

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



4 From the Executive Director's Desk

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14 Miles of Smiles at National Night Out Parties

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On the cover - Guest Services Team  
Photo by Tim Rusher.



## Board of Directors' Report

### What's on the Board's Plate This Month?

*Marcia VanWagner, President, Board of Directors*

The Board is doing its due diligence on the issues that affect this community in the next year, as well as contemplating actions that will affect us in the next three to five years.

We are beginning our election season, and this election will make a big difference in the direction the Board takes in 2020 and beyond. What direction should that be? As a member of the Association, you have the power during this election to influence that direction by engaging with others, voicing your opinion, and voting for the candidates that best represent your ideas for the future of SCLH.

This month, the Board will approve the budget for 2019. This too will have a huge impact on the future of the commu-

nity. How much is our lifestyle worth? You have had an opportunity to attend budget meetings to hear the answer. What is your position? Let your Board know; let the candidates running for the Board know. The future depends on the Board's decisions.

Reserve funding is another issue that will reverberate over the next five years. Again we have had open sessions to discuss the current Reserve Study and how it affects the future

of this community. What is your position on the optimal level of funding? What actions do you recommend to get the Reserves to that level? Which candidates agree with your position? Let the Board know your position.

We are looking forward to how the process for funding Capital Asset requests through the Community Enhancement Fund will play out. Requests are due in September, with

reviews and decisions made during joint Properties and Finance Workshops and Board approval in October. What do you envision as a community enhancement through this process?

The question of how to meet the needs of our less active residents has come up again. When this was first discussed in 2012,

the community offered an educational program, Living Through Transitions, to help people help themselves. As an active adult community, SCLH does not offer services that may be found in a retirement community. As the number of residents over 75 continues to decrease and the newer residents moving in are younger, the Board's focus on the next three to five years will be different. What is your vision for 2020? For 2022?

*We are beginning our election season, and this election will make a big difference in the direction the Board takes in 2020 and beyond.*

# Calendar of Events

September 15, 2018 - October 15, 2018

Date	Event	Page #
9/15	Hot August Night – Concert.....	57
9/15	Guys and Dolls – Movie .....	50
9/23	California Air Show .....	68
9/24	Produce with a Purpose .....	75
9/25	Fall Wine Harvest .....	68
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10/3	Lincoln City Council Candidates .....	54
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10/5	Broadway in Concert.....	59
10/5	Beginning PC Users .....	87
10/6	Coco – Movie .....	50
10/6	Great Italian Festival .....	61
10/9	Apple Hill.....	68
10/9	League of Women Voters .....	54
10/10	Getting Your Stuff Together .....	95
10/10	iphone Basics Workshop .....	87
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10/11	Quilt Fest .....	69
10/12	More for Beginning PC Users .....	87
10/13-14	Readers Theater .....	50
10/15	Ferry to San Francisco .....	69
10/15	Internet Crime .....	54



## From the Executive Director's Desk

Chris O'Keefe, Executive Director,  
SCLH Community Association

Welcome to the September edition of the COMPASS magazine. I hope that summer has been kind to you and that we will get to enjoy some moderate weather as we begin the transition to fall. As I was driving through Lincoln the other day, it struck me that it would be easy to take this town for granted. If you were judging this “book” by its cover, you might be hard pressed to find anything unique about the town. There is nothing special about the entry into the city from Highway 65, no imposing skyline, and no downtown district buzzing with activity.

But if you take the time to really explore Lincoln, you will find hidden gems that speak to the spirit of this town that we live and work in. I'd highly encourage you to take in a baseball game at McBean Park. Both William Jessup and the Lincoln Potters play their home games there, and the atmosphere is terrific. There are lots of gems downtown like Simple Pleasures, or Blabbermouth Chocolates. You can take in a show at the Lincoln Theater Company, or take your dog to socialize at one of the nearby dog parks. There are many compelling reasons to turn right occasionally when you leave Lincoln Hills. As Aldous Huxley once said, “Most human beings have an almost infinite capacity for taking things for granted.” I hope we do not do this with our wonderful town.

Sticking with the theme of not taking things for granted, I would like to mention the work done by our superb Guest Services Department at both lodges. We are blessed to have this incredible team, what they do for our residents and guests should not be overlooked. We would not be able to function without these talented individuals who perform such a vital task – serving others.

I would like to share an email I received from a resident that fits in with this month's theme. She recently visited a Del Webb community in Texas with her husband, and she was struck by the fact that “The whole vibe is that of a retirement home, not a vital, active community.” She stated that she did not “feel the true vision of Del Webb.”

Her final comments were that “You and the board are doing a lot of things right. As guardians of our community, you have kept our buildings and equipment up to date and modern which is essential to the future of Sun City Lincoln Hills. I am proud to call this my home and to show off its beauty.”

Sometimes you need to look at things from a slightly different viewpoint to appreciate what you have. Lincoln Hills is special, from the buildings to the open spaces to the Guest Services team that make everyone's life easier.

**Election News**

**Get Ready, Get Set, RUN for the Board!**

Four positions are up for elections in February. You could fill one of them! Here's what you need to know:

- Candidate filing is now open. Candidates have until October 10 to file. Names of candidates will be posted as applications are received.
- A candidate information packet which includes the application can be found on the SCLH website and at the membership desk at Orchard Creek Lodge.
- A video of the Candidate Information Session held on August 30 can be found on the SCLH website.
- On October 12 there will be a Candidate Briefing Session. Candidates will be notified of the time and location.

Date	Day	Event
<b>2018</b>		
Oct 10	Wed	Candidate Filing closes
Oct 12	Fri	Candidate Briefing Session
Nov 9	Fri	Candidate Ballot Statements due
Dec 11	Tue	Articles from Candidates due
Dec 17	Sun	Candidate yard signs may go up

Date	Day	Event
<b>2019</b>		
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due
Feb 14	Thu	New Board seated



For more information contact: Al Roten, Elections Committee Chair at [roten.elections@gmail.com](mailto:roten.elections@gmail.com)

★ ★ ★ **Team Member of the Month Award – August 2018** ★ ★ ★



Our August 2018 "Team Member of the Month" is Jeri Griffin! Jeri has been with Lincoln Hills for several years as an Independent Contractor Fitness Instructor, and in January 2015 she joined our Team as an employee. Here are just a few quotes from her team members:

*"Jeri is always full of energy and makes exercising fun!" "When a new resident comes to her class, she is quick to introduce herself and keeps a close eye on them to make sure they are exercising correctly to avoid injury." "Jeri steps up to the plate and fills in to sub whenever they need her!" "She instructs us on the right way to move and explains how it affects the muscles." "Her humor and her singing make her classes enjoyable and fun!" "Jeri takes time with each of us and really cares about her clients!"*

Congratulations Jeri! You are truly an asset to our residents here at Lincoln Hills. We thank you for your longevity, commitment and your ability to make fitness fun! We are thankful to have you part of our family!

**Upcoming Association Meetings: September 15 – October 31**

Golf Cart Registration	Thursday, September 20, October 4 & 18, 9:00 AM
Listening Post	Tuesday, September 18, 11:00 AM
Finance Committee Meeting	Thursday, September 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, September 24, 9:00 AM
Board of Directors Meeting	Thursday, September 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, September 27, 10:30 AM
Board of Directors Executive Session	Thursday, September 27, 11:00 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, October 2, 9:30 AM
Compliance Committee Meeting	Wednesday, October 3, 9:00 AM
Properties Committee Meeting	Thursday, October 4, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, October 5, 10:00 AM
CLDC/Community Leadership Development Committee Meeting	Friday, October 5, 1:00 PM
ARC/Architectural Review Committee Meeting	Monday, October 8, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, October 16, 9:30 AM
Finance Committee Meeting	Thursday, October 18, 9:00 AM, P-Hall (KS)
Listening Post	Tuesday, October 23, 11:00 AM
Board of Directors Meeting	Thursday, October 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, October 25, 10:30 AM
Board of Directors Executive Session	Thursday, October 25, 11:00 AM
<i>Meetings in Orchard Creek Lodge unless noted otherwise.</i>	

**JOINT FINANCE/PROPERTIES WORKSHOP  
THURSDAY, OCTOBER 11  
10:00 AM – ORCHARD CREEK BALLROOM**

**This is a workshop to share proposals that have been submitted for Capital Assets. We will introduce proposals and discuss possible prioritization. The projects will not be approved or denied at this workshop. They would be approved at following Properties and Finance meetings and then sent to the Board of Directors for their input. This is your opportunity for your voice to be heard! Hope to see you there.**



## Finance Committee Report

### Capital Projects Acquisition Process Update

*Robert Copp, Finance Committee*

In my May *Compass* article, I discussed the relationship between the Properties and Finance Committees in recommending capital projects to the Board for approval. While we each have separate roles with the Properties Committee approving the concept and the Finance Committee approving the financing, we are now working together more often. We are scheduling two joint workshops per year to review your proposals. We are now getting all the information on a proposed project at the same time. But, most importantly, we are continuing an ongoing dialog with each other as well as with you in the community.

In reaching out to the community, we held a joint workshop on August 7 in the OC Ballroom. We discussed the history of the Community Enhancement Fund and the new Capital Projects' Acquisition Process. A video recording of the meeting is available on the resident website if you were not able to attend. We collected ideas from residents on how to improve the process and will soon post on our website answers to the questions raised during the meeting. We want residents to have all the information they need to be involved in this important process.

We need your ideas for future capital projects. Two forms are posted on the resident website for

your use. The more detailed form shows what information you must provide before a proposal is presented to the Properties Committee for review. However, a simple form with only the project concept and cost can be submitted. Staff and/or a Committee member can then contact you and offer you suggestions on how to improve your proposal. Beyond important safety and Americans with Disabilities Act projects, we are looking for your proposals across all age ranges and abilities, proposals that will save the Association money, and proposals that will add amenities that will support and increase our property values.

Your proposals are due before September 20, so they can be discussed at the fall Joint Finance/ Properties' Workshop on Capital Projects that will be held Thursday, October 11 at 10:00 AM in the OC Ballroom. The proposals from residents, clubs, staff and the Board will be introduced along with a discussion on how to prioritize these projects for funding. Approval or denial of projects will occur at future regular Properties and Finance Committee meetings.

Year-to-date our financial condition continues to be strong. Overall, we are within 1% of the budget through July, and we expect to be at or near budget at year end.

## Preliminary Statement of Operations YTD July 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,850,888	\$4,827,743	\$23,145	\$8,261,646
Administration (Expense)	(1,187,857)	(1,168,755)	(19,102)	(1,977,330)
The Spa at Kilaga Springs	3,498	4,475	(977)	15,010
Fitness	(269,525)	(280,640)	11,115	(479,280)
Activities	(311,633)	(316,545)	4,912	(509,370)
Rec. Center / Maintenance	(3,143,669)	(3,122,639)	(21,030)	(5,300,730)
Food & Beverage	(50,046)	(40,113)	(9,933)	(35,538)
Net Revenues (Expense)	(\$108,344)	(\$96,474)	(\$11,870)	(\$25,592)
CEF/FMA Net Change YTD Jul 31, 2018	\$334,584	CEF/FMA Balance Jul 31, 2018		\$1,074,898



**Communications & Community Relations Committee**

**Sports Pavilion Parking Lot Expansion**

**Some questions and answers**

*Mike Gardner, Pickleball Club*

*Executive Director Chris O’Keefe and Mike Gardner of the Pickleball Club met recently to discuss the upcoming parking lot expansion project adjacent to the Sports Pavilion. Mike provided an excellent overview of the project after receiving input from Chris. With Mike’s permission, we are sharing this information with our residents. It is also found on our resident website under FAQ. Thank you to Mike and Chris.*

**Q: What is happening?**

A: The Sports Pavilion parking lot, which includes pickleball, tennis, bocce ball and the playground, will be reconfigured to add 30 to 33 spaces. It now has about 75.

**Q: How will they fit in all of those spaces?**

A: Several ways: Primarily by reducing landscaping across from Bocce Ball to put in spaces facing Del Webb where none exist now; eliminating a dozen golf cart stalls; and straightening the angle-parking stalls facing Del Webb closer to the pickleball courts.

**Q: When will it start?**

A: Work is scheduled to begin mid-October and wrap up within a couple of weeks, weather permitting.

**Q: Where will I park in the meantime?**

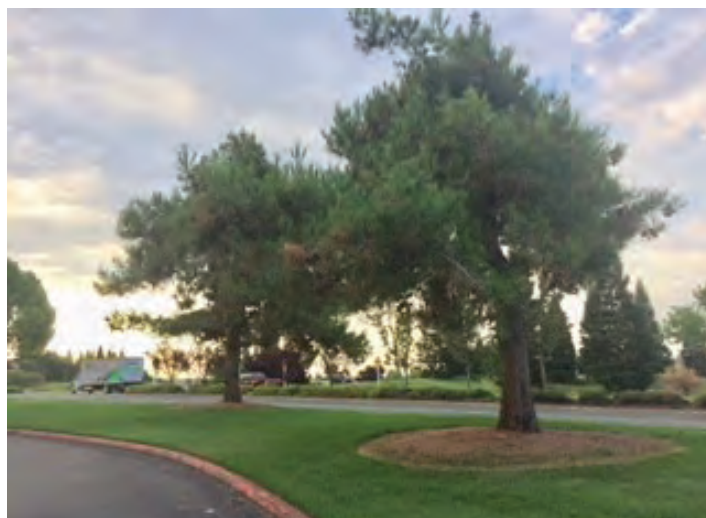
A: Parking will be allowed on Del Webb during construction, and the softball lot will be unaffected.

**Q: What about the golf cart parking right in front of the walkway to pickleball courts?**

A: That will be unchanged.

**Q: What about other golf cart parking?**

A: Overall, 12 cart stalls will be eliminated to free up space for full-size cars. Carts will be allowed to park in car-sized spots, but are asked to fit two-in-one. Cart



*Grassy area will shrink to make way for parking.*



*Angle parking will be straightened.*

spaces in front of the bocce ball courts will be converted to full-size.

**Q: Will the vehicle entrance be changed?**

A: The access from Del Webb Boulevard stays in place.

**Q: What happens to the spaces in the middle of the existing lot?**

A: Those will be unchanged.

**Q: Can I see the layout?**

A: A final plot drawing is unavailable due to the potential for late changes. The association will obtain a city permit in mid-September. (Accompanying photos show approximate locations.)

**Q: Will it affect playing on the courts?**

A: No. Separately, the association is planning to do some improvements on the tennis courts and may also fill in cracks on the pickleball courts. That work might coincide with the parking improvements, but nothing is final yet.

Thanks to Executive Director Chris O’Keefe for taking time out of his busy schedule to explain what’s going on. Printed by permission of the Lincoln Hills Pickleball Club.





**Architectural Review Committee**

**Beautiful Home**

*Carole Dummett, ARC Chair*

A beautiful home on Fallen Leaf Lane was selected as our July 2018 Yard of the Month. This yard reflects the use of walls, coach lamps, boulders and an integrated use of plants with a well-manicured appearance. Fred and Vi Bandarrae are the owners of this lovely property. They were rewarded with a \$100 SCLH Gift Card to be used at any of our facilities. Congratulations Fred and Vi!



With the hot weather this summer, we have received many inquiries regarding bark and fires. Please remember gorilla hair, shredded bark or sawdust material are not allowed in Lincoln Hills as they are highly flammable.

If you experience an issue resulting from reflective

sunlight either from your house or a neighbors, there are several remedies. A quick and efficient option is the installation of sunscreens on the subject window(s), and they do not require ARC approval. The alternatives are awnings, drop shades or patio covers, which would require approval.

Please refer to Design Guideline 51 Reflected Sunlight. All homeowners are required to initiate mitigation requirements should their glass window(s) reflect onto neighboring properties creating a fire hazard.

The Design Guidelines, checklists, and other related forms are available on the SCLH Website — click on Resources and then Community Standards or email [arc@sclhca.com](mailto:arc@sclhca.com).



**Compliance Committee**

**Paint Maintenance**

*David Mateer, Chair*

The paint on our homes not only plays an important part in their appearance but also protects it. You may have noticed that a substantial number of homes have been repainted in our community. Many of those homes have taken advantage of the increased number of palettes and color choices available.

If your home has not already been repainted, it is time to take a good look and see how the paint is holding up. How the paint holds up varies based on the exposure to elements (rain and sun), color and the painted surface. It is also no surprise that it can vary based on the type of paint used and paint job. Some homes have experienced fading.

This is usually noticeable first on the pop-out areas of the home. For example, compare the color of the trim above the garage door opening to the color of the trim going down or the trim along the beltline of the home. It can also appear as unevenness of the color in an area of the house. The same can be true when you compare the shutters or accents on your home.

The second area likely to need attention is the wood fascia (trim along the roof edge). If the paint appears to be worn through or cracks in the paint, it needs some attention. If you don't see any wood fascia in the front of the house, check the side and back. On Craftsman

style homes (shingles on the front) there is even more wood trim around the shingles to check. A good coat of paint plays an important part in protecting these wood surfaces. If left unprotected, it could be a more expensive repair job in the future. Speaking of wood surfaces, take a good look at your fence while you are out there. Paint also serves to protect your fence.

Should you determine that it is time to paint your house, be sure to check out the color palettes and trim colors available. Paint books are available for viewing in the Orchard Creek Lodge and require check out from the Lifestyle Desk. You can find the Exterior Painting Standards and ARC Paint Application Form in the Resident Business Office. Remember, any whole house paint or change of color requires ARC approval.

Community Standards staff are available to assist you with the process and any questions you may have.



*Fading Paint*



*Wood Fascia and Architectural Feature*

## Lincoln Hills Foundation – What Do You Give?

Denise Bowden, Lincoln Hills Foundation



**Lincoln Hills**  
**FOUNDATION**

Serving the Lincoln Senior Community

The decision to give to a non-profit is a very personal one, and only you can make the decision on which organization deserves your support. But once you decide to give, did you know there are also benefits to you?

- You can improve your physical and mental health through endorphins released by giving to a worthy cause.
- You can learn about the issues of the non-profit you support.
- You can support the quality of life in your community.
- You may one day benefit from services available from the organization you have supported.
- You like to “give where you live.”

No matter why you decide to give, it feels good to support a worthy organization. The Lincoln Hills Foundation has been supporting the Seniors of Lincoln for over 16 years. Our programs and services range from small contributions to support groups (to help them get meeting space) to grants to local organizations such as Del Oro Caregivers Respite Center to support the rapidly growing need for senior respite services. We take great pride in allocating 100% of the donated money back to the community, but each year the need continues to increase.

Other programs and services include:

- Dementia/Alzheimer’s and Bosom Buddies Groups to enable them to focus on providing support and service to their members and others in the community.
- Seniors First’s My Meals program delivers hot meals to homebound residents to offer regular and proper nutrition.
- Salt Mine distribution of personal needs items such as Ensure and Depends to seniors in need.
- Large print books are purchased for the Twelve Bridges Library.

We ask for your support to help us keep up with the community’s increasing needs. Your donations allow us to partner with the resources that provide the needed services and are a powerful reminder that we are a part of a caring community.

In October our annual Direct Mail campaign will begin. Please watch your mailbox for our letter and consider your donation an opportunity to make a difference to a friend or neighbor right here in Lincoln.

Three-quarters of all charitable donations come from individuals, and more than 85% of those donations were made because someone asked them to give. We are asking for your support.



### Lifestyle News & Happenings **Here Comes Fall!**

Lavina Samoy, Lifestyle Manager

The cooling temperature and changing landscape color signal autumn’s arrival. But prior to that, let’s rebel on the last days of summer with the Amphitheater concert finale: **Hot August Night: A Neil Diamond Celebration featuring Dean Colley on September 21** (page 57). It is a fitting close to another wonderful concert season. Buy your tickets now and get ahead of the line! We anticipate a large crowd for this popular concert.

Trips continue to bring you to interesting places both near and far. To make our excursions the best experience for all, I would like to remind all of an important rule with Group trips...**Be on Time!** A delay in your arrival causes anxiety for the host (wondering what happened to you), a negative vibe on the bus and can cause extra bus charges for the delay. It also causes a domino effect for trips involving multiple stops. You signed up to be with a group and therefore are expected to follow the provided schedule and trip itinerary.

New fall trips include a return to the **Olive Crush Festival & Wine Tasting, October 28** and a visit to the **Computer History and Intel Museums in Silicon Valley, November 3** (page 69). Plan ahead for your 2019 vacations

and join us for an overnight stay in San Francisco for the ballroom dance competition, **San Francisco Open in April** (page 61); and/or at **The Ramona Pageant and Huntington Library excursion in May** (page 70). See some fantastic shows in Harris Center next year (list begins page 66).

Meet our new guitar instructor Jon Gowin. Jon will teach **Beginning Guitar** covering music fundamentals and music note reading and **World Music for Guitar** (page 82) for more advanced students. Both classes begin in October. Reminder: when registering for monthly classes, please make sure that you are using the current Compass to have the correct class code. Codes change monthly.

Watch award-winning **Classical Guitarist Keith Calmes, November 9, Presentation Hall** (page 59). **Joyous Brass** will blow your mind with their titillating performance in the Ballroom on **November 20** (page 59) and **Spencer Day** returns **November 29** (page 60) to put us in the holiday mood.

We make shopping fun and convenient. Looking for unique and popular items for everyone on your holiday list? You will find them at our **Holiday Shopping Expo on October 16** in the Ballroom.



Parrotheads



*Let us serve you with a view*  
**Meridians**  
 Restaurant & Bar

## "OKTOBERFEST!"

*Kristy Woodin, Director of  
 Food & Beverage*

If you haven't already purchased your tickets to Oktoberfest, do so soon, as we are almost sold out! Meridians is excited to put on this event in the Ballroom on October 1. For only \$45 inclusive per person, you will enjoy an authentic 3-course German dinner, a complimentary beer, and a live German band with traditional Oktoberfest music. Call Meridians at 916-625-4040 to make your reservation.

Trivia Thursdays in the Sports bar starts back on September 20 at 6:00 PM. Trivia will then be every Thursday until December 27 and will go back to Mondays on January 7.

It's almost Crab Feed Time! As always, we sell out very quickly. This year, the Crab Feed will be held on November 7, for \$60 plus tax and gratuity. This will go on sale Tuesday, September 25 at 9:00 AM, at Meridians. Please be patient when making your reservations as hundreds make reservations within the first couple of hours.

If you haven't booked your Holiday party yet, give the Banquet Sales Department a call, we will help you plan the perfect catered holiday party. If we do not have an available room here at the lodge for you, we can do a "drop off" to your door! Stay tuned to the October Edition of the COMPASS for information regarding family meals for the holidays!

Don't forget Meridians is delivering to your door. We deliver Tuesday through Saturday between the hours of 1:00 to 7:00 PM. Please go to [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) to view the delivery menu! You can also pick one up the next time you are at Meridians. The delivery line is 916-625-4044. This is for Lincoln Hills residents only, so be sure to take advantage!

### Chef's Recipe of the Month:

#### Jagerschnitzel

##### Ingredients

- 4 boneless pork chops
- 1/2 pound bacon, chopped
- 2 cups cremini mushrooms, quartered
- 2 tbsp olive oil, plus more if necessary
- 1/2 cup flour, for dredging
- 2 large eggs, lightly beaten
- 1 cup breadcrumbs
- 4 tbsp Butter
- 4 tbsp Flour
- 3 cups beef broth
- Salt and Pepper

##### Instructions

1. To prepare the pork, cut each pork chop in half through the middle to create two thinner pieces out of each chop. Place each pork chop in a Ziploc bag, and with a mallet, pound to flatten to about 1/4-inch thick. Season each piece with a bit of salt. Then dredge the pork chops in the flour, dip in the lightly beaten eggs, and coat in the breadcrumbs. Set the breaded chops aside.
  2. In a large pan, over medium heat, cook the bacon until it just begins to get crispy, about 5-7 minutes. Use a slotted spoon to remove the bacon, leaving the rendered fat in the pan. Set the bacon aside.
  3. Add the mushrooms to the bacon fat remaining in the pan and cook for 5-7 minutes over medium heat until the mushrooms are tender and lightly browned. Use a slotted spoon to remove the mushrooms and set aside.
  4. Add 1-2 tablespoons of olive oil to the bacon fat remaining in the pan, so that you have a very thin, even layer of bacon fat and oil. Add the breaded pork cutlets and cook for 2-3 minutes on each side, over medium heat, until they become lightly browned and cooked through. Cook in batches, adding more oil between each batch, if necessary. Set the cooked pork chops aside.
  5. If the pan has any burned bits on the bottom, clean the pan before proceeding or use a new pan for the following steps.
  6. Add butter and flour to the pan over medium heat. Whisk to combine. Cook for a minute or two. Then, gradually begin whisking in the beef stock. Bring to a simmer. Simmer for about 5 minutes, whisking frequently. The sauce will thicken. Season with salt and pepper, to taste.
  7. Add the cooked pork chops, mushrooms, bacon, and any juices to the sauce. Gently move the pan to coat the pork chops in the sauce. Cook for a minute or two to reheat all components. Taste and adjust seasonings if necessary.
- Prost!





**The Spa at Kilaga Springs  
Apple Blueberry!**

*Trudy Smith, Spa Manager*

Fall is right around the corner, and the end of summer is perfect for our "Summer Apple Blueberry Refresher facial." Summer sun exposure can cause free radical damage. Improve and detox your skin with a potent dose of blueberry antioxidants and apple stem cell peel for overall radiance.

While we have you add the Perk eye and Lip treatment. This treatment uses the HydraFacial proprietary technology for the delicate skin around your eyes and lips. Plus, you get to take home the serums, eye masks, and lip balm. Amazing results for those hard to treat areas.

We always tout the health benefits of massage and this month we are launching our "Massage for Wellness" We are offering \$10 off for first timers for any 60 minute or more massage. We love our regulars, but our goal is to spread the "HEALTH." Massage is great for golfers, cyclists, runners or any athletic activity and pain management. Massage has so many benefits, here are a few:

- beneficial for your circulation
- working out Sciatica
- improves flexibility
- a great stress reduction tool
- relieves tennis elbow
- helps increase the range of motion.

Our retail boutique is now featuring a new Collagen product "Yana" from the Image Skincare line. THE BENEFITS OF COLLAGEN YANA™ is a revolutionary, highly concentrated beauty liquid that helps to rebuild and

strengthen skin by boosting the body's natural collagen production. YANA™ offers a new approach to skin health utilizing patented bioactive collagen peptides that are clinically proven to:

- INCREASE SKIN FIRMNESS
- REDUCE WRINKLE DEPTH
- RESTORE HYDRATION

YANA™ is the first highly concentrated beauty liquid in the professional spa industry that allows for maximum effectiveness in small daily doses. This revolutionary beauty liquid works in conjunction with professional topical skin care for groundbreaking results. Delicious citrus flavor tastes great by itself or blended with water, smoothies, teas, and more. Come by the retail boutique for a sample!

This month's Spotlight is on Jennifer Migalov the newest team member to join the Esthetics team. She may be new to the Spa but has been an Esthetician and in the Spa business for over 14 years. She graduated from California Cosmetology College and has many certifications. HydraFacial and advanced skin peels to name a few. She went on to own her own Spa in the Loomis area and has recently joined us. Jennifer brings her passion for skin health along with a true desire to obtain results with the highest quality products.

We hope to see you in the Spa and bring your friends. We are open to the public!



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**WellFit News**  
**Never Taken a Punch Pass Class? Take One on Us!**  
*Jeannette Pyle, WellFit Manager*

Why a Punch Pass class? Punch Pass classes are an economical way to get back into shape. Exercising in a group setting can provide accountability, and we tend to work out closer to our potential when around others compared to when we work out on our own. Finally, if you are new to Lincoln Hills, what better way to meet people? You don't know where to begin? Try one of our water classes: they are a great way to get back into exercising with very low impact. Don't underestimate the power of the water the buoyancy effect with the added resistance of the water makes it a very challenging workout. Another great place to start is strictly strength classes they are low impact but done on land with weights, bars, bands and other strength training equipment. "Healthy Living" Exercise Classes are also great for the beginning or for someone that is just getting back into the gym. Instructors will take you through a circuit style class that will challenge and develop cardio, strength, and



balance. If you would rather focus on flexibility, take one of our many yoga classes, we have several and all designed for beginners through advanced yogis. Now through December 30, if you have never taken a Punch Pass class, you can take one on us! Give Jeannette Pyle, WellFit Manager or Danielle Lawlor, Fitness Coordinator a call (see Association Contacts and Hours page) and we will help get you started!

Thanks so much to all who participated in helping WellFit reach our department goal of "giving back." The donation drive was a huge success! Together we collected 90+ pairs of headphones, and over ten large moving boxes chocked full of school supplies for the students at First Street School in Lincoln. I'm so proud to say that I work for such a giving community. Join us the third week of October during "Wellness Week of Pink" for some healthy and fun ways to earn drawing tickets and support Breast Cancer Awareness month. (See our ad on page 88 for more information.)



 This club has over 130 members and is important to our community. All ages participate in a fun and social year-round sport. Games are played at the Kilaga pool Monday through Thursday evenings and Saturday mornings.

**COME JOIN THE FUN!** 

Contact: [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com)



Check us out at: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)





## Miles of Smiles at National Night Out Parties

*Patricia Evans, Neighborhood Watch*

“I didn’t know I had such interesting neighbors.” “I stayed longer at our neighborhood party than I planned.” These comments describe our August 7, National Night Out parties. The accompanying photos give you a peek into these fun celebrations. “A picture is worth a thousand words,” the old saying goes.

Neighborhood Watch promotes safety and security 364 days of the year. On the 365th day, we celebrate our rating in the top 30 safest communities in California. Our residents feel safe as they leave an evening concert at Orchard Creek or walk their dog after dark.

Neighbors who party together tend to “be there” for each other. The warmth and comfort of knowing your neighbors and the increasing camaraderie is preceless. The area where we live is an extension of our personal

space, and we want it to feel comfortable, safe, and familiar.

National Night Out began in 1984 when city residents decided to “take the streets back” from disruptive people making their areas unsafe to enjoy cool summer evenings. There is safety in numbers, and they organized block parties, festivals, and cook-outs. Today over 38,000,000 neighbors in the United States and Canada celebrate National Night Out.

Let’s give a salute of appreciation to Pauline Watson for another successful year of neighborhood celebrations. She has been our National Night Out coordinator for 11 years.

Please see Club News on page 37 for more Neighborhood Watch information.

**See our contact numbers on the Association Contacts & Hours section.**



*Village 5A MS 3, 4 and 5*



*Village 35A/B*



*Village 10A MS 8*



*Village 16A*



Village 19B



Village 24B/E MS 6, 7



Village 22B MS 14, 15



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Village 41A MS 5



Village 10B MS 1, 2



Village 31C MS 5

3-Course Traditional German Dinner Plus a Free Beer

# Oktoberfest

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Restaurant & Bar

**Monday, October 1**  
**Ballroom (OC) | \$45 Inclusive**  
Reservations & Pre-payment Required.

**Biergarten: 5:00 PM**  
(Secret Garden)

**Dinner: 5:30 PM**  
(Ballroom)

**Music: 6:00-8:00 PM**

Table seating is assigned. Tables in front of the stage will be sold first, so the earlier you reserve, the closer you will be to the dance floor. Table numbers and drink tickets will be distributed upon check-in at the entrance to the Secret Garden.

## Grand Isle Fire Brigade Loves To Play Oktoberfest!

In red vests and festive Bavarian hats, GIFB celebrates the harvest with great music for beer and bratwurst! They'll keep you on the dance floor with traditional polka, schottische, waltz, laendlers, and novelty tunes like the "Chicken Dance," "Erika" and more!







## Join the Effort to Memorialize Veterans in Lincoln

*Al Roten, Roving Reporter*

The five veterans' organizations of Lincoln have formed a coalition to design, fund, and on November 11, 2019, install a McBean Park monument to veterans of all US conflicts. This will mark 100 years ago on November 11, 1919, when Armistice Day was commemorated for the first time. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans." Congress approved this change on June 12, 1954.

Organizations in the coalition to erect the Lincoln Veterans' Memorial are Lincoln Hills Veterans' Group, American Legion Post 264, Semper Fi Association, Veterans of Foreign Wars Post 3010, and Women Veterans Alliance. Efforts have been kicked off, and a schedule plan put in place to make this memorial a reality.

Currently, a design competition is underway. Concepts are due November 11 of this year. Prizes will be awarded for the first three winning entries. Schools and other organizations have been asked to join this competition; however, individuals are encouraged to submit proposals. These may be emailed to Memorial Coalition: [lvmc@gmail.com](mailto:lvmc@gmail.com) or call 530-812-0376.



*Example of What Lincoln Memorial May Look Like*

Fundraising has begun with an August event. The next fundraiser is sponsored by the Semper Fi Association with a night of Bingo on Friday, October 12, at 6:00 PM in the McBean Park Pavilion. Tickets are \$30 online or \$35 at the door or a table of 10 for \$250. Ticket sales are available at [www.semperfi-association.ticketbud.com](http://www.semperfi-association.ticketbud.com) or for more information or questions, email [semperfiassociation@gmail.com](mailto:semperfiassociation@gmail.com) or call 916-573-1704, Ext 0001. Watch for other fund-raising opportunities. Donations may be made at any time by visiting <https://www.gofundme.com/wz5s8-veterans-memorial> or sending checks to LVMC, 541 5th Street, Lincoln, CA 95648. A plan for donor recognition is in place.

The City of Lincoln has designated an area within the picnic area of McBean Park for this Veterans Memorial. Beyond the design and construction of the memorial edifice itself, donors will have the opportunity to commission ceramic tiles naming veterans. These will be placed in the memorial area, and a smaller tile may be purchased to keep in your home. There will be more information on this as design concepts are submitted, evaluated, and selected.



*Leaders of Lincoln Veteran's Coalition*

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## "Marquee Memories" Another Opening, Another Show!

*Doug Brown, Resident Editor*

Get ready to be transported down "memory lane" with the Players' upcoming crowd-pleaser, "Marquee Memories," a spirited medley of mid-twentieth-century award-winning musicals and their songs.

You'll delight in the opening number, the inspirational "Another Opening, Another Show," as the stage fills up with the entire cast belting out Broadway's now famous number. For the next two hours the music and dance of Cole Porter, Irving Berlin, Jule Styne, Stephen Sondheim, and other luminaries will provide a rush of nostalgic pleasure.



*"Annie Get Your Gun" cast (David Africa, Joanie Adams [Annie], Ken Reiss [Frank], and Vic Albertazzi) belt out a song.*

The November show, written and directed by Paul Krow, features excerpts from five acclaimed Broadway musicals: Kiss Me Kate, Bells Are Ringing, Annie Get Your Gun, How to Succeed in Business Without Really Trying, and Gypsy. All these shows have been performed multiple times locally and nationwide, in numerous revivals, some in very recent years.

Longtime Players member Paul Krow brings to his current playscript five decades of love, admiration, and study of Broadway theater. Don't challenge him to any Jeopardy-like questions about Broadway! Paul exclaims, "Musical theater is the most collaborative possible form of art. The writer, producer, director, designer, choreographer, technicians, actors, dancers, singers, and the chorus are all working together to complete just one show. What fun!"

What fun indeed! In Tony Award-winning Kiss Me Kate, you'll revel in "Wunderbar," as a quarreling couple reunite and, well, shall we say kiss and makeup? Or how about gun-totin' Annie Oakley (originally played by Mary Martin) in Annie Get Your Gun, singing old favorites like "Anything



*"How to Succeed" secretaries (Karol Mendez, Jeri Ferris, Angela Blas, and Suzanne Rosevold) in utter disbelief.*

You Can Do I Can Do Better," "I Got the Sun in the Morning," and "There's No Business Like Show Business." And surely there's nothing like some good old-fashioned romance in "Just in Time" (I found you just in time), from Bells Are Ringing.

The finale, Gypsy, dubbed by some as "the greatest American musical," will treat audiences to sprightly numbers like "Let Me Entertain You" and "Everything's Coming up Roses." This is the story of the famous striptease artist, Gypsy Rose Lee, played in the original Broadway production by Ethel Merman. But rest assured, no Lincoln Hills performers will be doffing their garb! "Marquee Memories" is all good clean fun for the whole family, from ages 1 to 110!

Tickets are on sale September 17 – see page 58 for details. The Players Club looks forward to seeing you there and, of course, hearing your cheers and applause!



*Cowgirls and cowboys (Alice Crawford, John Baarts, Ron Hanson, and Mary Jo Garrison) declare, "there's no business like show business".*



## Roamings The Loneliest Road

Richard Pearl, Roving Reporter

It's called the country's loneliest road and for good reason!

A few months ago, this column traveled Old Highway 40 from Roseville to Truckee. That roadway starts in San Francisco and eventually ends up in Maryland.

This journey will take us from Lincoln to Vail, Colorado on that road (40 to 50 to 70). Total time, three days, including an overnight stop at Bryce Canyon.

In 1986, Life Magazine labeled the ribbon of concrete from the California border to Utah on Highway 50 the "Loneliest Road." Originally intended as a pejorative, the inventive folks in Nevada turned it into a marketing attraction. Total miles from the California border to the Utah border via Highway 50 –



Middle of Highway 50

450 miles – equal in distance from San Diego to Chico. Total cars seen along the roadway: 15 (OK, there were more, but not many more from Ely, NV to Delta, Utah).

Places of interest along the Loneliest Road: Middlegate, NV ("The Middle of Nowhere" – population 17); Eureka, NV ("The Friendliest Town on the Loneliest Road in America" – population 610 and the largest community in Eureka County). Well, you get the picture.

At one point I stopped and pulled off the highway to take some pictures. Into the exact middle of the highway (one lane each direction, no median

or dividers) to take shots in both directions went I – snapped away – and never a car to be seen in either direction! Try that on Highway 65 at 1:00 PM.

The flatlands are awesome in their severity. One of the most beautiful sights is the view from the ridge top just before dropping into the long valley between eastern Utah and the Colorado border. Gorgeous red rock formations and unending vistas. A perfect setup for Bryce Canyon later that day.

In Bryce Canyon, you can take short or long hikes, or do it the more civilized way via free shuttle buses to the major points of interest. We took one "hop on/off" bus in the afternoon, and another more personalized tour the next morning. Marvelous sights!



Colorado bound

After the morning tour, it was off to Vail/Beaver Creek, Colorado.

A notable dinner passing through western Colorado was in the City

of Rifle, where we couldn't help but stop at Shooters restaurant for dinner. We may have been the only diners not "open carrying." Surely not California!

Another adventure is coming up soon...



Nowhere, NV

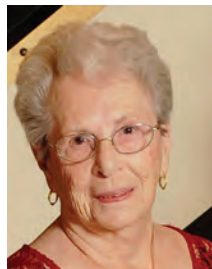
## The Loneliest Road through Utah



## In Memoriam

### Idella Faye Benzon

Born in Trent, South Dakota, Idella lived in Santa Rosa, California where she was a telephone operator for Pacific Telephone Company. She married John sixty years ago, and they have four children, Mike, Patricia, Dan and David, eight grandchildren and nine great-grandchildren. Idella and John moved to Lincoln Hills 15 years ago. Idella enjoyed gardening, travel, and her family. Her remains were scattered at sea where she and John enjoyed many cruises together.



### Dave Paquette

Dave Paquette and his wife June moved into their new home in Lincoln Hills in 2001. The years since then had been the happiest of his life with time for travel, the birth of his granddaughter, family gatherings, and enjoying the friendship of neighbors and residents. Dave volunteered for a number of years at both Glen Edwards school and the Placer Food Bank. He participated in the Healthy Eating club, the Italian club, Big History, a neighborhood men's group, and more recently the small group exercise Parkinson's groups. Dave was a career Air Force officer, teacher, and professor of chemistry. But most importantly, he was a devoted husband, loving father, and grandfather and an honorable man.



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



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## BINGO IN THE BALLROOM



Tuesday, September 25

Orchard Creek Ballroom

Doors open at 12:30 PM

Cost \$20 for 12 games

No alcohol; cold water \$1.00

Groups of 7+ to reserve a table:

Bingo@lincolnhillsfoundation.org

For free popups, visit:

www.lincolnhillsfoundation.org

Meridians Lunch special 11:30 AM



## VOLUNTEER OPPORTUNITIES!

### Committee Openings

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

- **Clubs & Community Organizations Committee (CCOC)**

Committee applications are available at the Lifestyle desks (OC/KS) and online (**Resident Website**>Committees).

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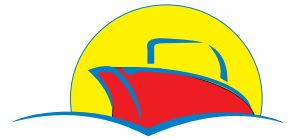


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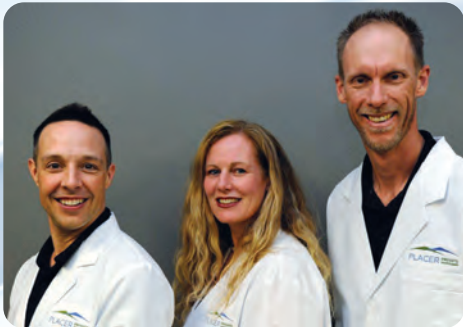


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Contact information for clubs can be found on the Resident Website under the clubs tab or by requesting a handout at the Lifestyle Desks.



## Club News



### Amateur Radio

The ARG is the emergency communications group for Lincoln Hills and the City of Lincoln. We operate a repeater at 443.225 MHz with a PL code of 167. We are available to handle emergency communications should regular channels fail, using our battery powered radio systems. If you are one of the 86 registered amateur radio operators living in Lincoln Hills, we would like to hear from you. Just to say Hello! The ARG meets on Monday nights at 6:30 in the South Gate Entrance building. Or, leave a comment on our webpage. We have mapped the address of all the licensed operators on an interactive display, and you may find a ham in your neighborhood. Post a comment under the map.

Website: [www.lharg.us](http://www.lharg.us)



### Antiques Appreciation

Monday, October 1 will bring Brian Witherell who is an appraiser on the Antique Road Show. Brian will present a program on today's antiques and

what is happening in the current market of collecting and selling them.

Brian loves the antique business and the discovery of hidden treasures. After obtaining his B.A. in Criminal Justice from Sonoma State, he joined his father in the family business of buying and selling antiques. He feels there is a parallel between the two fields, as you have to be a great detective to be successful at both of them.

Join us in the Heights and Gable Rooms (OC), the first Monday of every month from 10:00 to 11:30 AM. Followed by lunch at the Meridians.



### Astronomy

Monday, September 17, Cosmology Interest Group (CIG). Fine Arts Room (OC) 6:45 PM. Continuing series on Radio Astronomy. Lecture # 3: Birth of Radio Astronomy. Lecture # 4: Discovery of Interstellar Hydrogen

Wednesday, October 3, LHAG General meeting 6:45 PM in the P-Hall (KS). Jim Kelley, Retired MD, Neuroscientist will present "Black Holes Myths and Realities." This will be an overview of

the history of Black Hole concepts in theoretical and observational cosmology. We will discuss Singularities, Event Horizons, Worm Holes, and Alternative Universes as they relate to Black Holes.

Thursday, October 11, Telescope Interest Group (TIG). Observing at the Sports Pavilion.

Visit our website for more information.

Website: [www.lhag.org](http://www.lhag.org)



### Ballroom Dance

Results of a 2012 study by Einstein College of Medicine found that frequent dancing influenced mental acuity and offered protection against dementia and Alzheimer's more than any other cognitive or physical activity. The conclusion was that when improving your mental acuity, it is best to involve yourself in activities which require split-second rapid-fire decision making as opposed to rote memory. So why not learn



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### Big History

After a summer break, the Big History Club resumes 10:00 AM September 17 in P-Hall (KS), followed by lunch for members across the hall (we are providing food; RSVP to joanpodesto@hotmail.com).

Big History is a 13.8 billion year journey, starting with the Big Bang. We are up to the Agricultural Revolution, circa 10,000 B.C. Club leader Ranny Eckstrom will review where we've been and what's to come at this first meeting. Ranny suggests getting David Christian's book, "Origin Story: A Big History of Everything," and reading chapters eight and nine.

The club meets the first and third Mondays at 10:00 AM. Dues are \$10 per person, payable now. New and returning members can download membership forms on our website.

Website: [www.bighistorysclh.com](http://www.bighistorysclh.com)



### Billiards

The Women's Tournament is every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women) you do not need any-



Cue Masters tournament 1st Bill Mayo, 2nd Dan Oden

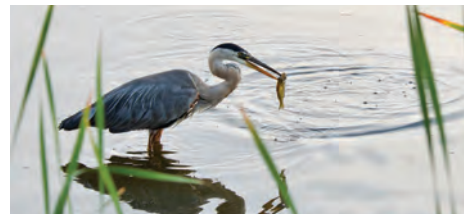
thing to play. Just show up and see what we have to offer, Remember it's free.



### Bird

Our next general meeting will be Monday, October 8 at 1:30 PM in the P-Hall (KS). Don and Ruth Baylis, long time birders and past Chairman and Co-chairman of the bird group, will share their experiences touring 11 Montana bird refuges this past June. Their presentations are always fun and include many of their great photos.

On Friday, September 28, our day trip will be to Overlook Park



A Great Blue Heron having breakfast at Ferrari

in Auburn to observe the Annual Turkey Vulture Migration Count. Members of Sierra Foothills Audubon do this count between September 15 and October 15 when large numbers of Turkey Vultures pass through the Auburn area.

October 12 we head to the Lincoln Wastewater Treatment Plant. Their settling ponds attract many shore-bird and waterfowl.

Website: [www.lhbirders.org](http://www.lhbirders.org)



### Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no

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experience required. We also have a wheelchair accessible court. If you wish to contact Paul or Bob, please see our contact information on the SCLH resident website Bocce Ball page.

**Website:** [sclhresidents.com/group/pages/bocce-ball-group](http://sclhresidents.com/group/pages/bocce-ball-group)



**Book, OC**

“Fiction is the truth inside the lie.” – Stephen King, American author.

Join us on September 20 when we discuss, *The Orphan Master’s Son*, by Adam Johnson. This Pulitzer Prize-winning, New York Times bestselling novel of North Korea stands out as an epic journey into the heart of the world’s most mysterious dictatorship.

Schedule, remainder 2018:

October 18: *The Underground Railroad*, by Colson Whitehead.

November 15: *The Winter of Our Discontent*, by John Steinbeck.

December 20: Holiday Luncheon. We meet for book discussions on the third Thursday of the month at

1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

**Website:**

[LHocbookgroup.blogspot.com/](http://LHocbookgroup.blogspot.com/) or

**Wiki:** [ocbookgroup.pbwiki.com/](http://ocbookgroup.pbwiki.com/)



**Bridge, Duplicate**

Duplicate bridge is not just about the game, it’s about the participants, too. Some of our most enduring friendships are found at the bridge table. FIRST IMPRESSIONS MATTER A LOT! Some studies state you only have 7 seconds before someone makes a judgment. Sharon Neff packs a lot into those 7 seconds to make a positive impression. Sharon greets everyone at the table with enthusiasm. She has an appreciation for all of our players. She has worked hard at tournaments and always promotes her love of the game. If you need help or if you need information, Sharon is that person.



*Sharon Neff*

Games are played at Kilaga Springs (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

**www.bridgewebs.com/lincolnhills**



**Bridge, Partners**

Call club phone numbers or show up with a partner

in Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM finishing by 8:30 PM.

Winners: July 26-First: Patty/Frank Kamienski with high round 1580; second: Marlene Harner/Basil Molony; third: Lorraine Minke/Dolores Marchand; fourth: Jyoti/Viren Sitwala. August 2- First: Sue Cirerol/Erika Wolf with high round 2030; second: Dee Cole/Ed Hartnett; third: John Butler/Byron Hansen; fourth: Barbara/Tom Moran. August 9-First: Jodi Deeley/Harry Collings with high round 2230; second: Johann/Paul Kiesel; third: Jyoti/Viren Sitwala; fourth: Erika Wolf/Sue Cirerol. August 16-First: Dee Cole/Ed Hartnett; second: Carol Mayeur/Dolores Marchand; third: Johann/Paul Kiesel; fourth: Didi Martin/Dianne Conforti with high round 1200.



**Bridge, Social**

We welcome Social Bridge Players to join us on Fridays for Singles’ Rotation Bridge in the Sierra Room (KS). Arrive at 12:20 PM. Reserve your space by contacting Pat Mullins. Winners from July 27 to August 17: First Place: Linda Scott, Dan Cronin, Carol Mayeur & Jay Southard. Second Place: Jim Monnin, Joe Phelan, Dan Cronin, & Harry Collings. Third Place: Bob Belknap, Jean Richards (twice), & Nancy Murdick. Fourth Place: Jerry Kluball,



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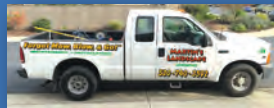
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Hiro Kumasaki, Dolores Marchand, & Helene Karcher. Congratulations to Bob Fawcett & Dan Cronin for making a 7H Grand Slam, and Ann Willson & Gretchen Thomas who made a 7NT Grand Slam!



### Bunco

In August, the Bunco group welcomed two new players Barbara Mathot and June Bourn. How many times have I said this "as beginner's luck would have it?" June won the prize for most Losses. Good job Mary, six Buncos! Sharon finally won the traveling bear; it has been a long stretch.

Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun, and friendship! Bunco is a non-membership group with a \$5 'pay to play' fee.

August Winners: Most Buncos - Mary Swanson; Most Wins - Sandy Pavlovich, Most Losses - June Bourn; Traveler - Sharon Shook.

Next Bunco is Thursday, September 20



### Ceramic Arts

Check out the new Website for our group at [www.cagsclh.net](http://www.cagsclh.net). A big Thank You goes to Mike Daley for his expertise and assistance in creating this asset. Input from CAG members

and prospective new members is welcome.

Thank you to everyone who submitted pieces for the OC lodge show last month. It's fun to see work from so many artists of all levels of experience and the positive response from the people who visited the gallery show.

All CAG members, be sure you have Thursday, October 18, on your calendar for the annual dinner. We'll be dining at Orchard Creek this year, and we hope to see everyone come out and enjoy the evening.

Website: [www.cagsclh.net](http://www.cagsclh.net)



### Chorus

On September 4 we began rehearsing for "'Tis the Season," our mostly Christmas concert on December 9-11. "The season" may seem far off, but this community tradition always sells out, so plan to get your tickets when available beginning October 17.



Paul Melkonian directing at rehearsal

Director Paul Melkonian has again selected a splendid variety of music for us, beginning with a "Deck the Hall" arrangement that inspires our concert title. You'll love our renditions of other familiar carols like "Hark! The Herald Angels Sing" and "O Come All Ye Faithful," you'll be captivated by a medley of classics from Bach, Handel, and Vivaldi, and you'll laugh at "You're a Mean One, Mr. Grinch." You'll even think "It's the Most Wonderful Time of the Year," especially after our scorching summer!

Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

### Computers

#### Apple Users



We are very fortunate. Not only do we have an exceptional Apple User Group on our Campus, but we have, in the Roseville Galleria, a fully staffed Apple Retail Store. Our Apple User Group does an excellent job of correcting and adjusting operating system and software problems for our members, but for hardware problems, the Apple Store, with its Genius Bar, is a trusted resource. On a recent foray to that store for a new iPad, we were walked through the purchase, and all of the data and applications were transferred from the old to the new.

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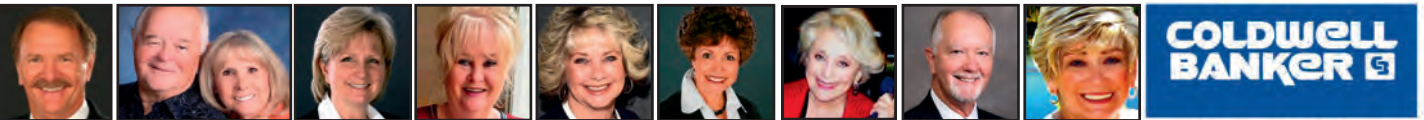
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**PC**



Main Meeting October 10, 6:30 PM "Virtual Private Network – Why You Need One" by Bob Ringo. Everyone should be using a virtual private network or VPN. This may sound paranoid, but there are many possible threats to your privacy when you are using the Internet, and these threats are only getting worse. In this presentation, you will learn what



Bob Ringo

a VPN is and what it will do and what it will not do. You will also learn the keys to choosing a VPN. Until a new, more private Internet comes along (probably never), using a VPN is the easiest way to make sure that you're sharing as little information about yourself as possible. Make no mistake: You need a VPN to

protect your privacy. (KS P-Hall).  
**Website: www.sclhcc.org**



**Country Couples**

Country Couples "Picnic Dance" was very successful! Everyone thoroughly enjoyed the relaxed atmosphere of bringing their own tasty lunch. No frills! Our hardworking decorating committee enjoyed a well-deserved break. Larry Brigleb (Our DJ) did a terrific job playing every song in his playlist and was still able



Rob & Alison Phillips, "Picnic Dance"

to take a few five-minute breaks so everyone could socialize more. Members enjoyed making their own ice cream sundaes with a variety of toppings from which to choose. Yummy!

Our next dance is September 22 and then our annual Halloween Dance, October 28. Check out Country Couples in your *Compass*. Weekly beginner classes; Monday nights from 7:00 to 8:00 PM (KS). Saturday practice included. Come on down, we looking forward to meeting you!



**Cribbage**

We welcome you to join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The winners for July were Susan Roger, week one, Grant Lee, week two, Jack Poshepny, week three, Sharon Cuchetti, week four, Elenor (Guest), week five.

New players are always welcome!

Contact: Larry O'Donnell.



**Cyclists**

Group riding isn't for everyone. There are rules that you need to keep in mind when riding in a group. Some cyclists are easy to ride behind while others can be an accident waiting to happen. Riding in a group is a matter of survival. The ride leader needs to be predictable since they are responsible for the riders behind. Just touching your brakes may cause problems all the way to the rear. Feather your front brake only and

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ride against it. This will moderate speed. If you must brake hard, Yell "stopping" or "slowing." One way to slow is to sit up and let the wind slow you. Always use hand signals. Never overlap wheels. Stay 6 inches behind. Smooth, predictable riding means survival.

Website: [lincolnhillscyclists.com](http://lincolnhillscyclists.com)



### Fishing

Our members have had a great fishing summer, even with all the smoke, places like Alaska, Wyoming, Montana & Fall River. We go to local spots too; American, Yuba, Sacramento rivers & lakes like Stampede, Collins, Davis, Frenchman & Fuller. Call a local guide, check with a member. Start your journey or resurrect it fishing in your life, become a better fishing person by meeting new people and go fishing with a partner.

Join now, \$20 dues gets you in our annual BBQ's & Holiday



Tom's Trophy

dinner, and our monthly meeting; second Monday P-Hall (KS), 7:00 PM. You can find many fishing videos on the Internet, just type Fishing. To join, contact Ralph or Henry.



### Garden

"Beautiful Fall Blooming Roses" is the topic for the September 27 General Meeting, KS, 2:00 PM. Speaker Sue Magill is a member of the American Rose Society. In Sue's presentation, she will be showing what to do to encourage your roses to have their best bloom ever. This will include cultural practices to keep the roses blooming into November and beyond.



Beautiful Fall Blooming Roses

Also at this meeting: #1 – Brown Bag Sales, Master Gardeners Q&A's, and Door Prizes.

#2 – Sign-ups for The Fall Social "Witches Brew Luncheon" October 29 at the Meridians! See your

personal invite for details. #3 – Sign-ups for a Field Trip in Lincoln at the Material Recovery Facility (MRF), October 17, Wednesday, 9:00 AM and 10:00 AM (select one). No cost. Website: [lhgardengroup.org](http://lhgardengroup.org)



### Genealogy

The next Genealogy Club presentation will be held on September 17, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Pamela Bell Dallas is addressing "Siblings, Friends & Enemies: Collateral

Research." Pamela has enjoyed conducting research for more than 25 years

using a wide variety of repositories and record sources. She has presented genealogy lectures at many venues.



Pam Bell Dallas

Members should come a few minutes early to check in and receive your door prize ticket for a digital scanner. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.

Always check the LH Genealogy website for handouts and updates. For more information contact Maureen Sausen or Bob Ringo.

Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)

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**Golf**

**Ladies XVIII**

The “fun” duo, Julie Storer and Valerie McElroy, produced the Captain’s Cup. They also share the Vice-Captain position for our club this year; The Cup had a sailing motif, featuring large anchors on each cart. The field was greeted by the pair in nautical hats, and goody bags were in the carts. Most participants looked like they were ready for a regatta.



Julie Storer (l) and Valerie McElroy, Chairing the Captains Cup

This is just one of their endeavors over the past couple of years. They also put on our quarterly socials with snappy themes and games. These are popular, well-attended parties. We are lucky to have these two energetic ladies headlining our tournaments, play-days, and other programs.

The next special tournament will be the Club Championship.  
*Website: lhlgxviii.com*

**Lincsters**

The Lincster Club Championship usually consists of two nine-hole

rounds of golf. Unfortunately, due to the heat and the poor air quality, the first round, which was to have been played on August 8, was canceled. The second round was played on August 15 on the back nine of the Orchard as planned. The golf was followed by a luncheon and awards in The Secret Garden of OC Lodge. Sue Pharis



Sue Pharis, 2018 Lincster Club Champion

was announced as the Club Champion for 2018. Low Net winners in each flight were: Chris Jacobson, Flight A; Chris Negus, Flight B; Clareen Bolton, Flight C; Pat Shafer, Flight D. The Lincsters welcome new member Shari Loyd, and congratulate Phyllis Patrick of Flight A as Golfer of the Month for July.

*Website: lincsters.com*

**Golf Men’s**

The Four Man Scramble was completed in four and a half hours, with half of our 265 club members participating! Low Gross winners, Ron Azanzino, Doug King, Tom Traxel, Paul Yeager, Ciro Estremo, Howard Hamilton, Harry Hokerson, Bill Mayo, Bill Langley, Sam Munoz, Rob Scafe, Jerry Maynard, Larry Schutz,

Carl Sherman, Karl Williams, Paul Gardner, Roger Housley, Bob Varley.

Low Net winners, Ron Cook, Les Hanson, Brian Stowe, Steve Mumma, Dan Kramer, Warren Mercer, Rich Yoshikawa, Phil Steinbock, Roger Cummings, Virgil Dahl, Rodger Oswald, Gage Johnson, Monte Boatwright, Lou Lovotti, Mercer Tyson, George Wuschnig, Don Bowden, Pat Chaves, Ike Ogata, Dave Wilens.

The Tournament of Championship and Just for Fun brackets will be on October 16, a member lunch to follow.



*Website: mgclh.club*



**Healthy Eating**

In support of our local businesses our club has recently had member lunch gatherings at two small, locally owned downtown Lincoln restaurants and both exceeded our expectations. Both are in the first block of 5th Street just off Lincoln Highway on the North side of the street. Simple Pleasures is at 648 5th Street, and Country Harvest Bakery & Café is at 680 5th Street. They each feature a good selection of salads, sandwiches and each has a soup of the day. Downtown Lincoln is much improved and is deserving of your patronage. The club continues to seek out credible healthy eating concepts for discussion at our

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**Website:**  
[HealthyEatingClub.wildapricot.org](http://HealthyEatingClub.wildapricot.org)



### Hiking & Walking

Even with the hot and scorching summer, we've enjoyed a number of beautiful hikes in the Sierras where we've seen wildflowers, lakes and a waterfall. But there's more to come. For an awesome view of the mountain ridges and beyond, join our Castle Peak hike on September 20. Mark your calendar for our Annual Meeting on Friday, October 5 from 3:30 to 5:30 PM at P-Hall (KS). Our guest speaker is Janet Voris, Program Manager for Placer Land



Hikers among the wildflowers.

Trust. Learn about the history and preservation work done by PLT, hear about their programs and enjoy beautiful photos taken from the preserves, including flora and fauna. Also, be prepared to renew your annual club membership. Our website is the go-to place for more club information.

**Website:** [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)



### Investors' Study

If you are new to Lincoln Hills or have never been to an Investors' Study meeting, you are in for a treat. During the year we have speakers who appear on CNBC, Bloomberg, Fox Business, etc. We are an educational program to provide useful knowledge for your own investing or to develop a rich vocabulary to deal with investment jargon. We meet at P-Hall (KS) on September 6 at 2:30 PM with refreshments afterward at 4:00 PM. All residents are welcome. This month our speaker comes from Kraneshares and Matt Bopp, one of our consultants, will review his topics of the month.

The Active Investors group meets in the Multimedia Room (OC) on the second Monday of the month at 3:00 PM.



### Lavender Friends

Each week, the Lavender Friends Club holds

a drop-in coffee break at the cafe (KS), where subjects range from where to put your carbon monoxide detector to airport transportation.



Coffee break at Kilaga Springs Cafe

Elaine Kalani, the club's first secretary after it was officially formed more than a decade ago, sees these gatherings as a chance to reconnect with old members and meet new ones. "I find them (the coffee sessions) interesting," she adds. Lynde Rammelsberg began attending the coffees as soon as she moved in. "Just to socialize," she explains.

Newer members get a chance to learn from longtime residents — like grappling with the summer heat. "I move out in August," one resident confided. Lavender Friends represents LGBT residents and allies. More information on our website.

**Website:** [www.lavenderfriends.com](http://www.lavenderfriends.com)



### Line Dance

Around 100 dancers joined in on the fun on August 19 in

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Line Dancers learning a new dance.

the Ballroom (OC). The full dance floor contained all level of dancers. Our special guests, Christopher Gonzalez and Megan Borsuglia, came to our event to teach us a new dance and to demonstrate another. They are so talented, and everyone had such a good time watching them and wishing we could dance like that! If you are in an intro class and saw dances that looked like fun, think about moving up to an easy beginner class. All three of our teachers teach easy beginner classes. Check this *Compass* to find the times and days. Remember to save December 3 at 5:00 for our holiday party.



**Mah Jongg, Chinese**

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues until Noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets

and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. If you have any questions, please call Bruce Castle or Marsha Ross.



**Mah Jongg, National**

All are welcome to join us, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet on Tuesday's in the Card Room (OC) 12:15 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran so she can put you on the list for the next session which will begin in early September. Lessons are weekly, lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!



**Mixed Media**

After a summer hiatus, the Mixed Media Club will meet at its usual time and place, the third Wednesday of the month, i.e., September 19 at 1:00 in the

Ceramics Room. Our featured program will be a Round Robin Art Journaling exercise lead by Chris Fetter. The Mixed Media Club celebrates creative expression on all forms and newcomers are always welcome. Contact Frima Stewart or Nan Griffin for more information.



**Motorcycle**

In August the RoadRunners had two great rides. Road Captain John Marin led an impromptu ride on August 1 to some famous local places including the Oregon Creek covered bridge and Timbuktu. On August 11, Head Road Captain Don Heyde led the way into the mountains with a lunch stop in Chester. A scenic ride down the Feather River canyon followed. On September 8, Club President Doug Sterne will lead a ride to Bodega Bay.



Meeting at Thunder Valley before the ride.

If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out!

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The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) The next meeting will be on September 27. "Ride Safe - Ride With Friends"



**Movie Lovers**

If you are interested in discussing current movies, consider joining the Movie Lovers Group. We meet the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We watch current trailers and vote on two movies to review in the coming month. This summer we selected the following films: "Boundaries," "Don't Worry He Won't Get Far On Foot," "Three Identical Strangers," and "Leave No Trace." Our next meeting is October 11. All residents are welcome. Club contact: Cliff Roe.



**Music**

Join fellow musicians at the Wednesday, September 26 Music Group meeting! Meetings are held in the Fine Arts Room (OC) 6:30 to 8:30 PM and include musical performances, group songs, and a group jam. Go to the website to download the September group songs. (Password: musicgroup) Bring your instrument and share your music or just come and enjoy a fun musical evening. (Performers: 2 song limit, please.)

Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Contact Ron Peck for more information. Check the website for the latest group information.

Website: [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)



**Needle Arts**

September has started with some fun things for Needle Arts. We have had a purse workshop, and our general meeting speaker was Janet Paehlig, owner of Tenaj Creations. Her studio is Embellishments Artist Studio, located at 1021 Lincoln Way, Auburn. Join us Tuesday, October 9 for our next General Meeting, P-Hall (KS) 1:00 PM. Our speaker will be Patt Sheldon from El Granada. She will be speaking on "Ice Dying- Not Your 60's Tie-dye." Remember to bring your items you have worked on for our show and tell. Our General Meetings are the second Tuesday of the month. Remember to check the *Compass*



Colleen Pelfrey shared her quilts at our August workshop

for information on the day trip to the Quiltfest. For more information on the Needle Arts Group visit our website.

Website: [www.sclhna.com](http://www.sclhna.com)



**Neighborhood Watch**

I tell people the reason I subscribe to a daily newspaper is the hope that if neighbors see issues piling in front of my garage, someone will check to see I'm alive. I say this with a tone of levity; the truth is I worry that something could happen, and no one would know. Although family calls/texts regularly, they don't assume the worst if I don't respond.



"I'm okay."

Some residents have devised ways to signal everything fine – closing blinds at night, then opening them in the morning, daily calls between two neighbors, turning on a front light at night then off in the morning. Simple gestures such as these could prove life-saving. Looking out for each other is important in a community such as ours.

Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)



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**Painters**

Our meeting September 18 2:00 PM in the Fine Arts Room (OC) will feature our Auction/Fundraiser, an opportunity to clear out art equipment and supplies and perhaps pick up a new medium to try. We will be looking forward to meeting October 16 for another interesting presentation by Cynthia Charters, a retired UC Davis Art Professor 2:00 PM in the Fine Arts Room (OC).



*Denise Wey begins her lively acrylics demonstration in August.*

Our November 20 meeting 2:00 PM in the Fine Arts Room (OC) will showcase our "Water" Challenge entries, so focus on finishing masterpieces now. Open Studio time is scheduled every fourth Monday of the month 5:30 to 8:00 PM the Fine Arts Room (OC). Come join your fellow artists in a relaxed and supportive space.

**Paper Arts**

Our September meeting featured two "enlightening"

projects presented by Mina Bahan and Carol Dickey—a votive candle holder, and a wax candle with matching gift card. Stop by our next Open Lab on September 20 from 9:00 AM to 12:00 PM in our meeting room (KS). This informal drop-in session for members is held on the third Thursday of the month.



*Linda Cinani and Linda Mapes at Demo Day*

Work on projects, share ideas and check out free items. Scrapbookers are welcome!

Join us on October 19 when we take the bus to Sacramento's annual Stamp & Scrapbook Expo. Check the Compass for details. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). For further information, contact: Dottie Macken or Margaret Hornsby.

**Pedro**



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

and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there. Contacts: Denise Jones or Doris DeRoss.

**Photography**



The August General Meeting featured regionally local photographer, Heather Cline. Heather's shots are not accidentally stunning; every detail is researched in advance. She researches the specific element she intends to photograph and every detail associated with the planned photo session. Heather frequently shares this information on her website blog.



Dorothe Kress  
Bandon Sunset

*Photo by Dorothe Kress*

Our members had a busy summer. Individual vacations have been interspersed with Club field trips. The most recent was the trip to Tahoe for subjects ranging from wildflowers to galaxies. Upcoming trips include Reno Hot Air Balloons and fall colors. In the planning stages are more extensive photography field trips to Point Reyes, the Grand Canyon,

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The Learning SIG is preparing to resume sessions beginning September 18. Looking forward to seeing both.

Website: [www.lhphotoclub.com](http://www.lhphotoclub.com)



### Pickleball

Pickleball delivers many benefits to players including the social aspects and the ease of learning the game. However, there is more; one major benefit is better health. Many players report they feel better and have lost weight after taking up our sport. The courts are about half the size of a tennis court, so you don't run long distances. You can show up



Karen Lopossa returns serve as Ron Slagle races to net.

without a match, sign up to play and make new friends. Combined, Pickleball packs a powerful punch of improved balance, coordination and health topped off with a big dose of new friends.

To get started, Cal Meissen offers introductory classes most Wednesdays at 1:00 PM, paddles,

and balls provided. A Saturday introduction will be at 11:00 AM on September 22.

Website: [www.lhpickleball.com](http://www.lhpickleball.com)



### Players

Several dozen Players members are already involved in rehearsing for the fall extravaganza on the OC Ballroom stage. "Marquee Memories," written and directed by our very own Paul Krow, promises to be a crowd-pleasing, thoroughly entertaining musical trip down



Cowboys from "Annie Get Your Gun" ham it up

memory lane featuring hit songs from award-winning Broadway musicals. Get ready for an evening (or afternoon) of "another opening, another show" (a song from Kiss Me Kate), featuring singing, dancing, comedy – theater at its best! See page 58 for ticket details.

Also, mark your calendar for the next Readers Theater shows October 13 and 14, FREE shows in P-Hall (KS) featuring two very scary old-time radio

show episodes, directed by Paul Gardner. See page 50, under Community Perks for more details.

Website: [www.lhplayers.org](http://www.lhplayers.org)



### Poker

Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw.

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full.

Any questions, contact: Lynne Barsky or Arnold Baker.



### RV

The RV Group traveled to Gold Beach, Oregon for our July rally. As usual, we enjoyed good food, great company, celebrated the Robert's new rig and Paul DeGroot's birthday. The group explored the Oregon coast area around Gold Beach, played golf, games and kite flying. The highlight of our visit was a jet boat ride on the Rogue River.

In July, Leonard Cassieri set

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up a VIP tour of the Sacramento Train Museum and Train ride. Our members, who were on this trip had a great time and learned a lot from Leonard and the other docents.



Lenny at Sacramento Train Museum

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month. Contact: Dean Schumacher

Website: [www.lhrvg.com](http://www.lhrvg.com)



### S.C.H.O.O.L.S.

The West Placer School District Superintendent, Scott Leaman, will be at the annual SCHOOLS meeting scheduled on Wednesday, September 19, at 10:00 AM in P-Hall (KS). He will speak about the implementation of recent bond measures, including improvements at Lincoln High, Glenn Edwards Middle School, and the planning for the new high school on Twelve Bridges. He will also discuss the bond measure on the November Ballot. All are welcome.

Our Lincoln teachers in Kindergarten through 5th grade and Phoenix High are requesting volunteers for their classrooms



Scott Leaman, Superintendent West Placer School District



for the 2018-2019 school year. Visit the SCHOOLS web site. You'll find more information about the program, the school websites, and what teachers and volunteers have said about their experience.

Website: [schoolssuncity.org](http://schoolssuncity.org)



### SCOOP

Attention all pet owners – now that our group has expanded to include most pets, we think you'll find our bimonthly meetings interesting, and we meet in the Multi-purpose room (OC) at 11:00 AM first Tuesday of the month. Our next meetings will be Tuesday, October 7 and Tuesday, December 4. For the October meeting, we will have a representative from Sterling Pointe Vet Clinic speaking on homeopathic treatments.

Many of us gathered to celebrate the "graduation" of Michelle Murphy's Canine Companion puppy, October, who now goes on to her next specialized training making room for Michelle to bring a new puppy into her home for initial training.

Contacts: Michele Murphy or Ginger Nickerson



### Scrabble

Looking for new games to try this fall? A small group of residents who enjoy Scrabble meet every Monday afternoon at 1:00 PM in the Card Room (OC). We welcome all who would like to try it out to join us. All materials are provided. You can play one, two, or more games until 4:00 PM. Come and join us.



### Singles

As we ease into fall, the singles are getting ready for our busiest time of the year! September, 15, 9:00 AM is our Saturday breakfast in the Sports

Bar, September 20, 4:00 PM dining out at Skipolini. September 27, 9:30 AM is our Bocce Ball tournament at the Sports Pavilion followed by our awards dinner and dance at the Sports Pavilion at 5:00 PM. Cocktail time is on October 4, at 4:00 PM at Strikes Bar & Grill. October 7, 4:00 PM we will be at the Sports Bar celebrating our members birthdays. September 11, 6:00 PM is our business meeting and a car trivia game at OC. For only \$15.00 a year, you too can join in on all the fun we have!



### Ski

Please note there is a new date for our annual pre-season potluck party. It will be on October 4 and will be hosted by Ric Havens and Vicki Bohan. The festivities will begin that evening at 5:00 PM in their beautiful home. Party details will be provided to members. Our first general membership meeting of the season is scheduled for October 18 in the Fitness Center's Aerobics Room (OC). Fitness Supervisor Danielle Lawlor will introduce us to ski conditioning exercises. Please bring your Club dues of \$15 per member to one of these events, or contact us for mailing instructions.

Website: [www.LHSkiClub.com](http://www.LHSkiClub.com)



### Softball

The summer league season ended with Carolan Properties the regular season champion with an outstanding 26-2 record...one of the best ever! Congratulations to Manager Darrell Rinde and his fine team. They were followed by Don's Awnings, Atherton Wealth Management, Siino's Pizza and Future Ford. A General Membership meeting is scheduled for 3:00 PM on Tuesday, October 2 in the Oaks/Gables Room (OC).

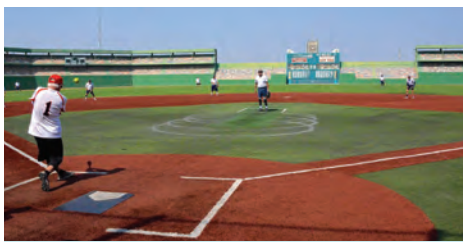


Our Sun Eagles team will host a tournament at Del Webb Field all day on October 6 and 7. So, come out and support one of our best teams and enjoy the milder weather. Also, Fall Ball will start on October 8. It's a great way to "break into" our league and not too late to sign up if you're new around here.

Website: [lhssl.net](http://lhssl.net)

### Coyote Softball

The Lincoln Hills Coyotes 70s have claimed victory in the prestigious Northern California Senior Softball Association's Hall of Fame tournament, held in Manteca, giving them two tournament victories in the last three tournaments.



Coyote 70s

The defense was at a premium, led by Bruce Chappell, Johnny Gho, Gage Johnson, Dick Hughes, Randy Dvorak and Jerome Bader. The offense was led by Mike Bunyard, John Dambrosio, Bob Fernandez, and John Moran. Key reserves, Dale Stephens and Roger Louthan, contributed on offense and defense. Outstanding pitching and hitting by Dave Bruni made him the team's MVP.



### Sports Car

The end of July found our members traveling the back roads to Awful Annie's in Auburn, the back roads to Point Restaurant in Rio Vista, and Beale Air Force Base which we reported on last month. The Awful Annie's trip found wonderful weather and of course great food. Somehow the Rio Vista leaders were able to find



Awful Annie's Group

a route that by-passed all freeways. Our leaders are the greatest. As always, if you have a sports car and like touring with great people, come to our meeting on the first Monday of the month at P-Hall (KS). Meeting time is 6:30 PM.

Website: [lhsportscars.com](http://lhsportscars.com)



### Sun City Squares

Square Dancing is a lot of fun! If you are curious or have an interest in learning how to square dance, please come and check us out. If you have danced before, but a long time has passed, or if you have lost a partner, we are very happy to help you learn again. Sun City Squares welcomes singles as well as couples, so please come and join us!

Sun City Squares meets at Kilaga Springs. \*Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips. \*Monday from 3:15 to 3:45 PM for Advanced Level Dancing. \*Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.



### Swimmers & Water Walkers

It's been a long hot summer, and the club will be ending summer with our Potluck September 17, 3:30 to 6:00 PM at the Sports Pavilion. The club will provide plates, utensils, water and dessert. Please bring food to share. We will have a short meeting before to accept nominations/volunteers for leadership for 2019. Also, any new business that needs addressing. Notices as to how many will be attending have

already been sent out. We need this count in order to purchase water, soda, dessert. Email me, Suzan. Jean and I hope to see you there. Stay cool, enjoy the water.



### Tap Company

Members of the Tap Company, new tappers, future tappers, friends, and Alyson, our teacher, enjoyed a Back to School Ice Cream Social on August 20. LaDonna organized the fun time and donations were brought for Creekside Oaks Elementary School in Lincoln. Nancy, Norma, and Pat helped LaDonna put on a wonderful party. We had a wonderful time and enjoyed



Back to School Ice Cream Social Partygoers

ice cream with a variety of toppings, as well as several kinds of delicious cookies! Thank you to those who put on the party and to all who donated to the school. Alyson thanked the Tap Company for helping one of her students with a scholarship to a national tap group, and that student thanked the Tap Company with her handmade origami earrings.



### Tennis

Well, the hot days of summer have finally past, and our tennis events are ready to roar. Our Intramural Team Tennis event (LITT) begins September 4 for seven Tuesday evenings. Next comes our mixed doubles tournament on September 21 and then our BBQ Dinner Dance on Saturday, September 22 at the Sports Pavilion. All needed information on the events can be found on our website.

The Drop-in tennis on Saturdays and Wednesdays from 8:00 until 10:00 AM is open to all residents. Just show up on courts 1, 2, 8 or 9. Signup board is at the side entrance to court 1. Our ball machine practice continues Saturdays using court 9, and all residents are welcome to join from 8:00 until 10:00 AM. Come on down!

*Website: [www.sclhtg.com](http://www.sclhtg.com)*



**Vaudeville**

Not much happens this time of year with the Vaudeville Troupe. Our July show is behind us, our cast party is behind us, and our entertainers are taking a break. Ideas and plans are already surfacing for next



*Out-Of-Line Dancers*

years show. That's a long way off, but we always strive to make each show better than the last. When it comes time for auditions, usually April or May, times and dates will be posted in the Compass as well as flyers at Orchard Creek and Kilaga Lodges. If you have a talent, keep this information in the back of your mind and look for the announcements next year. The troupe thanks you for your continued support.



**Veterans**

Major David E. Lewis, an Army combat veteran of two tours in Southeast Asia, will be the featured speaker at the September 20 meeting at

1:00 PM in the P-Hall (KS). In 1967-68, Dave served a year as a rifle platoon leader, scout platoon leader, S-3 liaison officer and company commander with the 2nd Battalion, 47th Infantry, 9th Infantry Division. Following a short training assignment, he returned to Southeast Asia in 1969 to command a maintenance company in the 9th Logistics Command, U.S. Army Support Thailand.

Dave retired from the Army in 1985, having served in leadership positions with the 9th Infantry Division, the 82nd Airborne Division, XVIII Airborne Corps, the U.S. Army Ordnance Center and the 7th U.S. Army Combined Arms Training Center.



**Water Volleyball**

Our club has two hard-working sub-committees, under the Steering Committee, with recreational changes and competitive activity on their agendas. It takes many volunteers to handle the tasks that benefit our club. Thank you to all of you. Last month we enjoyed the William Jessup University



*WJU Ladies Volleyball team joins members for games at KS*

Ladies Volleyball team at KS. We had recreational and competitive level members participating both August 7 and August 9. Our club has a special relationship with these fine athletes and Coach Shasta. October 13 will be our "Fall Fling" at KS from 5:00 to 9:00 PM. Look for emails and fliers for the details. Our website has

pertinent information that keeps our members knowing "what's happening." See you in the water!  
*Website: [lhwatervolleyball.com](http://lhwatervolleyball.com)*



**Woodcarvers**

I'm sure wood carvers have heard discussions whether woodcarving is a craft or an art. If an item is carved from a pattern or an idea is copied from someone else does that make me an artist or does it have to be an original idea? I'm not sure it really matters. The important thing is to try and do it and enjoy what you are doing. Recently I was looking through an old carving magazine, and the variety of carved objects were so well done that in some cases a carved quail looks like it could just fly away or you could almost hear the laughter from a carved clown.

Woodcarvers meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).



**Writers**

Writers are enjoying the summer by vacationing, writing, golfing, writing, concert going, writing, reading and writing. We have enjoyed meeting new people coming to meetings, and it is interesting to see and hear the various genre about which our members write. We will be in the Ceramics Room (OC) on the second and fourth Monday evenings from 6:30 to 8:30 PM.



*Bob, Jim, Andy, Alan, Jeff, Barb, Judy, Sandy, Bev*



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## Support Group News

### Alzheimer's-Dementia Caregiver's Support

The 2018 Sacramento Walk to End Alzheimer's is on Saturday, September 29. This year it will be at Raley Field, 400 Ballpark Drive. The Opening Ceremony (including the infamous Chicken Dance!) begins at 9:30 AM and the Walks themselves begin at 10:00 AM. There are 1 and 3-mile walk options. This a fun event supporting research, family, and friends, and if you are a goodies gatherer, there are freebies galore to feed your hoarding habit.



**JOIN US** [alz.org/walk](http://alz.org/walk)

Support the Sun City Lincoln Hills team

A \$100 contribution will get you an Alzheimer's emblazoned T-Shirt, but any contribution will be much appreciated. To donate online, Google "2018 Walk to End Alzheimer's," then search for the "Sun City Lincoln Hills" team. Checks can also be given to one of our Steering Committee members. See you there.

**Contacts:** Jo Fratessa – 916-408-7209; Al Roten – 916-408-3155; Cathy Van Vetzen – 916-409-9332

### Bereavement



The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00

PM at Joan Logue's home. The next support meeting will be October 10. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Orchid Thai, Thursday, September 27 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

**Contact:** Joan Logue – 916-434-0749 or [joanlogue@scglobal.net](mailto:joanlogue@scglobal.net)



### Bosom Buddies

We were fortunate to have Michelle Jamieson speak at our September meeting on the importance of mindfulness and self-awareness in dealing with issues such as stress, pain management, and relaxation. Before joining the Sutter Health Integrative Medicine Team, Michelle taught wellness programs at the Mayo Clinic. Her interesting and informative presentation provided members with some techniques to help with overall well-being.



Outgoing president Peggy Ryan with "thank you" plate.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We meet the second Thursday of the month in the Multipurpose Room (OC) at 1:00 PM. Our next meeting is October 11. Members and guests who would like to have lunch together at Meridians before the meeting should call Val Singer at 916-645-8553 to make reservations.

Lunchtime is 11:30 AM.

**Contacts:** Marianne Smith – 916-408-1818; Patty McCuen – 916-408-4185



### Family Mental Illness Support Group

Our support group meets on the second Friday of each month in the conference room at Raley's (next to the pharmacy) at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood.

You can also read personal stories about mental illness on my blog, [www.soonerthantomorrow.com](http://www.soonerthantomorrow.com), A SafePlace to Talk about Mental Illness in Our Families.

**Contact:** Dede Ranahan - 916-408-4541 or [dederanahan@gmail.com](mailto:dederanahan@gmail.com)



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis 95650. A Gambler's Anonymous meeting meets at the same time in a different room. Follow the signs to the proper meeting room. Call Kay F. at 916-543-3079 for more information.



### Grief Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. It's a place where you can be around people who understand how you feel and the pain of your loss. You will learn valuable information that will help you through

this difficult time in your life. A new 13-week group starts Tuesday, September 11 from 9:30 to 11:30 AM at Granite Springs Church 1170 E. Joiner Pkwy in Lincoln.

Contact: Cheryl – 916-505-5777 or email 63Cheryle63@gmail.com.



**Glaucoma Support Group**

Our monthly meeting is on November 10 at 4:00 PM in the Multimedia Room(OC). Our discussion will include information about the various surgical treatments performed on our members. While surgery is a later option, it is good to have some knowledge of the variety of procedures and how they are working for our members.

Contact: Bonnie Dale - 916-543-2133



**Hearing Impaired Support Group Forming**

A new support group for hearing-impaired residents is forming. We plan to hold regular meetings to offer information and support to those with significant hearing loss, which may be contemplating or already have cochlear or hybrid implants, caption phones, or complex hearing aids. We would appreciate "hearing" from those interested so that we can plan and

schedule the first meeting.

Contacts: Donna Szabados – dszabados@gmail.com or Joanne Mitchell – pipa1@prodigy.net



**Low Vision Support**

Tuesday, October 2 meeting, Fine Arts Room, (OC) 2:00 to 4:00 PM. Our speakers will be Dr. Kristie Trang, Optometrist and Administrator of Blue Oaks Eye Care Center in Roseville and her associate, Dr. Camille Weissenberg, a graduate of UC Berkeley School of Optometry. The topic of their presentation will be "Eyelid Diseases."

Tuesday, November 6 meeting, Fine Arts Room, (OC) 2:00 to 4:00 PM. Toni Boom, Director of Clinical Services & Occupational Therapist at Society for the Blind Low Vision Clinic will be our presenter. Her presentation will be on "Modifying your Home to Compensate for Vision Loss."

Worth Noting...

Kaiser Permanente has a visual aids store in Roseville, "Vision Essentials." It is open to members and non-members alike. 916-746-3937 or www.kp2020.org/Noca

Contact: Cathy McGriff - 916-408-0169 or cathy.mcgriffe@yahoo.com



**Multiple Sclerosis**

Mood changes in Multiple Sclerosis are real and fortunately are among the most treatable symptoms of MS. At our October MS meeting, a DVD will be shown on the appropriate strategies and tools for people with MS to live their best lives and participate actively in their own care. Bring a family member, a friend too! Sierra Room (KS), Tuesday, October 2, 1:00 PM

Contacts: Jeri Di Fiore 916 408-7565 and leave a message.



**Parkinson's Group**

Will be hosting Cate McGregor with the Coalition for Compassion. Cate has been active with the Coalition for Compassionate Care of California in their efforts to promote the POLST (Physician's Order for Life-Sustaining Treatment) Paradigm in California and co-developer of the California POLST Education Program. She serves as a Nurse Consultant for the California HealthCare Foundation. The POLST is an important piece of your end of life requests. Come and find out more. We meet at Granite Springs Church on E. Joiner Parkway at 10:00 AM on September 18.

Contact: Brenda Cathey – 916-253-7537



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## Bulletin Board

### AARP Foundation Tax-Aide

We are looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2018 income tax returns in Lincoln during the 2019 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 4 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season, please email [yorke1946@gmail.com](mailto:yorke1946@gmail.com) with your name, address, phone number, and position(s) you are interested in. Contact Gary Steer at 916-878-6249.

### A Course in Miracles

This study group meets on the first and third Mondays from 2:00 to 4:00 PM. It is an open, ongoing group who study the psychological/spiritual principles outlined in the book *A Course in Miracles*. By applying these principles based on extending love and forgiveness, we learn to access a deep well of peace and love within. Call Alexandra at 916-409-5253.

### Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride - get a ride. Information can be found on our website [www.lhairportco-op](http://www.lhairportco-op) or for more information contact Barb Iniguez at 916-408-7812.

### Cloggers

Did you know the clog dance began in northern England as an energetic way to keep warm? (And they wore wooden shoes

### You Are Invited to Attend:

*Seminars are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.*

- **Monday, October 1, 10:00 AM**—Nautilus Society Seminar, Oaks (OC)

because the floors were damp.) Well, we don't need to clog to keep warm here, but it is a great way to exercise, burn calories, and stay wonderfully healthy. Also, we have regular shoes, except each shoe has four metal taps, two each, heel and toe. Save the date - next clogging workshop is October 27 in Santa Rosa. For clogging information right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

### Democratic Club

Our annual BBQ is Thursday, September 20, at the Sports Pavilion. On October 18 League of Women Voters representatives will review the 12 ballot initiatives on the November ballot. We meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, business meeting is at 6:45 PM, followed by the program. Visit our website for details on the club: <http://www.democratic-clublincolnca.org>.

### Italian Club

Brunch Buffet and Tombola—Italian Bingo is set for September 23 from 9:45 AM to 12:30 PM in the Ballroom (OC). Attendees will play the Italian way, using pictures in this entertaining game of chance, and enjoy brunch with friends. Speaking of bingo, Turkey Bingo returns on November 4. More information to come. If

you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) and learn more about us and our monthly activities. There is always an enjoyable event on the calendar. Want to join us? Contact: Tom Freschi, club president.

### Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

### Racquetball Group

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

### Republican Club

Ninth Annual Republican Club BBQ will be at the Sports Pavilion

[www.sclhresidents.com](http://www.sclhresidents.com)



on Wednesday, September 19 at 4:00 PM. Join us for a social afternoon with TriTip Roast, Brats and Turkey Burgers served with an assortment of salads and soft drinks. Also appetizers and desserts. An opportunity to make new like-minded friends. No-host bar for wine, beer, and cocktails. Open to members and invited guests. Assemblymember Kevin Kiley will speak about current events at the Capitol. \$10.00 per person. Please indicate how many will be attending. Send check to: LHRC, 555 Stockman Lane, Lincoln, CA 95648.

**Retired Teachers**

Let's Chat. Meet, greet, get information and socialize with other teachers. Happy Hour, September 21 from 4:00 to 6:00 PM, 1643 Fallen Leaf. Please RSVP to Henrietta Fujihara at 916-253-9213.

**Shalom Social Group**

Members of Shalom Social Group's Women Together will

meet for lunch September 5 to hear a speaker from the National Council of Jewish Women. For more information contact Harriett Kroot at 2hkroot@gmail.com. Soon we will join with Jews from around the world to celebrate our High Holy Days of Rosh Hashonah and Yom Kippur. Yom Kippur is the holiest day of our year. We wish everyone a happy and blessed new year or, as we say in Hebrew, L'Shana Tovah. For more information about the Shalom Social Group, or to join in our activities, please contact Vida Morrison at 916-984-1043.

**Shooting Group**

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger

at 916-408-3928 or johnnpat@sbc-global.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

**Sons In Retirement Branch 13**

We will hold our monthly luncheon on Tuesday, September 18 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for men new to the area to meet other retired men. A three-course gourmet lunch is \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

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## Community Perks



**KS Classic Movies on Saturday:  
Guys and Dolls (1955)  
Saturday, September 15 –  
1:30 PM Screening—Free  
P-Hall (KS)**

Not Rated, 150 min, Comedy/Musical. In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other, and the bet has a hidden motive to finance a crap game. Starring Marlon Brando, Jean Simmons, Frank Sinatra and Vivian Blaine.



**Listening Post  
Tuesday, September 18 –  
11:00 AM – Ballroom (OC)  
—Free**

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.



**Coffee with the Mayor  
Thursday, September 27 –  
8:00 AM – Terra Cotta Room (KS)  
—Free**

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear the latest news about the City of Lincoln.



**2 Showings!  
KS at the Movies: Coco (2017)  
Monday, October 1 –  
1:30 PM Screening—Free  
Saturday, October 6 –  
6:00 PM Screening—Free  
P-Hall (KS)**

Rated PG, 105 min, Animation/Adventure/Comedy. Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets the charming trickster Hector, and together, they

set off on an extraordinary journey to unlock the real story behind Miguel's family history. Winner of the Oscar for Best Animated Film.



**Bonsai Group Bonsai Show  
October 6 and 7 –  
10:00 AM Orchard Creek Lodge  
—Free**

The word "Bon-sai" is a Japanese term which, literally translated, means "planted in a container." This art form is derived from an ancient Chinese horticultural practice, part of which was then redeveloped under the influence of Japanese Zen Buddhism. The definition of the term "Bonsai" is a plant, usually a tree or shrub that is grown in a container and made to look like a mature tree through the use of various training techniques.



**Readers Theater  
Saturday, October 13 – 7:00 PM  
Sunday, October 14 – 3:00 PM  
P-Hall (KS)—Free**

The Players Club presents two old-time Halloween radio shows with surprising twists and turns. "The Plotters" features that point in a married man's life when the nostalgic memories of being single drive him almost out of his mind. And "The Ugliest Woman Alive" starts out with, "I once met a woman who confessed to being the ugliest woman alive, and yet, I thought her beautiful. She told me a story so strange, so incredible, that most people would have thought her insane...yet I believed her..." Readers Theater shows always offer delightful entertainment for the whole family!



**Lincoln Hills Holiday  
Shopping Expo  
Tuesday, October 16 –  
10:00 AM to 6:30 PM  
Orchard Creek Lodge—Free**

Get a head start on your Holiday Shopping this year at our first Holiday Shopping Expo. Check everyone off your gift list conveniently with over 50 vendors offering crafts, jewelry, beauty items, clothing, books, art, decors, treats and more! In addition to shopping, enjoy an ornament exchange and a number of chances to win door prizes! Don't miss out on the fun!



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**KS Classic Movies on Saturday:  
Shadow of a Doubt (1943)  
Saturday, October 20 – 1:30 PM  
Screening P-Hall (KS)—Free**

Rated PG, 108 min, Thriller. A young woman discovers her visiting uncle may not be the man he seems to be. Starring Teresa Wright and Joseph Cotton. Directed by Alfred Hitchcock.



**Document Destruction  
Monday, October 22 –  
10:00 AM to 12:00 PM,  
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. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



**Tennis Club Ball  
Machine Practice  
Saturdays and**

**Wednesdays, 8:00 to 10:00 AM  
Tennis Court—Free**

The ball machine is set up and operated by tennis club members. Resident drop-in tennis is each Saturday and Wednesday; from 8:00 to

10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday. Come as a single and sign up on the board located between the entrance to courts #1 and #2 for a doubles partner. Come to your tennis courts and have some fun, practice and meet new people.



**Farmers Market  
Wednesdays,  
8:00 AM to 12:00 PM  
Orchard Creek  
Parking Lot—Free**

Get your supply of fresh produce and support our local farmers. Shop a variety of fresh fruits, vegetables, flowers and meats from Certified Farmers as well as fun and unique items from baked goods, salsa, Tupperware, jewelry and more from local vendors. You'll never know what's in store every week, so come on over and enjoy!



**Pickleball Lessons  
Wednesdays, 1:00 PM  
Pickleball Courts—Free**

Want to learn pickleball? We offer free, no reservations or paddle needed. Please wear a form of tennis shoe.

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## Lincoln Hills Community Forums

*Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces (per Fire Marshal). Effective immediately, one hour prior, entry passes will be given to attendees on a first come, first served basis. Only those with valid entry passes will be admitted. If you do not receive a pass, please leave with the knowledge that videos of all Forums are available on the Resident Website within 48 hours.*

### Lincoln City Council Candidates Wednesday, October 3, 2:00 PM, Ballroom (OC)—Free

Meet the three candidates for the City of Lincoln Council. Alyssa Silhi, Dan Cross, and Holly Woods-Andreatta will be on our Ballroom stage to present their qualifications and answer questions from the audience. They will be vying for the two seats available in the November 6 General Election. Come join us to see and hear from these three City Council candidates.



informed participation in government and communities. The Voter Service programs provide information in a balanced manner to enable voters to cast their vote with confidence. The League does not support or oppose political parties or candidates.

### Neighbors InDeed Handy Helpers

Thursday, October 4, 10:00 AM,  
Ballroom (OC)—Free

The Handy Helpers are back! Handy Helper Coordinators Larry Schurr and Wayne Sloan will present another information-packed Forum. Get some excellent tips on what you can do to maintain your home, including advice about smoke alarms, CO detectors, heating and air conditioning systems, irrigation systems and timers, garage door maintenance, plumbing, electrical issues, and more! Learn how to reduce your energy consumption with light bulb replacements, and thermostat programming. The common 10-year replacements will be addressed. Other questions or topic you like Larry and Wayne cover? E-mail Larry at lschurr@sbcglobal.net and he will try to address them during the Forum.



### Internet Crime, Fraud, and Common Online Schemes: How to Protect Yourself from Falling Prey.

Monday, October 15, 2:00 PM,  
P-Hall (KS)—Free

Beware! Impostor scams are more advanced, more deceptive and on the rise. Social Security Administration and IRS are warning us that scammers are trying to get our personal information. The Federal Trade Commission reports that people aged 70+ suffer a higher financial loss from fraud. So, how do we protect ourselves from falling prey? FBI Special Agent, Michael Cahoon of the Cyber Crime Unit will give us vital tips on the actions we need.



### Managing Heart Failure for a Longer Life

Wednesday, October 24, 7:00 PM,  
Ballroom (OC)—Free

Dr. Anu Khurana is a cardiologist with Kaiser Permanente. She graduated from UC Davis and did her residency and cardiology fellowship at Brown University. She does a variety of cardiac procedures including echocardiography, stress testing, and cardiac catheterizations. In addition, she has a special interest in congestive heart failure and is a champion of the local congestive heart failure program. During the forum, Dr. Khurana will discuss heart failure, and its various causes, what you can do to prevent heart failure before it strikes, and how to manage it, including medications, lifestyle changes, and medical procedures.



### League of Women Voters, Ballot Propositions Tuesday, October 9, 9:00 AM, P-Hall (KS)—Free

Pro and Con Arguments on the ballot propositions appearing in the November 2018 election will be discussed. The League is a non-profit, non-partisan organization of men and women that encourages active,



**Facebook –  
Social Media  
Tuesday, November 6,  
9:00 AM, P-Hall (KS)  
—Free**

Become more comfortable and confident with Facebook as we help you to understand how social media works. David Ortiz and Tim Rusher, two members of the Lincoln Hills Communications staff, will focus on privacy settings and the many benefits of using social media. Learn how to properly and safely use Facebook and discover new ways to communicate with family and friends, co-workers, classmates, news sources, businesses, and more!



**You Had Me At Meow  
Thursday, November 8,  
2:00 PM, P-Hall (KS)—Free**

Whether you love cats, dislike them or are somewhere in between, *FieldHaven Feline Center* founder and Executive Director, Joy Smith probably has answered just about any question you might have about the number one owned pet in the United States. In this fun, interactive presentation Joy will describe how her love of cats influenced her decisions to create one of the most progressive cat centers in the western United States and to be influential in the design and opening of the award-winning *Placer County Animal Services Shelter*.



### Upcoming Events

- **The Truth and Science of Cannabis for Medical Use – rescheduled, TBA**



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DON'T MISS THE LAST CONCERT OF THE SEASON!

# HOT AUGUST NIGHT:



## A NEIL DIAMOND *Celebration*

FRIDAY • SEPTEMBER 21 • 7:30 PM  
ORCHARD CREEK AMPHITHEATER

Dean Colley and his band return with all the Neil Diamond classics you love to hear including "Sweet Caroline," "Song Sung Blue," "I Am I Said," and more plus songs from Neil's unforgettable August 1972 Greek Theater Concert.

"Dean Colley is the best Neil Diamond impersonator in the world"  
- Las Vegas Sun Review



EVENT CODE: LSE80  
GENERAL ADMISSION: \$22

Tickets available at the Lifestyle Desk (OC/KS)  
and online at [SCLHResidents.com](http://SCLHResidents.com)





# 2018 SUMMER AMPHITHEATER CONCERT SERIES

The fun continues at our Summer Amphitheater Concert Series (SACS)! From rock n' roll to pop, country to classic rock, and all genres in between, we have all your favorite hits from the 50's through today performed by award-winning artists and bands for you, your friends and family. Food concession, bars, and doors open at 6:00 PM for 7:30 PM concerts.

Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for the remaining concert below. Skip the crowd, buy your tickets early!



## Hot August Night: A Neil Diamond Celebration Featuring Dean Colley Friday, September 21 – LSE80

Dean Colley returns to close our series with his show Hot August Night! Dean's incredible resemblance insight, and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe, and Asia to enthusiastic audiences. General admission, \$22.

## 2018 Summer Amphitheater Concert Series Guidelines

**Admission:** Doors open at 6:00 PM. Wristbands must be worn during the concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Lifestyle Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands from the Orchard Creek Lifestyle desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

**ADA:** The Designated paved area is located in the Amphitheater's center top tier. 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 5:00 AM and 5:00 PM** on the day of the event. The amphitheater will close at 5:00 PM on the day of the event and **re-open at 6:00 PM.** Chairs placed prior to 5:00 AM, or that exceed height maximum of 36" will be removed and placed on the upper patio terrace. SCLH is not responsible for the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the stage. Unused blanket space may be used for general seating after the opening song.

**Dancing:** Dancing in front of raised stage permitted. This may

slightly obstruct the 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/coolers/picnic baskets, umbrellas, smoking, pets.

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

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

**Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

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

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

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Monday, December 31

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Tickets on sale Oct. 17



**Deborah Meyer**  
Entertainment Coordinator  
Deborah.Meyer@sclhca.com



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*Kiss Me Kate, Annie Get Your Gun and Gypsy.* You'll love the singing and dancing, fun and frolic, and a trip down "memory lane" with romantic, comedic, and toe-tapping songs like "Wonderbar," "Just in Time," "Anything You Can Do, I Can Do Better" "Everything's Coming up Roses," and many more!

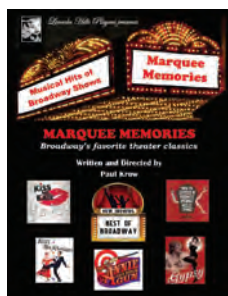
—Concerts—

**Summer Amphitheater Concert Series**  
**Hot August Night: A Neil Diamond Celebration**  
Featuring Dean Colley  
Friday, September 21, 7:30 PM,  
Amphitheater (OC) — **LSE80**  
General admission, \$22. See page 57 for details.

Entertainment

\*Indicates new performances on sale  
September 17

—Club Performances—



\*The Lincoln Hills  
Players Club presents  
"Marquee Memories"  
Thursday, November 15, 7:00 PM,  
Ballroom (OC) — **LSE47**  
Friday, November 16, 7:00 PM,  
Ballroom (OC) — **LSE50**  
Saturday, November 17, 2:00 PM,  
Ballroom (OC) — **LSE139**  
Saturday, November 17,  
7:00 PM, Ballroom (OC) — **LSE140**

Reserved Section Seating \$20, General Admission \$15  
The Players are delighted to present their Fall extravaganza, "Marquee Memories," written and directed by Paul Krow, with your friends and neighbors on stage. This delightfully entertaining original show features a collage of five award-winning, classic Broadway musicals, including



**Mancini: The Songs of Henry Mancini**  
Performed by Katy Stephan  
Thursday, September 27, 7:00 PM,  
P-Hall (KS) — **LSE119**  
Reserved Seating \$23

An intimate piano and vocal journey through the movies, recordings, and classic songbook of legendary composer, conductor, and arranger Henry Mancini. An accomplished singer, pianist, and accompanist for Branden & James and Hadliegh Adams, Katy Stephan steps into the spotlight with her own brand new show featuring memorable classic songs as Moon River, The Days of Wine and Roses, LeJazz Hot, Charade and many more! Katy wowed the audience during the Branden and James concert earlier this year! Save \$1 off \$4 or more at KS Café on show night.



**Broadway in Concert with Meredith Patterson and Dustin Brayley**  
**Friday, October 5, 7:00 PM, Ballroom (OC) — LSE106**  
**Reserved Section Seating \$24, General Admission \$20**

Enjoy a fun-filled, and touching concert with 42nd Street and

White Christmas Broadway star Meredith Patterson. Discover her personal journey of movie musicals to musical theatre with songs from Singin' in the Rain, Follies, 4nd Street and more. With husband, Broadway's Dustin Brayley as a guest, learn their love story through duets from Grease's "Summer Nights" Smokey Joe's Café's "The Shimmy" and more.



**Fly Me to the Moon: Garuda Blue in Concert**  
**Thursday, October 18, 7:00 PM, P-Hall (KS) — LSE109**  
**Reserved Seating \$24**

Garuda Blue is a San Francisco-based jazz band that specializes in exceptional entertainment. The band is

known for delivering slick arrangements of well-known jazz tunes, burning solos, and a youthful, fun, hip, positive attitude in their concerts. Composed of some of the finest up and coming jazz musicians in the Bay Area, Garuda Blue brings professionalism, high quality of musicianship, and sophistication to their concerts. Enjoy jazz standards like "Autumn Leaves," "Tenderly," "On the Street Where You Live," and "Fly Me to the Moon" just to name a few! Save \$1 off \$4 or more at KS Café on show night.



**Silent Movie Night with the Roseville Community Concert Band Featuring 1925's "The Eagle" starring Rudolph Valentino**  
**Friday, October 26, 7:00 PM, Ballroom (OC) — LSE107**

**Reserved Section Seating \$10, General admission \$8**  
 The Roseville Community Band will thrill us once again with great music that will bring a silent movie to life! This year they will accompany the action/

comedy "The Eagle" starring Rudolph Valentino. Silent movies were once shown in theaters with live musical accompaniment. A fun night for the classic film fan as well as families (not recommended for kids under the age of 7). Cookies, popcorn, and drinks will be available for purchase in the pre-function area at the start and intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, the day of the show only (ticket required).



**\*Keith Calmes Classical Guitar**  
**Friday, November 9, 7:00 PM, P-Hall (KS) — LSE110**

**Reserved Seating \$16**  
 Guitarist Keith Calmes has been performing and teaching guitar

for over three decades. His performance credits include a Carnegie Hall recital debut as Winner of the Artists International Competition, concerti with the Monmouth Symphony, performance with Maestro Carlos Barbosa-Lima and numerous concerts and recordings with flautist Marjorie Koharski. Expect enduring standards of the classical guitar repertoire popularized by Andres Segovia: "Leyenda" (Isaac Albeniz), "Choro-Typico" (Heitor Villa-Lobos), "Venezuelan Waltz #3" (Antonio Lauro), and popular instrumental rock music like "Sleepwalk" (Santo and Johnny), "Walk, Don't Run" and "Apache" (The Ventures), plus other surprises. Save \$1 off \$4 or more at KS Café on show night.



**\*Joyous Brass**  
**Tuesday, November 20, 7:00 PM, Ballroom (OC) — LSE111**

**Reserved Section Seating \$18, General admission \$14**  
 Receiving wonderful reviews from residents, Joyous Brass returns to Lincoln Hills, this time performing in the Ballroom. Joyous Brass was formed in the spring of 2001 and is the only British style brass band in the Sacramento region. They will play a

variety of music including original compositions for a brass band, classical transcriptions, gospel, traditional hymns Americana, Broadway show tunes, jazz, and marches. They may even play a few Christmas songs to start off the holiday season.

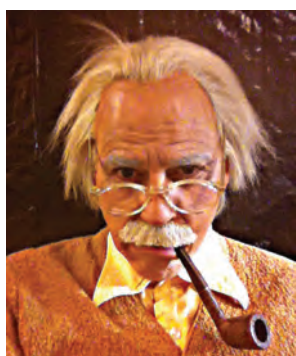


**\*Spencer Day:  
Christmas with You  
Thursday,  
November 29,  
7:00 PM, P-Hall (KS)  
— LSE138**

**Reserved Seating \$24**  
Popular singer-song-writer Spencer Day

comes back to Lincoln Hills for a return appearance to celebrate the season with an all-new Holiday Show including his own hit holiday recording "Christmas with You." His program combines contemporary favorites, holiday classics, and his trademark original songs. Spencer has headlined venues as diverse as Birdland in New York, The Hollywood Bowl, Feinstein's at The Nikko in San Francisco and more. He has been featured on national television on The Late, Late Show with Craig Ferguson, and topped bills internationally in England, Japan, Australia, and Mexico. Save \$1 off \$4 or more at KS Café on show night.

—Show—



**Duffy Hudson Presents  
The Relativity of  
Albert Einstein  
Thursday, October 11,  
7:00 PM, P-Hall (KS)  
— LSE130**

**Reserved seating \$12.**  
Broadway and film veteran Duffy Hudson returns with his unique one-man show, The Relativity of Albert

Einstein. Imagine Albert Einstein explaining the Theory of Relativity in a fun, exciting way, without mathematics or knowledge of physics. Learn about his life, humor, time travel, the Speed of Light and what is  $E=MC^2$  anyway? This show will excite anyone who is interested in looking at the Universe with new eyes. It will be a blast! Save \$1 off \$4 or more at KS Café on show night.

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or online at SCLHResidents.com

\*Indicates new trip on sale September 17

### Featured Trip



**\*Ballroom Dance Competition  
San Francisco Open**  
Sunday, April 7, 2019 to Monday, April 8, 2019  
— **LST179**

**\$290 per person double occupancy. \$397 single**  
Join Katrina, your Trip Coordinator, and the Ballroom Dance club as we venture to the Marriott Waterfront Hotel in Burlingame for the San Francisco Open Dancesports Championships. Enjoy a day of pro-am, college & amateur dance events leading up to the grand finale in the evening including pro/am, amateur and professionals. Seating at round tables in main ballroom for finals. If you like "Dancing with the Stars," you'll love this event! Includes stay at the Marriott, admission to all dance events, portorage and driver gratuity. Meals on your own. Wheels roll from OC at 9:30 AM, return to LH, ~ 12:00 PM. *A signed liability waiver is required for each participant.* **Early registration is requested due to vendor deadlines.**

### Day Trips

—Casino/Races—

**Great Italian Festival—Silver Legacy**  
Saturday, October 6 — **LST162**  
**\$37**

Celebrate the food, culture, music, and traditions of Italy with the Great Italian Festival in Reno.

Event highlights include the Grape Stomp, Sauce Cookers Competition, a Wine Walk, an Italian Farmers Market, Bocce Ball and more! You will have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$5 food coupon. Wheels roll from OC at 8:00 AM; return ~ 6:30 PM.

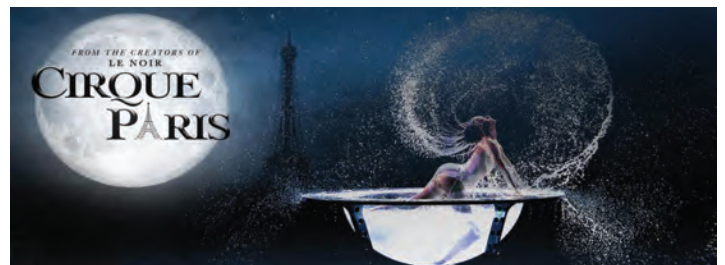


**CACHE CREEK**  
CASINO RESORT

**\*Cache Creek Casino**  
Wednesday, November 28 — **LST182**  
**\$27**

We are returning by popular request to Cache Creek Casino just outside the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure to bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to receive an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Spend four hours at the casino. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM.

—Performances—



**The Illusionists Present Cirque Paris**  
at Eldorado Reno  
Tuesday, October 23 — **LST169**  
**\$95**

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**Two Dates!**  
**Beach Blanket Babylon Holiday Edition**  
**Wednesday, December 12 — LST131**  
**Or Thursday December 13 — LST132**  
**\$110**

It's never too early to start planning your holiday events! Due to vendor deadlines, it's time to register for the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs. This year all seats are located on the floor in the middle section. Both trips depart at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. \*Dinner on your own before the show. Return ~ 12:00 AM. \*Reservations highly recommended for dinner, restaurant list is available at time of registration. For more information on the show, check <https://beachblanketbabylon.com>.



**Miss Saigon**  
**Orpheum**  
**Theater,**  
**San Francisco**  
**Wednesday,**  
**October 24 —**  
**LST166**  
**\$152**

Experience the acclaimed new

production of the legendary musical **MISS SAIGON**. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast, and a soaring score, this is a theatrical event you will never forget. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM.



**The Ten Tenors –**  
**Home for the Holidays**  
**Harris Center for**  
**the Arts, Folsom**  
**Thursday, November 29**  
**— LST175**  
**\$98**

It's the most wonderful time of the year, and what better way to celebrate the holiday season than with the international

singing sensation The Ten Tenors. They are known the world over for their unmistakable charm, and vocal power. Join Australia's rock stars of the opera as they amaze and enthrall with their unique selection of traditional and contemporary favorites. With soaring versions of "Joy to the World," "Sleigh Ride," "White Christmas" and many more. Matinee show with Parterre Floor Seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



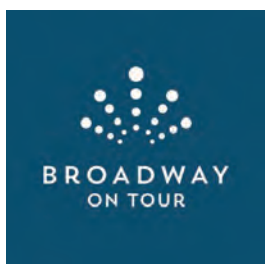
**2018/2019 Speaker Series –**  
**Sacramento Community**  
**Center Theater**

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a

broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points and seating choices. Reserved seating choices: Platinum – Front Orchestra seating. Gold – Middle Orchestra and Silver – Rear Orchestra. The bronze option is open seating in the second tier. Wheels roll from OC at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Price options and phenomenal speakers listed below.

\$618 Platinum Seating — **Sold Out**  
 \$558 Gold Seating — **LST145**  
 \$438 Silver Seating — **LST146**  
 \$342 Bronze Seating — **LST147**

Leon Panetta – Wednesday, September 26  
 John Cleese – Wednesday, November 14  
 Ian Bremmer – Wednesday, January 16, 2019  
 Diane Keaton – Wednesday, February 20, 2019  
 Marlee Matlin – Wednesday, March 20, 2019  
 Dan Buettner – Wednesday, April 17, 2019



**Broadway on Tour**  
**Sacramento 2018-2019**  
 All Shows \$101 each  
 The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway

shows. All performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**On Your Feet! The Emilio & Gloria Estefan Story**  
 Tuesday, October 30  
 — LST148  
 \$101

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. *On Your Feet!*, takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**Waitress**  
 Wednesday, January 2, 2019  
 — LST149  
 \$101

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (*Brave, Love Song*) a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction by Tony Award® winner Diane Paulus (*Pippin, Finding Neverland*). Inspired

by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker who dreams of leaving her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Don't miss this uplifting musical. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**Falsettos**  
 Tuesday, March 12, 2019  
 — LST150  
 \$101

William Finn and James Lapine's ground-breaking, Tony Award-winning musical returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. *Falsettos* is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. *Falsettos'* story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**CATS**  
 Tuesday, April 2, 2019  
 — LST151  
 Sold Out

Rediscover *Cats* — the beloved Andrew Lloyd Webber musical with breathtaking music, including one of the most treasured songs in musical theater, *Memory*. Winner of seven Tony Awards® including Best Musical. Featuring new sound design, direction, and choreography for a new generation — experience *CATS* for the first time as it begins a new life, or let it thrill you all over again! Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**Disney's Aladdin**  
 Tuesday, May 21, 2019 —  
 LST152  
 \$101

Discover a whole new world at Disney's *Aladdin*; the hit Broadway musical. From the producer of *The Lion King* comes the timeless story of



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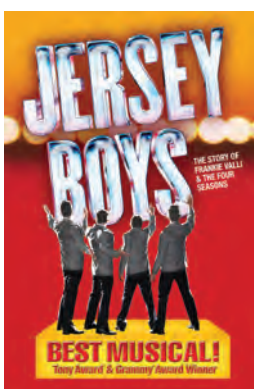
Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!"



**Harris Center for the Arts, Folsom**

We've been able to obtain a few matinee

shows for next season. Seating area listed with each show.



**\*Jersey Boys**  
**Friday, January 25, 2019**  
 — **LST183**  
**\$104**

They were just four guys from Jersey until they sang their very first note. They had a sound nobody had ever heard...and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage, it was a very different story

— a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, JERSEY BOYS. Featuring the legendary hits "Sherry," "Big Girls Don't Cry," and more! Matinee show, rear parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



**\*EVITA**  
**Friday, February 22, 2019**  
 — **LST184**  
**\$104**

Eva Peron enthralled a nation and enchanted the

world. Her story unfolds in *EVITA*; the Tony® Award-winning Best Musical, a high flying theatrical experience adored the world over. Tim Rice and Andrew Lloyd Webber's groundbreaking musical captures the rise and fall of one of the world's most glamorous first ladies in this classic Broadway hit. *EVITA* captures musical gold with its Grammy® Award-winning score as it combines Latin music, pop, jazz and musical theatre styles that have captivated audiences for more than 40 years. Matinee show, rear parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



**\*Monty Python's Spamalot**  
**Friday, March 22, 2019**  
 — **LST185**  
**\$97**

This outrageous musical comedy is lovingly ripped off from the film classic *Monty Python and the Holy Grail* with a book by Eric

Idle and music and lyrics by the Grammy Award-winning team of Mr. Idle and John Du Prez, *Spamalot* tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up *SPAMALOT!* Matinee show, front parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



**\*Menopause the Musical!**  
**Friday, May 10, 2019**  
 — **LST186**  
**\$86**

The much-loved parody returns! Set in a department store, four women with

seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats and chocolate binges. Set to familiar tunes from the '60s to the '80s, "it's a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age. Matinee Show, center orchestra seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.

**Folsom Lake College Speaker Series**  
**Harris Center for the Arts, Folsom**

All speakers sold individually. Middle front Orchestra seating. Pricing below.



**\*An Evening with Ron Paul**  
**Tuesday, March 12, 2019**  
 — **LST187**  
**\$89**

Dr. Ron Paul ran for President of the United States three times — as the Libertarian Party candidate in 1988 and a



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Republican Party candidate on 2008 and 2012, at which time he received 190 delegate votes at the Republican Convention. Serving in Congress during the 1970-80s, he served on the House Banking Committee, where he was an outspoken critic of the Federal Reserve's inflationary measures. He left Congress voluntarily in 1984 to return to his medical practice. He returned in 1997, serving on the House Financial Services and Foreign Affairs Committees. He is also the author of several best-selling books. Wheels roll from OC at 6:00 PM, return ~ 9:45 PM.



**\*Susan Stamberg –  
Considering All Things  
Tuesday, April 9, 2019  
— LST188  
\$84**

The first woman to anchor a national nightly news program, she has won every major award in broadcasting and has been inducted into both the Broadcasting and Radio Hall(s) of Fame. For 14 years, Susan Stamberg co-hosted National Public Radio's All Things Considered. Now a guest host on NPR, Stamberg is well-known for her conversational style, intelligence, and knack for finding the interesting story. Her thousands of interviews include conversations with Laura Bush, Rosa Parks, Luciano Pavarotti, Stephen Sondheim, and Billy Joel. Wheels roll from OC at 6:00 PM, return ~ 9:45 PM.



**\*In Conversation with  
Danny Glover  
Monday, April 29, 2019  
— LST189  
\$91**

Harris Center welcomes actor, producer, and humanitarian Danny Glover to Stage One in a moderated lecture. A commanding presence on screen, stage, and television for more than 25 years, his film credits range from the blockbuster Lethal Weapon franchise to the Oscar-nominated hit Dreamgirls, to smaller independent features — some of which Glover also produced. The son of civil rights activists, he has gained respect and renowned for his wide-reaching community activism and philanthropic efforts, and currently serves as UNICEF Ambassador. Wheels roll from OC at 6:00 PM, return ~ 9:45 PM.

—Tours/Leisure—



**California Capital Airshow  
Sunday, September 23 — LST156  
\$123**

Celebrate 100 years of Mather Airport and see the Air Force Thunderbirds and more at the California Capital Air Show. Included is all day access to the Flight Line Club large chalet tent near the airshow center with buffet, soft beverages and reserved table seating in the tent. Outside seating also available. Front bus drop off, golf cart service for mobility impaired, and private restrooms for chalet guests only. Don't miss this spectacular airshow. (Fleetweek will not be offered this year). Buffet menu available at Lifestyle Desks or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM.



**Fall Wine Harvest! Kendall-  
Jackson Wine Center & La  
Crema Estate, Sonoma Valley  
Tuesday, September 25  
— LST167  
Sold Out**

Kendall-Jackson Wine Center in Sonoma County for a Fall Harvest tour & tasting! Along with a stop at the new La Crema Estate at Saralee's Vineyard in Windsor! The trip includes a gourmet customized box lunch from Meridians that complement our wine tasting. Free time in the lovely town of Healdsburg for happy hour/dinner on your own afterward. Box lunch choices: *Grilled Chicken on Focaccia or Roast Beef and Roasted Red-Pepper on Ciabatta, or Vegetarian Wrap, and includes, seedless grapes, crackers, assorted cheeses, a triple-chocolate cookie, with bottled water.* Wheels roll from OC at 8:00 AM; return ~ 8:45 PM. All tour, tasting fees, lunch, and driver tips included. Trip limited to 47.



**Two dates to choose from!  
Apple Hill  
Tuesday, October 9 — LST171  
Monday, October 29 — LST172  
\$68**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an included hot lunch at The Pie House Restaurant in a reserved area. Lunch menu: *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode and beverage.* (Vegetarian selection

available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill with included stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you'll be given an Apple Fritter and a bottle of water. Wheels roll from OC at 9:00 AM, return ~ 6:00 PM.



**QuiltFest**  
**Thursday, October 11**  
 — **LST170**  
**\$69 (Includes admission)**

In cooperation with the Needle Arts Group, we will be going to The Pacific International Quilt Festival held at the Santa Clara Convention Center. This quilt show is the largest on the west coast. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures. Meals on your own. We will stay until the close of the show. For additional information check the website at [www.quiltfest.com](http://www.quiltfest.com). Wheels roll from OC at 9:00 AM, return ~ 9:45 PM. Dinner in Santa Clara and a rest stop on the way to show.



**Ferry to San Francisco—  
 Fisherman's Wharf**  
**Monday, October 15**  
 — **LST173**  
**Sold Out**

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy some time on your own to explore the Ferry Building, shopping and/or lunch. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on the return trip.



**Scrapbook and  
 Stamp Expo**  
**Friday, October 19**  
 — **LST163**  
**\$40 (Includes admission)**  
 Whether you're just starting out, or an ex-

perienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC at 7:30 AM, return ~ 4:15 PM.



**\*Olive Crush Festival  
 & Wine Tasting –  
 Séka Hills**  
**Sunday, October 28**  
 — **LST190**  
**\$41**

We are returning to the annual Olive Crush Festival at Séka Hills Olive Mill in Brooks near Cache Creek. This fall day will be filled with celebration of the olive crush with live music, food vendors, and more! Enjoy our own private mill tour. There will also be a private tractor drawn wagon farm tour (*subject to weather*) prior to the start of the event. Sample freshly pressed olive oil fresh from the mill! Taste balsamic vinegars, honey, and nuts. Wine tasting included! Lunch on your own, Wheels roll from OC at 8:15 AM; return ~ 3:15 PM.



**\*Computer History  
 & Intel Museums,  
 Silicon Valley**  
**Saturday,  
 November 3**  
 — **LST180**  
**\$73**

In cooperation with the Computer Club, discover the Computer History Museum and Intel Museum in Silicon Valley. Sit in a Waymo self-driving car, experience classic computing, try your hand at coding, and discover 2,000 years of computer history. At Intel Museum, go behind the scenes and see what it's like inside an ultra-clean, highly automated silicon chip factory and connect with technologies that give us new ways to work, learn, play, and communicate. Lunch on own at Computer History Museum or bring your own. Rest stops both ways of the trip. Includes admission and gratuity. Wheels roll from OC 7:45 AM, return ~ 6:30 PM.

—Overnight—



**Four Days,  
three nights!**  
\*The Ramona  
Pageant and  
Huntington  
Library and  
Gardens

**Saturday, May 4 - Tuesday, May 7, 2019 — LST178  
\$657 per person double occupancy; \$945 single**

Join Katrina, your Trip Coordinator, as we see America's longest running outdoor drama "The Ramona Pageant" California's Official outdoor play based on the story by Helen Hunt Jackson. Discover the romance of the mission days in an amphitheater that uses the whole mountain as it's stage and a cast of over 350! Enjoy a docent-led spring tour at The Huntington Library, art collection and gardens in Pasadena.

This excellent trip includes:

- Two-night stay at the Ayres Hotel & Spa, Moreno Valley
- Ramona Pageant admission and lower level seating, complimentary seat cushion rental and souvenir program.
- Ranch Hand BBQ lunch at the Ramona Pageant
- Admission and docent-led tour at The Huntington
- One night stay at Embassy Suites, Valencia with a complimentary evening reception
- Daily hot buffet breakfast at both hotels
- Lunch at Harris Ranch
- Lunch at Pea Soup Andersen's
- Gratuities for the bus driver and included meals
- Total meals included: three breakfasts, three lunches

Wheels roll from OC 8:00 AM, Saturday, May 4 return Tuesday, May 7 ~ 6:15 PM. A *signed liability waiver is required for each participant*. Trip insurance highly recommended. Trip insurance providers list from the US State Department and menu are available at the Lifestyle Desks or view online. **Early registration is requested due to vendor deadlines.**

**Sold Out Trips**

Trip • Date • Departure Time

List below shows trips through October

- Giants vs. Dodgers  
Sunday, September 30 • 8:15 AM
- Old Sacramento Underground Tour  
Thursday, October 18 • 8:30 AM



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



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

**\*Indicates new class on sale September 17**

## Classes

### Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-session. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first served basis with in-person enrollment allowed only on the day of the class. Students must receive written permission from the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

## Art

### —Announcement—



### Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop by the Fine

Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.



### \*Abstract Art Workshop Mondays, October 1 & 8 — LSC1057

1:30 to 4:00 PM (OC). \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept to finished painting through live demonstrations and discussions.

Demystify and add texture and life to an abstract piece. Participants will compose and create a unique design with your individually selected color palette rich in color, interesting texture, value contrast, and balance of positive and negative space. This workshop will focus on creating watercolor abstracts, but participants may work in acrylic or pastel. Bring own supplies. Some painting experience helpful. For questions or recommendations on materials, please contact Faye August at 916-209-3643 or watercolorist55@gmail.com.

### —Drawing—



### \*Mixed Media Art Journaling Tuesday, October 9 & 23 — LSC902

9:00 AM to 12:00 PM (OC). \$45 (two sessions) plus \$5 supply fee paid to the instructor. Instructor: *Kerry Dahlin*. A variety of media will be used as we "play" on the pages of our art journals. Learn

how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

### —Oils, Pastels & Acrylics—



### \*Oil and Acrylic Painting: Beginner/Refresher Wednesdays, October 3-31 — LSC966

1:30 to 4:00 PM (OC). \$65 (five sessions). Instructor: *Marilyn Rose*. Have you always wanted to try painting in oil or acrylic or

want a refresher? Start with exercises in basic color mixing and brush and paint handling. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in for students who have completed one month. PAINT — \$17 per session.





**\*Oil and Acrylic Painting:  
Intermediate/Advanced  
Wednesdays, October 3-31  
— LSC957**

9:00 to 11:30 AM (OC). \$65 (five sessions). Instructor: *Marilyn Rose*. Have you painted in the past and want to get back into it? Do you paint now and want some

congenial company and tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Sip and Paint: “Golden Gate Bridge”  
Friday, September 28  
— LSC913**

**\*Or “Swan in Flight”  
October 26 — LSC915**

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. 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, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, 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](http://www.unniart.com).

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## —Pastels &amp; Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- **\*Watercolor Class**  
Wednesdays, October 3-31 — **LSC663**  
5:30 to 8:30 PM (OC).  
\$75 (five sessions).  
Instructor: *Michael Mikolon*
- **\*Pastel and Watercolor Combo Class**  
Thursdays, October 4-25 — **LSC645**  
1:00 to 4:00 PM (OC).  
\$60 (four sessions).  
Instructor: *Michael Mikolon*

**\*Watercolor Step-by-Step**

**Mondays, October 1-29 — LSC622**

9:30 AM to 12:00 PM (OC). \$75 (five sessions). Instructor: *Michael Mikolon*. This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. Supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

## Ceramics

## —Pottery—

**\*Beginning/Intermediate Ceramics**

**Tuesdays, October 2-30 — LSC687**  
1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Jim Alvis*. 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 instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.

**\*Advanced Ceramics**

**Tuesdays, October 2-30**  
— **LSC790**  
9:00 AM to 12:30 PM (OC). \$67.50 (five sessions). Instructor: *Jim Alvis*. This

class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.

**\*Intro to Ceramics with Taylor**

**Thursdays, October 4-25 — LSC1753**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. A beginner's course in ceramics for those with no experience or those wishing to freshen up former passions. This class covers the basics of hand built and wheel thrown ceramics. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. New students will receive a materials list and clay on their first day to help them start their first piece.

**\*Advanced Ceramics with Taylor**

**Thursdays, October 4-25**  
— **LSC815**  
1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. This class is for intermediate and

advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and functional approaches to handbuilt and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further develop their skills and interests. Some tools are available from the instructor to further help the progression of an art piece.

## Cooking



### Produce with a Purpose September 24 — LSC1755

4:00 to 6:00 PM (KS) \$45.  
Instructor: *Kerin Gould, Ph.D.* Your doctor told you to eat more produce, but who has the time, or

inspiration? This class features nutritional information about foods for fighting cancer, diabetes, and other chronic illness. Plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to take home. *About the Instructor:* Kerin Gould, Ph.D. studied natural health but learned more while helping her father fight cancer. She owns a small farm and writes a column for the local newspaper. For more information see <http://producewithapurpose.wordpress.com>. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.

## Crafts

### —Card Making—



### \*Intro to Card Making— Level 1 Fridays, October 5-26 — LSC1792

9:00 AM to 12:00 PM (KS). \$30 (three sessions, No class October 19). Instructor: *Dottie Macken*. 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 and/or projects 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. October 3 - last day to register.



### \*Card Making Level 2 — Intermediate Mondays, October 8-22 — LSC868

9:00 AM to 12:00 PM (KS). \$30 (three sessions).  
Instructor: *Dottie Macken*. Prerequisite:

Completion of at least four sessions of Intro to

Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. October 5 – last day to register.



### \*Card Making Level 3 — Intermediate/Advanced Wednesdays, October 10-24 — LSC879 9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*. Prerequisite:

This class will build on your skills from Level 2 and offers more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. October 8 – last day to register.

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## Dance

## —Clogging—

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**\*Beginning Clogging**  
Tuesdays, October 2-30  
— LSC980

10:00 to 11:00 AM (KS). \$35 (five sessions). Instructor: **Janice Hanzel**. Start a new passion! Join this new beginners class, a low impact, revamped foundation and

fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

**\*Easy-to-Intermediate Clogging**  
Tuesdays, October 2-30 — LSC616

11:00 AM to 12:00 PM (KS). \$35 (five sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

**\*Intermediate Plus Clogging**  
Tuesdays, October 2-30 — LSC1793

12:00 to 1:00 PM (KS). \$35 (five sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

## —Country Western Dancing—



**\*Country Couples**  
Western Dance  
Beginner Level 1 & 2  
Mondays, October 1-22  
— LSC649

7:00 to 8:00 PM (KS). \$24 four sessions). Instructors: **Jim & Jeanie Keener**. 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.

**\*Country Couples Western Dance**  
Beginner/Intermediate Level 3 & 4  
Mondays, October 1-22 — LSC809

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "A Love Worth Waiting for and River City Cha Cha."



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**\*Country Line Dancing****Fridays, October 5-26 — LSC700**

3:00 to 4:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

**—Hula—**

**\*Hula Intermediate**  
**Thursdays, October 4-25**  
**— LSC1018**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical

and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students. Vacation drop-in: HULA — \$14 per session.

**—Jazz—****\*Jazz Class for the Beginner****Thursdays, October 4-25 — LSC668**

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

**\*Jazz Performance****Tuesdays, October 2-30 — LSC758**

1:00 to 2:00 PM (KS). \$40 (five sessions). Instructor: *Melanie Greenwood*. 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. Vacation drop-in: JAZZ2 — \$13 per session.



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## —Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that best fits your needs. Below are the instructors and classes listed in order of difficulty.

Students brand new to line dancing are suggested to start with the Intro to Line dance class. The next eight-week Intro class will start in November.

**Line Dance—Easy Beginner**

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level.

The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **\*Thursdays, October 4-25 — LSC744**  
10:00 to 11:00 AM (KS).  
\$24 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Fridays, October 5-26 — LSC998**  
2:00 to 3:00 PM (KS).  
\$24 (four sessions).  
Instructor: *Sandy Gard o*

**Line Dance—Beginner**

**Prerequisite:** This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **\*Mondays, October 1-29 — LSC730**  
9:00 to 10:00 AM (KS).  
\$30 (five sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Thursdays, October 11-25 — LSC1798**  
2:30 to 3:30 PM (KS).  
\$18 (three sessions).  
Instructor: *Audrey Fish*

**Line Dance—High Beginner/Improver Class**

This level is a great way to help experienced beginners improve their skills and learn more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will be taught reflecting different timing and styling. High Beginner/Improver dances will be taught, at the teacher's discretion.

- **\*Mondays, October 1-29 — LSC919**  
5:00 to 6:00 PM (KS).  
\$30 (five sessions).  
Instructor: *Audrey Fish*
- **\*Wednesdays, October 3-31 — LSC670**  
9:00 to 10:00 AM (KS).  
\$30 (five sessions).  
Instructor: *Sandy Gard o*

**Line Dance—Easy Intermediate Class**

**Prerequisite:** The dances taught in this class are more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **\*Wednesdays, October 3-31 — LSC680**  
10:00 to 11:00 AM (KS).  
\$30 (five sessions).  
Instructor: *Sandy Gard o*

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**Line Dance—Intermediate/Advanced Class**

Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. 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!

- **\*Thursdays, October 11-25 — LSC1803**  
3:30 to 4:30 PM (KS).  
\$18 (three sessions).  
Instructor: *Audrey Fish*

**Line Dance Instructors**

• **Audrey Fish**

Audrey has been teaching at Lincoln Hills since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



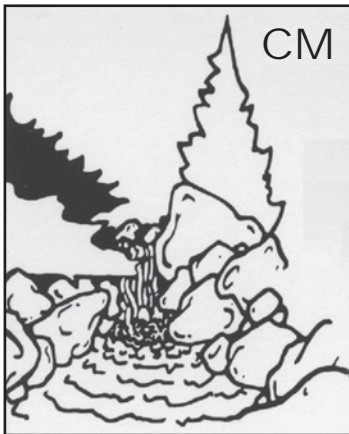
• **Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. \*Vacation Drop-in offered for all her classes - \$10.



• **Yvonne Krause-Schenck**

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

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**\*New Workshop  
Line Dance to the  
Motown Sound!  
Thursday, October 18 — LSC1802**  
6:00 to 8:00 PM (KS) \$10 Instructor:  
**Anna Woods.** Join this fun and  
energetic class perfect for men and  
women beginners. After many  
requests from residents, Anna is

sharing her dance floor moves. Learn synchronized dance moves in a line dance setting on popular Motown sounds. The class will encourage students to express themselves freely and adapt the moves to pop music. *About the Instructor:* Anna has experience in jazz, ballet, modern, and Bellydance. Her professional career as a dancer has had her performing throughout the country including Harrahs Tahoe and Reno, Washington DC, Los Angeles and Chicago.

### —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, October 1-29 — LSC783**

11:00 to 12:00 PM (KS). \$45 (five sessions). Instructor: **Alyson Meador.** If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham."

#### Technique

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

- **\*Tuesdays, October 2-30 — LSC823**  
10:00 to 11:00 AM (KS). \$36 (four sessions).

- **\*Thursdays, October 4-25 — LSC807**  
10:00 to 11:00 AM (KS). \$36 (four sessions).
- **\*Mondays, October 1-29 — LSC764**  
10:00 to 11:00 AM (KS). \$45 (five sessions).

### —West Coast Swing—



**\*West Coast Swing  
Introductions/Beginner  
Wednesdays, October 10-24  
— LSC1795**

7:30 to 8:30 PM (KS). \$30  
(three sessions). Instructor:  
**Dottie Macken.** Learn the  
basics of this great dance from

WCS Instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. Partners suggested – this class is for beginners.

**\*Intermediate West Coast Swing  
Wednesdays, October 10-24 — LSC1274**

6:00 to 7:30 PM (KS). \$30 (three sessions). Instructor: **Dotie Macken.** **Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an intermediate to advance level. This three-week session will be a time for us to review our WCS dancing and patterns. Partners suggested, the class is not for beginners.

### Glass Art

**\*Stained Glass  
Mondays, October 1-22  
— LSC829**

1:00 to 4:00 PM (KS). \$58  
(four sessions). Supply fee: \$10  
payable to instructor.  
Instructor: **Jim Fernandez.**  
Requirements: No open toe  
shoes. You will learn the  
technique of cutting glass,  
foiling and soldering along



with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 28 years of stained glass experience.

## Music

### —Guitar—



#### **New! \*Beginning Guitar** Mondays, October 1-29 — LSC1796

8:00 to 9:30 AM (OC). \$45 (four sessions, No class October 8). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read music notation for melody as well as strum chords using nylon

or steel string acoustic guitars using a pick. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

#### **\*World Music for Guitar** Intermediate Class

Wednesdays, October 3-31 — LSC1797

8:00 to 9:30 AM (KS). \$45 (four sessions, No class October 10). Instructor: *Jon Gowin*. **Prerequisite:** Able to read standard notation for the guitar in at least the first position; for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, fresh and exciting experience for students. Get ready to learn very old folk melodies from Eastern and Western Europe, Africa, South America, Mexico, Asia, the Middle East, Greece, and America; all in single line melodies. Some of these tunes are written in challenging time and key signatures.



#### **\*Folk Guitar for Fun Folks 101** Beginner Class Tuesdays, October 2-30 — LSC930

1:00 to 2:00 PM (KS). \$45 (five sessions, Substitute October 16 Art Morgan). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to

familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.

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## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

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Certified Public Accountant  
(916) 771-4134



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**\*Folk Guitar for Fun Folks 102 Intermediate Class**  
**Tuesdays, October 2-30 — LSC938**  
 2:00 to 3:00 PM (KS). \$45 (five sessions, Substitute October 16

Art Morgan). Instructor: *Darrell Effinger*. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various 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 pre-requisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

—Music History—



**\*The History of Rock and Roll, Part 2**  
**Wednesdays, September 26 – October 17 — LSC1717**  
 1:00 to 3:00 PM (KS). Instructor: *Ray Ashton*. \$30 (four sessions). Continue the journey into the History of Rock and Roll following the “Day the Music Died.” Rock has been left for dead and finds rebirth in the most unlikely places: the Motor

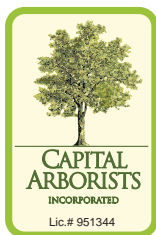
City, the beaches of Southern California, and the poor port city on England’s West Coast. The second generation of rock will rewrite the musical rules to take it to even greater heights. Discover a turbulent time, a protest movement, the fab four, and a young Robert Zimmerman, whose poetry moved a generation and changed the nature of rock lyrics forever.



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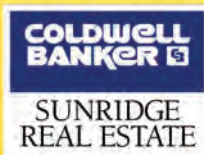
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## Personal Improvement



**Two-day class!**  
**AARP Driver Safety Training**  
**Wednesday & Thursday,**  
**November 14 & 15**  
**— LSC747**

9:00 AM to 1:00 PM (OC).  
 Fee \$25 (AARP member)

or \$30 (non-member). Instructor: *Tom McMahon*. This class is geared to the “over 50” driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver’s license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver’s test.

## Sewing

—Certification—



### Sewing Certification

Let’s get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association offers

Certification classes for Bernina Serger, Bernina Sewing Machine, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at [sfeldmans@gmail.com](mailto:sfeldmans@gmail.com) or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

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**\*Mystery Quilt  
"Mystery at the Ranch II"  
Fridays, October 12-19  
— LSC1791**

1:00 to 4:00 PM (OC). \$45 (two sessions). Supply Fee: \$10 payable to instructor. Instructor: *Be y*

*Kisbey*. **Prerequisite:** Must be able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. Join the fun of making a quilt while solving a mystery! You will be given only fabric and cutting requirements at registration. Pieces of the design will be given to you in steps throughout the class; the final quilt design will not be revealed until the end of the class. Note: Be sure to get the pattern requirements and the supply sheet at registration. "Mystery at the Ranch II". You are required to have your fabric chosen and cut before class.

## Technology

—PC—



**\*Tips and Tricks for  
Beginning PC Users  
Friday, October 5 — LSC1799**

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. **Pre-requisites:** Basic computer skills and comfortable using an Internet browser. Learn all essential Windows techniques

like cutting, pasting, downloading files and more. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Lessons learned in this class will make your computer experience more pleasurable. Please bring a flash drive.

**\*More Tips and Tricks for Beginning PC Users  
Friday, October 12 — LSC1800**

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. **Prerequisites:** Basic computer skills. Learn over 50 additional PC tips and tricks that were not covered in the first session of "Tips & Tricks for Beginning PC Users." Students not required to have attended the first Tips & Tricks Class. Tips and tricks will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

### Windows 10 Basics

**Tuesday & Wednesday, October 23 & 24 — LSC1805**

1:00 to 3:30 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: *Rita Wronkiewicz*. New to

Windows 10? Need to get more confidence to use the program with its new format and features? Rita will show you the basics and how to set up your Windows 10 for your optimum use. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets/Mac—



**iPhone Basics Workshop  
Wednesday, October 10  
— LSC1801**

9:00AM to 12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: *Andy Petro*. **Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X; and

must be on iOS 11.4 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone and get the most out of it? Then this class is for you. Questions call Andy at 916-474-1544.

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## October

**22**

Zumba with Summer - 9:00am (OC)

**23**

Yoga with Cynthia - 1:30pm (OC)  
Healthy Living - 3:00pm (OC)

**24**

Walk with us! OC to KS - 9:30am (FREE)  
Strength & Flexibility with Gretchen - 10:30am (KS)

**25**

Step with Kim - 8:00am (OC)

**26**

Zumba Gold with Joanie - 8:30am (KS)

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### WellFit Orientations

#### Free Orientation: WellFit Staff

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

- **Wednesday, September 26**  
2:00 to 3:00 PM, Fitness Floor (OC)
- **Thursday, October 11**  
2:00 to 3:00 PM, Fitness Floor (OC)
- **Wednesday, October 17**  
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, September 25**  
4:00 to 5:00 PM, Fitness Floor (KS)
- **Tuesday, October 9**  
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, October 23**  
4:00 to 5:00 PM, Fitness Floor (KS)

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

#### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions

from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



#### Nutrition Services

**Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP**  
Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three-month nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body.
- **Six hours of personalized nutrition consulting including a two-hour initial assessment.**
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price). A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

### Disease Prevention & Management Session-Based Classes

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



#### Arthritis

**Tuesdays, October 2-23**  
**Wednesdays, October 3-24**  
**Thursdays, October 4-25**  
**Fridays, October 5-26**

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC) \$36 (four sessions).

Instructor: *Linda Hunter*. This class is designed

for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option.

## Lessons

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



### Nordic Pole Walking Tuesday & Wednesday, October 23 & 24

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: *Dr. Richard Del Balso*. Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine.

After just two 90-minute sessions, 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 high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.



### Tennis Lessons Sundays, September 23 – October 28

**Beginner:** 8:00 to 8:50 AM  
**Intermediate:** 9:00 to 9:50 AM  
**Advanced:** 10:00 to 10:50 AM

Courts #10/11. \$75 (six sessions). Instructor: *Mike Gardetto*. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks.

## Mindful Movement

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



### New! Three Introductions to Hypnosis – Take One or All Three!

**Thursday, October 4 –  
Intro to Hypnosis and Inner Peace**  
**Thursday, October 11 –  
Intro to Hypnosis and Joy**  
**Thursday, October 18 –  
Intro to Hypnosis to Improve Your Game**

9:30 to 11:30 AM, Multipurpose Room (OC) \$30 per class. Instructor: *Kelley Moreno*. In all of these classes, you may experience your own personal shifts. From creating more relaxation, peace, and joy in your life to improving any game or skill you'd like to be better at. These classes are full of fun and lightheartedness as we take part in group activities as well as watch one on one demonstrations. Sign up for one class, or compound your results when you take more than one.



### New! Pay Attention Thursdays, October 4-25

10:30 to 11:30 AM, Multimedia Room (OC) (four sessions) \$60. Instructor: *Michelle Jamieson*. Focused attention involves holding one's attention on a chosen object. Practicing focused attention helps to develop the skills of recognizing

distractions, disengaging from distractions, and re-focusing. Resting attention on one thing can also calm the mind and body, leading to great contentment and joy in life.



### Establishing a Meditation Practice Thursdays, October 4-25

9:30 to 10:30 AM,  
Multimedia Room  
(OC) (four sessions)  
\$60. Instructor:

**Michelle Jamieson.** The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



### Tai Chi Qigong L1 Tuesdays, October 2-30

1:00 to 2:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong.** Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through

the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system.

### Tai Chi Qigong L2 Tuesdays, October 2-30

2:00 to 3:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong.** This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

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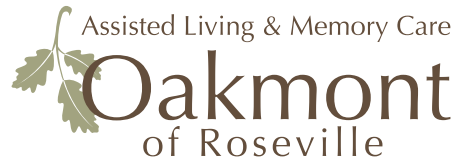
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## Money Matters

*Classes that encourage a healthy state of well-being while preparing financially for the future. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

### Making Your Savings Last Through Retirement with Russ Abbott Tuesday, September 25

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abb**. Saving money is difficult enough, let alone making it last through your retirement years. For most retirees, they will experience many more bear markets/recessions, interest rates falling then rising, and significant world economic events. Come to this very informative and important class to learn how to make your savings last through any type of environment ahead. Investments for both income and growth will be covered as well as protective strategies a retiree can employ to get through any market conditions.

### Analyzing the Markets for the Remainder of 2018 and into 2019 with Russ Abbott Tuesday, October 23

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abb**. 2018 has truly been an interesting investing year. Starting with an early rally in January, preceded by a 14 month period of unprecedented gains, the markets have backed off and are still below their all-time high as of late summer. Come learn what could happen as the year ends and how to best position your portfolio for 2019. The possibility of recession and how to forecast this phenomenon will be discussed.

## Nutrition

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



### Back in November! Re-Start—Your Health in Just Five Weeks

1:00 to 2:30 PM, Multi-purpose Room (OC). \$129 (5 sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

## Personal Improvement

*The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*



### Beginning Sudoku Tuesday, October 23

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategies will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.



### New! Brain Gain™ Wednesday, October 24

10:00 AM to 12:00 PM, Multi-media Room (OC) \$25. Instructor: **Dr. Alice Jacobs**. Come experience "Neurobic" fun interactive brain exercises that give your

brain a creative workout beyond crossword puzzles and Sudoku. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups as you complete and discuss the brain exercises. You'll be surprised by what a good brain workout you'll get –without a drop of sweat.

### Let's Talk About Advanced Health Care Directives Friday, October 19

9:00 AM to 12:00 PM, Gables (OC) \$30. Instructor: **Marcia VanWagner**. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose

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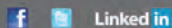


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an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? What is the End of Life Option Act? This interactive class will explore all these questions with handouts and resource materials.



### Getting Your Stuff Together: Organizing Your Estate Wednesday and Thursday, October 10 & 11

9:00 AM to 12:00 PM,  
Gables (OC) \$30 plus \$25  
material fee paid to instructor

on first class. Instructor: **Marcia VanWagner**. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. Learn how to organize and preserve your papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™.

## Pilates Reformers and Towers

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

### Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. Our Reformer packages are as follows:

**Four-class membership package \$80 per month**

**Eight-class membership package \$135 per month**

**Add-on classes for member \$17 per class**

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session. These packages are not available online. Private Reformer Training is available. See class grid on page 102 for a complete listing of Pilates Reformer classes.

### Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and

answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers. The trainer will call you to set up an appointment.

## Private Reformer Training

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

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$54.

- **Buddy Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

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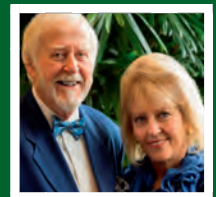
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 Fitness Coordinator  
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## Personal and Clinical Training

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

### Training Services

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

## Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill up quickly; please register at least seven days prior to class start date, no refunds. Participants must register prior to class start date. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new

SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.



### SGT—Parkinson's Indoor Cycling Wednesdays, October 3-31

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

### SGT—ParkinsonWise Combo Fridays, October 5-26

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

### SGT—ParkinsonWise Thursdays, October 4-25

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



**SGT—Fit 101 at Kilaga Springs L1**  
Mondays & Wednesdays,  
October 1-24

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Kayla McCusker*. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class

and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

**SGT—Fit 101 at Orchard Creek L1**  
Tuesdays & Thursdays, October 2-25

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *tbd*. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



**SGT—'Fun'ctional Fitness L3**  
Tuesdays & Thursdays,  
October 11-November 6

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Join us for a fun-filled class which incorporates strength training and high-intensity interval

training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



**SGT—Progressive Bootcamp L2/3**  
Mondays & Wednesdays,  
October 8-31

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. 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. *This class is available for the SGT Drop-in Pass.*



**SGT—Morning Burst Group**  
Training L2  
Mondays & Wednesdays,  
October 1-24

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting.

Discover ways to challenge yourself at your level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

**SGT—TRX L1/2**  
Tuesdays & Thursdays, October 2-30

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions, no class October 23). Instructor: *Kayla McCusker*. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

**SGT—TGIF TRX & More L2**  
Fridays, October 5-26

7:30 to 8:25 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Kayla McCusker*. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

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**New! SGT—Posture, Core and Balance L1/2**  
Mondays & Wednesdays,  
October 8-31

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. 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 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/L2**  
Mondays & Wednesdays, October 8-31

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

**SGT—Half Hour Balance & Fall Prevention L2**  
Mondays & Wednesdays, October 8-31

1:30 to 2:00 PM, OC Track. \$70 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

### Punch Pass Class

Please see the colored grids on pages 102-105 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.

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OC WellFit Class Schedule October 1-31, 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:00 Athletic Stretch L1/3 - <i>Jen</i>		Athletic Stretch L1/3 - <i>Jen</i>				
8:00 Strictly Strength L3- <i>Katie</i>	Step for All L2- <i>Kim</i>	Strictly Strength L3- <i>Jeannette</i>	Step for All L2- <i>Kim</i>			
9:00 Zumba L3 - <i>Summer</i>	Core & Strength L2 - <i>Kim</i>	Zumba L3- <i>Summer</i>	Core & Strength L2- <i>Kim</i>	20/20/20 L3- <i>Gretchen</i>	Yoga Basics L1- <i>Any/Sara</i>	
10:00 Slow Flow Yoga L2/3- <i>Jennifer</i>	Yoga Flow L2 - <i>Ashley</i>	Everybody Can L2- <i>Linda</i>	Yoga Flow L2- <i>Jennifer</i>	Strictly Strength L2 - <i>Valerie</i>	Yin Yoga L2- <i>Sara</i>	
11:00 Piloga L2 - <i>Cynthia</i>	Arthritis L2- <i>Linda</i>	Piloga L2 - <i>Lola</i>	Arthritis L2- <i>Linda</i>	Piloga L2- <i>Lola</i>		All Sunday classes have been moved to Kilağa
12:00 Yoga Stretch L1- <i>Julie</i>		Arthritis L1/2 - <i>Linda</i>	Yoga Stretch L1- <i>Julie</i>	Arthritis L1/2 - <i>Linda</i>		
1:00 Chair with Flair L1 - <i>Julie</i>	12:15-1:15pm iRest Meditation and Yoga L1 - <i>Iram</i>	1:30pm SGT - Half Hour Balance and Fall L1 - <i>Danielle</i>	Chair with Flair L1 - <i>Julie</i>	Basic Chair L1- <i>Linda</i>		
2:00 SGT - Balance & Fall Prevention L1- <i>Danielle</i>	1:30-2:30pm Chair Yoga L1 - <i>Cynthia</i>					
3:00 Healthy Living Exercise L1/2 - <i>Milly</i>	Healthy Living Exercise L1/2 - <i>Milly</i>		Healthy Living Exercise L1/2 - <i>Julie</i>	Activities	SCLH Booking	
4:00 TBA	Activities	TBA				
5:00 TBA			Activities			
5:30 TBA	Core & Strength L3 - <i>Angela</i>	New Time! Core & Strength L3 - <i>Angela</i>	New Time! Core & Strength L3 - <i>Angela</i>			
Group Exercise Classes (punch pass) \$4.50						
Wellness Classes (session based) Small Group Training (session based)						
All classes are subject to change without notice.						
All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule October 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	7:15-8:15am SGT - Morning Bootcamp L2 Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	SGT - TGIF TRX L2 - Koyla		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie S.	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie S.	Strictly Strength L2 - Jeri	10:00am Zumba L3 - Carrie
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Athletic Stretch L2 - Jeri	
11:30	New! SGT - Posture, Core & Balance L1/2 - Danielle		New! SGT - Posture, Core & Balance L1/2 - Danielle		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi L1 - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Pell	Yoga Basics L1 - Cynthia	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			2:00pm Yoga Flow L2 - Ashley
2:30							
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie		SCLH Booking	
5:30		SGT - TRX L1/2 - Koyla		SGT - TRX L1/2 - Koyla			
6:30							
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

**OC Aqua WellFit Class Schedule October 1-31, 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Kayla</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Kayla</i>	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Marla</i>	Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Kayla</i>		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							



## Pilates Reformer WellFit Class Schedule October 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>				Mixed Equipment L1- L2 - <i>Gretchen</i>		
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Nick</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Nick</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>		Mixed Equipment L1- L2- <i>Nick</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
12:00							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
		Reformer Basic+ L1- L2 - <i>Julie</i>		Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.sclhresidents.com](http://www.sclhresidents.com)

Need help? Email:

[help.desk@sclhca.com](mailto:help.desk@sclhca.com)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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Kilaga Springs (916) 408-4013

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**COMPASS**

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Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Woodin (916) 625-4049

[kristy.woodin@sclhca.com](mailto:kristy.woodin@sclhca.com)

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Banquet Sales

(916) 625-4043

**•The Spa at Kilaga Springs•**

(916) 408-4290

Spa Manager

Trudy Smith (916) 408-4071 [trudy.smith@sclhca.com](mailto:trudy.smith@sclhca.com)

Hours

**Orchard Creek & Kilaga Springs Lodges**

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

**Lifestyle Desk (OC/KS)**

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

**Administration Offices & Membership**

Monday-Friday 8:30 AM-5:00 PM

Saturday (first only) 8:00 AM-12:00 PM

**WellFit (OC/KS)**

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

**Kilaga Springs Café**

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

**Meridians Restaurant**

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 7:00 AM-2:00 PM

Catering Office 9:00 AM-5:00 PM

(Tuesday - Saturday)

**The Spa at Kilaga Springs**

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association  
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Library Contact (OC/KS)

Adrian Felice (916) 408-4332

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[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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