 – Beginner**

Fridays, October 1-29

2:00 to 3:00 PM (KS)

\$35 (five sessions) — **LSC3011**

Instructor: *Sandy Gardetto*

OR

Thursdays, October 7-28

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3070**

Instructor: *Yvonne Krause-Schenck*

OR

Thursdays, October 7-28

3:30 to 4:30 PM (KS)

\$28 (four sessions)

— **LSC3173**

Instructor: *Cathy Paris*

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

***Level 3 – High Beginner/Improver**

Mondays, October 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3080**

OR

Instructor: *Yvonne Krause-Schenck*

Wednesdays, October 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC2991**

Instructor: *Sandy Gardetto*

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

***Level 4 – Easy Intermediate**

Mondays, October 4-25

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC2905**

Instructor: *Cathy Paris*

OR

Wednesdays, October 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3013**

Instructor: *Sandy Gardetto*

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

***Level 5 – Advanced**

Thursdays, October 7-28

5:30 to 6:30 PM (KS)

\$28 (four sessions)

— **LSC3175**

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

***Line Dancing 4 Fun**

Thursdays, October 7-28

4:30 to 5:30 PM (KS)

\$28 (four sessions)

— **LSC3188**

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

coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

Line Dance Instructors

• **Sandy Gardetto**

Sandy is an excellent line dance instructor with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old.

To encourage people to sign-up for her classes, she has simplified her

Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music.



• **Yvonne**

Krause-Schenck

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the '90s. She loves to teach and finds joy in seeing her students progress. She thinks it is important

to keep moving and stay healthy as we age, and line dancing provides that opportunity in a fun way.



• **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she

was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise with her students.



—Tap—



***Beginning Tap**
 Mondays
 October 4-25
 11:00 AM to Noon
 (KS)
 \$36 (four sessions)
 — **LSC3380**

Make new friends, and challenge your mind and body. **Prerequisite:** must have taken Beginning Tap previously. *About the Instructor:* **Alyson Meador** is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

***Tap Technique**

Mondays, October 4-25
 10:00 to 11:00 AM (KS)
 \$36 (four sessions) — **LSC3050**

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

Glass Art

***Stained Glass**

Mondays
 October 4-25
 1:00 to 4:00 PM (KS)
 \$60 (four sessions)
 Supply fee: \$12 payable to the instructor
 — **LSC2970**



You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. **Requirements:** No open-toe shoes. *About the Instructor:* **Jim Fernandez** has 31 years of stained glass experience.

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Music

—Guitar—

*Beginning Guitar

Mondays, October 4-25

9:00 to 10:30 AM (OC)

\$48 (four sessions)

— **LSC3205**

Reading music notation for guitar made easy.

About the Instructor: Jon

Gowin has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.



*Beginner Folk Guitar Class for Fun Folks

Tuesdays, October 5-26

1:00 to 2:00 PM (OC)

\$30 (three sessions, No class October 12) — **LSC3019**

No prior music knowledge or good singing voice is necessary! Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor: Darrell Effinger* is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists.



*Intermediate Folk Guitar Class for Fun Folks

Tuesdays, October 5-26

2:00 to 3:00 PM (OC)

\$30 (three sessions, No class October 12)

— **LSC3043**

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



*Intermediate Guitar

Wednesdays, October 6-27

9:00 to 10:30 AM (KS)

\$48 (four sessions) — **LSC3192**

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

—Ukulele—

*Beginning Ukulele

Mondays

October 4-25

10:30 AM to

Noon (OC)

\$48 (four sessions)

— **LSC3382**



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

*Intermediate Ukulele

Wednesdays, October 6-27

10:30 AM to Noon (KS)

\$48 (four sessions) — **LSC3197**

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

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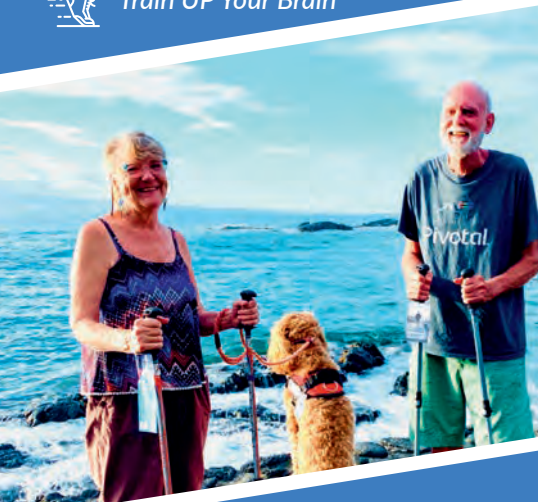
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Train UP Your Brain



Urban Poling (Parkinson's & Balance)

Monday & Friday

October 4-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own.

Urban Poling (aka Nordic Walking)

Tuesday & Thursday

October 5-28

12:55 PM to 1:55 PM

Aerobics Room & Indoor Track (OC)

\$136 (eight sessions)

This is a fitness class designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged.

Urban Poling is one of the fastest growing forms of fitness and rehabilitation in the world and is recognized by top fitness and healthcare professionals to be game changing for your mind & body!

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For more information contact Fitness Supervisor Rex Owens MSc.

Rex.Owens@sclhca.com or 916.408.4825



Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



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



WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks.

Fitness Floor (OC)

- **Wednesday, September 15**
3:00 to 4:00 PM
- **Tuesday, October 5**
3:00 to 4:00 PM
- **Wednesday, October 20**
3:00 to 4:00 PM
- **Tuesday, October 26**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, September 23**
3:00 to 4:00 PM
- **Thursday, October 14**
3:00 to 4:00 PM
- **Thursday, October 28**
3:00 to 4:00 PM

**WellFit Services Available to Assist You in
Furthering Your Health & Wellness**

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.*

To schedule an appointment for 1 on 1 session on the Pickleball Courts with Barry and for more information, please email rex.owens@sclhca.com.

Intro to Pickleball

Wednesdays
11:00 AM to 1:00 PM
Pickleball Courts
Free

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

Mindful Movement

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

All classes, times, and locations are subject to change. See up-to-date information and schedules on sclhresidents.com. Look in the WellFit tab or on online enrollment.



Tai Chi / Qigong L1

Fridays, October 1-29
2:00 to 3:00 PM, Aerobics Room (OC)
\$60 (five sessions)
OR
Tuesdays, October 5-26
2:00 to 3:00 PM, Aerobics Room (OC)
\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility,

and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Wamsat*.

New! Seated Tai Chi / Qigong L1

Fridays, October 1-29

12:55 to 1:55 PM, Aerobics Room (OC)

\$60 (five sessions)

This class is developed to improve health, balance, posture, and strength for students who need to sit for class. Great work out for your body, your mind, and your spirit! It can be done on a chair or a fit ball. Instructor: *Shifu Anney Wamsat*.

Tai Chi / Qigong L2

Fridays, October 1-29

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

\$60 (five sessions)

OR

Tuesdays, October 5-26

3:10 to 4:10 PM, Aerobics Room (KS)

\$48 (four sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning a traditional 128 Yang long form. In addition, you will learn Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Shifu Anney Wamsat*.

Tai Chi / Qigong L1/L2

Saturdays, October 2-30

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

\$60 (five sessions)

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

New! Ball Tai Chi / Qigong L1/L2

Tuesdays, October 5-26

4:15 to 5:15 PM, Aerobics Room (KS)

\$48 (four sessions)

This class begins using lightweight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through form practice. Tai Chi ball can be done seated or standing. Instructor: *Shifu Anney Wamsat*.

Mind, Body & Spirit

Wednesdays, October 6-27

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

\$68 (four sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the neurology of the brain. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace, and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

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.*

All classes, times, and locations are subject to change. See up-to-date information and schedules on sclhresidents.com. Look in the WellFit tab or on online enrollment.

New! The Next Chapter

Mondays, October 4-25

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

\$68 (four sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate group where together we'll explore new techniques to help you move forward with confidence. Come prepared for heart-opening, restorative movement and exercise poses that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format! Instructor: *Nina Baldi*.

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Wednesdays

October 6-November 3

5:00 to 6:30 PM, Multipurpose Room (OC)

\$149 (five sessions)

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



Pilates Reformers and Towers

Please check sclhresidents.com for most current schedule and information regarding Pilates Reformer Program including sign up forms or contact Danielle. Merrill@sclhca.com.

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system MindBody. See class grid on page 89 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

**Four-class membership package \$72 per month,
Add-on classes for member \$18 per class.**

**Eight-class membership package \$136 per month,
Add-on classes for member \$17 per class.**

Drop-in classes for non-member \$20 per class.

Please contact Danielle Merrill at Danielle.Merrill@sclhca.com or call 916-625-4032 for more information and to sign up if you do not already have a MindBody account or if it is inactive.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one hour long). This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over

any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle.Merrill@sclhca.com to coordinate your introduction with an instructor.

Private Reformer Training

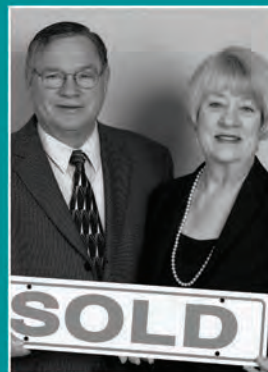
Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and schedule with one of the reformer instructors, please contact Danielle Merrill at Danielle.Merrill@sclhca.com.

**One-on-One Training and Buddy Training:
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Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens (rex.owens@sclhca.com). You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session Package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:** Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. Date events go on sale is the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online. SGT classes run 55 to 60 minutes.*

***Check weekly eNews and online enrollment at sclhresidents.com for the most up-to-date information on SGT classes or email Rex.Owens@sclhca.com with questions.**



Urban Poling (Parkinson's & Balance)

Mondays & Fridays, October 4-29
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own. Walking 30 minutes

at least three times a week gives you a Full Body Aerobic Exercise by simply adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Orchard Creek Wellfit. Limited availability of loaner Activator® Poles. Instructor: **Renae Schmidt.**

Urban Poling (Nordic Walking)

Tuesdays & Thursdays, October 5-28
12:55 to 1:55 PM
Aerobics Room & Indoor Track (OC)
\$136 (eight sessions)

This is a fitness class designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a Full Body Aerobic Exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Limited loaner poles are available. Instructor: **Rex Owens.**

SGT—Pulmonary Exercise Class Returning Soon!

TBA
\$68 (four sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is

welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.



SGT—Walk on the Wild Side L1 (Seasonal)

Tuesdays, October 5-26
8:30 to 9:30 AM
\$68 (four sessions)
*First class meets at OC Fitness Center

Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side!' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher*.

SGT—Fit Fusion L2/3

TBA

Come try a great total body, circuit style class that incorporates new tools and exercises! This class focuses on all the important elements of a workout (Stability, Endurance, Strength, = better Coordination, better Movement, and better energy) with a little bit of boxing mixed into the fun. Craig's new styles of training, along with new training equipment, is guaranteed to give you the motivation you need while improving your overall health. Now is the time, sign up and take our workouts to the next level! Instructor: *Craig Wasley*.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays
October 5-28
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional 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 are encouraged. Instructor: *Deanne Griffin*.

SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays, October 4-27
3:05 to 4:05 PM, Aerobics Room (KS)
\$136 (eight sessions)

Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Instructor: *John Ramos*.

SGT—TRX Circuit L2

Tuesdays & Thursdays, October 5-28
12:55 to 1:55 PM, Aerobics Room (KS)
\$136 (eight sessions)

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

SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays
October 4-27
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor:

Rena Schmidt

OR

Tuesdays & Thursdays
October 5-28
10:45 to 11:45 AM
Aerobics Room (KS)
\$136 (eight sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*

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.



SGT—Balance & Fall Prevention L1

Mondays & Wednesdays, October 4-27

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

\$136 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Renae Schmidt*.

SGT—Therapeutic Water Exercise L1

Wednesdays

October 6-27

11:50 AM to 12:50 PM,

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*OR

Fridays, October 8-29

10:45 to 11:45 AM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher*

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

**SGT—Rock Steady Boxing**

Tuesdays, October 5-26

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

OR

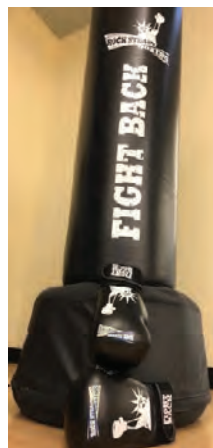
Thursdays, October 7-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

This 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. *Gloves and wraps are sold at Fitness Centers.* Instructor: *Craig Wasley*.

**SGT—ParkinsonStrong Combo**

Thursdays, October 7-28

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

\$68 (four sessions)

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

Live Stream Class Passes****Live Stream Classes are not offered at this time.**

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 the 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

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-serve basis in our KS and OC Aerobics Rooms. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$4.50 each. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 86-89 for days and times. Purchase these passes through online enrollment at sclhresidents.com or either Fitness Center front desks.

WellFit Class Cancellation Policy: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu-related symptoms. This may cause classes to be canceled last minute without notice. We will not be offering free class passes at this time when we have a cancellation. Thank you for understanding. 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. **Punch Pass Expiration Update:** *Punch Passes purchased before December 1, 2019, will NEVER expire. Passes purchased December 2, 2019-December 1, 2020, have a NEW expiration of December 1, 2021.*

OC WellFit Class Schedule September/October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 - Joanlie	Step L2/L3 Kim	Stretch It Out L1/L2 - Nina	Step L2/L3 Kim	Basic Step & Strength L1/L2 - Shirley	9:00am Core Strength L2 - Helena	
9:40	20/20/20 L2/L3 - Gretchen	Core-N-Strength L2/3 - Kim	Strictly Strength L2/3 - Katie	Core-N-Strength L2/3 Kim	Yoga Basics L1/L2 Amy	Strength & Athletic Stretch L2/L3 - Helena	
10:45	Piloga L2/3 - Gretchen	Yoga Flow L2 - Amy	Slow Flow Yoga L2/3 - Katie	Restore, Balance & Flow Yoga L1/L2 Jennifer	Barre L2/L3 - Gretchen	Restore, Balance & Flow Yoga L1/L2 - Nina	Cardio Kickboxing Low Impact L1-L3 - Shirley
11:50	Zumba Gold Seated L1 - Joanlie	Sit & Be Fit L1 Joanlie	Staying Active with Arthritis L1 - Beth	Sit & Be Fit L1 Lisa	Staying Active with Arthritis L1 - Linda		
12:55		New! SGT - Urban Poling (Nordic Pole Walking) L1 - Rex	Cha Cha Chair L1 Beth	New! SGT - Urban Poling (Nordic Pole Walking) L1 - Rex	New! Seated Tai Chi / Qigong L1 - Anney		
2:00	New! The Next Chapter - Nina	Tai Chi / Qigong L1 - Anney			Tai Chi / Qigong L1 - Anney	Tai Chi / Qigong L1/L2 - Anney	
3:05	Chair Yoga L1 Amy	Healthy Living Exercise L1 - John	Mind, Body & Spirit Nina	Healthy Living Exercise L1 - John	Tai Chi / Qigong L2 - Anney		
4:10				Zumba Gold L2 Joanlie			
5:15	Yin Yoga L1-3 Nina	20/20/20 Happy Hour Workout! L2/L3 - Sue	5:00pm Quiet the Mind L1 - Sheri	20/20/20 Happy Hour Workout! L2/L3 - Kim		SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$4.50							
Fast Pass - 30 min Group Exercise Class \$2.50							
Wellness Classes (session based, sign-up ahead each month)							
SGT - Small Group Training (55-60 minute) session based, sign-up ahead							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time.</p> <p>Thank you for understanding.</p>							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on schresidents.com

KS WellFit Class Schedule September/October 2021

	Monday KS	Tuesday KS	Wednesday KS	Thursday KS	Friday KS	Saturday KS	Sunday KS
7:30	All Cycle L2/L3 <i>Helena</i>		Intro to Cycle <i>Erin</i>		All Cycle L2/L3 <i>Helena</i>		
8:35	Cardio Strength L2/3 <i>Helena</i>	Intro to Cycle L1 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Katie</i>	
9:40	Strength Barre Fusion L2/3 - <i>Katie</i>	Zumba Gold L2 <i>Juanie</i>	Intro to Pilates L1 <i>Erin</i>	Piloga & Props L1 <i>Gynthia</i>	Strength & Athletic Stretch L2 - TBA	Yin Yoga L1-3 <i>Katie</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Cardio Strength L2 <i>Beth</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>		
11:50	New! Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	Living with Hip Pain - <i>Lisa & Danielle</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	New! Urban Poling (Nordic Walking) L1 - <i>Renee</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joon</i>		SCLH Booking 11:00 to 3:00 pm
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L2 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			
4:15		New! Starts October Ball Tai Chi / Qigong - <i>Anney</i>					
5:30					SCLH Booking 6:00 to 8:00pm		
Punch Pass - Group Exercise Classes 55 minute \$4.50					Wellness Classes (session based, sign-up ahead each month)		
Fast Pass - 30 min Group Exercise Class \$2.50					SGT - Small Group Training (session based, sign up ahead) 55-60 minute		
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule September/October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in OC		
7:30	Aqua Surge L2/3 - <i>Nina</i>	Water Walking drop-in	Aqua Surge L2/3 - <i>Jiji</i>	Water Walking drop-in	Aqua Surge L2/3 - <i>Nina</i>		
8:35	Power Waves L3 - <i>Nina</i>	8-45am Aqua Intervals L2/3 - <i>Beth</i>	Power Waves L3 - <i>Jiji</i>	8-45am Aqua Intervals L2/3 - <i>Lisa</i>	Power Waves L3 - <i>Nina</i>		
9:40	Splash L2 - <i>Jiji</i>	9-50am Aqua Intervals L2/3 - <i>Beth</i>	Splash L2 - <i>Lisa</i>	9-50am Aqua Intervals L2/3 - <i>Lisa</i>	Splash L2 - <i>Lisa</i>		
10:45	Fluid Moves L1 - <i>Jiji</i>	Water Walking drop-in	Fluid Moves L1 - <i>Lisa</i>	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	Power Waves L2/L3 - <i>Danielle</i>	Water Walking drop-in until 8:30pm	Power Waves L2/L3 - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in until 8:30pm		
5:30	Water Volleyball 5:45 to 8:15pm		Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm			
8:30							

CLASS CANCELATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.

Small Group Training - SGT - 60 minutes (session based, sign up ahead)

Group Exercise Classes - 55 minutes (punch pass) \$4.50

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on schresidents.com

Pilates Reformer WellFit Class Schedule September/October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - <i>Gretchen</i>			Reformer L1-L2 - <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 - <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		Reformer Basics + L1-L2 - <i>Cynthia</i>		
9:30		Reformer Basics + L1-L2 - <i>Valerie</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 - <i>Cynthia</i>		
10:30		Reformer Basics + L1-L2 - <i>Valerie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
11:30		Reformer L1-L2 - <i>Andee</i>	Reformer L1-L2 /Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 - <i>Cynthia</i>			
12:00					12:00 Cardio Jump & Core L2 - <i>Gretchen</i>		
12:30		Reformer + Mixed Equipment L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Gretchen</i>				
4:15				4:15pm Reformer L1-L2 - <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge MON–FRI: 9:00 AM–7:00 PM SATURDAY: 9:00 AM–1:00 PM	Membership Desk MON–FRI: 9:00 AM–5:00 PM
Kilaga Springs Lodge MON–FRI: 9:00 AM–7:00 PM SUNDAY: 9:00 AM–1:00 PM	The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM
Lifestyle Desks (oc/ks) MON–FRI: 9:00 AM–6:30 PM SATURDAY (OC): 9:00–12:30 AM SUNDAY (KS): 9:00–12:30 AM	Meridians Restaurant Meridians / Sports Bar DAILY: 11:00 AM–8:00 PM Curbside Pickup: DAILY: 11:00 AM–7:00 PM SCLH Delivery: DAILY: 4:00 PM–7:00 PM
WellFit (oc/ks) MON–FRI: 5:30 AM–8:30 PM SAT–SUN (OC): 7:00 AM–8:00 PM SAT–SUN (KS): 5:30 AM–6:00 PM	Kilaga Cafe MON–FRI: 7:00 AM–3:00 PM

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To-Go Orders & Info: 916-408-1682
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THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpringsSpa.com
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Spa Manager
Breann Reese916-408-4071 Breann.Reese@sclhca.com

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Lincoln Police & Fire916-645-4040
Neighborhood WatchSCLHWatch.org
Barbara Branch: 916-622-5490
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

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