

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

11 Give Where You Live - Big Day of Giving is May 5

15 Spring Into Poetry



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

4021 N. FREEWAY BLVD #100
SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

1671 E. MONTE VISTA AVE #N111
VACAVILLE, CA 95688

ELK GROVE

(COMING SOON!)

Calendar of Events

April 15 - May 18

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

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Upcoming Association Meetings: April 15 – May 26

Finance Committee	Thursday, April 21, 9:00 AM
ARC/Architectural Review Committee	Monday, April 25, 9:00 AM
Board of Directors	Thursday, April 28, 9:00 AM
Board of Directors Executive Session	Thursday, April 28, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, May 3, 9:30 AM
Compliance Committee	Wednesday, May 4, 9:00 AM
Accessibility Committee	Wednesday, May 4, 9:00 AM
Properties Committee	Thursday, May 5, 9:00 AM
Elections Committee	Friday, May 6, 9:30 AM
ARC/Architectural Review Committee	Monday, May 9, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, May 10, 10:00 AM
Board of Directors Workshop	Thursday, May 12, 10:00 AM
Board of Directors Executive Session	Thursday, May 12, 1:00 PM
Finance Committee	Thursday, May 18, 9:00 AM
Board of Directors Annual Meeting of Members	Thursday, May 19, 9:00 AM
Board of Directors Special Meeting	Thursday, May 19, Follows Annual Meeting
Board of Directors Organizational Meeting	Thursday, May 19, Follows Special Meeting
ARC/Architectural Review Committee	Monday, May 23, 9:00 AM
Board of Directors	Thursday, May 26, 9:00 AM
Board of Directors Executive Session	Thursday, May 26, 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:

- Accessibility Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Finance Committee
- Properties Committee

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



Board of Directors' Report Looking Back on 2021

Craig Fraser, Treasurer

The year 2021 was filled with challenges: being a new Board member, the pandemic, three executive directors, and a special election, to name a few. Each one of these created its own set of problems. It has been a very interesting and enlightening year. As someone once said, "you don't know, what you don't know." Truer words were never spoken. Let's review some of the ideas and goals I wanted to accomplish.

1. Establish a Board that sets policy and direction and lets the Executive Director run the day-to-day operations. This is an ongoing process, and I believe the Board is trying to let the Executive Director do his job. However, with three EDs in one year, it has been difficult to release control. Now that we have hired Kyle Bodyfelt, we can again keep the process moving forward and allow the Board to focus on policy and direction.

2. Improve Meridians. This has been the one thing the Board has accomplished, and the future looks bright. Jim Trondsen, our F&B Manager, is doing a great job and moving the restaurant in a positive direction. Stay tuned. More to come.

3. Re-establish the Fixed Mandatory Assessment (FMA). This is probably the most misunderstood issue in our community. Why was it stopped? Why was it not restarted? Why the need for a special election? Hopefully, the next Board will address this issue and look to our residents for input. The long-term financial viability of our Association and how we move forward with capital projects, improving amenities, and collecting revenue for these activities need to be

discussed and solutions considered. Your involvement and input are critical.

4. Spend wisely. This includes our budget, reserves, and monthly dues. The Board expanded the budget process in 2021. This change allowed all Board members to be involved earlier. During this process, I was impressed with the knowledge of our staff and their openness to ensure transparency to the benefit of the Association. The reserve process for 2022 is also headed in the same direction. Dues are always a concern for our residents, and certainly, any movement needs to be communicated in a clear and precise manner. Fortunately, we were able to maintain the dues for 2022. However, every year we will have new issues that need to be addressed. Continued effort by the Board and staff to find operational efficiencies and savings while maintaining high service levels, amenities, and facilities is key.

5. Restore civility among Board members and within the community. This is still a challenge. I believe that the Board has made a serious effort to work together and listen to all sides and consider all residents when making decisions. I will continue to work in our community's best interest.

I am often asked, "Is being a Board member what you expected?" After a year, I can truly say, "Yes, it is, and so much more." I look forward to working with the new Board and keeping our community moving forward.

Finally, our annual HOA Board election is in progress. You should have received your ballot by now. Please VOTE and be a part of the process.





A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"To plant a garden is to believe in tomorrow." – Audrey Hepburn

As a child growing up in the Willamette Valley in Oregon, I always cherished the possibilities of spring. From longer days, snow skiing in shorts, the sound of birds chirping, the crack of a baseball hitting the bat, and the colors of everything growing, it really did feel like the pleasures were limitless. I also grew up enjoying the fresh fruit and vegetables that came from my Mom's spring garden. The bounty included tomatoes, strawberries, blueberries, raspberries, lettuce, radishes, squash, snap peas, carrots, and much more. The trick was always picking the ripe fruit before the birds, raccoons, and deer got to it first. From eating it right off the vine, as part of a spring dinner, or perhaps months later as homemade raspberry jam on toast, it always raises the memories of my childhood springs.

While it is fun to reminisce about my childhood springs, the best part is I get to enjoy them now as a parent, husband, co-worker, employee, and friend. When my children were young, it was brisk morning adventures (they sleep in now), Easter egg hunts, the Little League fields, and the sounds of kids playing in the neighborhood. As the kids grew older, it became coffee with my wife, morning walks with the dog and tinkering around the yard. We don't quite have the garden I grew up with, but we still try to grow a few fresh vegetables for the table. Spring is the ultimate 'clean slate and

another chance for renewal and re-balancing.

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your soul."
– Luther Burbank

I encourage you all to "plant your own garden" and set your direction for spring. From literal gardening at your Lincoln Hills home to getting out in the community near or far, the chances of making your mark are limitless. You also have the opportunity to make someone else's day. It could be a smile or a friendly 'Good Morning' while on a neighborhood walk. It could be working on a shared landscape project with your next-door neighbor. It may be offering your technical expertise to help set up a Lincoln Hills event. From the incredibly complex projects to the simple smile and wave, you cultivate 'your garden' by how you interact with your community.

Sometimes the spirit of spring can be exemplified just as much by what you don't say or do. For example, thinking twice before making that nasty comment about someone or posting that negative feedback about your view of a process can provide something constructive, which adds value to your community. I still believe in that age-old saying, "If you don't have anything good to say, keep it to yourself."

My spring hope for Lincoln Hills is the continued growth and development this season brings.

"In the spring, at the end of the day, you should feel like dirt." – Margaret Atwood





Finance Committee

A Good February

Fred Raach, Chair

In February, total revenue was slightly better than budget, and total expenses were \$63,000 less than budgeted, producing year-to-date net revenue \$39,000 better than budget. Non-dues revenue for the month was \$426,000, \$7,000 more than budgeted, despite the continuing mask mandate and COVID cases which affected group activities like classes, trips, and catering events.

Operating expenses, which do not include the monthly contribution to reserves, for the first two months were \$2,261,000, \$88,408 less than budgeted. The chart shows the year-to-date figures. The major changes from last month are a \$67,000 improvement in Personnel Costs relative to budget, a \$24,000 improvement in Landscape Maintenance (due to deferral of scheduled maintenance), and a \$48,000 growth in the over-budget amount of Utility expenses. Natural gas expense accounted for \$19,000 of the overage (higher rates and greater usage), \$13,000 from the monthly cost for amortizing the cost of the Kilaga solar system, \$8,000 from over-budget costs for electricity, and \$6,000 from increased water usage due to the lack of rain.

Results at the department level were very favorable, with every department except Lifestyle achieving better than budget results in

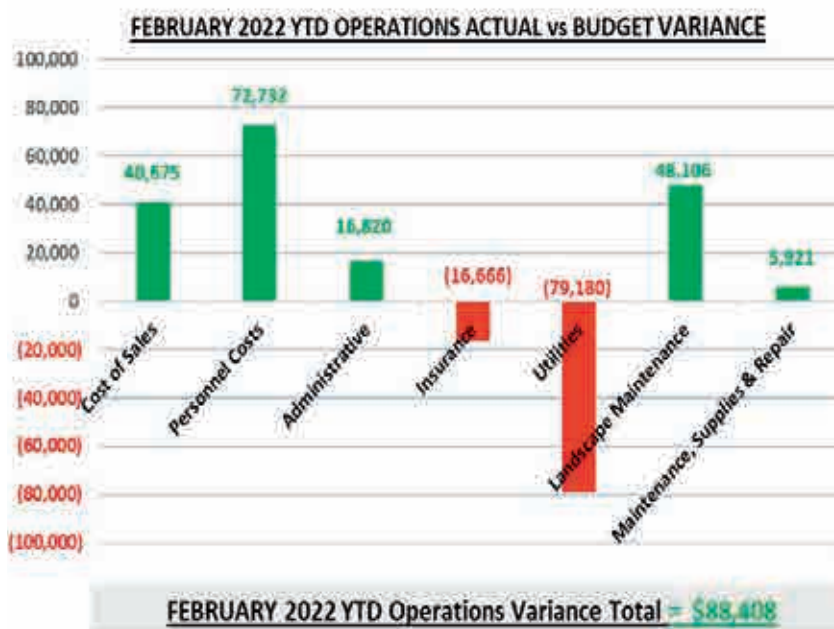
February. Administration led the way with net results \$29,000 better than budget, followed by Facilities & Landscape (\$15,000), WellFit and the Spa (\$8,000 each), Food and Beverage (\$6,000), and Communications & IT (\$5,000). Lifestyle's results were greatly impacted by the mask mandate and the cancellation of events and trips but still were only \$1,000 over budget.

Reserve expenditures in February were \$28,000. The larger expenditures were the purchase of a replacement electric vehicle for Facilities (\$14,625), replacing the tennis ball machine (\$6,613), replacement of a Communication & IT camera (\$3,050), and filters for the Kilaga pool (\$2,907). The reserve balance at the end of the month was \$11,209,000, a \$362,000 increase since year-end. Total reserve funds at UBS for investment increased to \$10,572,000.

The only Community Enhancement

Fund expenditure in February was \$5,800 for the Sports Pavilion Parking lot expansion. The cash balance of the fund at the end of February was \$1,063,000, with \$148,000 committed to approved projects, leaving a balance of funds available and not already committed of \$915,000.

More detailed information of 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 **Residential Cameras, Video Surveillance**

Carole Dummett, Chair

Let's talk about cameras. Video cameras are permitted on all homes to provide surveillance monitoring of the property. All cameras must be applied for and approved by the ARC prior to installation except for a camera/doorbell. You may have a total of eight cameras around the property which can extend into the public sidewalk and street but cannot focus on neighboring properties. Cameras operated with solar are permitted; however, solar panels should be in the least visible location from the street that provides adequate signal coverage.

All camera/light fixtures on either side of vehicle garage doors(s) must be a carriage-style assembly. A photo or brochure of style, color, and fixture dimensions must be submitted with the application. A carriage-style fixture will simulate the acceptable garage light fixtures initially installed by the developer.

There are several styles available online or at home improvement stores.

Cameras and/or mounting assemblies cannot be attached to architectural features on the house. Refer to Design Guideline 1.8.4.

Wireless cameras do not require a building permit through the City of Lincoln.

Hard-wired electrical must be concealed or installed in conduit, which may require a Building Permit from the City of Lincoln. The conduit must be painted to match the color of the adjacent surface.

The City of Lincoln Police Department encourages all cameras installed to be registered. This may assist in identifying a suspect in the neighborhood should an incident occur.

Please refer to Design Guideline Section 10 Item 22 for additional information or contact ARC@ sclhca.com.



Compliance Committee **Spring in Full Swing**

David Mateer, Chair

To keep your landscape healthy and beautiful, there are some routine maintenance items to attend to. Now is a great time to get going. Some plants have grown larger during the past year, and some may have died back, some during the winter. This is the time to check their size and shape to ensure they will look their best. Give any bushes along the property line in the front yard a quick check. These bushes along the property line must be maintained to a height of four feet or less. Some plants may not have survived the past year, or it is time to replace them. The Design Guidelines have a long list of approved plants. ARC approval is not required, provided the overall appearance of your yard is maintained. However, trees and all other plantings that will grow to a height higher than five

feet or that will be maintained higher than five feet require ARC approval. Just remember to consider the mature size and your desired location.

I do not know where it goes, but bark seems to disappear over time. Now is a good time to replenish the bark as necessary. Various types of bark and wood chips can be used for yard dressing in your yard and planter areas. There should be sufficient bark to cover the dirt and drip irrigation lines. The bark also has an important role in controlling weeds and moisture in your yard.

It has been a dry year, and be sure to check to ensure your sprinklers are ready to do their job as it warms up. You will likely need to adjust them again at the end of spring to help your landscape investment make it through the hot summer months.



Properties Committee

We Love Technology

Lynne White, Committee Member

April 25 is National Telephone Day. Do you know the name Martin “Marty” Cooper? He is an American Engineer who is credited with inventing the first handheld cellular mobile phone. In 1973, he stood on a New York City street with a ten-inch long, two-and-a-half-pound phone nicknamed “the brick,” making the world’s first cell phone call. Do you know the name “Ronald Wayne?” On April 1, 1976, Apple Computer Company was founded by Steve Jobs, Steve Wozniak, and Ronald Wayne. Two weeks later, a gun-shy Wayne sold his 10% share back to the two Steve’s for \$800. You know Bill Gates and Paul Allen. Did you know that on April 4, 1976, Microsoft was founded, blending the words “microcomputer and software” to form Microsoft?

The days of pen and paper are almost gone. The Properties Committee is forever thankful for the genius of these technology giants. One of the ways of serving the residents of Lincoln Hills is through communication which helps us provide the abest quality service as we perform more tasks in less time. In order to manage a wide array of projects, we need to interface with the community, the staff, other Association committees, the Board of Directors, and the contractors and employees that tirelessly work towards our common goal.

With the help of technology, we have several big and small projects completed. In our eyes, all projects are equally important. We have completed the softball field fencing, the beaver dams were cleared to maintain water flow, Ferrari Pond Trail edges are filled, the sidewalk has been repaired on Spring Valley, our playground for visiting children has been

mulched and the bus stops removed while leaving the benches intact.

In the pipeline for 2022, we have our directional sign replacement. This has been a long-needed project that has been stalled by vendor issues. Erik Rosales, our Facilities and Maintenance Manager, found the original sign company that can match the existing signs. We have reviewed and approved the resurfacing of 12 Bocce Ball courts, the outdoor fun and lap pool plastering, modification of the

steps to meet ADA requirements, the purchase of new china, glassware, and flatware for Meridians, and new exercise mats for the aerobics room.

We are committed to responding to residents who observe potential maintenance issues. We constantly monitor the physical properties to ensure that they are safe, properly cared for, and in good condition. You may have a project you want us to consider. Do not hesitate to put your proposal in writing and drop it off at the Membership Desk at Orchard Creek Lodge or email it to our Executive Director, Kyle Bodyfelt. We meet on the first Thursday

of the month at 9:00 AM in Presentation Hall. You can receive a Zoom code through the eNews sent out on the first Monday of the month. We welcome community attendance and participation during open forum. If you cannot attend either format, video recording is available on our Resident Website. On the website, you can also view our prior committee meetings, minutes, inspections, reports, and videos. One of our important goals is to have our residents take an active role in keeping Lincoln Hills a premier place to live. We are always available by email at Properties.Committee@sclhca.com.



Erik Rosales



Accessibility Committee Survey

Judie Panneton, Chair

Have you noticed that more people are using canes, walkers, and wheelchairs in our neighborhood? It should come as no surprise since our residents' average age is 76, and people are determined to be active, even if it means making some adjustments. However, some residents may need more assistance.

According to Board President Laura Thiele, we are seeing more orphaned seniors (seniors without children, parents, or siblings.) "Even when there is a family, some don't have the capacity to assist. We have many programs available through the county, city, other government agencies, the Lincoln Foundation, Neighbors InDeed, Neighborhood Watch, etc. If we were able to understand the needs through the eyes of the residents, maybe we could orchestrate connections that are not happening. In doing so, this community would not only be more inclusive, but kinder and more humane."

The Accessibility Committee and the Survey Task Force of the Communications and Community Relations Committee are finalizing plans to send an anonymous survey to residents. Its purpose is to gather information from residents as they manage physical/functional challenges. The committee will use the information to consider making recommendations to the Board of Directors. The timeline for distributing the survey was not finalized by this article's publication.

Executive Director Kyle Bodyfelt has informed the committee about a list of Reasonable Accommodations that have been requested, considered, and completed. The list includes curb removal at several locations for easier access, improving safety through walkway lighting, improving signage, purchasing a pool chair lift, and making safety changes at the Amphitheater (including preventing food and bar lines from blocking walkways.)

Committee member Nancie Wiseman Attwater reported at the March meeting that of nine support groups contacted, three responded with membership numbers: Hearing Impaired – 90; Multiple Sclerosis – 25; and Glaucoma – 6.

Thanks to research by Don Nelson, Vice President of the committee, there is information to share to possibly save residents money. PG&E has a Medical Baseline Program that provides customers a discount if they

need energy for specific medical needs. He also learned that the Community Emergency Response Team (CERT) has limited volunteers and lacks the ability to assist people and respond to an emergency event, such as outdoor concerts. Executive Director Kyle Bodyfelt told the committee he would discuss the topic of emergency preparedness and CERT with some Lincoln City Council members at an upcoming meeting.

Safety for the community regarding the storage of resident oxygen tanks was also mentioned during the meeting. According to the Lincoln Fire Department, safety tips include:

- Never smoke in a home where oxygen is being used
- Post "no smoking" signs in and outside of the home
- Never use an open flame, such as candles, matches, wood stoves, and sparking toys when oxygen is in use.
- People who may have difficulty escaping a fire should have a phone near their beds or chairs.
- All cylinders should be secured in racks or stands to prevent them from tipping over.

Work continues by committee member Peter Beckett on a video to teach residents how to use captions on Zoom. It may be shown at the Accessibility Committees next meeting on May 4, at 9:00 AM. Check the website for the location. Contact the committee at AC@sclhca.com.



Election News

2022 Elections Are On!

Qualified voters (homeowners) should have received a ballot package in the mail for the Board of Directors Election. Five candidates are running for three Board of Director positions.

Important Things to Know:

- Ballot packages were mailed April 11-15.
- All ballots must be received at the Inspector of Elections (IOE) office or in the ballot box inside Orchard Creek no later than 3:00 PM, May 18.
- Candidate statements, member issue statements, candidate videos, and Candidate Forum videos can be viewed at sclhresidents.com.
- Out of town during the Election? You can still vote through Proxy voting. Look for information in the eNews, or contact the Executive Assistant at Christy.Goodlove@sclhca.com or 916-625-4062.

Make Your Ballot Count

- All 3 votes can be cast for 1 candidate, OR votes can be divided among separate candidates.
- Total votes cast cannot exceed 3.
- Be sure to sign the outer envelope (Civil Code requirement). Unsigned envelopes will be invalid.
- DO NOT make any additional marks or comments on the ballot, or it will be invalidated.
- Make an error on your ballot or envelope? Come to the Lifestyle (OC/KS) or Membership Desk (OC) to receive a replacement (must return damaged ballot to receive a new one).
- Make sure your ballot is received in time! You may mail it, drop it in the Election Box inside Orchard Creek Lodge, or hand-deliver it to the Inspector of Elections no later than 3:00 PM, May 18.
- Any questions? Contact the Executive Assistant at 916-625-4062 or Christy.Goodlove@sclhca.com



Date	Day	Event
April 11-15	Monday-Friday	Election Ballots mailed
May 18	Wednesday	All Ballots due by 3:00 PM
May 19	Thursday	Ballots Counted, New Board seated

For more information, contact the Elections Committee at Elections.Committee@sclhca.com, or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab sclhresidents.com > **Committees** > **Elections Committee**.

Lincoln Hills Foundation

Give Where You Live - Big Day of Giving is May 5

Denise Bowden

Mark your calendars for Thursday, May 5, and join your community and the Lincoln Hills Foundation for the Big Day of Giving, also known as BigDog. This is the day that four local counties partner for a day of community philanthropy. Beginning at midnight, May 5, and continuing for the next 24 hours, you can make your contribution to the Lincoln Hills Foundation to support residents right here in Lincoln.

Maintaining the funding for key programs becomes even more important during times like these. The ability of the Foundation to continue supporting our residents depends on all of us, plus families, friends, and neighbors. The need for delivered meals, basic necessities, and respite care continues to increase as our seniors remain in their homes. Please take advantage of this opportunity to help the Foundation

to continue our work supporting our seniors when they need it most.

In 2021 the generous and caring residents of this community rallied around the needs of our residents, and as a result, the Foundation was able to increase grants given.



In addition, two new programs were launched. Project Lifesaver, the technology-based tracking wristband, saw immediate results and proved its value in returning a lost gentleman home within 30 minutes. We launched a pilot with Dial-A-Ride to underwrite low-cost rides for seniors within Lincoln. We were also able to step in with a \$50,000 special grant to the Salt Mine to help replace their truck which did not meet California Air Quality regulations.

You can participate in the Big Day of Giving from the comfort of your home. Donations can be made on May 5 online. However, do not wait until then to show your support and make your donation. Beginning on April 22, you may go online and schedule a donation by entering www.bigdayofgiving.org/organization/lincolnhillsfoundation. If you want to donate now, you may also mail a check to Lincoln Hills Foundation, PO Box 220, Lincoln, CA 95648, or call 916-409-2016 to make a cash, check, or credit card donation, and one of our volunteer Board members will pick it up from you.

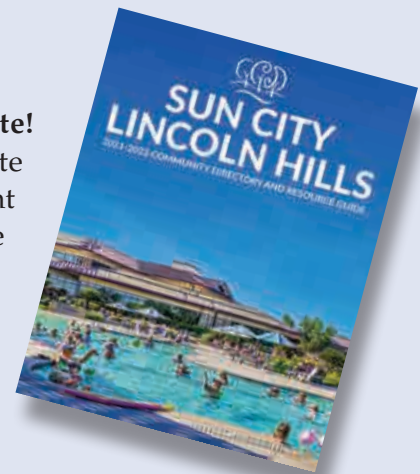
Are you interested in being a part of this community benefit organization and making a difference in Lincoln Hills? The foundation is always looking for residents looking to participate. Please contact us at lincolnhillsfoundation.org today.

Did You Know?

Online Resident Directory

There is an online Resident Directory on the Resident Website! This online Directory is an easy way to find the most up-to-date contact information of many of your friends and neighbors. "Resident Directory" can be found under the Resident Center tab on the Resident Website.

The online Resident Directory is an "opt-in" directory. This means your profile is hidden until you choose to unhide it in your My Profile settings on the Resident Website. You are also able to control what information is made available for other residents to see in the Directory.





The Spa at Kilaga Springs Spring Clean Your Skincare Regime

KarriLynn Keith, Spa Manager

Spring is in the Air! All of the beautiful flowers are blossoming, and trees are sprouting their leaves. This season always reminds me it is time to Spring Clean and transition into my healthier wellness regime. As you start your own spring cleaning, don't forget to transition your skincare routine.

During winter, the constant dry air affects our skin in a number of ways. The warmer air pulls moisture from your skin, leading to fine lines and wrinkles forming and those dreaded chapped lips. Thankfully I know a few very talented and gifted Aestheticians here at The Spa at Kilaga Springs who know a thing or two about how you can transform the winter challenges and restore and hydrate your skin so you will feel more refreshed and youthful.

Here are the Top 5 skincare challenges we experience;

1. Dull skin. Dry, expired cells do not reflect light the way healthy, hydrated cells do, so many people are going into spring concerned about dull-looking skin.

2. Sensitive neck

Because it's so thin, the skin on the neck is already sensitive.

3. Fine lines. They are small superficial lines caused by dehydration, which is why they become more prominent during winter.

4. Clogged pores. Clogged pores can build up over the course of the winter and get trapped by a surface layer of dry skin cells, and settles in your pores.

5. Sensitivity. When our skin's moisture barrier becomes compromised, tiny invisible cracks form. These allow moisture to escape, while irritants can get in more easily.

Here are five adjustments you can make to get your skin ready for Spring!

1. Switch Up Your Cleanser. During winter, you may have been using a richer cleanser or lotion texture. Once spring is around the corner, try a lighter cleanser as the weather warms up.

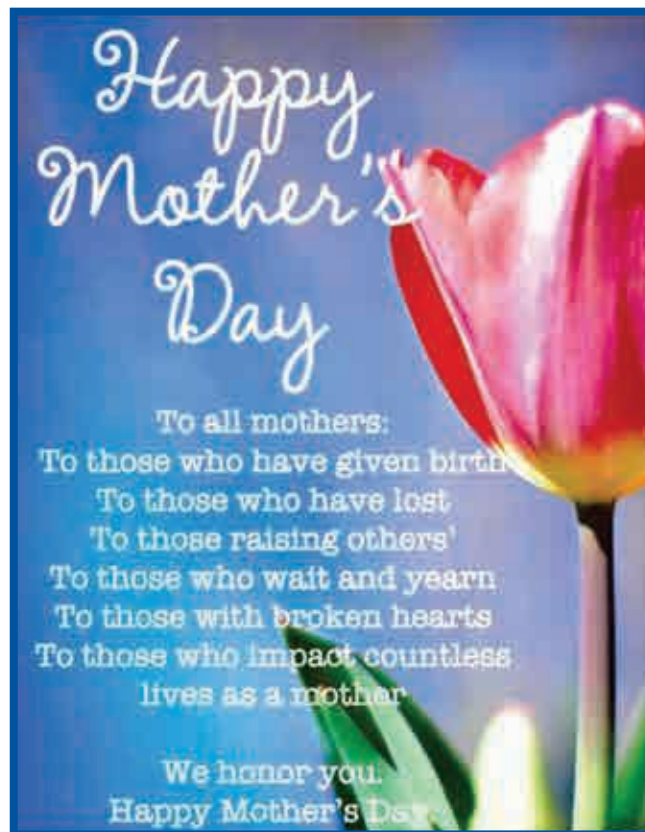
2. Lighten Up by swapping Heavy Creams and Oils. On colder nights, use your richer moisturizers or face oil. On warmer nights, use more of a lotion texture, they use a higher ratio of water-based ingredients, so they will keep you moisturized without weighing you down.

3. Spring-Clean Your Pores with Exfoliation. Constant dry winter air leads to a buildup of dead cells on the surface of your skin. This buildup is responsible for making skin look dull and clogging pores. If you are dealing with either of these issues, it is time to up your exfoliation. Start to exfoliate 1 – 2 times per week, and your skin will be able to absorb your skincare products much better.

4. Load Up on Antioxidants. Antioxidants should be part of any morning routine year-round but come spring, we start spending more time outdoors exposed to the elements again. Add Vitamin C to your skincare and you will not only give yourself an extra dose of solar protection but help fight off those dark patches that come from sun damage.

5. Make sure to wear SPF all year round. Remember, protecting yourself from the sun is the number one way to prevent visible signs of skin aging.

I hope you found some useful information. Don't forget to schedule an appointment with our amazing team, who will have you ready for that Mother's Day outing and celebration with your loved ones. Happy Mother's Day!





WellFit News

Know Where You Stand

Rex Owens, WellFit Fitness Supervisor

“If I had good balance, I’d be able to...” What would your answer be if you were more confident in your balance? I hear it a few times a week, someone saying their balance and strength were much better a few short years ago. Many of us do not think about balance until we have a problem or assume it’s just a normal part of getting older. Like strength, balance is trainable and can be improved throughout your lifetime. Good balance is fundamental to a full, varied and healthy life.

Balance can be static or dynamic. Static balance is when you are still and can affect things like your balance while on a ladder. Dynamic balance is your ability to maintain stability while moving. Whether you are an athlete wanting to play better pickleball, golf, or someone who rejects the notion of helplessness aging. Good balance is the difference between living the lifestyle or doing less.

Balance is fundamentally a connected system of special parts. Your inner ear/Vestibular System, eyes, Proprioception (nerve signals from muscles, tendons, joints), and feet. Typically, the only part of you “contacting” the world is your feet. The strength or weakness of all input between the senses, brain, and muscles determines a person’s postural control. Good postural control means good balance.

Many people become less active as they age, impacting many balance-related functions. It accelerates age-related muscle loss, reduces communication links between the brain and muscles, and reduces muscle strength and flexibility. The body, therefore, relies more on vision for balance. But a decline

in one area (i.e., eyesight) can be compensated for in another area (i.e., proprioception).

Falls are a threat to the health of older adults and can reduce their ability to remain independent. Falls don’t have to be inevitable as you age; there are proven ways to reduce and prevent them.

- More than one in four older adults age 65+ falls yearly.
- Have you fallen in the past year, feel unsteady when standing or walking, or worry about falling?

- Over 10,000 people in the United States turn 65 every day.

- In one year alone, medical costs for falls are about \$50 billion.

Simple things you can do to keep yourself from falling and stay independent longer.

Ask your doctor/pharmacist: to review your medicines that might increase your fall risk, ask about health conditions (like depression or osteoporosis) that can increase your fall risk, get your eyes checked frequently, and update lenses.

Strengthen your legs and improve your balance (see *Compass* grids for classes). Get rid of trip hazards. Keep floors clutter-free, add bathroom grab bars, and install handrails and lights on all staircases.

To learn more about our new WellFit Comprehensive Assessment and the new ZIBRO stability scale (test your balance) developed by NASA and MIT we are planning for a free upcoming Spotlight on in June keep an eye on your eNews for date and time. If you can measure it, you can improve it.

Please visit our ad on page 28 for upcoming price increases to our punch passes starting May 16.



Ted Noren, “If you can measure it, you can change it”



NATIONAL Poetry MONTH

What is April?

Spring into Poetry

Linda Lucchetti, Roving Reporter

“Good things take time. That’s probably the reason April is the fourth month of the calendar.” – Anonymous



Poetry blooms in spring

Best known for April Fool’s Day, Tax Day, and Easter, the blossoming month of April is also dubbed ‘National Poetry Month.’

Still, in its prime, this celebration of poetry was first launched in April 1996 by the Academy of American Poets. On the heels of Black History Month (February) and Women’s History Month (March), it’s no surprise that

April, a month bursting with nature’s beauty, would be tapped to heighten the awareness of poetry and celebrate poets who play an integral part in our culture.

Still, skeptics might ask, “What can poetry do for me? It’s boring. It’s nerdy.” They’ve arrived at the right month to test their opinions and might want to give poetry a chance – either by jotting down personal verses or reading from the thousands already penned. From the classics of Walt Whitman and Robert Frost, to contemporary pieces of Joyce Carol Oats and Maya Angelou, bookshelves overflow with poetic inspiration and illumination.

By definition, poetry is a literary genre based on the interplay of words and rhythm, an expression of feelings which are powerful because it transforms language for both the writer and the reader. It’s a shorthand that jogs the memory.

Poets and poetry readers alike benefit from its education, entertainment, and enlightenment.

Amanda Gorman, the youngest inaugural poet in U.S. history, wrote, “There is a poem in this place,” referring to America and all that it contains. Apply her verse to our own Lincoln Hills community. There is a poem in this place. There are poets in this place, too, including the following:

Jim Fulcomer, a longtime resident and octogenarian, has been writing poems most of his life. His favorite genre is the limerick, but he also likes to rewrite familiar songs with his own lyrics.

Alan Lowe is a writer and a poet. For the past 14 years, he has coordinated the Voices of Lincoln Poetry Contest that begins in April and attracts adult and young poets worldwide.

Sandra Parker is a photographer and came to poetry by accident. Her poem, “Treasures in the Attic,” placed in the 2014 Voices of Lincoln Poetry Contest.

Phil Robertson captures his feelings about nature and flowers through photography and poetry.

As a salute to National Poetry Month, works by these “poets in residence” are presented on the next several pages. Enjoy their poetry, as well as springtime!



Photo by
Phil Robertson

Flowers are a natural subject
for poets



The April Fool

by Jim Fulcomer

If April be the month for fools,
then please include me in.
For Winter has hung on too long,
my patience wearing thin.
For I enjoy the gentle breezes,
far more than the gales,
which Winter gives in great amount,
and all that cold prevails.

Now I can drive no more enclosed
in glass and painted steel,
to feel the sun upon my face,
with sunscreen head to heel.
And to enjoy the Rites of Spring
well in my "mellow years."
At least the contemplation,
while my "inner teen" still cheers.

Who dares to think so far ahead,
when summer falls upon us?
Days in the hundreds soon will
come when shade will be a bonus.
So shed the garb of Winter days
and break out summer gear -
Reset the thermostat to "Cool,"
for Spring is finally here.



Passion of Spring

by Phil Robertson

cold winds, rain, snow, hail
under a blanket of earth
promise of Spring sleeps
sun's first warming rays
gentle stirrings in the earth
Flora awakens
brown thatch pushed aside
from the earth's nurturing womb
new life springs forth
fresh vibrant colors
spring skyward toward the sun
wild flowers burst forth
passion fills the meadows
eyes--unblinking wonderment
kissed by spring flowers
summer, dry and hot
vibrancy fades and withers
seeds fall to earth
autumn rains arrive
promise of spring is blanketed
promise of spring sleeps
flowers begin their march
up the mountain sides
a passion of Spring
Mother Nature's love affair,
hillsides of flowers
field of globe lilies
springtime in Placer County—
illuminated
Spring's exuberance
banishes the darkest days
with white globe lilies
with eyes closed
a sweet fragrance
I see—it's Spring





A Poet's Gift

by Alan Lowe

Putting pen to paper, a poet's words
come alive through the flow of ink.

A painter of pictures through
written words, readers and listeners are
challenged to think.

Employing expression, both
beautiful and lyrical, a flow of
energy dances across the page.

Using special powers of imagination,
audiences are taken on magical journeys—
fascinating places to visit,
interesting people to engage.

A poet's work may be serious,
addressing concerns such as
politics, religion, and how the
economy keeps pace.

Poems also may be humorous,
causing laughter and joy and
leaving a smile upon one's face.

A poet may portray the mystical and
indulge in fantasies and dreams.

Through a world of make-believe,
a poet creates an image of life
that is more than it seems.

At times, in poetry, mystery
trumps fantasy, pushing the
reader to the edge.

A play on words may uncover deeply
hidden secrets, one might allege.

Poems are an art form, a gift to share,
and one in which poets delight.

Words are brought to life in wonderful
ways, entertaining people and
motivating them to think, grow,
and gain insight.

Treasures in the Attic

by Sandy Parker

Sidling up the stair case,
footprints in the dust,
squeaky door,
hinges full of rust.

Hesitantly, I ascend to the attic.
Relieved, it remains the same.
Dim light through the window,
shadows in the corners.
I'm so glad I came.

Old scrapbooks call to me,
edges fluttering as they speak,
pick me, pick me, hear my story,
corners lifting, just a peak.

Secrets told on paper,
snapshots in monochrome,
faded pink corsages,
a pearl brush and comb.

Worn umbrellas with wooden handles,
skate keys and shoelaces,
hat boxes filled with wigs,
luggage and makeup cases.

Lingering among the
garment bags,
hanging so forlorn,
touching netting,
silk and satin,
some put here
before I was born.

What brings me here today,
I wish I knew.
Perhaps looking for
something borrowed or blue.



Photos by Phil Robertson

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Teresa Tanin, Neighborhood Watch

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

– Author Unknown

Involvement is a connection where we join an organization and share a common goal. Neighborhood Watch is such an organization, and our goal is simple: to have an informed, safe and secure community. To accomplish this, we recruit the help of residents who volunteer a little of their time and who share in this common goal.

Consider volunteering to help in the success of Neighborhood Watch. We offer a myriad of opportunities.

Current openings include a backup Treasurer and a backup Webmaster. Bring your accounting and computer skills to work on *your* time from *your* home. Visit our website sclhwatch.org “Want to Volunteer?” or email nwdirectorvr@sclhwatch.org. We need you!

Welcome, New Volunteers! Mailbox Captains: Joan Rouse, Rochelle Fordin, Susan Shamber, Sharon Lynn, Bette Deasy, Andee Lund, Charlotte James, Deanne

Lliff, Randy Ulmer, Karen Tucker, Sally Molesberry, Kitty Kelly, Mike/Anne Johnson, and Nora Bertotti. Thank you—we could not succeed without more volunteers like you!

Volunteer and *vote every day about the kind of community you want to live in*. The poetry of involvement, for a better Lincoln Hills! Neighborhood Watch General Meeting, everyone is welcome, May 6, 1:00 to 3:00 PM in the Fine Arts Room (OC). Come join the fun.

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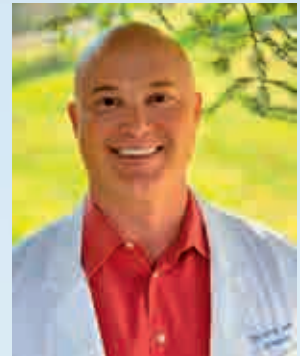
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In Memoriam



John Gallup Christol

John was from South Dakota. He joined the U.S. Army Corps of Engineers, and while in Germany, he met Gunilla, and they were married in Uppsala, Sweden. They eventually moved to Berkeley, where John earned his MBA from Haas School of Business. They raised three children in Saratoga, California, where John worked very hard and made wise investment choices. Retiring here, they lived life to the fullest. He enjoyed golf and hosting parties with neighbors as well as enjoying comedy nights and concerts. He is especially missed by his wife and family.



Joseph Giacalone

Born and raised in Brooklyn, New York, Joe worked for the U.S. Postal Service for 37 years as a custodian. After his mother, father and sister died, he moved in with his remaining sister, Antoinette, and her husband, Robert Bienkowski. They spent ten years in Pennsylvania before moving to California for family and better weather. Joe loved walking his two dogs, Bear and Jesse. He enjoyed talking with people who he met while walking and swimming in the Orchard Creek pools. Joe was a gentle, loving soul who will be missed by his sister, nieces, nephews, and all who knew him.



Sheila Alice Hansen (Guthrie)

Sheila was proud of her Scottish heritage. Although she was born in St. Louis, Missouri, her father was a diplomat for Great Britain, and she lived for a time in Panama. After moving to the Los Angeles area, she spent a year at the University of Colorado and married her high school sweetheart, Carroll Hansen. Sheila loved taking her children to the beach in Santa Monica and entertaining their friends. She became a realtor in Brentwood. Sheila was an avid tennis player and golfer, and she loved to travel. She was also active in Bible study groups. Sheila was predeceased by her husband and leaves her sister, three children and spouses, eight grandchildren, and two great-grandchildren.

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

Our Group embarked on a wonderful field trip to the Lincoln Area Archives Museum (LAAM). We found a treasure trove of items on display. The docents took us through the history of Lincoln. A WWII Radio, captured from the Reich, was on display as well as several-tube radios from the '50s and '60s. After working for over a year, Dan, KN6DRN, earned his WAS award from POTA. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



LHARG Tours the Lincoln Area Archives Museum



Ballroom Dance

We held our Valentine's Dance Party on February 18 at the Multipurpose Room (KS). The dance was the first dance party of the new year and was well attended. Sal Algeri served as the Master of Ceremony and recognized the many contributors for the evening. He also gave special acknowledgment to Garry Pitt, who played an instrumental role in the formation of the Ballroom Dance Club. Ruth Algeri's music selection complemented the Valentine's theme for the evening. The room was decorated with a Valentine theme that displayed the color red, a mural of hearts, and a table setting with a potted red Cyclamen and a heart balloon. Dessert was a highlight of the evening and included delicious cheesecake and a variety of fruit strudel pastries.

Contact: Ruth Algeri 916-408-4752



Valentine Party Attendees



Big History

Do you wonder how many species of Homo Sapiens there are? You may be



surprised. Join Big History in partnership with the Renaissance Society to hear about our Human Evolution on April 18. How does Earth and Life interact? On April 25, we will explore how evolution and mass extinction events throughout Earth's history have resulted in our current biosphere and the most complex biological organisms, including us! These are just two of the exciting presentations for this spring. Each week we explore the history of the Cosmos, Earth, Life, and Humanity. Big History meets every Monday at 10:00 AM on Zoom. If the technical stars line up, we will also meet in P-Hall (KS) on the first and third Mondays.

Contact: Ranny Eckstrom
916-708-0165, bhscslh@gmail.com



Billiards

We are well into the new year—time for another fun year of tournaments, our workshop, and casual play. Tournament leaders began collecting dues in January. The dues will remain at \$10 for the year. We welcome new residents, residents returning to the pool, and residents who have not played

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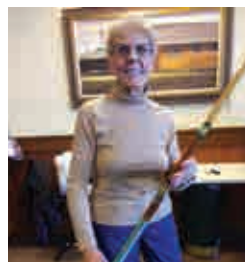
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before. We are offering free lessons at our workshop located at KS on Tuesdays at 9:00 AM for the first session and 10:15 AM for the second session. We offer lessons for all residents, men and women, beginners, intermediate, and advanced players. Just show up and see what we have to offer, with the chance of meeting new friends. We are also giving free pool cues away from time to time! Don't miss out!



Happy cue stick winner Joan Anderson

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



Bird

We had a great showing of birds and people for our February bird walk to Coyote Pond and Twelve Bridges trail. Cathy Hedges, our coordinator,



The group at the Coyote Pond Walk by Larry White

worked hard to get 56 species to show up on the walk. A number of people from our bird group participated in the Greater Backyard Bird Count (GBBC) for 2022 from February 18-21. The purpose is to identify the number of bird species seen and their numbers and compare it to past years to see how birds are doing. It is a wonderful time of the year to do some birding from wherever you are. Put your bird boxes out (hopefully with a white top to minimize the heat) and keep your feeders filled and clean.

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

At the time of this writing, the weather has been mild. The number of participants has been increasing. Starting on Thursday, May 5, we will begin at 8:00 AM. Will some still show up at 10:00 AM? The participants of the Special Olympics are still practicing on Saturdays from 9:00 to 10:30 AM. Anyone may watch but must be respectful of their entitlement to our courts. The tournament will be held on Sunday, April 24, from 8:00 AM until 4:30 PM. However, street parking only will be available for that day. The Mad Hatters will continue

to meet at 10:00 AM until May 5. All residents are eligible to participate by just showing up. New, inexperienced, and handicapped players are welcome. Lessons are available.

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



Book, OC

Experts tell us that when you read, you exercise your comprehension abilities and your analytical abilities. It fires up your imagination and stimulates the memory centers of your mind. It helps recall information as well as stabilize your emotions. Reading has so many benefits. Come join us. We meet in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. In April, we welcome our special guest, Kathryn Hunt, Director of Library Services at Lincoln Library. Kathryn will speak about the importance of nurturing literacy. Our May selection is *The Code Breaker* by Walter Isaacson, and June's book is *The Four Winds* by Kristen Hannah. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal, modeal2010@gmail.com

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Bridge, Duplicate

March has seen some exciting Duplicate Bridge playing in our club. We have held two Club Championship games, March 2 and 5. Many players, including Laurie Vath, Doug Murphey, Julius Kerenyi, Charles Wiggins, Terri and Mitch Miladinovich, Joanne Mitchell, William Witte, Joe Blackford, Jack Uppal, Sarah Towne, Lois Hopkins, George, and Jeannine Wuschnig have had greater than 60 percent games. March 12 saw Judy Beck and Margaret Riegert turn in a 77.5 percent game. Great playing, everyone. We are encouraged to keep seeing our C players on Wednesdays! Keep up the good playing, everyone! Proof of vaccination (masks optional) and reservations are still requested by email to elisehomer@gmail.com. *Contact: Susan Brenden 530-320-9137, momrnsf@hotmail.com*

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Bridge, Partners

Drop-in at the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. The hosts for April are Geri & Park Miller at 408-355-3776. February 17 winners were: first-Kay & Ben Newton, with a high round 1950; second-Carol

Mayeur/Nancy Rice; third-Chris Jacobson/Chuck Dietz; and fourth-Phil Sanderson/Chet Winton. February 24 winners were: first-Larry Larsson/various partners; second-Dolores Marchand/John Woodbury; third-Barbara & Tom Moran; and fourth-Dee Cole/Ed Hartnett. Bev & Allan Blaine had high round 1290. March 3 winners were: first-Marggi Holtze/Larry Larsson; second-Harry Collings/Jay Southard; and third-Chet Winton/Phil Sanderson. Sue Dumas/Cecilia Bulich had high round 2100. March 10 winners were: first-Barbara & Tom Moran; second-Barbara & Bud Hunt and Bev & Allan Blaine (tie); and fourth-Rose Phelan/Kurt Wolff. John Butler/Byron Hansen had high round 1890.

Contact: The hosts for May are Barbara/Tom Moran 916-434-8520



Bridge, Social

Welcome to all. We enjoy seeing everyone here and hope to see more of you in the coming week. The winners for February 4 were: first-Eleanor Amar; second-Byron Hansen; third-Alan Haselwood; and fourth-Chet Winton. February 11 winners were: first-Theresa DeVito; second-Judy Ganulin; third-Frank Kamienski; and fourth-Chet Winton. February 18 winners

were: first-John Woodbury; second-Alan Haselwood; third-Frank Kamienski, and fourth-Byron Hansen. February 25 winners were: first-John Griggs; second-Tom Mack; third-Nancy Murdick; and fourth-Anne McMaster. Congratulations to all our players. If you are missing information or just have a question, you are welcome to come to our Wednesday beginner teaching at 8:30 AM or the advanced beginner training at 10:15 AM.

Contact: Linda A. McDermott 408-390-4311, lindamcdermott1@mac.com



Bunco

In March, we discussed our upcoming potluck (what to bring) planned for May after Bunco play. Bunco was called several times, and the traveling bear was all over the room. There was a lot of laughter coming from the Card Room. A couple of roll-offs occurred after bunco play was completed. Everyone had a fun time playing and catching up! Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. March Winners were: Bunco – Marsha Pimentel; Wins – Linda Bales; Losses – Donna Bishop;

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

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**IMPORTANT UPDATE
— PRICE INCREASE —**

**Punch Pass and Fast Pass
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Due to rising costs, WellFit's Class pass prices will be increasing by one dollar on May 16, 2022.

- PUNCH PASSES WILL INCREASE FROM \$4.50 TO \$5.50
- FAST PASSES WILL INCREASE FROM \$2.50 TO \$3.50
- GUESTS: \$7.00 PER PUNCH PASS, \$4.50 PER FAST PASS

Questions? Contact Director of Lifestyle, WellFit & Spa - Deborah.McIvain@sclhca.com

and Traveler - Gail Emery. The next Bunco is Thursday, April 21.
Contact: Kathy Sasabuchi
 916-209-3089, ksasabu@icloud.com



Chorus

We're counting the days until our May 5, 6, and 7 concerts. We like to think of our theme of "chasing rainbows" as not so much pursuing an impossible dream, but rather our resolve to beat the odds!



Chorus Concerts in May

We have a line-up of uplifting, happy songs guaranteed to buoy everyone's spirits: "Everything's Coming Up Roses," "What a Wonderful World," "Oh Happy Day," the Beatles' "When I'm Sixty-Four," and a spectacular tribute to those heartwarming Disney musicals that'll get you, your grown-up kids, and your grandkids tapping your toes and grinning from ear to ear. Tickets are available in both lodges and online at www.sclhresidents.com for matinees Thursday, May 5

and Saturday, May 7, plus Friday evening, May 6. (See page 61 for ticket information.)
Contact: Mari Long 916-409-9136,
mlong24sjca@sbcglobal.net
 Website: www.lincolnhillschorus.org

Computers



Apple Users

Our club tagline is "We Take Care of All Things Apple," Our website is packed with helpful and handy information, videos, newsletters, and documents. The Cider Press Newsletter offers tips and tricks. Recently it noted the Find My app where your Apple devices are displayed on a map. The Video section has past presentations on the Apple Watch, iPhone, and assorted others. The Document section offers handouts from past presentations on a variety of subjects. The Calendar section will keep you posted on the general meeting, seminars, Ask the Tech, and Open Lab dates. Members also have access to our support line. It's a new season – time to learn something new and helpful.
Contact: Nina Mazzo 916-913-6833,
LHAUGinfo@icloud.com
 Website: www.lhaug.org



Country Couples

We are still groovin' and happy that the mask mandate has been lifted. Many members met in February at Kitchen 747 restaurant in Roseville to share dinner, drinks, and laughter. We had such a fun time that we had dinner together again in March, this time at Skipolini's Italian restaurant. Another Country Couples dance was held on Saturday, April 2. It was fun to share lunch, socialize and hit the dance floor with some of the dances we've learned in dance class. We hope you visited our club table at the Club Expo held on March 29 and learned more about our club. For more information about Country Couples or taking Country Western Dance classes, contact April.
Contact: April Cederburg 916-390-3931
 Website: www.sclhcc.com



Corn hole game at the Meet and Greet



Cyclists

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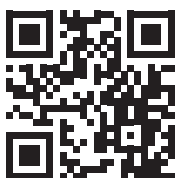
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cial, and because e-bikes can work up a sweat, you can definitely improve your physical health. But did you know that your mental state can improve as well? Since e-bikes are a bit easier to ride, people tend to ride them for longer periods of time, giving them a sense of relaxation and even control. You get to enjoy the fresh air and some exercise, and endorphins are released that instantly improve your mood. That's a win/win in my book!

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

Website: www.lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out the website trickstercards.com/home/euchre/. Look for the

option "play to 10, 9-Ace". We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Fishing

Dale Howell recently fished Pyramid Lake in Nevada. It is a wonderful fishery in one of Nevada's largest natural lakes, and the home of the Paiute Tribe who oversees this wonderful fishery. Dale went with a few friends. He said, "fishing was challenging, and they are big fish!" Some have reported catching a Lahontan Cutthroat Trout this big (see photo). Meetings are back on at P-Hall (KS) on the second Monday of the month at 7:00 PM. The fishing club is made up of a



This big!!

lot of nice folks—both women and men. If you want to join, contact Ralph Tonseth at ralphtonseth@comcast.net.

Contact: Ralph Tonseth 415-716-0666, hsandigo@icloud.com



Food Adventures

We are optimistic that we will, at last, be able to cease canceling scheduled club activities for COVID-19 reasons and resume a more normal schedule of the kinds of club events we are known for. The club is working on a full April schedule that includes an outdoor lunch gathering at Lazy Dog restaurant in Roseville. April will also see a general meeting late in the month plus an informal gathering where members are treated to a selection of treats from the kitchens of fellow club members.

Contact: Don R. Rickgauer 916-847-8791, SCLHFoodAdventuresClub@gmail.com



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Garden

April brings a Home Garden Tour of Lincoln Hills yards and the Annual Amateur Rose Show. We will not be having a General Meeting in April. The Home Garden Tour (April 28, 9:30 AM - 2:00 PM) is a free event sponsored by the Garden Group as our gift to the community. For directions and descriptions of each home, drive through the OC portico between 9:30-11:30 AM (donation of \$5).



Enjoy SCLH Home Garden Tour

The Annual Amateur Rose Show (April 30 through May 1) will be at OC entry lodge. Members: check your email for details of the competition. Other residents in the community may bring roses for our display table! The Bonsai Show is on May 5 and 6 at OC.

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

Genealogy

Our April live presentation will be on Monday, April 18 at 6:30 PM in P-Hall (KS),

with Glenda Lloyd talking about "Reading Old Handwriting." Glenda is a founding member and past President of Root Cellar, Sacramento Genealogical Society. Guests are welcome. We are unable to do both live and Zoom presentations, so there will not be a video available. We are in need of volunteers to help with various activities, such as helping with the socials or obtaining speakers. Please consider becoming a volunteer. If you are not a member, the application can be found on our website under "Home/Become a member." We have resumed our first and second Monday of the month, "Help Sessions." Watch for our member email invitation.

Contact: Maureen Sausen
916-543-8594, sclhgen@gmail.com

Golf

Ladies XVIII

Many a Colleen were wearin' the green on St. Pat's Day, as we played the Hills in a Cha-Cha. Tamanti took the prize, sporting a darling leprechaun outfit to capture the day. While there were no rainbows nor pots of gold, the luck of the Irish fell upon the team of Cameron, Loyd, and Seagraves (with a blind draw), scoring 18 under



Cicci, McGraw, Sanderson & Lee finishing on the green

and winning it all. Just one back, Blaney, Knoll, Korenthal, and McWilliams took second. Third went to Feldman, Marshall, Senn, and Unger, breaking a three-way tie at 16 under. Briggs, Dong, and Meske (with BD) and the team of Hing, Phillips, St.Peter, and Tipton earned fourth and fifth, respectively. A tip of the hat to the winners.

Contact: Linda Chappellear
Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

Winter rules apply until May 31 unless otherwise announced. Mark, lift, and place your ball within six inches of the hole. The Big Sister-Little Sister Tournament was on March 23 and featured prizes! We need a photographer for our events. Contact Carri at carriwik@gmail.com or May at mlyau548@gmail.com. Inter-club Scramble is scheduled for April 25 on the Hills course. The Shotgun start

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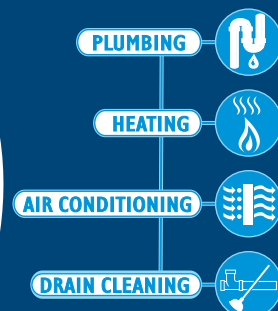


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is at 8:30 AM and is limited to 42 players from each club. We have several new members this month. Welcome!

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

Men's

Please be sure to go to our website and read the 2022 Local Rules. There have been some changes and updates to the rules. Some notes are, rake the bunkers, carts no closer to the green than 30 feet, and out-of-bounds changes. Please try to follow them and let's watch the course improve. The next MGCLH tournament is the NCGA Senior Four-Ball Net Qualifier & Just-for-Fun. This is being held on April 19, starting at 8:30 AM. So, find your partner and sign up now.

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



Hiking & Walking

As spring brings new growth in nature, so also is the hiking group blossoming! Look at all the smiling faces of the hikers ready to go! There are new places to explore and enjoy with friends. Watch for upcoming hikes posted on



Hidden Falls, South Legacy

the website. Walkers meet every Wednesday, and hikers gather either on a Tuesday or Thursday. Join us!

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



Investors' Study

The next meeting is Thursday, May 5, at 2:30 PM in P-Hall. Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. Discussions range from where the markets are trending, inflation, interest rates, and how these may impact us as investors. All attendees have an opportunity to ask questions. The group is open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group. If you are interested, call Norm Quanttrin at 916-645-4675. Further questions regarding Investors Study, contact Carl Sulzer.

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



Lavender Friends

Not everything stopped during the pandemic. It turns out that 14 new members joined our club these last two years — most braving the move during the COVID-19 clampdown. At a new member reception hosted recently by membership chair Sara Vega, they shared their stories. Several are California natives, and as with so many residents here, their backgrounds are both diverse and remarkable, ranging from leaders in education to the health industry and state agencies. One woman served as an assistant conductor for a U.S. Army band, and a gentleman told of his degree — and love — for horticulture. Lavender Friends is a club of LGBTQ residents and allies. Members, watch your emails for upcoming events, including a mixer and catered BBQ on June 11 (Pride month!).

Contact: Marilyn Kupcho
408-828-2778, mkupcho@gmail.com
Website: www.lavenderfriends.com



Mah Jongg, Chinese

Now that the days are warmer and longer, why not start the week off with Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin rummy but played

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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 a resident and are 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 Monday during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

Contact: Randy Fong
916-295-9489,
randy888@pacbell.net

東 北 西 Mah Jongg, National

Greetings, if you're into keeping yourself socially active, challenging your mind, and forming



Gay Gibson shows off her impressive hand.

friendships, then give National Mah Jongg a try. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you're a player, bring your card and join a table. Or, if you're curious, you're welcome to join a table and just observe. Want to learn? Free lessons are offered. Call Penny Grmolyes at 916-409-5883 to be scheduled in a class. Hope to see you next Tuesday. May the Jokers be with you.

Contact: Gerry Bell 916-253-7860,
natlmahjclub.sclh@gmail.com



Mixed Media

A great place to meet new friends, laugh, and have the freedom to play with art supplies is at the Mixed Media Club. The Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. We are a very welcoming group and are excited when new people join us. At our monthly meeting, we have a drawing for art supplies. We also have a time of sharing our art which includes our monthly art challenge. Our next



We use Oreos for stamping as well as a snack!

meeting is on April 20. We will be exploring what you can do with shaving cream to make art. The April art challenge is to use the prompt, "April showers bring May flowers." May's prompt is, "Bumblebees and Butterflies."

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



Motorcycle

We have a club ride once a month to locations around Lincoln. Most of the runs are approximately 100 miles, but some go a little further or less. Our club has established safety rules to ensure that all members ride safely and get to their destinations and back home safely. Many of our members have been riding motorcycles for over 30 years without any problems. We are happy to teach new members these rules to ensure that they will also be safe when they ride. All are welcome to join us at our monthly meetings at the Multipurpose Room (OC) every fourth Thursday of the month to learn more.

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



Music

With St. Patrick's Day in mind, our Group songs included "Danny Boy" and



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“When Irish Eyes Are Smiling.” We were treated to a Guitar Ensemble performance, traditional Chinese music, and an accordionist. If you play an instrument, sing, or just like to listen, consider coming by. We have an opening and closing Group sing/play along, followed by individual, duos, and small group performances



Guitar Ensemble

by our members. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is music-group. Ukulele Ohana meets Wednesdays from 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:

www.lincolnhillsmusicgroup.org



Needle Arts

Our next general meeting is our spring luncheon and will be held one week later than normal on



Upcoming Workshop: Sewing Machine Mat/Cover & Thread Catcher

Tuesday, May 17, in the Ballroom (OC). The theme of the luncheon is “Share Your Wears.” Plan on wearing or showing something you have made, whether it’s fashion or accessories. We have so many creative members. This promises to be another fun luncheon. Watch your email for detailed information and sign-up forms. Workshops are in full swing and are becoming very popular. Next up is ‘Sewing Machine Mat/Cover & Thread Catcher’ on April 20. Space is still available for the Mercy Auburn spring retreat May 2-6, and NA non-members/guests are welcome to join us. Check out the NA website for detailed information on both of these activities.

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

Neighborhood Watch



According to an unknown poet, “Volunteers don’t necessarily have the time, they have the heart.” The volunteers of Neighborhood Watch welcome newcomers, provide important information to keep our community and us safe, and send out reports on lost/found pets. Mailbox captains keep logs on their neighbors, which can prove vital, as in the case of a woman who recently fell, was semi-conscious, and unable to communicate with the EMT responders. It was her mailbox captain who gave family contact information to the EMTs. Village coordinators oversee the captains and send out reports to be forwarded to their residents. Overall is the Board of Directors. We’ll have a general meeting open to residents on May 6, from 1:00 to 3:00 PM in the Fine Arts Room (OC).



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Website: www.sclhwatch.org

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Painters

Don't miss the Fine Arts Show June 17-19 at OC. The deadline is May 3. Contact Joan Musillani at 916-712-4393. Be sure and catch the 31 paintings from 13 of our club's artists at Simple Pleasures restaurant through June 6. The Arts Council of Placer County has invited us to display our work at the mall in Roseville. Paintings will be up beginning April 19.



Artist Bob Green, "Montana River"

We are now on Facebook! Our private group is up and running for you to post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are held on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 per year. Contact: Linda Shields 916-488-7220, linda_c_s@yahoo.com, Website: <https://www.facebook.com/groups/958148364841531>

Paper Arts

At our April meeting, Donna Tewart introduced



Our March 'action' cards were fun to make

three projects: an origami rectangle box, a card made with scraps, and a card with a folded accent. Thank you, Donna, for presenting these unique techniques. Stop by the next Open Lab planned for April 21 at our general meeting location. Get together with fellow members for an informal session of working on cards or projects. Ready, set, go to the Overstock Sale and Picnic at the Sports Plaza, set for May 12. More information to come. We meet on the first (general meeting) and third (Open Lab) Thursdays of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com

Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in

the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317

Pickleball



Was our first tournament a success?

Absolutely! We had over 140 members participate in our scramble format. We even had enough Super Seniors to fill their own court! Thank you to our sponsors for providing a fantastic lunch! Thanks to Rita Weighall and Karen Goeman for being diligent tournament directors! Our Intro to Pickleball class is held each Wednesday from 4:00 to 5:30 PM. Send an email to welcometopickleball@gmail.com to register for the class. We supply the paddles and balls. We will teach you how to get started, how to keep score, and play a game. Please bring water and wear shoes designed for pickleball or tennis.

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

Website: www.lhpbclub.com

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MaryEllen Vogt and Julie Africa, along with Producer Craig Stults, worked their magic to make this production shine. Our cast and crew pulled together and made everyone's hard work pay off. We couldn't ask for more. We all proved that to be a winner in this life, "You Gotta Have Heart" --and a good time was had by all! Go Senators! Our meetings are held on the second Monday of the month at 4:00 PM, P-Hall (KS). We always welcome new members to fill the roles of actors, dancers, stage, and technical crews.

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



RV

On February 18, five of our members took the First Aid, CPR, and AED training class from the Wellfit Fitness Supervisor, Rex Owens. How many of us would be able to know how to help if someone around us had a heart attack or was choking on something. The class was fun and easy and a must for all to take. The RV Group takes an AED machine with them on every rally, and with several of us able to use it, we feel pretty safe. Residents are welcome to join us at our meetings every second Tuesday of the month at the Placer Room

(KS) at 4:30 PM. For club information, contact Sharon Skar, Membership Director, at 916-434-7799 or marlowensharon@gmail.com.

Contact: Mary Romo 707-738-6311, mromo50170@gmail.com
Website: www.LHRVG.com

SCHOOLS

Dotti May enjoys giving back to the community and likes working with children, helping them be creative, and with classroom work. She volunteers for two teachers at First Street School. She spends about two hours a week in Angela Morton's fourth and fifth-grade classroom. She has prepared a holiday painting project in decoupage and also a fun origami bird lesson. She is valued by Mrs. Morton, who has little time to prepare for arts and crafts. The children's eyes light up when they see Ms. May. Fun projects will ensue! Ms. May also spends about one and a half



Dotti May in Ms. Morton's fourth/fifth grade classroom

hours a week in Karla Noyes' second and third-grade class. She helps with small groups, reviewing their sight words. Contact us if you are thinking of volunteering either in the classroom or remotely.

Contact: Cyndi Colloton, ccolloton@yahoo.com

Scrabble

We welcome you to try a game of Scrabble in the Card Room (OC) on Monday afternoons beginning at 1:00 PM. All game materials are provided. No reservations or advance notice is needed. We are happy to have several new players join us in the past few months, and there is room for more.

Contact: Anne McMaster

Singles

Dining Out has been canceled for April, but never fear. This event will return in May! Join us for our Social Meeting at 6:00 PM on Thursday, April 28, in the Ballroom (OC). It will be a "Guess Who Party." To join in on the fun, please give Sarah Lambrose a teenage picture of yourself as soon as possible. We will be trying to identify one another! Sunday, May 1 at 4:00 PM is our Birthday celebration in the Meridians Sports Bar. Join

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Joshua Crose D.O.

Sarah for the Activities meeting at 4:15 PM on Tuesday, May 3, in the Ceramics Room (OC). On Thursday, May 12 at 6:00 PM, we will have our annual election of officers and be playing "Hat's Off to You!" Wear a hat and win a prize!

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



Softball

We are happy to announce that Opening Day for recreation league play is Wednesday, April 20. Games start at 8:00 AM and continue throughout the day with a special exhibition game at 11:00 AM that you won't want to miss. The grandstands are open with no restrictions, and there's plenty of room and shade on "picnic hill." Players and our many volunteers (umpires, scorekeepers, and field crew) are eager to get the ball rolling. So come on down to beautiful Del Webb Field and enjoy a day of exciting softball action and relish some ballpark food. As always, our website is the best resource for information on Senior Softball League activities.

Contact: Heidi Mazzola 916-716-5086, lhsoftballweb@gmail.com Website: www.LHSSL.net



Sun City Squares

Are you an experienced Square Dancer? Then save the commute and come dance with us. Just stop by KS on Mondays or Thursdays and check us out. We are a Beginners, Plus, and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:00 to 3:00 PM for Class and Plus Level dancing, with Round Dancing from 3:00 to 3:30 PM. If you are already an advanced Level dancer, please join us on Thursdays. Our Advanced Level dancing is every Thursday from 1:00 to 3:00 PM at KS.

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



Swimmers & Water Walkers

New officers, Jim Kline, President, Ruth Braun, Vice-President, and Rosemary Tanfani, Secretary, were confirmed at the February 21 meeting. Kathy Carpenter, Kevin Connelly, Darlene Ford, Bob LeRoy, Hagal Narkis, and Steve Priley, will serve on the Steering Committee. Goals and activities for the year are the water exercise mentoring program, outreach to people with underlying medical conditions,



Jim Kline, new President, doing what he does best

and a fun Hot August Splash event in August. The first water exercise mentoring program was held at the KS pool on March 3 and 4, with individualized instruction by mentors for swimmers and walkers. Participants were Darlene Ford, Sarah Rehfeldt, Suzanne Shaffer, Janet Thompson, and Bill Richardson. All club members should check their email for the next mentoring session. The outdoor lap pool (OC) opens in April, weather permitting.

Contact: Jim Kline, swimmers.walkers@gmail.com



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developed the speed, agility, concentration, and presence of mind to play the game. For newcomers, a minimum amount of practice is required to learn. Come out and play some table tennis! We play Sundays, Tuesdays, and Fridays. Find the current times and location on the Resident website under clubs. For even more information or to join the LHTTC email list, send us an email. Our doubles ladder event for all skill levels is on the second and fourth Sundays of each month at 2:00 PM. Just show up by 1:45 PM to enter. The Robot ball machine is regularly set up on Friday mornings.

Contact: Allan Smith 916-316-0796, pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>

Tap Company

Welcome, all new tappers! If you ever wanted to learn to tap, come join our beginning tap class on Mondays at 11:00 AM. This class is open to the absolute

beginner as well as the continuing beginner student. In addition, to improve on that new step or dance that was taught in class, there is a tap practice most Saturday mornings from 8:30 to 10:30 AM. This practice is open to all tappers. And for those wanting more of a challenge, the technique classes on Mondays and Tuesdays at 10:00 AM are for you. The Tuesday class is an intermediate technique class, with the Monday class more suited to the advanced tapper. Come join us. There is a class for you.

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



Tennis

Tennis Live Ball is here! Join us now on Sundays (except Easter) at Noon through April for this energetic, fun, skill-based tennis game. Also, Drop-in ball machine practice resumed Saturday, April 2, from 8:00 to 9:20 AM, and regular drop-in tennis is on Wednesday and Saturday mornings. (Check our website for times.) Besides many mental, physical, and social benefits, tennis offers you a strong skill foundation to transition to other racket sports easily. You can start playing at any age! Our Tennis Club has five



USTA 8.00 Men's Tennis Team Captain
Jerry Dong

USTA tennis teams with players ranging in age from 55 to 80-plus years. Home matches are posted on our bulletin board. For free Introductory/refresher lessons, contact Steve at stevebringman@yahoo.com. Contact Val at vlaugtug@gmail.com for orientation to our club. Watch for our Cinco de Mayo Tournament. See you on the courts!

Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com
Website: www.sclhtg.com



Vaudeville

Our auditions are over, and we have a wonderful variety of talented performers to present to you at our July show. As said in last month's *Compass*, we have not had a show in two years, so this one will be particularly exciting. Put the dates on your calendar and watch next month's *Compass* for show details. The Vaudeville Show dates are July 14, 15, and 16, P-Hall (KS).
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Veterans

It's been 31 years since Operation Desert Shield/Storm. Yet, to Lincoln Hills resident Colonel Marcia VanWagner, Army Nurse Corps (Ret.), it still seems like yesterday. In November 1990, Marcia was selected to be the chief nurse of the 50th General Hospital, a 1000-bed U.S. Army Reserve hospital in Seattle, Washington. Two weeks later, the hospital was activated and deployed to Riyadh, Saudi Arabia, in the First Gulf War. Marcia will be the featured speaker at the April 21 general membership meeting at 1:00 PM in the P-Hall (KS), speaking about her experiences as a female officer in a command position during that war. Please plan to attend the annual community Memorial Day ceremony at 9:00 AM on Monday, May 30, in the Amphitheater. *Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com*



*And the tournament winners are:
Set for Life!*

Carol Critch at 925-451-1686. We have a "basketful" of fun coming up: Ladies Night, Cinco de Mayo potluck, and our outdoor water volleyball will start up again soon. Improve your water volleyball skills. Join us for the Skills and Drills classes. Classes are held on the first and third Tuesday of the month. Visit us at the It's The Lifestyle Expo on Tuesday, March 29, from 10:00 AM to 1:00 PM in the Ballroom (OC). See you in the pool! *Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com Website: LHWaterVolleyball.com*



Woodcarvers

Learning something new or trying something new is certainly a part of the woodcarving experience—and it takes place every week during our club time. Whether it's a new project, a new way to carve, a new type of wood, or a new tool, woodcarving invites us to use our skills to take up the fun challenge. There's actually

a step-by-step project to learn carving techniques that is not only enjoyable but is such a great learning process. Of course, there's always plenty of support and carvers to turn to for advice, which makes the experience all that more enjoyable! Join us every Wednesday in the Sierra Room (KS) from 1:00 to 4:00 PM. *Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com*



Writers

Have you quickly read headlines and constructed an unrelated headline? Last December, I searched for events which occurred in December and saw a headline, "1930 - French governor André Tardieu falls for the second time." I asked, "Why was that such an important event?" I re-read the actual headline, "French government of Andre." Though Andre's fall was of no importance to his constituents or me, "typoglycemia" could be the prescription to draft a whole paragraph, verse, song, paper, or chapter of a book. To share your non-political poetry, dramas, memoirs, or witticisms, attend Writers' Group meetings held on the second and fourth Mondays in the Multimedia room (OC) from 5:00 to 7:00 PM. *Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com*



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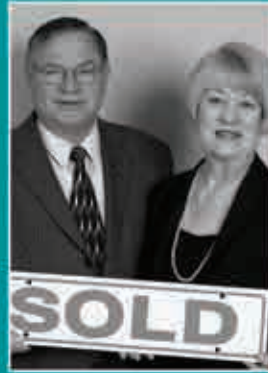
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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Jean Ebenholtz (jme-sme@att.net), Mary Jo Fratessa (916-759-8760), Barbara Greenfield (916-202-6963), and Valerie Jordan (909-625-7443). Our programs are supported by the Lincoln Hills Foundation. The general meeting is held monthly on the fourth Wednesday at 1:00 PM. All caregivers are welcome to attend. The May, July, September and November meetings are facilitated by Del Oro Caregiver Resource Center. The April, June, August, and October meetings are facilitated by guest speakers. Our Wednesday, April 27, 1:00 PM meeting in the Multipurpose Room (OC) welcomes Attorney Lawrence Solorio, who will discuss Medi-Cal and estate planning. The Women's caregiver group meets on the first Wednesday of every month at 1:00 PM in the Multimedia (OC) room. Contact Mary Jo Fratessa. *Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com*



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. You are invited to join us Wednesday, May 11, at

Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit Memoriams is the 15 of the month to be in the next *Compass*. *Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net*



Bosom Buddies

Our March speaker, Karen Gould, a nutritionist who offers classes at WellFit, spoke about the different power foods that help keep us healthy. Although some were known to us, others weren't. She also mashed up several vegetables to make a tasty recipe that can be served on endive leaves or serve as a salad dressing. She stressed the importance of fresh vegetables. In April, we'll hear about the programs offered by Wellness Within, a therapy group in Roseville that supports people dealing with cancer. They'll give



Nutritionist Karen Gould demonstrated one of her recipes.

important information, especially for those newly diagnosed and/or still undergoing treatment. We meet on the second Thursday of the month from 1:00 to 3:00 PM in the Multipurpose Room (OC). For lunch reservations before meetings, call Val Singer at 916-645-8553. *Contact: Judy Stewart 916-408-3579, Ladyj2170@gmail.com*



Gam-Anon

If your life is affected by someone else's gambling problem, we can help. Our meetings are held on the first and third Friday of each month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road in Loomis. There will be signs directing you to the room. Gambler's Anonymous meetings also start at 7:00 PM if your gambler wants to attend a meeting. At this time, face masks are required to be worn in order to attend the meetings. For support between meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. For more information, call Kay and leave a message. *Contact: Kay F. 916-204-1624 Website: www.gam-anon-loomis.com*

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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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Glaucoma Support Group

We will meet on May 11, at 4:00 PM, in the Multimedia Room (OC). We will discuss living with the stresses brought on by this chronic disease of Glaucoma. In many cases, the very first stress comes on the day of diagnosis. As the Glaucoma Journey begins, it can be helpful to know some ways to manage this new challenge. Our members are happy to share their ideas that work for them. If you have any questions, please contact Bonnie.

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



Hearing Support Group

Our next meeting will take place on April 28, at 2:30 PM, in the Multipurpose Room (OC). We will hear about individual members' experiences with hearing assistive devices. Last month, Dr. Gaeta from Sacramento State gave another of her wonderful presentations on advances in hearing assistive technology. We would also like to call attention to the availability of captions for one of each series of performances, which will be selected and publicized by the Lifestyle Department.

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



Low Vision Support Group

Our next meeting will be Tuesday, May 3, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). The topic will be "Keep Driving Now - Be Driven in the Future." Jerrod Sieberg, the DMV Senior Driver Ombudsman, will bring us up to date on

drivers' licenses, testing, I.D.'s, and self-driving cars. Bring your questions with you. Our June 7 meeting will be from 2:00 to 4:00 PM, in the Fine Arts Room (OC). The Low Vision Clinic of the Society for the Blind is one of the longest-running community-based eye clinics in the Sacramento Region. Toni Boom, Director of Clinical Services and Occupational Therapist, will detail how the clinic enables people with low vision to use their remaining vision to its fullest potential.

Contact: Cathy McGriff 916-408-0169, cathy McGriff1010@gmail.com



Multiple Sclerosis

At our March meeting, Seniors First guided us on "How to Get Out of Lincoln Without a Car." Call 530-492-5401 for Placer Rides Application Form. They figure out the rest for you—from reimbursing your volunteer driver to last resort nonemergency trips, appointments, and essential errands. Dr. Robert Calmes and his son and grandson will entertain us on April 22 at 7:00 PM in P-Hall (KS). He also said to get the fourth COVID-19 shot. MS Walk Captain Joni Deutsch (916 434 7181) will discuss the May 1 Lincoln Hills Walk and



joining her POD or forming your own POD. Please Google search: "Folsom Ca Walk MS 2022, Donate, Lincoln Trailmixers" for information on donating to our worthy cause.

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



Parkinson's Caregiver Support

Our group is for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

Contact: Charlotte James 916-316-1351, cjames4528@sbcglobal.net



Parkinson's Care Givers



Parkinson's Support

Our group is for those with Parkinson's and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway. For questions: Call facilitators Gary High at 916-434-5905 or Susan Feldman at 916-919-0063.

Contact: Catherine High, cfhigh23@icloud.com

A Course in Miracles

A Course in Miracles is a book that presents techniques to change our thoughts of fear, guilt, judgment, and resentment, which keep us in a state of upset and distress, to thoughts of Love and forgiveness, which move us into peace. This is a psychological process based on spiritual truths, which are the foundation of most world religions. Given the state of the world today, many people feel the need for the help offered in this study. The ongoing study group meets twice a month on Sunday afternoons. Call 916-409-5253.

Airport Co-Op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information and to join, visit our website www.lh-airportcoop.org click the membership tab, download the application, mail along with required documentation to the address on the application or phone Barb Iniguez at 916-408-7812.

Cloggers

What a beautiful spring! After savoring the flowers and hummingbirds and puffy white clouds, be sure to put on those clogging shoes and kick up your heels. The clogging dance is related to Irish dance, with lots of knee and ankle work, and our shoes have those extra-loud double taps. While the Irish dance has arms straight down in a more military posture, we cloggers can swing our arms, which helps keep our balance as we turn, stomp, and stamp! For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Members were delighted to meet again in person at our March

meeting, where we heard our own Richard Pearl take "A Shallow Dive Into Lincoln's Growth and Finance." Next, "Threats to Democracy and Social Media" will be Sacramento State Professor Joseph Palermo's topic when he addresses our group at 6:30 PM on Thursday, April 21, P-Hall (KS). In addition to our program, local candidates will share their views at this meeting. We also plan a group outing to a Potters game and our annual barbecue. For more information, please visit our website, <https://democraticclublincoln.org>.

Italian Club

Learn more about one of the most famous and fascinating regions in Italy, Lombardy, on April 30 from 12:30 to 3:00 PM (KS). Known for its fashion, food, and opera, Lombardy will be ours to explore during this event. There will be small food tastings paired with large amounts of interesting facts just in time for you to plan your next Italian vacation! For more information about the club and upcoming events, go to our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department – 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 at

916-781-2323. Membership to the 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. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Group

It's the Lifestyle Expo on March 29 replaced our regular meeting for the month. Thursday, 28 April at P-Hall (KS), our Guest Speaker will be the 2022 Republican Candidate for Governor, Anthony Trimino. He is a successful, self-made businessman and CEO of a major Ad company. Doors open at 6:00 PM; the program will begin at 6:30 PM. We have the first of two elections (June and November), only two months away! Important vote in person. Website has information on membership, calendar, etc. Annual dues \$15/pp-per year. www.RepublicanClubSCLH.org

Shalom Social Group

We are planning our big annual event, our Passover Seder, on April 19 in the Ballroom. This year the festive dinner will be open to guests as well as members. Those who attended our Men's Club brunch on March 20 heard our own Robert Aron, Ph.D. in Astronomy, discuss "Climate Change and Global Warming." Members enjoyed our Women Together luncheon on March 22. We continue our Wednesday bowling and Sunday bocce ball activities. For more information about our group, please contact Vida Morrison, vidamorrison@yahoo.com or 916-984-1043, or Joni Deutsch, jonikd@starstream.net or 916-398-0349.

Shuffleboard

Over 40 residents have enjoyed learning to play the newest Lincoln Hills court sport: Shuffleboard!

Due to this great response, we have submitted an application to be recognized as a Lincoln Hills club. Meanwhile, play continues every Friday and Sunday from 3:00 to 5:00 PM on two slick plastic 40-foot courts at the Kilaga Springs Fitness Center. Free instruction is offered at every session, so come out and enjoy a “no impact-no lifting” sport that can be enjoyed

by residents of all fitness levels. For information or questions, contact Jon Kline at 650-279-0001 or alsonjonny@gmail.com.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, April 19, at 11:30 AM. All attendees must have a vaccination card that shows

the last vaccine occurring at least two weeks prior to the lunch or proof of a negative COVID test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. The cost is \$20. If you are interested in coming as a guest or in joining the branch, please call David Cesio at 925-899-2193.

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Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, 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 lincolnca.gov.



Document Destruction

Monday, April 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.



Coffee with the Executive Director

Wednesday, April 20, 1:00 PM, P-Hall (KS)

Come for a cup of coffee with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



KS Movie Classic: The Godfather (1972)

Saturday, April 23, 1:30 PM, P-Hall (KS)

Watch Copolla's timeless classic on the big screen, considered one of the best movies of our time. The aging patriarch of an organized crime dynasty in postwar New York City transfers control of his clandestine empire to his reluctant youngest son. Starring Marlon Brando, Al Pacino, James Caan. Rated R for graphic violence, mature language, and brief nudity. 291 minutes. Crime, Drama.



The Home Garden Tour

Thursday, April 28, 9:30 AM to 2:00 PM

This free event is sponsored by the Garden Group as our gift to the community. Drive through the OC portico between 9:30 to 11:30 to get a packet (donation of \$5 for the directions/descriptions) for each home. The *Annual Amateur Rose Show* is April 30 through May 1 at OC. If community members want to share their lovely roses, they are welcome to bring them to our display table! Only members may join the competition. The *Bonsai Show* is on May 5 and 6 at OC.



Walk for Multiple Sclerosis

May 1

Attention all walkers, cyclists, and scooters enjoying our beautiful neighborhoods and trails! Please join us for the 2022 MS Walk. Help create a world free of MS – many of us living with MS are your neighbors and friends in this wonderful community. Wear our logo during your daily exercise, and join our Lincoln Trailmixers Team to support this annual fundraiser for MS research and services. Contact Team Captain Joni Deutsch at 916-434-7181 for details.

Please use Google Search: Folsom CA Walk MS 2022 to join our Lincoln Trailmixers team or donate.



KS At The Movies: 1917 (2019)
 Monday, May 2, 1:30 PM, P-Hall (KS)

April 6th, 1917. As an infantry battalion assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap. Starring Dean-Charles Chapman, George MacKay, Daniel Mays. R for violence, some disturbing images, and language. 119 minutes. Action, Drama, War.



Friends of the Lincoln Public Library (FOLL)

Thursday, May 5, online

Mark your calendar for May 5, this year's Big Day of Giving, an online charitable giving event across the Sacramento Region involving more than 600 nonprofits. Friends of the Lincoln Public Library (FOLL) participates each year as we work with the Library to expand resources for childhood literacy and opportunities for lifetime engagement with our library. In 2022, the Library is launching a new effort to encourage children to become better readers through "Read Across Lincoln." This new program will give a free book to 700 first graders to spark a love of reading for a lifetime.



Annual Parking Lot Sale

Saturday, May 14, 7:30 AM to Noon, Fitness Center Parking Lot (OC)

Come by and see what is in store for you at our annual Parking Lot Sale. So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find. Bring the whole family. Interested in selling? See page 61 under Entertainment for information.



KS Movie Classic: Love Story (1970)

Friday, May 20, 1:30 PM, P-Hall (KS)

A boy and a girl from different backgrounds fall in love regardless of their upbringing – and then tragedy strikes. Starring Ryan O'Neil and Ali McGraw. PG. 100 minutes. Drama. Romance.

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for additional anti-aging benefits. In addition, we have a series of Designer Image Skincare Peel treatments offered in the fall and winter for advanced exfoliating benefits. The Hydropeptide facial offers clinical results and a luxurious experience. This facial provides a custom-tailored experience that allows for the choice of Hydropeptide products best suited for your skin. Hydropeptide uses the power of peptides that work on a cellular level to increase hydration, visibly reduce fine lines and wrinkles and enhance skin's natural luminosity.

The Spa at Kiloga Springs

Spring is in the air this month and we are so very excited to be able to showcase some new and exciting treatments. Join us in celebrating those amazing women in your life with an extra special treat for Mother's Day. What a better way to tell that special woman how much you appreciate them than with a day at The Spa at Kiloga Springs. We have a fantastic team of professionals ready to meet your needs. We offer an array of self-care and skincare ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics, Sonoma Lavender, and many other items perfect for pampering all the amazing women in your life!

—Best Sellers—



Kiloga Springs Mother's Day Specialty Facial

\$150

These facials are designed to deliver advanced treatments using potent ingredients. Choose your treatment from the following benefits and goals. Choose from; Collagen Boosting Facial, Advanced Exfoliation Facial, or our Intense Hydration Facial.

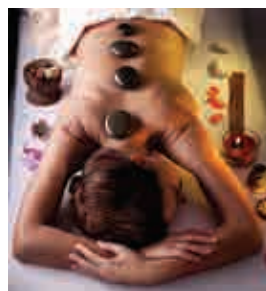


Hydrafacial Deluxe

\$239

Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial super serums are made with nourishing ingredients that create an

instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, moving onto the Extract+Hydrate, removing debris from pores with painless suction and nourishing with intense moisturizers that quench the skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.



Hot Stone Tension Relief Massage

90-minutes \$135

The healing power of touch combines with the earth's energy in this relaxing, muscle-melting massage. Smooth, warm stones glide across your body in long, flowing strokes while the heat

helps to relax and soothe tired, sore muscles.



Aromatherapy Massage

60-minutes \$100

90-minutes \$135

The aromatic essences of plants can profoundly affect the human body, mind, and emotions. This aromatherapy

adventure begins as your spa therapist guides you in choosing one of our 'flight of five' aromatherapy blends – *I love, I play, I rejoice, I restore, I unwind* – to balance your constitution. Your chosen blend is then massaged into your body using styles and techniques which enhance the action of the oil you have chosen.



BOWEN Treatment

One Session 90-minutes \$65

Bowenwork is a system of touch that initiates a series of responses throughout the nervous system, musculoskeletal and fascial systems, as well as energetic pathways. Bowenwork

addresses core issues, not just symptoms. It helps with chronic conditions from asthma to bunions, acute injuries such as sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health.



Signature Pedicure \$49

Immerse yourself in total relaxation and soak your cares away with the healing benefits of our specially blended foot scrub. Treat yourself to

a luxurious experience designed to relax, soothe, soften and hydrate.



Dazzle Me Dry Nail Treatments Manicure \$44 Pedicure \$48

Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three

weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.

Best Seller Service Add-Ons

Enhance your next massage or facial by incorporating a hand or foot treatment.

- **Fabulous Foot Repair** – \$18

Polish, rejuvenate, hydrate, and renew with magnesium and plant-based exfoliants and shea butter.

- **Radiant Hand Repair** – \$18

Smooth, brighten, hydrate, and help inflammation with magnesium and plant-based exfoliants and shea butter.

- **Anti-Aging Neck & Décolleté** – \$18

(Can only be added to facial service)

Intensely resurface, clarify, brighten and smooth away the appearance of wrinkles with five powerful exfoliants, serum, and mask.

- **LED Light Therapy**

\$28 15-minutes/\$55 30-minutes

(Can only be added to facial service)

The ultimate treatment for winter-ravaged skin. Will accelerate skin repair by promoting collagen and reducing the appearance of fine lines and wrinkles, scars, sunspots, and blemishes.

All About The Feet – \$48

A refreshing Peppermint balm is applied using a combination of Reflexology, Swedish, and Pressure Point Massage. This treatment helps stimulate the muscles in your feet, and lessons stiffness reduces pain in ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

We also offer seasonal treatments, hair removal, body treatments, make-up application, and nail services. Check out our website at www.kilagaspringsspa.com for a complete list of services.

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The summer event you have all been waiting for is here! Eight bands have been specially chosen to bring you fun and excitement.

This year's Summer Amphitheater Concert Series (SACS) will present a variety of musical genres that will have you singing and dancing! Food concessions, bars, and gates open an hour prior to the concert.

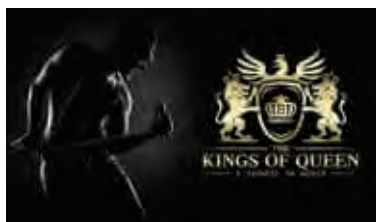
Tickets go on sale April 17. Receive a \$20 discount when you purchase the complete Series Package available until May 14 only. Please read and follow the Amphitheater Guidelines for your enjoyment. See ticket price and showtime for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desk.

DISCOUNTED SUMMER CONCERT SERIES PACKAGE — LSE408 \$164



***Top Shelf – Motown and More**
 Friday, June 3, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE400**

Enjoy a hit-filled musical journey through the classic sounds of Motown, with hits and classics from The Drifters and The Temptations to Stevie Wonder, The Four Tops, Smokey Robinson, Aretha, Prince, and more. Top Shelf has become a popular Bay Area musical cornerstone dazzling audiences from San Francisco to Europe for years with unparalleled passion and enthusiasm. A favorite among our residents, Top Shelf will set the tone for a memorable series ahead. With an evening of reminiscing, snapping, tapping, and dancing.



***The Kings Of Queen – An Amazingly Accurate Tribute to Queen**
 Friday, June 10, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE401**

The Kings of Queen was formed by veteran vocalist and frontman Emo Alaeddin. His ability to command his voice and the crowd along with the undeniable talents of his three bandmates, the Kings of Queen, created a stage performance eerily similar to that of the late Freddie Mercury. Based in Orange County, the fierce foursome will bring iconic Queen anthems to life such as “We Are the Champions,” “We Will Rock You,” and all other hits. They are set apart from other tribute bands as the only band who performs “Bohemian Rhapsody” with all the vocal parts performed live.



***Vegas McGraw – The Award-Winning Tribute to Country Icon Tim Mc Graw**
 Friday, June 24, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE402**

Adam D. Tucker, known to many as Vegas McGraw, has entertained hundreds of thousands of fans with his Tim McGraw tribute act for over a decade. Vegas McGraw presents a powerful show that thrills and captivates audiences with mega-hits like “Don’t Take the Girl,” “I Like It I Love It,” “Real Good Man,” and “Live Like You Were Dying,” along with the hits of today. An award-winning Vegas Tribute act, get ready to experience the glitz and glamour of Vegas and the sensational sound of Nashville right in your own backyard.



***Stax City – Tribute to 50’s & 60’s R & B Era**
 Friday, July 8, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE403**

Their name tells it all - a high-energy band covering the legacy of Stax Records, the Memphis label renowned for its shimmering, sultry blues and soul style. This eight-piece band presents a classy, mixed collection of old-time favorites that features melodic horn parts, powerful vocals, and a driving beat on the drums. Celebrating the music of James Brown, Wilson Pickett, Otis Redding, Al Green, Tower of Power, and more, these are the sounds that set the stage for today.



***Classic Rock Rebels – The Biggest Hits from the Biggest Rock Bands**

Friday, July 22, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE404**

Classic Rock Rebels is the premier classic rock tribute band performing the biggest hits from the biggest rock bands of all time including Led Zeppelin, The Rolling Stones, The Doors, and more with some of the best talents out of Los Angeles. Former members of Montrose, Quiet Riot, Dokken, and Lynch Mob, the band elevates the concert experience to a whole new level in the Classic Rock Tribute circle. With such seasoned musicians painting a picture of the '70s and '80s concert-like atmosphere makes this band a rock till the sun comes up experience.



***Uptown Funk – The Ultimate Tribute to Bruno Mars**

Friday, August 12, 7:30 PM, Amphitheater
 General Admission \$23 — **LSE405**

International touring sensation Uptown Funk invites you to experience the essence of Bruno Mars, his live band, and the music that defines today's pop culture. Expect an exciting, fresh, fun, unique, and high-energy concert with hits like "24K Magic," "Treasure," and "Uptown Funk." Uptown Funk's stage production captures Bruno Mars' music and performance with accuracy and unmatched attention to detail from songs to dance moves. Be prepared to dance the night away.



***Surf's Up – Tribute to The Beach Boys**

Friday, September 2, 7:00 PM, Amphitheater
 General Admission \$23 — **LSE406**

Surf's Up, America's premier Beach Boy's party band returns to our stage to make waves. They have been perfecting and recreating the Beach Boys sound for 25 years. Just like the original, the band keeps it to the family consisting of two brothers Donny & Danny, their father Don, Sr., and cousin Denny. Their sibling harmonies capture the authentic blend of the Beach Boys like no other bringing the magical "Sound of Summer" to the stage. Beyond the Beach Boys, Surf's Up plays a variety of music from the 60s, '70s, and 80's to keep the party rockin' all night long.



***Keep On Truckin' – The Woodstock Experience**

Friday, September 16, 7:00 PM, Amphitheater
 General Admission \$23 — **LSE407**

A tribute to the Woodstock Generation, the band, performs Rock, Blues, Funk and R&B, faithfully recreating the musical experience of the greatest decade in music. Together for more than ten years in Sacramento, the band's five seasoned musicians hail from New York to California with several stops in between. The band members' individual experiences range from international stage performances, Live TV appearances, movie soundtracks, recording sessions, and performing to sold-out crowds at festivals, arenas, and auditoriums. Come with us and take a step back in time to enjoy the music that influenced a generation.

2022 Lincoln Hills Summer Amphitheater Series Guidelines & Restrictions

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

ADA: The 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. Amphitheater will close at 5:00 PM on the day of the event and **re-open an hour prior to concert. Chairs placed prior to 6:00 AM or exceeding a height maximum of 36" may be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets is 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, backpacks, 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: Individual ticket prices may be found on the concert article in *Compass*. **All sales are final. No refunds or exchanges unless show is canceled.** No child pricing.



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

—Comedy/Magic—



**KS Comedy Night –
Dan St. Paul**

Tuesday, April 19
P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE382**

8:00 PM Show — **LSE383**

Dan St. Paul has been a nationally headlining comedian at some of the top comedy clubs in the country. He has appeared

in various TV shows and has opened for such entertainers as Ringo Starr, Natalie Cole, Hall & Oates, Chicago, and even the San Francisco Symphony (“I knew them when they were just a garage band.”). Get ready to laugh.



The Magic of Andy Amyx

Tuesday, May 3, P-Hall (KS)

Reserved Seating - \$17

6:00 PM Show — **LSE386**

8:00 PM Show — **LSE387**

Andy Amyx is a world-class magician whose amazing talents have been seen by thousands,

including celebrities, Fortune 500 companies, and national and international audiences around the world. Andy combines elegant sleight of hand and manipulation with amazing feats of illusion, audience participation, and comedy that thoroughly entertain all ages. He has achieved several honors and ongoing appearances at the world-famous Magic Castle in Hollywood, Wizard’s Magic Dinner Theater in Universal Studios, and the Magic Island in Houston, Texas.

—Community Event—



Community Dance Party

6:00 to 9:00 PM

Ballroom (OC)

Lifestyle brings you your Tuesday dance party. Dance your heart out to the music of your favorite Disk Jockey, DJ Tom. DJ Tom is known for playing all types of music, catering to all dance styles. A no-host bar will be available from 6:00 to 9:00 PM. Reserve your table by buying your tickets early; seats are non-reservable. To have more fun at the party, we encourage party-goers to dress up based on the party’s theme decor. Limit five tickets per resident. Pre-sale available Online and at the Lifestyle Desk. Event day ticket sales are only available at the Lifestyle Desk.

Spring Fling Dance Party

Tuesday, April 26 — **LSE393**

\$10 pre-sale; \$12 day of event

Disco A-Go-Go Dance Party

Tuesday, May 17 — **LSE394**

\$10 pre-sale; \$12 day of event

Grease Lightning Dance Party

Tuesday, May 31 — **LSE395**

\$10 pre-sale; \$12 day of event



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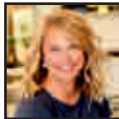
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Annual Parking Lot Sale

Saturday
May 14
7:30 AM
to Noon

— **LSR36**

Fitness Center
Parking Lot (OC)

Resident selling used/preloved items: \$25/space

Resident Business selling new items: \$50/space

Don't miss your chance to participate in the Annual Parking Lot Sale. The event brings buyers from the community and neighboring cities. This is your chance to sell your unwanted and preloved items. If you have a business selling unique items, you are also invited. Limit two spaces per household/vendor. Spaces will go fast, reserve yours now. Vendors provide their own tables and chairs and must abide by the guidelines received during registration. Space is limited. Registration is limited to in-person at the Lifestyle Desk. *In case of rain, event is moved to May 21.*



—Community Performing Arts—

The Lincoln Hills Chorus presents

Chasing Rainbows!

Ballroom (OC)

Thursday, May 5

2:00 PM show — **LSE378**

Friday, May 6

7:00 PM show — **LSE380**

Saturday, May 7

2:00 PM show — **LSE379**

Premium Reserved

Seating \$21

General Seating \$17

The Chorus is delighted to announce its Spring concert, which will lift the spirits and lighten the hearts of all. "Chasing Rainbows," one of the concert songs, is the perfect mantra for a performance of joyful songs guaranteed to buoy the spirits of audiences, especially with other songs like "Oh Happy Day," "Everything's Coming up Roses," "What a Wonderful World," and "Circle of Life" from the Lion King. The Chorus, directed by Paul Melkonian and accompanied by Nina Malone, will be appropriately costumed in multi-colored garb. Don't miss this one. **Note: Closed Captioning service will be offered during the May 5 performance.**



—Concert—

A Classical Guitar Recital: Keith Calmes with Alain Xiong-Calmes, Cello

Friday, April 22

7:00 PM

P-Hall (KS)

Reserved

Seating \$15 — **LSE376**



Keith's programs combine his expertise in classical guitar with his arrangements of popular music selections. Keith, son of Dr. Robert Calmes of Lincoln Hills, performance credits include a recital at the Carnegie Recital Hall as Winner of the Artists International Competition and concerts with Grammy winner Vikku Vinayakram and Latin Grammy winner Carlos Barbosa-Lima. In addition, he has published numerous books on the guitar, has numerous recordings, and is a dedicated full-time guitar teacher. Joining Keith on this recital is his eldest son, Cellist Alain Xiong-Calmes. Alain was Principal Cellist of the American University Orchestra.

The Folk-Legacy Trio Returns

Wednesday

April 27

7:00 PM

Ballroom (OC)

— **LSE381**

Premium

Reserved

Seating \$24

General Admission \$20



From a Sold Out show in 2020, The Folk-Legacy Trio returns to the Ballroom for a show to remember. They will entertain you with songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Limelites, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez, Gordon Lightfoot, Simon & Garfunkel, John Denver, and many others. It is a journey through American Musical History with their signature dynamic harmonies enriching some of the most beloved songs ever written.

**Broadway Star of
Les Miserables
Ivan Rutherford
In Concert
"More Than Broadway"**
Monday, May 9
7:00 PM Ballroom (OC)
— **LSE396**

Premium Reserved
Seating \$24
General Admission \$20

Star of Broadway's "*Les Miserables*," Ivan Rutherford, performs an intimate concert right in our Ballroom that you won't want to miss. Ivan has performed the role of *Jean Valjean* in *Les Miserables* over 2300 times on Broadway and the National Tours. He was nominated for "Best Actor" for his portrayal of *Jean Valjean* at the First Annual National Broadway Theatre Awards. Some other favorite roles include The Caliph in *Kismet*, Tony in *West Side Story*, and 2nd Officer Charles Lightoller in the Tony Award-winning Broadway production of *Titanic*. This is a rare opportunity to enjoy the unique talent of this distinctive Broadway Star.



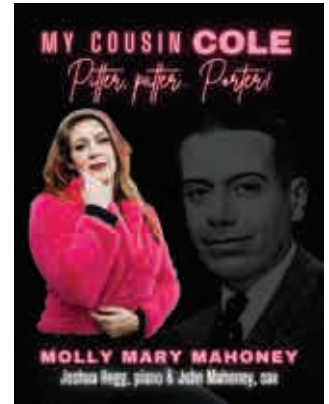
**Jinx Jones &
The King Tones
From Rockabilly
to Jazz to Twang
and back again!**
Friday, May 13
7:00 PM, P-Hall (KS)
Reserved Seating \$23
— **LSE388**

Guitar Virtuoso Jinx Jones is a consummate entertainer who goes beyond his incredible guitar chops to become a must-see live performer, entertaining enthusiastic crowds. Jones has established himself as one of the top rockabilly guitarists on the scene today. From his work with Chuck Berry, Solomon Burke, and Roy Buchanan to his own acclaimed rockabilly albums, Jones has always strived to expand the instrument's possibilities. He has won gold and platinum record awards with his work with EnVogue, has won songwriting awards, and is considered one of the hottest acts in the San Francisco music scene.



**My Cousin Cole
Pitter, patter... Porter
Starring Molly Mahoney**
Wednesday, May 18
7:00 PM, P-Hall (KS)
Reserved Seating \$24
— **LSE390**

When her genealogy revealed that Cole Porter is her cousin, she knew she had to create a show to honor his music. Fresh off performances in San Francisco, San Diego, New York City, and London, Molly Mahoney combines her spellbinding Big Band singing and classical performance abilities to create a unique experience of story and songs highlighting love songs by Cole Porter. Memorable songs will include "Night and Day," "It's De-Lovely," "Let's Do It," and more. *It's Pitter, patter...Porter!*



**Midnight Flyers: A
Tribute to the Eagles**
Friday, May 27, 7:00 PM
Ballroom (OC)
Premium Reserved
Seating \$24 — **LSE389**
General Admission \$20

Audiences and critics alike love the Midnight Flyer band's energy and spot-on recreation of The Eagles' music. This Bay Area group is considered one of the premier Eagles tribute acts, packing theaters and selling out shows along the West Coast and beyond. With a repertoire of more than 100 songs, Midnight Flyer shines in concert with arrangements and vocal harmonies, delivered with the authenticity and vitality that recall the earliest Eagles performances.



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*The James Heffner Solo Trio

Wednesday, June 15

7:00 PM, Ballroom (OC) — **LSE384**

Premium Reserved Seating \$19

General Admission \$16

Guitarist/Multi-Instrumentalist James Hefner performs an eclectic set of all the best hits that people love to hear. His repertoire spans a wide range of musical genres and includes songs by artists such as Eric Clapton, Tom Petty, Nirvana, Allman Brothers, Led Zeppelin, The Beatles, Johnny Cash, Tom Jones, and more. With over 300 songs committed to memory, James uses his arsenal of music gear to create a concert to remember. With a “looper” on his guitar for creating his own backing tracks on the spot and a “smart vocal harmonizer” for adding two additional vocals to his performance on the fly, you’d swear that you’re listening to a full band.



Summer Amphitheater Concert Series

*Top Shelf – Motown and More

Friday, June 3

7:30 PM, Amphitheater

General Admission \$23 — **LSE400**

Enjoy a hit-filled musical journey through the classic sounds of Motown, with hits and classics from The Drifters, Stevie Wonder, The Temptations, The Four Tops, Aretha, Smokey Robinson, and more! Read more on page 56.

ONLINE: SCLHRESIDENTS.COM



Summer Amphitheater Concert Series

*The Kings Of Queen – An Amazingly Accurate Tribute to Queen

Friday, June 10

7:30 PM, Amphitheater

General Admission \$23 — **LSE401**

Celebrate the magical sound of one of the most iconic rock bands, Queen! Sing along to Queen anthems such as “We Are the Champions,” “We Will Rock You,” “Radio Gaga,” and not to be missed “Bohemian Rhapsody.” Read more on page 56.

Summer Amphitheater Concert Series

*Vegas McGraw – The Award-Winning Tribute to Country Icon Tim Mc Graw

Friday, June 24

7:30 PM

Amphitheater

General

Admission \$23

— **LSE402**



Get ready to experience the glitz and glamour of Vegas and the sensational sound of Nashville right in your own backyard! Adam D. Tucker, known to many as Vegas McGraw, brings his award-winning Tim McGraw tribute act to bring you mega-hits like “Don’t Take the Girl,” “I Like It I Love It,” “Real Good Man,” and “Live Like You Were Dying,” read more on page 56.



Celtic Woman

Postcards from Ireland



At Gallo Center
for the Arts, Modesto
Thursday, May 12



CODE: LST387
PRICE: \$123



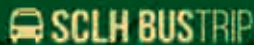
Grammy-nominated global music sensation Celtic Woman is thrilled to return in 2022 with a brand-new show, Postcards from Ireland, celebrating Ireland's rich musical and cultural heritage while taking audiences on a journey of story and song from across the Emerald Isle. Embrace an evening of angelic voices, breath-taking harmonies, and instrumental virtuosity.

Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.

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



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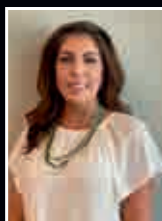
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Scott Cason
Lifestyle Trips Coordinator
Scott.Cason@sclhca.com



Register at the Lifestyle Desk (OC/KS)
or online on the Resident Website

*Indicates new trips on sale April 17

*Venue may require Proof of Vaccination or negative COVID test and photo I.D. for admission. Face mask may be required on bus and venue. Please see eNews for up-to-date information. Attendees will be emailed complete information a week prior to trip.

Featured Trip



***Four days, three nights!**

Laguna Beach Pageant of the Masters Art Festival & Nixon Museum

Sunday, August 28 to Wednesday, August 31

— **LST401**

\$1210 double occupancy; \$1659 single

Join your Trip Coordinator, Scott, on an amazing trip to the world-famous Arts Festival in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" The theme will be "Wonderful World." See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Nixon Library and Museum in Yorba Linda. Please advise at registration your preferred food choice for Terra Laguna: *Chicken, Salmon, or Vegetarian*. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. A signed liability waiver is required for each participant. Registration is exclusive to in-person sales at the desk, no Online sales. Wheels roll from OC at 8:00 AM, August 28, return August 31 ~ 4:30 PM.

Trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite), including daily breakfast

- Complimentary hotel evening reception at Ayres Hotel
 - Lunch at Harris Ranch on the way to Laguna Woods
 - Free time to enjoy the beach/shopping/lunch on Balboa Island in Newport Beach on your second day
 - Reserved lower level loge ticket to Pageant of the Masters Show
 - Admission to Art-A-Fair at the Festival of the Arts
 - *Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds prior to the show
 - Entrance to the Nixon Library and Museum in Yorba Linda on the third day
 - Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip (Breakfast on your own at the hotel)
 - Lunch at Hilmar Cheese Factory on the return trip
- Driver gratuity and service charge for all included lunches and dinners. Total Meals included: two breakfasts, two lunches, and one dinner.

Day Trips

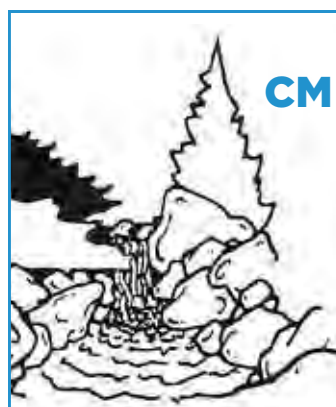
—Casino—

Colusa Casino

Tuesday, April 19

\$45 — **LST391**

Enjoy a nice drive in the country with spring blooms and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. *Casino promotions are subject to change.* Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.



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*Jackson Rancheria

Wednesday, July 6
\$45 — **LST399**

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County. Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.



—Festivals—

*Made In Tahoe Festival

Palisades Tahoe
Saturday, May 28
\$59 — **LST397**

Held each May in the Village at Palisades Tahoe, Made in Tahoe Festival is a celebration of anything and everything that is made with love locally. The extravaganza includes booths that showcase the various offerings of local artisans, including handmade skis, jewelry, clothing, and unique pieces of art that can only be found among the magic of Lake Tahoe. Beyond the shopping for handmade treasures, there is also live music, entertainment, food, beer, and chef's tastings. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc., on your own. Wheels roll from OC 9:30 AM, return ~ 6:00 PM.



—Gardens—

Springtime at Filoli Garden

Monday, May 9
\$90 — **LST392**

Watch the Garden transform as the weather warms up and a new season begins. Walk thru the 54,000 square foot historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC at 7:45 AM, return ~ 7:30 PM. *Lots of walking with some uneven pathways.*



— Performances —

†Celtic Woman – Postcards from Ireland

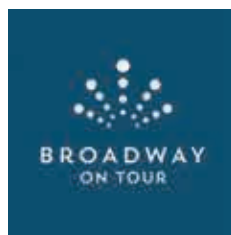
At Gallo Center for the Arts,
Modesto

Thursday, May 12
\$123 — **LST387**

Grammy-nominated global music sensation Celtic Women is thrilled to return in 2022 with a brand-new show, *Postcards from Ireland*, celebrating Ireland's rich musical and cultural heritage while taking audiences on a journey of story and song from across the Emerald Isle. Embrace an evening of angelic voices, breathtaking harmonies, and instrumental virtuosity. Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.



Broadway On Tour



The 2022 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts

additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience.

†Tootsie

Tuesday, May 17
\$125 — **LST364**

Limited tickets available. Call it "musical comedy heaven" (*Rolling Stone*). Call it "the most uproarious new musical in years!" (*The Hollywood Reporter*). This laugh-out-loud love letter to the theatre tells the story of a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. "In these turbulent times, when the world seems out of balance, we need a place to let the good times roll," raves *Rolling Stone*. "Tootsie is it!" Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



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Broadway At Music Circus



†Broadway At Music Circus is a truly unique musical theatre experience renowned by theatre professionals and fans across the country. Each summer, the Broadway At Music Circus series features new pro-

ductions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



†Kinky Boots

Tuesday, June 14

\$111 — **LST380**

Broadway's huge-hearted,

high-heeled, multiple Tony®-winning Best Musical! With songs by Grammy® and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and friendships we discover when we embrace each other's differences. Inspired by true events, Kinky Boots takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.



†Rodgers & Hammerstein's Carousel

Tuesday, June 28

\$111 — **LST381**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway At Music Circus

for the first time in 20 years. Critics called the 2018 Broadway revival of *Carousel* "a miraculous fusion of sentiment and craftsmanship" (*Wall Street Journal*) with "the theater's most beautiful and enduring songs" (*Variety*), including "If I Loved You," "You'll Never Walk Alone," and "Soliloquy." A powerful musical theatre classic about love, relationships, and redemption.



†Kiss Me, Kate

Tuesday, July 12

\$111 — **LST382**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical, a Broadway version of Shakespeare's *The Taming of the Shrew*. The beloved multiple Tony-winning musical comedy is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer's wittiest lyrics and catchiest melodies, including the favorite songs "Another Op'nin', Another Show," "So In Love," and "Too Darn Hot."



†Something Rotten!

Tuesday, July 26

\$111 — **LST383**

With 10 Tony® nominations, including Best Musical, *Something Rotten!* is "Broadway's big, fat hit!" (*NY Post*). Featuring large song and dance numbers

and a wacky cast of over-the-top characters, the musical received show-stopping standing ovations throughout its Broadway run. Set in 1595, this hilarious smash tells the story of two brothers who set out to write the world's very first musical. With its heart on its ruffled sleeve and sequins in its soul, It's "The Producers + Spamalot + The Book of Mormon. Squared!" (*New York Magazine*).



†The Secret Garden

Tuesday, August 9

\$111 — **LST384**

The enchanting literary classic is reimaged in brilliant musical style. A compelling tale of forgiveness and renewal, *The Secret Garden* won three Tony Awards® and three Drama Desk Awards when it premiered on Broadway in 1991. Orphaned in India, 11-year-old Mary Lennox returns to Yorkshire to live with her embittered, reclusive uncle Archibald and his disabled son Colin. The estate's many wonders include a magic garden that beckons the children with haunting melodies and spirits from Mary's past who guide her through her new life.



†The Color Purple
 Tuesday, August 23
 \$111 — **LST385**

With a fresh, Grammy-winning score of jazz, gospel, ragtime, and blues, *The Color Purple* is an unforgettable, intensely moving musical based on Alice Walker's Pulitzer Prize-winning novel and the Oscar®-nominated film. *The New York Times* calls it "exquisite! A joyous celebration of storytelling." This stirring family chronicle—a young woman's epic journey through joy, despair, anguish, and hope to discover the power of love—leaves its mark on the soul.

—Shopping—



Pre-Mother's Day San Francisco Shopping
 Saturday, April 30
 \$55 — **LST393**

Enjoy a wonderful pre-Mother's Day spring shopping Saturday in the city by the bay, and don't worry about the traffic, the bridge, parking, etc. Relax and let our deluxe motor coach take you to the heart of San Francisco. (Union Square-Post & Powell) for a day of shopping, lunching and people-watching. Lunch on your own. Depart from SF will be 6:00 PM to allow you more dining and shopping time and less time in traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.

—Sports—



San Francisco Giants

Enjoy all the excitement of a Giants game without the hassle of driving or parking in the city. Watch all the action from your lower box seats. Below prices include roundtrip motorcoach transportation, Lower level box seating, and driver gratuity.

Giants vs. Dodgers
 Sunday, June 12
 \$145 — **LST394**



It's Matt Cain Bobblehead giveaway day! Wheels roll from OC at 10:00 AM for a 1:05 PM First Pitch, return ~ 6:40 PM.

Giants vs. Diamondbacks
 Thursday, August 18
 \$125 — **LST395**



Wheels roll from OC at 9:30 AM for a 12:45 PM First Pitch, return ~ 6:00 PM.



Oakland Athletics

Looking to watch the Giants away from Oracle Park? Cheer on the away team (or home team). Watch the Battle of the Bay from your Lower infield seats. Pricing includes roundtrip motorcoach transportation, Lower infield seating, driver gratuity.

***Oakland A's vs. San Francisco Giants**
 Saturday, August 6
 \$115 — **LST396**



Wheels rolls from OC at 1:00 PM for a 4:07 PM First Pitch, return ~ 9:30 PM.



Sacramento Rivercats

Cheer on the Sacramento Rivercats from the Pacifico Porch at Sutter Health Park and enjoy a pre-game BBQ Buffet (i.e., Tri-Tip, BBQ chicken, hot dogs, seasonal sides, and one non-alcoholic beverage). Enjoy the game and buffet without the hassle of traffic and parking on our motorcoach.

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Sacramento Rivercats vs. Oklahoma City Dodgers

(LA Dodgers AAA affiliate)

Sunday, April 24 — **LST388**
\$129

Wheels roll from OC at 11:15 AM for a 1:05 PM game, return ~ 4:45 PM.



Sacramento Rivercats vs. Tacoma Rainiers

(Seattle Rainiers AAA affiliate)

Sunday, May 22 — **LST389**
\$129

Wheels roll from OC at 11:15 AM, for a 1:05 PM game, return ~ 4:45 PM.



—Tours—



*Ironstone Winery & Downtown Murphys

Wednesday
June 22
\$149 — **LST398**

Explore the wine

production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with wine tasting and canapés in the culinary center, followed by a buffet lunch, tour, and free time. We will then head to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for the lunch menu. Wheels roll from OC at 9:00 AM, return ~ 7:30 PM.

Overnight/Extended Travel

South Lake Tahoe Overnight Getaway with Dinner at Harrah's Lake Tahoe

Tuesday, May 24-25
— **LST390**
\$300 per person
double occupancy
\$360 single occupancy



Relax and enjoy the beauty of the Sierras and leave the driving to us on our deluxe motor coach round-trip transportation. Dine with friends and meet new ones at our group dinner at Friday's Stations Steak and Seafood House. We will arrive in time for lunch on your own with free time for gaming, exploration of the Village, or even a gondola ride at Heavenly. Fee includes hotel accommodation, coach transportation, dinner, driver gratuity, and luggage handling. All other meals and activities on your own. Wheels roll from OC at 9:00 AM ~ return approximately 3:00 PM.

*San Francisco Bay Dinner Cruise Overnight at Hyatt Regency

Thursday, July 28
to Friday, July 29
— **LST400**

\$451 double occupancy; \$599 single occupancy



Enjoy a night on a Hornblower premier dinner cruise on the bay. Relax and let someone else handle dinner while you enjoy the view on our 2½ - 3-hour cruise. We will have a seated three-course meal with your choice of Salmon w/tomato vinaigrette, Oven-roasted chicken, or Braised short ribs. Vegetarian option available. Complimentary tea and coffee. Dance, star gaze, and see amazing views of the city skyline and the magnificent Golden Gate Bridge. Beer and wine are available for purchase. After dinner, relax in your deluxe accommodations at the Hyatt Regency San Francisco, conveniently located minutes from Pier 3. Free time in the morning for breakfast on your own at the hotel or nearby eateries. Trip includes motorcoach transportation, dinner, accommodations, and all gratuities. Complete trip itinerary and restaurant list available at the Lifestyle Desk. In-person registration only, no Online enrollment. Wheels roll from OC at 11:00 AM, return ~ 2:30 PM.



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

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*Indicates new class on sale April 17

Classes

—Art—



*Mixed Media Art Journaling

Tuesdays, May 10 & 24
9:00 AM to Noon (OC)
\$45 plus \$5 supply fee paid to
instructor — **LSC3216**

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: “Turtle and Friends”

Friday
May 20
5:00 to 8:00 PM (OC)
\$55
— **LSC3798**

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, May 4-25
9:00 to 11:30 AM (OC)
\$80 (four sessions) — **LSC3228**

Learn new ways to paint and polish your skills. More emphasis will be on acrylics. Art demos will be done on a regular basis with group critiques and individual instruction. Quite often, optional projects will be offered 1 or 2 times a month. 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—

*Continuing Watercolor

Thursdays, May 5-26
9:00 to 11:30 AM (OC)
\$80 (four sessions) — **LSC3787**

Want to expand your knowledge and skills in Watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This is not a Beginning Watercolor class. This class will be limited in size to allow for individual one-on-one work. Contact the instructor for more information. Instructor: **Faye August**, watercolorist55@gmail.com, 916-209-3643.

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Ceramics

—Pottery—



*Beginning/Intermediate Ceramics

Tuesdays, May 3-31
1:00 to 4:00 PM (OC)
\$80 (five sessions)

— **LSC3265**

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, May 3-31
9:00 AM to Noon (OC)
\$80 (five sessions)

— **LSC3252**

OR

Thursdays, May 5-26
1:00 to 4:00 PM (OC)
\$64 (four sessions)

— **LSC3289**

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



*Flower Pot Friend

Monday, April 25
10:00 AM to Noon (KS)
Fee \$45; Supplies \$20

— **LSC3774**

Make a little flowerpot garden friend using clay pots, wire, and a little creativity. Leave the pots as is or antique them with whitewash paint and preserved moss. When you get them home, add your favorite plant to the top, head pot. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 18.



Fabric Covered Pots

Monday, April 25
1:00 to 3:00 PM (KS)
\$45 (no additional supply fee)— **LSC3775**

Decoupage three pots using small terra cotta pots and lots of cheery fabric choices. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 18.



Water Marbling Scarf, Fan and Coaster Set

Monday, May 2
10:00 to 11:30 AM (KS)
Fee \$45; Supplies \$40
LSC3776 - SOLD OUT

OR

Noon to 1:30 PM
LSC3777 - SOLD OUT

OR

2:00 to 3:30 PM
LSC3778 - SOLD OUT

Learn the ancient technique of water marbling using paints, basic tools, and easy-to-follow instructions. During the session, you will create a gorgeous marbled 100% silk scarf, silk-like fabric fan, and set of 6 pulpboard coasters. Additional items can be made if time allows; pricing varies for additional items. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: April 25. Maximum 4 students per session.



*Cactus Rock Pots

Monday, May 16
10:00 AM to Noon (KS)
\$45 (\$10 Supply Fee)
— **LSC3789**

Create up to 3 cute cactus rock pots by painting rocks, adding details and paper flowers, and inserting them into small terracotta pots. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: May 10. Maximum 12 students.



*Pot in a Pot Succulent Arrangement

Monday, May 16
1:00 to 3:30 PM (KS)
\$45 (\$25 Supply Fee)
— **LSC3790**

Create this darling succulent pot in a pot, perfect for your patio or even as home décor. Using an approx 9-12"

main pot and a selection of small succulents, you will create your own unique pot in a pot! Instructor: **Judy Ragland-Craftopolis**. Registration deadline May 9. Maximum 10 students.



***Mesh 24" Rose Wreath**
Monday, May 23
10:00 AM to 12:30 PM (KS)
\$45 (\$15 Supply Fee)
— **LSC3791**

Create a dazzling 24" wide mesh rose wreath. Mesh color options: Red, Bright Pink, Orange, or Light Gold. Please select a color upon registering.

Instructor: **Judy Ragland-Craftopolis**. Registration deadline May 10. Maximum 12 students.



***Shabby Chic Ribbon Flag**
Monday, May 23
1:00 to 3:00 PM (KS)
\$45 (no additional supply fee) — **LSC3792**

Choose from a large selection of fun red and white ribbon and trim to create this unique shabby chic flag just in time for upcoming patriotic holidays. Instructor:

Judy Ragland-Craftopolis. Registration deadline May 16. Maximum 20 students.



***Water Marbling Silk Scarf, Canvas Cosmetic Bag, and Coaster Set**

Monday, June 13
10:00 to 11:30 AM (KS)

— **LSC3793**
\$45 (\$40 supply fee)

OR
Noon to 1:30 PM

— **LSC3794**

OR
2:00 to 3:30 PM

— **LSC3795**

Learn the ancient technique of water marbling using paints, basic tools, and easy-to-follow instructions. During the session, you will start with six pulp-board coasters which will create a gorgeous marbled 100% silk scarf canvas cosmetic bag. Additional items can be made if time allows; pricing varies. Instructor: **Judy Raglan-Craftopolis**. Registration deadline May 6. Maximum four students.

***Paint with Your Pup**

Monday, June 27

9:00 AM to Noon

\$45 — **LSC3796**

If your dog likes peanut butter and has a creative spark, bring your leashed doggy for this special paint with your pet workshop. Your dog will "paint" a no-mess masterpiece by pushing paint around an 8x8 canvas safely enclosed in a ziplock bag with peanut butter on the outside. It's fun to watch, and the result is a one-of-a-kind piece of art. Instructor: **Judy Ragland-Craftopolis**. **Optional frame available with dog's name added in vinyl to the glass - \$25 (pre-order)**. Please pre-order frame with name by emailing the desired name to Craftopoliscc@gmail.com. Registration deadline May 20. Maximum 15 students.

— Card Making —



***Card Making**

— **Advanced**

Mondays

May 9 & 23

9:00 AM to

Noon (KS)

\$30 (two sessions)

— **LSC3301**

Prerequisite:

This class will build on your Card Making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for Beginner or Intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline: April 22.



***Card Making**

— **Beginner/**

Intermediate

Wednesdays

May 11 & 25

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC3312**

Prerequisite:

Completion of at least four to eight sessions of previously offered Introduction to Card Making – Beginners and/or have instructor's approval to participate. This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. Most supplies will be provided, but you will need to bring your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline: April 22.



***Card Making – Intro to Basic Card Making – Beginners**

Fridays, May 13 & 27
9:00 AM to Noon (KS)
\$30 (two sessions) — **LSC3323**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you. This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited; sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. Registration deadline: April 22.

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 skill.



***Beginning Clogging**
Tuesdays, May 3-31
10:00 to 11:00 AM (KS)
\$50 (five sessions)
— **LSC3334**

Moving forward with the current beginners class. We will continue to work through the eight basic traditional clogging movements at a relaxed

pace while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes are required; flat-soled shoes are recommended. Watch for late summer/early fall for New Beginners Class. Instructor: *Janice Hanzel*.

***Combine Clogging Class**

Tuesdays, May 3-31
11:00 AM to 12:30 PM (KS)
\$75 (five sessions) — **LSC3362**

Starting with easy and progressing into intermediate dances, our new schedule takes a bit of getting used to. We will continue working on some new material dancing to some Irish songs this month. The class will feature lots of reviews of steps from previously learned 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. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

—Country Western Dancing—



***Country Couples Western Dance Beginner Level 1 & 2**
Mondays, May 2-30
7:00 to 8:00 PM (KS)
\$35 (five sessions)
— **LSC3357**

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

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

***Country Couples Western Dance Level 3 & 4**

Mondays, May 2-30
6:00 to 7:00 PM (KS)
\$35 (five sessions) — **LSC3345**

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: "Hudson Valley Cha, and the Shadow." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

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—Hula—

***Hula**

Thursdays, May 5-26
1:00 to 2:00 PM (KS)
\$52 (four sessions)
— **LSC3407**

This is 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. **Prerequisite:** New dancers contact the instructor at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginners**

Thursdays, May 5-26
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC3418**

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, May 3-31
1:00 to 2:00 PM (KS)
\$45 (five sessions) — **LSC3448**

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, May 6-27
3:00 to 4:00 PM (KS)
\$28 (four sessions) — **LSC3490**

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*.

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

Mondays, May 2-30
4:00 to 5:00 PM (KS)
\$35 (five sessions) — **LSC3457**

Instructor: *Cathy Paris*

OR

Thursdays, May 5-26
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC3524**

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, May 6-27
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC3500**

Instructor: *Sandy Gardetto*

OR

Thursdays, May 5-26
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC3554**

Instructor: *Yvonne Krause-Schenck*

OR

Thursdays, May 6-27
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC3545**

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.

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***Level 3 – High Beginner/Improver**

Mondays, May 2-30

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3534**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, May 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3510**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, May 2-30

5:00 to 6:00 PM (KS)

\$35 (five sessions) — **LSC3476**Instructor: *Cathy Paris***OR**

Wednesdays, April 4-25

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3520**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, May 5-26

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3713**

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, May 5-26

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3467**

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*.

—Tap—

Tap Classes with Alyson

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

***Beginning Tap**

Mondays, May 2-23

11:00 AM to Noon (KS)

\$40 (four sessions)

— **LSC3573**

This class works on the basics of tap dance at a slower pace. It is a continuation class, however, new students are welcome.

***Tap Technique**

Mondays, May 2-23

10:00 to 11:00 AM (KS)

\$40 (four sessions) — **LSC3563****OR**

Tuesdays, May 3-31

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC3733**

Learn and hone your tap techniques through fun musical exercises and routines.

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Movie

Ray's Back and If It's Spring, It Must be Baseball!

Fridays, May 6-27

9:00 AM to Noon (KS)

\$30 (four sessions) — **LSC3780**

Now we are in store for four great movies about the great American pastime. The magical "Field of Dreams," the kid's perspective of legends in "The Sandlot," a baseball movie from an adult perspective in "Bull Durham," and the inspiring story of Jackie Robinson in "42." So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th-century game and why it gives us such great movies. Instructor: *Ray Ashton*.

Music

—Guitar—

Guitar and Ukulele Classes with Jon Gowin

Music Instructor, Jon Gowin, has decided to retire. All of his Guitar and Ukulele classes listed below are CANCELED. You will be missed Jon!

*Beginning Guitar

Mondays, May 2-30

9:00 to 10:30 AM (OC)

\$75 (five sessions)

— **CANCELED**

Reading music notation for guitar made easy. Instructor: *Jon Gowin*.



*Intermediate Guitar

Wednesdays, May 4-25

9:00 to 10:30 AM (KS)

\$60 (four sessions) — **CANCELED**

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, May 2-30

10:30 AM to Noon (OC)

\$75 (five sessions)

— **CANCELED**

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, May 4-25

10:30 AM to Noon (KS)

\$60 (four sessions) — **CANCELED**

This class is an intermediate 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 finger-picking. Instructor: *Jon Gowin*.

—Folk Guitar—

*Beginner Folk Guitar

Class for Fun Folks

Tuesdays, May 3-31

1:00 to 2:00 PM (KS)

\$50 (five sessions)

— **LSC3678**

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. *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. He enjoys teaching and sharing his musical expertise with his students.

*Intermediate Folk Guitar Class

Tuesdays, May 3-31

2:00 to 3:00 PM (KS)

\$50 (five sessions) — **LSC3618**

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).

Writing

Letters That Define Our Lives

Tuesdays, May 3-24

10:00 AM to Noon (KS)

\$75 (four sessions) — **LSC3769**

Part One Discussion: What letters define moments in American life? How has letter writing and its value changed during the past 100 years? Class includes reading selections from "America 1900-1999, Letters of the Century," edited by Lisa Grunwald and Stephen J. Adler. Part Two Reflect & Write: Write a "Legacy Letter." This is a personal, timeless document to share with family members or friends. At a life intersection or transition, a *Legacy Letter* is an opportunity to reflect on life lessons, values, favorite phrases, hope, and dreams for the next generation. Class includes sample letters, discussion of the purpose, and individual time to reflect and write. Instructor: *Janice Kelley*.

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Register at the WellFit Desk (OC/KS)
 or online on the Resident Website



IMPORTANT UPDATE
 - PRICE INCREASE -
 Punch Pass and Fast Pass
 Class prices will increase
 by \$1 as of May 16, 2022.
 See the Punch Pass & Fast Pass
 section for more information.

WellFit Orientations

Free Orientation: WellFit Staff

Not 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 offers and get you started on your fitness journey. Register: Fitness Desks.

Fitness Floor (OC)

- **Tuesday, April 26**
4:00 to 5:00 PM
- **Tuesday, May 10**
4:00 to 5:00 PM
- **Wednesday, May 25**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, April 27**
3:00 to 4:00 PM
- **Wednesday, May 11**
3:00 to 4:00 PM
- **Wednesday, May 25**
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 seven days prior to class start. No refunds.*



Intro to Pickleball
 Wednesdays
 4:00 to 5:30 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. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register: welcometopickleball@gmail.com or go to www.lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Intro to Tennis
 Thursdays
 11:00 AM to Noon
 Multicourt #11
 Free

This class is a terrific introduction for any Lincoln Hills residents who are interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.



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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 seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online through online enrollment on the Resident Website. There is a four person minimum required to run the class, so please sign up early.*

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

New! Outdoor Tai Chi / Qigong L1/L2 (Seasonal)

Thursdays, May 5-26
10:30 to 11:30 AM, Amphitheater
\$48 (four sessions)

Enjoy the beautiful outdoors while working on 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*.



Tai Chi / Qigong L1

Tuesdays, May 10-31
2:00 to 3:00 PM
Aerobics Room (OC)
\$48 (four sessions)

OR

Wednesdays, May 4-25
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$48 (four sessions)

OR

Fridays, May 6-27
2:00 to 3:00 PM, Aerobics Room (OC)
\$48 (four sessions)

OR

Saturdays, May 7-28
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*.

Tai Chi / Qigong L2

Thursdays, May 10-31
2:00 to 3:00 PM, Aerobics Room (OC)
\$48 (four sessions)

Having some familiarity with the basics of the Yang long form, Level 2 introduces beginners to additional sections of the form, emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Wamsat*.

Tai Chi / Qigong L3

Tuesdays, May 10-31
3:10 to 4:10 PM, Aerobics Room (KS)
\$48 (four sessions)

OR

Fridays, May 6-27
3:05 to 4:05 PM, Aerobics Room (OC)
\$60 (five sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Shifu Anney Wamsat*.

Tai Chi Ball L1

Wednesdays, May 4-25
2:00 to 3:00 PM
Aerobics Room (OC)
\$48 (four sessions)

Tai Chi Ball is a fusion of mind-body exercise, traditional Tai Chi Ball, Qigong, and dance with modern core strengthening exercises and balance postures. This class begins using light-weight exercise



balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through ball practice. Instructor: *Shifu Anney Wamsat*.



Mind, Body & Spirit

Wednesdays, May 4 & 25
3:05 to 4:05 PM
Aerobics Room (OC)
\$34 (two sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the

brain's neurology. 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.

Going Out in a Box

Monday, May 2
9:00 AM to Noon, Multimedia Room (OC)
\$15

We've all said it. "This is my last move; I'm going out in a box." It is hard to imagine the future and what your needs may be as you get older. Yet, most of us will live with some burden of disease in our last years, and sudden death may not happen. So what's Plan B? What will trigger Plan B? What are the elements of Plan B? What steps can you take today to put Plan B together? Let's talk about what we know about causes of death and how they affect us. Let's talk about resources and options. Having Plan B will make all the difference. Instructor: *Marcia VanWagner*.

Getting Your Stuff Together

Monday & Tuesday, May 23-24
9:00 AM to Noon, Multimedia (OC)
\$30 (two sessions) + \$25 material fee paid to the instructor on the first day of class.

As we continue to emerge from our pandemic lockdown, we are thinking differently about our future. What am I going to do about all my "stuff"? Who will help me? Am I protected? We feel overwhelmed at the enormity of getting older and end up doing nothing. "Getting Your Stuff Together" helps create

order out of the chaos, enables you to figure it all out, helps your chosen advocates, and alerts you to the issues around the complexity of dying. Take a small first step. Instructor: *Marcia VanWagner*.

End of Life Options: Preparing for Death

Tuesday, May 31
9:00 AM to Noon, Multimedia Room (OC)
\$15

How do you imagine your death? How do you communicate your wishes? You will learn about options at the end of life, how to plan and how to communicate your plans. You will learn about your Advance Health Care Directive and if you need a POLST. You will learn about naming a personal representative, who will speak for you if you cannot, and what you want them to say. Instructor: *Marcia VanWagner*.



New course based on demand!

**Spring Fling
Brain Wellness with
Dr. Alice Jacobs**
Wednesday, May 11
9:30 to Noon
Multipurpose (OC)
\$35

Spring has arrived, and for many, that means doing some spring cleaning. How about getting the post-pandemic cobwebs out of our brains with some engaging "neurobic" activities that catalyze new brain cell growth. Come fertilize your brain and provide some brain nourishment while learning about and experiencing brain physiology. New brain exercises will be provided, so sign up even if you've attended previous Brain Gain sessions. Brain cell growth, known as neurogenesis, is part of a positive wellness lifestyle – so come join the fun! Instructor: *Dr. Alice Jacobs, ED.D, MBA, MS, MA, MCHES*.

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Monday Meditation

Mondays, May 2-23
4:10 to 5:10 PM
Aerobics Room (OC)
\$60 (four sessions)

Leave your stress at the door. Open your mind and soothe your soul with our new Monday Meditation.

This class will provide you with a great way to start your week off right. We will discuss enriching topics and then settle in for an extended guided meditation based on the topic. The timeless practice of meditation can help you cultivate more than just a healthy mind and body. It can also grow patience, forgiveness, compassion, and wisdom to help cope with whatever life throws your way. Instructor: *Sheri Mandell*.



Harmonica for Health

Thursdays, May 5-26
3:00 to 3:45 PM
Solarium (OC)
\$60 (four sessions)
\$11 paid to instructor for harmonica

Strengthen your breathing muscles and improve breath control by playing the harmonica. This class

will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro, Respiratory Therapist*.



Healthy Habits for Life™

Wednesdays
May 4 – June 1
3:30 to 5:00 PM
Multipurpose Room (OC)
\$149 (five sessions)

This class dives into the non-nutrition areas of our lives that impact daily mood, energy, and focus. It not only introduces simple and effective strategies and tools for change, but we're also in a community of like-minded people who are also learning and applying this knowledge. We will tackle other aspects of our health that continue to impact nutrition and overall quality of life, such as sleep, getting enough water, staying active, and so much more. Instructor: *Audrey Gould*.



Finding Spirit

Tuesdays, May 3-24
11:00 AM to 12:30 PM
Multipurpose Room (OC)
\$68 (four sessions)

What does spirituality mean? Spirituality is a practice that cultivates a sense of peace and purpose. It is looking within and discovering the meaning of life, connection to nature, and your relationship with "Self." As millions of people grapple with mortality, the quest for answers is growing. In this class, we will discuss ways to incorporate spirituality into your lifestyle. Instructor: *Sheri Mandell*.



Living with Strokes

Wednesdays, May 18-25
1:00 to 2:00 PM
Multimedia Room (OC)
\$48 (two sessions)

Learn how to live a more functional and independent life as a stroke survivor

through exercise, current therapy techniques, and lifestyle adaptations. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. Lisa will teach the first class, and Danielle will teach the second.

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Traditional Shotokan Karate
Saturdays, May 7-28
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association

and has over 48 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit santenkarate.com. Instructor: *Al Trimarchi*.

Nutrition

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



Produce with a Purpose

Produce with a Purpose: Fresh Culinary Herbs for Flavor and Wellness

Monday, May 9
11:30 AM to 1:30 PM
Placer (KS)
\$48

Learn the bonus benefits of several not-too-exotic cooking herbs and how to enjoy them. We'll also talk about growing herbs in small spaces and demonstrate a recipe or two featuring delicious, vibrant herbs. Instructor: *Kerin Gould*, Ph.D. is the author of "Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables...Now what?"



RESTART—Your Health in Just Five Weeks

Wednesdays
May 4 – June 1
5:30 to 7:00 PM
Multipurpose Room (OC)
\$149 (five sessions)

This 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 the Resident Website for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms or 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 and drop-ins select their monthly classes via the online scheduling system MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes. Online class scheduling is from 7:00 AM to 10:00 PM.

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.

Drop-in for guests (non-residents; guests of residents only) \$25 per class

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive.



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 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. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

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



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Rex Owens
WellFit Fitness Supervisor
Rex.Owens@sclhca.com



Register at the WellFit Desk (OC/KS)
or online on the Resident Website

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website 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. Each billed for shared session.
- **Comprehensice Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale/one month. One hour session \$99.00. Coming in June.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Trainer assesses general ability level. Half hour session \$39.

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 sign up at least seven days prior to the class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online. SGT classes run 55 to 60 minutes.*



Urban Poling (Balance and Fall Prevention)

Mondays & Fridays, May 2-27
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 Wellfit (OC). Limited availability of loaner Activator® Poles. Instructor: *Rex Owens*.

Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, May 3-26
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: *Lisa Fisher*.

SGT—Walk on the Wild Side L1 (Seasonal)

Tuesdays, May 3-24
8:30 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 101

Tuesdays & Thursdays, May 3-26
4:10 to 5:10 PM
Aerobics Room Class alternates
(OC Tuesday – KS Thursday)
\$136 (eight sessions)

Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new tools and techniques to add to your workout routine, including the correct settings and weights appropriate for you. Instructor: *John Ramos*.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays
May 3-26
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 is encouraged. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays
May 2-25
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

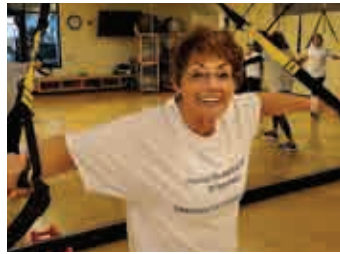
Tuesdays & Thursdays

May 3-26

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 make 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

May 2-25

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor:

Renae Schmidt

OR

Tuesdays & Thursdays

May 3-26

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

May 2-25

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-L2

Wednesdays, May 4-25

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

OR

Fridays, May 6-27

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, May 3-24

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

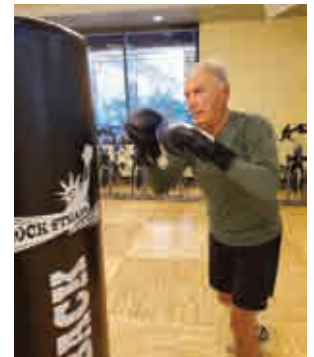
OR

Thursdays, May 5-26

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, May 5-26

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

\$68 (four sessions)

OR

New Monday, May 2-23

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*.

Punch Pass & Fast Pass Classes

***Important update: Due to rising costs, Punch Pass & Fast Pass Class prices will be increasing by one dollar on May 16, 2022. Please use your old passes first before purchasing more as all passes expire ONE YEAR after purchase date. No exceptions and no refunds. In comparison, other similar classes in our area cost about \$25 per class or require a \$150+ monthly membership fee. Lincoln Hills prices continue to be below the average. We offer competitive classes with top-notch instructors at a lower rate.**

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$4.50 each and 55 minutes. 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 94-97 for days and times. Purchase

these passes through online enrollment on the Resident Website or Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass and check-in no more than 10 minutes before the start of the class. Classes are subject to availability.

***All passes and sessions are non-refundable.**

***Punch Passes & Fast Passes expire one year after purchase date.**

NOTE: Punch Passes purchased before December 1, 2019, will never expire.



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OC WellFit Class Schedule April/May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Katie</i>	Step L2/L3 <i>Kim</i>	Low Impact Cardio Aerobics & Stretch L1-L3 - <i>Shirley</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>		
10:45	New! Roll, Release & Stretch L2 - <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	New! Roll, Release & Stretch L2 - <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 <i>Nina</i>	10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1-L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 - <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Linda</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55	Spotlight On: Zibrio Balance Scale April 25th	SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>	Living with Foot & Ankle Pain - <i>Danielle</i> April 27th	SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>			SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00			Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi Ball L1 - <i>Anney</i>	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10	Monday Meditation <i>Sheri</i>	TBA	5:00pm Stretch It Out L1/L2 - <i>Sheri</i>	Zumba Gold L2 <i>Joanie</i>		SCLH Booking 4:10 to 7:00 pm	
5:30	5:30pm Yin Yoga L1-L3 <i>Nina</i>	TBA	5:35pm Quiet the Mind L1 - <i>Sheri</i>	TBA			
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 (55-60 minute) session based, sign-up ahead			
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com							
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.							

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

KS WellFit Class Schedule April/May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Strictly Strength L2/L3 <i>Helena</i>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba & Toning L2 <i>Ruby</i>	Strictly Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Joanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - Rotating Instructor	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Joanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	Tai Chi / Qigong L1 <i>Anney</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	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 L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10				TBA			
5:30		SCLH Booking 5:00-6:15pm		TBA			
				TBA	SCLH Booking 6:00 to 8:00pm		
	Punch Pass - Group Exercise Classes 55 minute \$4.50						
	Fast Pass - 30 min Group Exercise Class \$2.50						
	L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com						
	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.						

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

OC Aqua WellFit Water Walking/Volleyball/Class Schedule April/May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
7:30	Aqua Surge L2/L3 <i>Renea</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Jen</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	Aqua Intervals L2/L3 <i>Jen</i>	Power Waves L3 <i>Jen</i>	Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joanie</i>	Aqua Intervals L2/L3 + Deep Water - <i>Jen</i>	Splash L2 <i>Joanie</i>	Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jennifer</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
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	TBA	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
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							
<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>							
<p>L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

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

Pilates Reformer WellFit Class Schedule April/May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	OC	OC	Reformer L1-L2 <i>Cynthia</i>	OC	OC	OC
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer - L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>	11:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
12:30		Cardio Jump Basics L1/L2 - <i>Andee</i>			12:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
4:15	4:15pm Reformer Basics L1 <i>Andee</i>			4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
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 schresidents.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 & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
Lifestyle Desks (oc/ks) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 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 Wed–Fri: 7:00 am–3:00 pm

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