

C MPASS

The Official Magazine of Sun City Lincoln Hills

May 2016

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Fund... pages 2, 5 & 12**

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The Spa at Kilaga
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Manager, The Spa at
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On the cover

Lacey Danner, Nail Tech and Esthetician, and Linda Wiegel, try out the new Foot Spa Chair for pedicures at the newly renovated Nail Sanctuary in the Spa at Kilaga Springs. Experience the renovation during the Spa Open House—
 May 26, 3:00-6:00 PM

Board of Directors Report

The Community Enhancement Fund

Denny Valentine, Secretary, SCLH Board of Directors



The action by the Sun City Lincoln Hills Board of Directors taken at its April 28 regular meeting to create a Community Enhancement Fund (CEF) is an important investment in the future of our Community Association. Let me assure you first that the Association's operating and reserve accounts are in excellent shape. A bit of history will shine a brighter light on the need for the CEF, which will create a sum of money available for future capital improvements designed to enhance our community for the ongoing pleasure of our residents and to make it more appealing to prospective buyers.

During the time when Del Webb was developing the community, they were required to pay dues on all the lots in a Village after the first house sold in that Village. This produced a significant amount of revenue in excess of expenditures over the years that it took to build out. In 2006, the Board of Directors placed \$1.5 million of those revenues in a capital improvement fund which was utilized, among other things, to build the maintenance building, expand the Sports Bar, install LED street lighting, improve the Amphitheater, and build the pickleball courts, all of which have saved us money and generated rev-

enue. That money has been spent and, short of a very significant dues increase, the funds are not available to respond to unanticipated needs or add additional enhancements to the community.

The Board unanimously voted to create the CEF and to fund it with a one-dollar-per month dues increase effective January 1, 2017 and a \$1,500 assessment on new home buyers that must be paid within 30 days from close of escrow and will become effective on escrows entered into after June 30, 2016. The CEF monies will be held in a separate account on the statement of operations and the Association's balance sheet. Any expenditures from the CEF will go through the normal process of review by the Properties and Finance Committees, and approval by the Board.

I wish to commend all those who put in hours of work on this project and who were involved in the many open meetings and workshops to inform our residents of what was being considered to gain their input. Many thanks to our Finance and Properties Committees, staff, residents, and my fellow Board members.



Properties Committee members prepare to leave to inspect our Open Space. From left—Paula Horsley (staff); Mike Brown, Michele Hutchinson, Elise Homer, Bill Attwater (Chair), Robert Copp (Finance Committee Liaison), Cesar Orozco (staff), Don De Santis (Board Member)

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Meeting and connecting with residents is important to staff. We like to think that associating a face with a name helps you to be more comfortable asking questions or making suggestions. For the past 17 years your management team has held **New Resident Orientations (NRO)** on a monthly and now bi-monthly basis to welcome new members to the community and provide an overview to our operations and governance structure.

In January, we refreshed the presentations and prepared a short video that quickly provides an overview and is supplemented with a five-minute introduction from each Department Manager, our Neighborhood Watch Executive Director, and beginning this month on May 19, we will add a Board member to our mix. The overview has been shortened from two hours to about 50 minutes followed by a longer meet and greet with other new residents and our staff. Volunteers from Neighborhood Watch provide excellent support and resources by connecting you with your Neighborhood Watch Mail Box Captain who may be able to ease your transition into the neighborhood and help you meet your neighbors.

If you have yet to attend an orientation, you are welcome to join us. Our next bi-monthly NRO is May 19 at 1:00 PM in the Ballroom (OC). The next NRO is Tuesday, July 19, 6:00-7:30 PM in the Ballroom (OC).

If you are finding **the transition into our Del Webb community** difficult and need someone to help you maneuver the various Lifestyle components, please let me know and I will be pleased to connect you with a peer who has interests similar to yours to help show you around and introduce you to others. Remember, it's the people that make this community. Your involvement, energy, interests, and expertise shared with others contribute to the continuing success of our vibrant community. Get involved and meet new people. Live, love, and play! See you in the Lodge.

Don't miss out on reminders and special offers, sign up for the Association



eNews! To register, simply go to the resident website and click on this logo, located mid-way on the right

side of the home page, and complete the registration information.

Calendar of Events

May 15-June 30

Date	Event	Page #
05/16	Astronomy: Two Prof. Neil DeGrasse Tyson DVDs	26
05/16	Genealogy: A Google Power Toolbox for Genealogists	30
05/16	Museum: Old Sacramento Underground/State Capitol	65*
05/17	Food & Beverage Workshop	12
05/17	Videography: "Bring Your Video Device"	38
05/17	Forum: The 1873 Modoc War	104
05/18	SCOOP: Pooches on the Patio Breakfast Buffet	36
05/18	Concert: Nicolas Bearde—Salute to Lou Rawls	49
05/19	Book Discussion: <i>The Wright Brothers</i>	27
05/19	Veterans: Speaker from Placer County Veterans Service	38
05/21	Community Event: Annual Parking Lot Sale	42, 49
05/21	KS Classic Movies on Saturday: North by Northwest	42
05/21	Day Trip: P.A.W.S. Open House	65*
05/22	Sports: Giants vs. Chicago Cubs	58
05/22	Performance: Kinky Boots—San Francisco	65*
05/23	Healthy Eating: Healthy Eating's Role/Immune Systems	31
05/23	Day Trip: Feather Falls Casino	53
05/23-24	Players: Auditions for "Play It Again Sam"	35
05/24	Performance: Motown the Musical	65*
05/25	Forum: Mindfulness: A Key to Healthy Aging	15, 104
05/25	Music: Play and Sing	33
05/25	Community Event: Farmers Market Opening Day	42, 49, 80
05/26	Open House at the Spa at Kilaga Springs	11, 17, 108
05/26	Low Vision: "Making Your Living Space Accessible"	30
05/26	Garden: Speaker Robert Littlepage	30
05/27	Concert: William Florian "Those Were the Days"	50
05/27	Day Trip: Jackson Rancheria	53
05/27	Sports: River Cats vs. OKC Dodgers	63
06/02	Investors' Study: Speaker from Goldman Sachs	32
06/02	Annual Paper Arts Overstock Inventory Sale	42
06/03	Summer Concert Series: Fortunate Son	46, 50
06/04	Neighborhood Watch: Luau/Nat'l Night Out Kickoff	25
06/04-05	Players: Readers Theater: Two Thin Man Plays	35, 42
06/06	Antiques: Antique Quilts	26
06/06	Wildlife Heritage Nature Walk	42
06/06	KS at the Movies: Spotlight	43
06/07	Low Vision: "Dry Eyes"	30
06/08	Computer PC: "Google Maps"	29
06/08	Forum: Living the Light	104
06/09	KS Comedy Night: Dan St. Paul	49
06/10	Computer PC: "Google Calendar"	29
06/11	Tour: San Francisco Saturday	63
06/11-12	Garden: The Bonsai Show	30, 43
06/12	Sports: SF Giants vs. LA Dodgers	65*
06/13	Bird: "Beneficial Insects including Butterflies"	27
06/14	Needle Arts: "The Tool Time Girl" —mainly for quilting	34
06/15	Forum: River of Stars	26, 104
06/16	Book Discussion: <i>Far From the Madding Crowd</i>	27
06/16	Summer Concert Series: Bee Gees Gold	46, 50
06/17	Lincoln Hills Student Art Gallery Opening	43
06/18	KS Classic Movies on Saturday: Singin' in the Rain	43
06/22	Museum: Asian Art, San Francisco	54
06/23	Concert: Hadleigh Adams	39, 50
06/24	Computer PC: Informal Q&A	29
06/24	Music Group sponsored Open Mic Night	33, 43
06/24	Day Trip: Beale Air Force Base	65*
06/29	Forum: Why Sleep?	104

Find these listings with yellow highlighting on the pages shown. (* Indicates sold out event.)

Upcoming Association-Related Meetings: Date, Time, Place

May 15-June 30

Golf Cart Registration.....	Thursday, May 19, June 2 & 16, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, May 19, 9:00 AM
New Resident Orientation.....	Thursday, May 19, 1:00 PM
ARC/Architectural Review Committee.....	Monday, May 23, 9:00 AM
Board of Directors Meeting.....	Thursday, May 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, May 26, 10:30 AM
Board of Directors Executive Session.....	Thursday, May 26, 11:00 AM
Compliance Committee Meeting.....	Wednesday, June 1, 10:30 AM
Elections Committee Meeting.....	Friday, June 3, 10:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, June 7, 9:30 AM
Listening Post.....	Wednesday, June 8, 9:00 AM
ARC/Architectural Review Committee.....	Monday, June 13, 9:00 AM
Finance Committee Meeting.....	Thursday, June 16, 9:00 AM
Board of Directors Meeting.....	Thursday, June 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, June 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, June 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, June 27, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

GRAND OPENING SPECIALS!

SPECIAL SAVINGS	No Insurance? No Problem! SAVE 15-60% on Dental Fees with our Dedicated Dental Plan! [^]
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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



With the passing of Resolution 2016.04 at the April Board meeting, the Board of Directors has established the Community Enhancement Fund (CEF). During the process of reviewing the CEF, some have expressed concerns regarding the impact of such a funding plan. The Board and the committees

have worked hard to ensure that everyone who wanted to voice their opinion had the opportunity. Individuals were able to process the implications of the proposal and express themselves (which was the one element missing from the first roll-out of the CEF). Whether you are for or against this proposal, we can all be proud of the effort made to ensure that the debate was held in an open forum, and residents were encouraged to speak to the issue at hand.

I went back and watched a CBS Sunday Morning video on Sun City Arizona the other day. Two things struck me while watching this again. The first was a com-

ment that back in 1960, Del Webb was selling a "lifestyle." The second was a comment that "compared to newer, more modern communities, Del Webb's 1960 community looks a little dated." They then talked about a facelift that took place. New solar projects, refurbished common areas, new pickle ball courts. This speaks to the heart of a CEF; the fact that lifestyle matters, and in the face of competition from newer communities, why we need to stay modern and up to date.

With a CEF in place, in conjunction with savings realized from the solar project at Orchard Creek Lodge, this community is well placed to meet future needs and opportunities, and it ensures that we will remain the premier community in Northern California. In our New Resident Orientations, we have started to survey newcomers, and one of the questions we ask is, "Why did you choose to live in Lincoln Hills?" The overwhelming response is that the amenities, lifestyle options, and beauty of the community were the major

factors in choosing to live here. We need to make sure that the reasons that brought people here, from 1999 until today, never go away ... The Kilaga Springs Café will see a much needed enhancement, with the addition of a shade structure on the outside patio. This will replace the current umbrellas, and will provide a much nicer environment for our residents. By the time you read this, the project will be well underway ... The Summer Amphitheater Concert Series has been made public, and I want to thank Lavina Samoy and Deborah Meyer for all of their work in putting together a great schedule. If you haven't been to one of our concerts, you are really missing out on a great experience. In the "Good Decision Department," the decision to purchase the portable stage was a very prudent one. We save the Association approximately \$50,000 on stage rentals each year ... We had Lee Hazeltine, our grazing vendor give a talk at the Listening Post. Lee explained the complexities of grazing in a residential area in a way that was understandable to all. Lee is a great resource, and we will make sure to get him back to speak to folks again next year. Have a great rest of the month!

Activities News & Happenings

Fabulous and Free

Lavina Samoy, Lifestyle Manager

Life in Lincoln Hills is pretty fabulous. Just look around you. We have beautiful Lodges, well-kept trails, immaculate landscaping, vibrant libraries, state-of-the-art gyms, and so much more.

Adding to the list of "fabulous" in Lincoln Hills, the following events are free for your enjoyment:

On **May 21**, our annual **Parking Lot Sale** will be in the Orchard Creek Fitness Parking Lot. From 7:30 AM to 12:00 PM, browse and shop from nearly 80 resident vendors for unique and interesting bargains. It's

a great way to spend the weekend with your grandchildren and teach them value shopping! (Details, page 49).

Our Wednesday **Farmers Market opens May 25**.

Be part of the festivities and start your day with a free Zumba class, watch artist Unni Stevens create a painting for her next Sip and Paint class, see instructor Jenn Steele make an easy flower arrangement using fresh blooms from the market, and get tips on healthy, delicious eating from nutritionist Audrey Gould. Join us and our local produce vendors and artisan crafters starting at 8:00 AM (details, page 49).

On **June 17**, we invite you to the opening of the **Lincoln Hills Student Art Wall Gallery**. Located in the Fine Arts Room at Orchard Creek Lodge, our art students and instructors will show their work. The Gallery opens at **5:30 PM**, free admittance (details, *Please see "Activities News" on page 7*)



Employee of the Month Award

Our April "Employee of the Month" Award was presented to Seema Rani! Seema has been working with SCLH under the direction of Kristy Woodin, Meridians Restaurant Manager, since August of 2007. The following are just a few accolades Seema received:

"Seema is the morning face of Meridians and is well loved by residents and staff!" "She is amazing at multitasking." Seema is truly a caring individual who provides excellent service." "See always has a smile on her face!" "Seema makes sure the

whole restaurant is being taken care of!" "I have worked with Seema for several years. She is a hard worker, very friendly, and is always helpful to her co-workers."

Congratulations Seema on receiving the April Employee of the Month Award!



Seema Rani
Meridians Restaurant



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WellFit News

Who Are We? What Do We Do?

Deborah McIlvain, WellFit Manager

Did you know that our Fitness Centers employ 17 fitness monitors, over 40 fitness professionals and a management team of six. The Spa employs seven Spa monitors and 17 certified technicians (estheticians, massage therapists, and nail technicians). Let's meet our management team.



Stacey Diemer, Spa Manager, manages a professional team of 17 technicians and day-to-day operations of the Spa.

Jonathan Leung, WellFit Supervisor, manages a team of 24 at the front desks for both Fitness Centers and the Spa.

Jeanette Mortensen, Fitness Supervisor, manages over 84 punch pass classes a week, 12 SGT programs, tennis clinics, and 11 certified personal trainers.

Carol Zortman, Wellness Supervi-

sor, manages our famous in-house Living Through Transitions program, nutritional base classes, disease prevention programs, and the WellFit Studio that has over 25 Pilates Reformer classes a week as well as Bowenwork Services.

Cindy Davis, WellFit Coordinator, is the newest member of our team. She coordinates all of the Fitness and Spa events, attends to outside marketing for the Spa, and does so with a creative flair.

Our tasks keep us busy but we enjoy interaction with residents. You can find Stacey in The Spa at Kilaga Springs. At the Kilaga Springs Fitness Center are Jeanette and Cindy's office, tucked in a corner, so



From left—Cindy Davis, Carol Zortman, Deborah McIlvain, Stacey Diemer, Jeanette Mortensen, Jonathan Leung

ask at the front desk if you can't find them. At the Orchard Creek Fitness Center, you will find Carol and Jonathan's office in addition to mine, all located next to the treadmills and bikes. Stop by for a chat or to ask a question. We are here for you!

Well Fit Classes: pages 87-100 • Class Grids: pages 100-103

Activities News

Continued from page 5
pages 43 & 65).

Although not free, the following fabulous activities are not to be missed! The **Summer Amphitheater Concert Series opens June 3** with the incredible **Fortunate Son** paying tribute to **Credence Clearwater Revival and John Fogerty** (page 50), followed by **John Acosta's Bee Gees Gold on June 16** (page 50). Experience the music, food, and fun of the summer series. See complete concert line up and guidelines on pages 46-47.

Great indoor acts are also scheduled this summer. Watch opera-trained Baritone

singer **Hadleigh Adams** in the Ballroom (OC) on **June 29**, as he delivers classic Broadway tunes and favorite operatic arias (details, page 50), and the return of comedian **Dan St. Paul** in the Presentation Hall (KS) on **June 9**, tickling your funny bones with life after 50 (page 49).

Want to get away? Experience **Hot August Night's 30th Anniversary** celebration in Reno. Stay overnight at The Nugget (August 3-4) and experience lots of fun activities including hot cars, gaming, and admittance to "Dream, Dream, Dream: Roy Orbison & The Everly Brothers Reimagined" (details, page 63).

Have a fun and fabulous summer!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

— Compliance Committee

— Elections Committee

We are Hiring!

Are you looking for an active, interesting, and challenging job? **The Activities Department is looking for a Lifestyle Monitor** who can provide excellent customer service with great people skills, attention to detail, ability to multi-

task, and who is computer literate and comfortable handling sales transactions. Stop by the Activities Desk (OC/KS) to fill out an application and drop off your resume. Contact Lily Ross (lily.ross@sclhca.com or 408-4609) if you have any questions.

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**CONCERTS START 7:30 PM
GATES OPEN 6:00 PM**



Fortunate Son:

a Tribute to **CREEDENCE CLEARWATER REVIVAL & JOHN FOGERTY**
JUNE 3 • 5016-4A • \$19
"Born on the Bayou", "Proud Mary"



John Acosta's

BEE GEES GOLD
The Ultimate Salute to the Bee Gees
JUNE 16 • 5016-4B • \$21
"Stayin' Alive", "Night Fever"



Kalimba:

The Spirit of **EARTH, WIND & FIRE**
JULY 1 • 5016-4C • \$19
"Let's Groove", "Shining Star"

Enjoy food & drink concessions at the venue.
Lawn seating, please bring your own chairs/blankets.



To make your experience most pleasurable, read the Summer Amphitheater Guidelines on page: 47



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Thank you to our volunteers on the Board of Directors and the Association's seven standing committees



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***July 4th Fireworks BBQ & Cruise**

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***Broadway Theater Weekends**

See "Wicked," "Fiddler on the Roof," "The King and I" or any of the Top Hit Broadway shows



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The Spa at Kilaga Springs

Memberships at The Spa at Kilaga Springs

Stacey Z. Diemer, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa



In order to make your health a priority, the professional staff at The Spa at Kilaga Springs is excited to be offering three inexpensive membership programs. The membership programs will offer health benefits while saving you money.

The **massage membership** is a one-time a month, 60-minute Swedish massage for only \$60 per month. Massage is a great way to relieve stress, improve flexibility, and enhance your sleep.

The Kilaga Springs **signature facial membership** is an economical way to have a relaxing facial either one time a month or bi-monthly. Facial treatments

help reduce fine lines and wrinkles, and will also detoxify and hydrate the skin. The cost is \$108, which is a savings of \$12.

The Spa at Kilaga Springs also offers a **nail membership**. Receiving a manicure is not just a pampering experience, it's a healthier alternative. Our hands show the first signs of aging. The nail membership offers a twice a month classic manicure for \$45, or a nail enhancement fill for \$60.

The Spa at Kilaga Springs memberships offer additional benefits to our guests. Guests enrolled in any of our memberships will receive 25% off the retail price of products in their birthday month, and during the rest of the year 10% off all other spa services, 10% off retail products, and an invitation to exclusive member events.

The staff at The Spa at Kilaga Springs has made the spa memberships easier to "travel" by allowing guests to either freeze their membership or to gift a month to a family member or friend.

We all lead busy lives and deserve to take time to de-stress, relax, and maintain a healthy lifestyle. Sign up for a Spa at Kilaga Springs massage, facial, or nail membership and start living a healthier life. The Spa at Kilaga Springs is the perfect place to enhance your personal wellness through a mind and body connection.

We hope to see you at our Open House on May 26. See back page for your invitation.

Call to book your appointment today

408-4290

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

Gift cards at: www.kilagaspringsspa.com



Introducing Your Finance Committee

Mike Creasy, Finance Committee Chair

Probably not many of you know much about our Finance Committee members, so here is an intro to the people you entrust to carefully manage the dues you pay, and to make financially sound recommendations to your Board of Directors.

Marsha Watkins, Vice-Chair. (Eight years in SCLH.) Marsha has been a member of the Finance Committee for three-plus years. She has a strong background in accounting and finance and a history of managing budgets and operations.

Richard (Dick) Pretzlaff. (Twelve years in SCLH.) Dick has served three years on the Committee. With a B.A., M.Ed., and Ph.D. from Wayne State University, his 38-year career in education included teacher, principal, CFO, and Superintendent of Schools

for Michigan's third largest district.

Pete Saco. (Four years in SCLH.) Pete brings a 39-year career in educational administration. He was Commissioner of California Interscholastic Federation for the Sac-Joaquin section, developing and administering large annual budgets.

Johan (Hans) Fokkema. (Twelve years in SCLH.) Most of Hans's career has been with Bank of America. He brings extensive experience in the global financial services industry in budgeting management and systems, starting in Amsterdam and finishing in San Francisco.

Joe Stewart. (Four years in SCLH.) With a degree in Real Estate and Finance, most of Joe's career was in real estate lending and funding, so Joe understands finance

Robert Copp. (Three years in SCLH.) Robert is a civil engineer with a 34-year career with Caltrans in pavement management and traffic operations, ending his career as the Traffic Operations' Division Chief responsible for a statewide budget of \$300 million and 1400 employees.

Mike Creasy, Chair. (Thirteen years in SCLH.) With five-plus years on the Committee, Mike brings a 35-year career with a national property-casualty insurance company, where he was responsible for multi-million dollar accounts, retiring as Vice President for National Accounts for the Western U.S.

The March 2016 Financials wound up with surplus to Budget of \$21,118. Administrative expense continues to be over budget due mostly to an under-budgeted change in payroll processing services. The Spa is beginning to come out of its slump and, although not hitting budget numbers yet, is getting closer by the month.

First quarter numbers show the other departments are good to budget and the total for all departments is a positive \$90,211. Operating funds stood at \$1,089,105 while reserves totaled \$7,503,301 or 90.7%.



Statement of Operations YTD—March 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues) Actual	Budget	Favorable (Unfavorable) Variance	Annual Budget
Homeowner Assessments & Other	\$1,933,678	\$1,936,613	(2,935)	7,787,494
Administration (Expense)	(471,446)	(461,085)	(10,361)	(1,699,540)
The Spa at Kilaga Springs	(16,803)	11,814	(28,617)	47,290
Fitness	(93,142)	(119,835)	26,693	(481,430)
Activities	(135,109)	(165,243)	30,134	(540,030)
Rec. Center / Maintenance	(590,613)	(598,945)	8,332	(2,507,150)
Landscape Maintenance	(582,235)	(640,044)	57,809	(2,675,444)
Food & Beverage	(97,189)	(106,345)	9,156	(65,510)
Capital Asset	7,500	7,500	-	30,000
Net Revenues (Expense)	(45,359)	(135,570)	90,211	(104,320)

from both consumer and provider viewpoints. He was a Board President of a large HOA in Marin County.

Properties Committee Update

Bill Attwater
Properties Committee Chair

By the time you read this article, the Board of Directors will have made a decision about the establishment of a Com-



munity Enhancement Fund (CEF) and how and to what extent it will be funded. The CEF is intended to provide funding for major new projects or the enhancement of existing facilities. The crea-

tion of a CEF does not change the existing Properties Committee rules regarding the consideration of projects costing \$2,000 or more. The CEF is merely one of many possible funding mechanisms for such projects.

The process for seeking approval of a project begins with the filing of a project application form with the Properties Committee. The project application form is available online at the resident website by clicking on "Library" and then going to "project application form" with the effective date of April 20, 2015. The form is also available at the front desk of the Orchard Creek Lodge.

The application requests some basic information about the proposed project but most importantly, it asks for an explanation of "why the project is needed and who and how many will benefit." Stated another way, the project applicant needs to demonstrate a need/benefit to the community. The Properties Committee will review the application during an open committee meeting. The applicant is notified of the review date and is encouraged to attend the meeting and explain the request. Committee members have an opportunity to ask questions of the applicant and other residents are allowed to comment. If the Properties Committee approves the application, it then automatically moves on to the Finance Committee where the fiscal aspects of the application are considered.

Food & Beverage Workshop

Tuesday, May 17 10:00 AM-12:00 PM in the P-Hall (KS)

Jerry McCarthy, Director of Food and Beverage, will discuss the following topics. Please plan to attend.

- Year-to-date Financial update
- Systems in place contributing to overall operational success
- New laws that impact F&B operations
- Special events coming your way
- Opportunities to ask questions and make suggestions

Summer Dining at Meridians... And Catering at its Best!

Jerry McCarthy, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant,
www.twitter.com/Meridians_SCLH

As the temperature heats up, there is no better way of staying cool than happy hour. Meridians offers Happy Hour food and drinks for you to enjoy seven days a week. Another upcoming special events:

Father's Day Buffet—Sunday, June 19.

Don't forget Dad and make your reservations today. Reservations and prepayment are requested.

I would also like to remind you that we have one of the area's premier catering businesses here in Lincoln Hills. You are all proud owners of this award-winning catering company, Orchard Creek Lodge, which works very hard to win your business each and every day. One of the many benefits of owning such a great catering company is reaping the benefits. Orchard Creek Lodge is known for great food and outstanding service.

As our reputation continues to grow, so do the opportunities. The biggest opportunities come from our local business and social markets. Each time a business (or bride) chooses Orchard Creek Lodge, all residents benefit. Benefits are as simple as being able to employ the same great staff on a consistent basis. More complex benefits are the financial results. The main reason the Food & Beverage Department can offer residents catering discounts, larger discounts for official recognized groups, and great value in Meridians Restaurant, is that businesses and brides pay market rates for their ser-

vices. Because of this higher profit margin, we are able to reinvest into our community and help manage HOA dues. In addition, did you know as a resident that you receive a 10% discount on catering services?



It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, at Kilaga Springs Lodge, at the Sports Pavilion, or in your home. Call Meghan at 625-4043 to make all of the arrangements. Also, keep your eyes open for additional Resident Rewards that we offer via eNews.

~Please see our ad on page 48.~



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Problems and Solutions

Cecelia Dirstine,

Community Standards Manager



Here in Community Standards we get a wide variety of complaint reports on everything from home maintenance to parking rules not being followed. So we'd like to share some of the most common rule violations we encounter and the corrections that need to be made to avoid non-compliance.

Poor Maintenance. By far, most of the complaints we receive are for yard upkeep and paint coverage. To make corrections:

- Neaten the yard by eliminating the clutter of too many pots, lights and decorations.
- Even if the lawn has brown spots, cut, edge and trim the grass on a regular basis.
- Pull weeds and put down a fresh layer of bark in planter beds.
- Prune and trim overgrown trees and

shrubs and remove dead plants.

- Make sure shrubs in the front yard are no higher than four feet.
- Before painting, get Architectural Review Committee (ARC) approval for paint colors.

Landscape Changes. Many reports are made about yards where the lawn area has been removed and covered with rocks or bark, sometimes with the addition of too few plants. Correction includes:

- Get landscape plans approved by the ARC **before doing any work.**
- Stick to the approved plan—any changes require approval.

Control of Pets. Unfortunately we get many reports of uncontrolled dog barking, and dogs running off leash or on retractable leashes. Owners' failure to keep pets on a leash no longer than six feet at all times is a serious safety issue. Uncontrolled dogs have caused residents to fall and suffer significant injury. Also, many complaints are received about dog

waste deposited on common areas and front yards. Correction includes:

- Take steps to control barking—ask a veterinarian or trainer for advice.
- When walking pets in the community, including the park areas and trails, keep pets on a six-foot leash.
- Pick up and dispose solid pet waste—do not allow pets to wander onto front yards.

Vehicles. Overnight street parking is another common complaint. To correct:

- Do not park cars on the street overnight.
- Do not park RVs more than the five days allowed a month or 48 hours at one time.

For more information on the rules, the Governing Documents are available in the Library online at www.suncity-lincolnhills.org/residents and on the CD recently mailed to all residents. Have questions? Or other problems you would like us to address? Contact Community Standards at 625-4008 or 625-4006.

The Road to Aging Well

Mindfulness: A Path to Health and Happiness

Shirley Schultz, Health Reporter

The famous Buddhist mindfulness advocate Thich Nhat Hanh once said, "Drink your tea slowly and reverently, as if it is the axis on which the whole earth revolves—slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life."

In the Western World, Dr. Jon Kabat-Zinn is best known for introducing us to mindfulness-based stress reduction. Today, with a wealth of research and information on mindfulness, we have seen an increasing emphasis on mindfulness as a therapeutic technique to help us achieve both health and happiness.

Mindfulness is a state of being conscious or actively aware of the present. In a 2010 article published in *Science*, researchers Matthew Killingsworth and Daniel Gilbert reported that we may

spend at least 50% of our day with our minds wandering and "lost in thought." The neuroscience of mindfulness reveals that there are real dangers in wandering unfocused, nonproductive thought, and that *happiness* is often characteristic of people who spend their time in *focused thought* in the present.

There are several ways of decreasing wandering thought and increasing focused thought. One is the *Five by Five Exercise* in which one takes mental note of five items as perceived by each of the five senses: sight, sound, smell, taste, and touch. This focused thought process helps you reconnect with your surroundings and be in the present. Another exercise is called *Take Ten*. In this case, you pause and deliberately take ten deep breaths while focusing on each breath.

Mindfulness, a mind-body practice

based on Zen Buddhist techniques, helps us cope with stress, chronic pain, depression, anxiety, binge eating, and many other health conditions. Neuroscience has shown that mindfulness can actually change the brain. Melanie Goldberg, PhD, has described nine essential qualities of mindfulness (details at <http://drmelaniegreenberg.net>.)

- Focus on the present moment
- Being fully present
- Openness to experience
- Non-judgmental
- Acceptance of things as they are
- Connectedness
- Non-attachment
- Peace and equanimity
- Compassion

For more information on this important topic, attend the **May 25 Community Forum presentation, "Mindfulness: a Key to Healthy Aging,"** by a UC Davis neuroscience researcher and professor, **Philippe Goldin, PhD** (see page 104).





Healthy Living with Exercise

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Free Spotlight on June 23 at OC 2:00 PM

An assessment is a pre-requisite for enrollment in our Healthy Living with Exercise program.

One on one,
1 hour long session.

This 4 week program:

- Assists in maintaining normal range for diabetic numbers and blood pressure
- Provides a regular routine for exercise and why it works
- Facilitates a discussion of health problems encountered, diet and medications
- Helps you have control over your health issues by exercising
- Is part one of a two part program
- Specifically designed for those with chronic conditions such as Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's)



Mon/Wed 3:00-4:00pm | OC Fitness Aerobics Room
Session price: \$80 for 1 month, (8 classes)

Meet the Healthy Living Community

Case Study: Terry ☺ Duration of Program Participation: 1 1/2 years



Directly attributable to Healthy Living with Exercise, diet and exercise I have:

- 1.) Remained on oral diabetic medications. (no insulin)
- 2.) Lost at least 10 pounds of weight.
- 3.) Cut cholesterol medications in half, while maintaining total, HDL and LDL measures well within the normal ranges.
- 4.) Reduced triglycerides 300 points
- 5.) Reduced my A1C from 7.5 to 7.3, during the Thanksgiving/Christmas season.

"Overall, Healthy Living with Exercise has proven to be a fun way to interact socially and stay healthy!

My compliments and thanks!"
- Terry

Sign up for the
Healthy Living Assessment:
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Have Questions?
Please contact Carol Zortman at 625-4032



Cover Article

Meet Stacey Diemer, Manager, The Spa at Kilaga Springs

Spa staff welcomes multitalented and energetic new leader

Doug Brown, Resident Editor

Some of you already know Stacey Diemer through her work with our Lincoln Hills WellFit Department since September of 2015. Others are meeting Stacey for the first time in her new role as Spa Manager, one who is the embodiment of health and energy. No better way to personify our *Health Spa!*



Health could well be Stacey's middle name, judging from her early years of sports activities (soccer, softball, trail running, you name it) and her current devotion to balancing her life with healthy doses of exercise. Ah yes, some of that exercise is vicarious, as she is the number one fan—and occasional coach—of her three sports-minded teenagers.

But we're just getting started. Stacey brings a set of unique skills and experiences to her leadership of the Spa. Her ten years of post-university elementary school teaching (fourth and fifth grades)

was energized by her love of teaching and her zeal for challenge... and you know how challenging teaching nine and ten-year-olds would be! Then for a decade and half she accepted new challenges as owner, office manager, marketer, and treasurer of a chiropractic clinic in Roseville.

With a couple more years working as health coach, marketing assistant, and event planner, Stacey was in a perfect position to take up the reins of leadership of the Spa. "I'm delighted to be working side by side with such an excellent team of technicians at the Spa," she exclaimed. "They're the key to our success."

Hallmarks of the Spa at Kilaga Springs, as Stacey sees them, are...

- an empathetic, warmly embracing staff whose priority is to *listen* to their clients, then to expertly meet their varied needs and wishes
- a spa with health, wellness, invigoration, and healing as its first priority
- a variety of customized, individualized services tailored to clients' requests
- customers who are active, friendly, health-minded individuals
- services that have the potential of reaching out well beyond Lincoln Hills

The Community Forum Program—Something for Everyone

Michelle Hutchinson, Communications and Community Relations Member

The CCRC Community Forum programs are designed to offer interesting and useful information in a variety of areas. They are categorized as follows: Health Education, Wellness, and

Tech-talks, Historical perspective, Community, Scientific and Personal interests.

If you haven't been to a Community Forum lately then you may have missed a great program showcasing high



Stacey shows us there are many choices at the Spa

That last item is one of Stacey's major goals—to introduce the Spa to organizations and individuals in Lincoln and surrounding communities. You can help Stacey by spreading the word about this "peaceful sanctuary of healing and wholeness" right here in Lincoln Hills!

You'll also be able to get a good sense of the Spa at Kilaga Springs at its **Open House on Thursday, May 26**, complete with demonstrations, tours, and door prizes. See the back page for details.

school students competing in a Speech Trek contest. Their speeches addressed the topic "Gender Bias and Inequality," certainly an interesting topic in today's world.



Caitlyn Jordan, a senior at Roseville's Oakmont High School who plans to attend UC Berkeley as an English major and eventually become a journalist, was the winner at the February 5 Community Forum presentation, a joint collaboration between SCLHCA Community Forum and the American Association of University Women. She has now been selected as one of three contestants to compete at the AAUW State Convention for the Speech Trek Final Competition. To see Caitlyn's winning speech, go to www.suncity-lincolnhills.org/residents and link to Community Forum videos.

Commercial Presentation (Paid Advertisements)

This vendor presentation is open to SCLH residents & people outside the community. Products/services presented are not sponsored or supported by SCLHCA.

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Lincoln AirFest 2016

Special to the COMPASS

Richard Pearl

People who live on the “Hill” and are of a certain age know there’s no sound quite like a big radial engine powering a World War II fighter aircraft. That sound is still with us, and it will return in full throttle to Lincoln Regional Airport on Saturday, June 11.

The Lincoln AirFest will have unique airplanes on display including the P-51, T-6, T-28, Sea Fury, SNJ bi-wing trainers, Chinese Cj6; aircraft from the 1930’s, 40’s, 50’s, and today; plus military and governmental aircraft. If that’s not enough, you’ll also see antique/classic/hot rods. The beauty of air events like Lincoln’s is that it gives people the chance to get up close and personal with the airplanes and their pilots.

We are proud to have Col. Clarence E. (Bud) Anderson, triple ace from the European theatre in WWII, as our Grand Marshall. Bud lives in Auburn and at 94 years young, is still totally engaging. He’ll be sharing his experiences in person and through his book, *To Fly and Fight* (signed and available at the AirFest).

The event begins with a June 10 Friday night Golden Gala, paying homage to the glorious years of aviation: the 1920’s through the 1950’s. This is a limited-ticket, semi-formal dinner/dance with the Peter Petty swing Big Band. Tickets can be obtained through the AirFest website: www.lincolnairest.com, or from the Lincoln Chamber of Commerce.



T-6 WW II trainer, with SCLH pilots standing guard

It will have to be an early-morning rise if you want to see four hot air balloons lift off from the Airport tarmac Saturday morning, June 11. They’ll be up, up and away at 6:30 AM. There will be gourmet food trucks on hand for lunch, and some local food vendors for refreshments. The opening ceremony begins at 10:00 AM with a Beale AFB color guard and a spectacular parachute drop by local professionals.

The AirFest is designed to be a family-friendly, educational event. Adult ticket prices are \$10 per person (kids under 18 are free, so bring the grandkids), with free parking. Details are on the website. For the youngsters, and those young at heart, there will be exhibits about aviation and aerospace, including a spacesuit worn by our nearby U-2 aviators at Beale Air Force Base

You’ll have a grand day at AirFest 2016. See the website for directions to the Airport—it’s 12 minutes from Lincoln Hills to your touchdown at the AirFest.

Bill & Nancie Attwater

Nothing “watered down” about these two collectors!

Nina Mazzo, Roving Reporter

Why do we collect certain objects? What prompts us to pursue a certain hobby?

Bill Attwater studied engineering in college and upon graduation served two years as an Army tank officer and then entered law school. Governor Ronald Reagan appointed him Chief Counsel for the California Water Resources Control Board where he was also known as—get this—Bill@H2O! Lincoln Hills residents now know Bill from his work as chair of our Properties Committee.

As a youngster, he was interested in world history and one day a neighbor showed him metal toy soldiers. As soon as he mowed enough lawns in the neighborhood he purchased his

first box of soldiers for \$2! As I looked at his shelves of metal toy soldiers, I was amazed at the variety among about 3000 soldiers! There are individual soldiers with historically accurate period attire and armies with their regimented colors, knights carrying flags, bayonets, or lances, and helmets with plumes and shields. Bill has painted some of his soldiers and studied uniforms for accuracy. His

Please see “Bill & Nancie Attwater” on page 21

Nancie, sharing her love of needlework



Bill with his amazing collection



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Orienteering**A Bridge to Somewhere!***Dee Hynes, Roving Reporter*

Standing within the shade of the Kingfisher and Fountain Hill Trails Open Space bridge, one may wish to stay and listen to the soft rustle of leaves or the water gently gliding along the creek bed. Yet, choices beckon.



Stroll south of the bridge and you are on the Kingfisher Trail. At the end of the Open Space, try out the LifeTrail outdoor fitness equipment next to the trail.

Continue your trail stroll and climb our most dramatic and lovely community stairway. Return down the trail stairs and turn in either direction at the base of the stairs to begin the Kingfisher Trail loop, a 20-30 minute stroll.

Return to the Open Space bridge for another choice.

Crossing the bridge and heading north, you reach the Fountain Hill Trail, a fun Open Space/sidewalk trail loop of approximately 25 minutes. It offers Open Space curves and modest grade changes.

Turn left at the trail junction to walk the along the open land. At the end of the untamed environment, turn right to complete the loop.

A bridge to somewhere! Come out and select your journey.

Directions to the trailhead: From OC, right on Del Webb, left on Stoneridge, right on Spring Valley Pkwy then left on Blue Heron Loop. Park between #2564 and #2588. The bridge is visible from the trailhead.

See your Community Directory and Resource Guide Street Name Index and Fitness Trail foldout maps for details.



The Kingfisher and Fountain Hill Trails offer beautiful vistas, an exercise fitness zone, a free-flowing creek, and meandering trails throughout the Open Space

Bill & Nancie Attwater*Continued from page 18*

collection focuses on ancient Greece to the Napoleonic wars of 1815.

Nancie Wiseman Attwater's creative nook is a light-filled area brimming with fabric, yarns, and tools. As a youngster she would sit beside her mother, a seamstress, and sew. The interest in needlework continued while she pursued her career as an ICU nurse.

She opened a store in Sacramento, Nancie Knits. One day a customer brought her, as Nancie tells it, "an aged leather notebook filled with lace samples knitted long ago..."

This was a notebook from a kindred spirit in the Victorian era. Nancie was intrigued by this intricate book of knitted lace patterns, which prompted her to write a book, *Lace from the Attic*.

She is a highly regarded needlework artist, yet very humble as I learned she has also written 11 other books, produced "how-to" demonstrations, and has created her own patterns. As I marveled at the

sheer beauty of her work, Nancie shared that each Thursday she works with inmates at the Yuba County Jailhouse teaching sewing and needlework skills and bringing a sense of pride to the women as they make quilts, fleece hats, and scarves to share with the community. In Lincoln Hills, Nancie has recently joined the Architectural Review Committee.

Hats off to Bill and Nancie—collectors, hobbyists, and community volunteers who enjoy learning and willingly share their knowledge and interests.

Did You Know?

The trails have informal etiquette tips to enhance trail enjoyment for all. When cycling or running and fast approaching others, announce your presence, "On your left," or, "On your right." Please keep pets (on a six-foot leash) on the trail and use poop bags. Your courtesy will be appreciated.



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Are You Ready?

Joan Logue, Roving Reporter

Are you ready for the future? You probably have a savings account and investments, a trust or will, and no doubt a healthcare plan. But do you think that is enough to be prepared for issues of aging? Those who moved here in 1999 or 2000 are now 16 years older, and although this is an active adult community, there are growing needs for those who can no longer be as active as they once were.



Luckily help is close by! You already know about Neighbors InDeed and Handy Helpers, programs that are organized by resident volunteers (if you don't, see page 25 for more details). Also, our Association has been generous in offering classes and rooms for activities and educational forums that keep us healthy both physically

and mentally, including an informative class, "Living Through Transitions," that will educate you about planning your future as you age.

Do you know about other useful resources? Besides your own healthcare system and its resources, consider these two programs.

Seniors First is a Placer County program offering services some of which are in Lincoln. For example, they provide respite care four days a week from 9:00 AM to 1:00 PM at the Twelve Bridges Library. It is a social daycare program including a meal for adults with memory and physical impairments. This program frees caregivers for some time on their own. Many of our residents take advantage of this local program. In addition, the Lincoln Hills Foundation granted \$14,400 to Seniors First for the "My Meals" program, which replaced Meals on Wheels, offering nutritious meals.

Del Oro Caregivers Resource Center is a multi-county non-profit agency with care management services. They will help you identify your needs and find services for you and your family. Del Oro receives grants from the Lincoln Hills Foundation, which allows them to offer Lincoln area clients access to a variety of respite services. In recent years the Foundation has granted \$10,000 annually to Del Oro.

Our Community Association recognizes these fine organizations and has offered space for them to hold training and other events. Our Association also created the WellFit Department that offers classes, equipment, and training to help us stay active. We are fortunate to live here where so many volunteers offer their skills and so many residents open their pocketbooks to support these efforts.

Now, arm yourself with knowledge, so you'll be ready when the time comes that you need help!

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144712



Sutter Cancer Center - Coming Soon to Roseville!

We are excited to announce that our new cancer center construction is almost complete. Having a dedicated cancer center in Roseville will allow us to offer our community quality oncology care in a more convenient location. The new cancer center will offer an infusion center, outpatient surgery center, conference and integrated health center, as well as Sutter Medical Foundation medical, surgical, and gynecological oncology offices.

suttercancer.org

 **Sutter Health**
Sutter Cancer Centers
We Plus You



Neighborhood Watch

Double Your Pleasure, Double Your Fun

Thirty-eight Neighborhood Watch volunteers serve two or more areas

Patricia Evans

In the spirit of giving and serving, 38 Neighborhood Watch volunteers have adopted additional mail stations and/or



Villages. They tell us that their experiences interacting with residents enrich their lives and increase their circle of friendships. Lincoln Hills is a safer, more secure, and more pleasant place to live

through their efforts!

The 38 volunteers who serve two or more areas have collectively “adopted” 82 mail stations and four Villages. Six of these treasured coordinators and mail box captains are shown in the accompanying photo.

It takes 650 volunteers to cover our Neighborhood Watch responsibilities. These gracious volunteers who adopt additional areas make Neighborhood Watch more effective. Lincoln Hills consistently

ranks as one of the safest areas in California.

If you would like to become one of our cherished volunteers, we will provide training and personal assistance. If you are already a volunteer and would like to adopt another unit, we will send up skyrockets in your honor. We currently need 12 Village coordinators and 70 mail box captains. It is not necessary to live in the same unit you serve. For information please call one of the contacts below.

For your calendar: Our Hawaiian Luau and National Night Out Kick-off Potluck will be on Saturday, June 4 at Kilaga Springs Lodge from 6:30 to 8:30 PM. All interested residents are invited! Please contact Pauline Watson (next column) for information.

With the arrival of pleasant weather



These Neighborhood Watch volunteers have “adopted” between two and six mail box stations and/or entire Villages: (from left) Pauline Watson, Janet Flood, Judy Doughty, Ed McMurray, Al Witten, Roy Howe

door-to-door scammers appear. Please see page 34 for a tale of one of the many different varieties.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Neighbors InDeed

Sixteen years and counting...

Doug Brown, Resident Editor

At the Orchard Creek “It’s the Lifestyle” event two months ago, a surprising number of “newcomer” residents stopped by the Neighbors InDeed table to ask, “What’s Neighbors InDeed all about?” Their questions prompt a brief primer.

In late 1999, back in the infancy of Lincoln Hills, residents rather quickly became aware that they could use a bit of help in some of their routine home maintenance

tasks—those minor but important aspects of keeping a home running efficiently. Long

story short, a group of service-minded residents soon established a “Sunshine Committee” to address the needs: neighbors helping neighbors!

Fast-forward to 2016, the Sunshine Committee now a distant (but proud)

memory, has morphed into **Neighbors InDeed**, a highly efficient, smoothly-operating, 13-year-old 501(c)(3) charitable organization that’s interwoven into the fabric of Lincoln Hills lifestyle amenities. With its three major components (Handy Helpers, Medical Equipment Loan, and Information & Referral listings), literally thousands of residents are served every year.

How does this work? Call Neighbors InDeed (NID) at 223-2763, state your need, and you will get help in any of three possible ways.

First, a crew of trained **Handy Helpers** can help you with furnace filter cleaning/replacing, programming thermostats and irrigation timers, replacing smoke alarm batteries, cleaning and lubricating garage door openers, and much more!

Need a short-term loan of a wheel chair, walker, cane, or other mobility-related medical equipment? Through NID’s **Medical Equipment Loan** program, your need will be fulfilled within a day or two with a

personal delivery to you, and the NID volunteer will give you any necessary instructions for use.

Need a landscaper, plumber, electrician? Want to know what businesses and services your neighboring Lincoln Hills residents have used with satisfaction? Give a call to NID and you will receive several listings from the **Information & Referral** database that is regularly updated.

And guess what? NID’s services are all *free*! Sure, your modest donations—to keep everything up and running smoothly—will be gratefully accepted, but you can’t beat NID’s free personalized services! For more information, check out NID’s website at www.neighborsindeed.org

How would *you* like to join the 120 or so volunteers in this amazing grass-roots organization? NID would love to hear of your interest in any of a number of volunteer positions.





Club News



Alzheimer's/Dementia

Caregivers Support

On May 25 we return to the every-other-month informal discussion of how caregivers manage their own well-being as well as caring for their loved ones. It isn't easy. Part of what makes caregiving difficult is that it's a moving target—whatever mind and skill sets you acquire don't necessarily apply—or apply well enough—for new behavior. And perhaps the greatest skill you hope you have is a ready supply of—and which is constantly being tested—patience. Part of what we hope to learn from one another in our bi-monthly meetings is how to cultivate patience through understanding. Another critical element of caregiving is learning how to give ourselves permission to create opportunities for respite.

Come join us for this open exchange among friends and peers. We meet from 1:00-2:30 PM on the fourth Wednesday of each month in the Multipurpose Room (OC).

Contacts: Judy Payne, 434-7864; Cathy VanVelzen, 409-9332; Maria Stahl, 409-0349; Al Roten, 408-3155



Antiques Appreciation

Our May program brought us John Humphries, a nationally recognized antiques expert with 40 years in the business. John gave a very informative presentation on antique books. He then evaluated books members brought in, explaining about what made them special and their value.

Our Monday, June 6 program will be presided by one of our long-standing members, who will share her collection of antique quilts with names like Grandma's Garden, School House, Wedding Ring, and Crazy Quilt. Members who own an antique or vintage quilt may bring theirs to share with the club for this program.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415



Amateur Radio

The Amateur Radio Group is a dedicated group of amateur radio enthusiasts who operate a radio repeater W6LHR for the use by Lincoln Hills residents with a valid Federal Communications Commission amateur radio license. The Group conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 444.22500 MHz +5MHz with a PL Tone of 167.9 Hertz.

The LHAR Group meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility to discuss the latest local amateur radio news, share technical information and activate the radio network.

All Lincoln Hills residents interested in radio communications are welcome to come by and learn about the Group's activities and see if they would like to join in the fun. The LHARG is affiliated with the Western Placer County Amateur Radio Club.

Contacts: Jim Darby 408-8599; Clare Schloenvogt 253-9155



Astronomy

Monday, May 16, Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Two DVD Lectures by Professor Neil DeGrasse Tyson will be shown.

Thursday, May 26, Astronomy Group members and guests are welcome to join The Telescope Interest Group (TIG) for a Star Party observing the dark night sky at Blue Canyon.

Wednesday, June 15, our June meeting will be a Community Forum presentation, River of Stars, by astrophotographer Ken Crawford, OC Ballroom, 7:00 PM. Ken will demonstrate how amateur astrophotographers are producing professional quality images that show the beauty of our universe, and are being used by professional astronomers for real science. He will examine the search for the remnants of galaxy mergers that show that real science can be done by amateurs with modest equipment, clear, dark skies and dedication. You will experience a tour of stunning galaxies,

star forming regions, and exploding stars.
Contacts: Morey Lewis 408-4469, eunmor@pobox.com; Cindy Van Buren 253-7865, rvcbvb@att.net
Website: www.lhag.org



Ballroom Dance

Join us in May and learn the lively East Coast Swing. In June, we will learn the versatile Night Club Two Step. Have fun learning new dance steps or refreshing your memory. Ballroom dancing is proven to keep us more fit, mentally and physically. Did I also mention it's fun? We



Cecilia Hanson and Simon Palaroan enjoy dancing

meet in the Multipurpose Room (KS) on Tuesdays, 2:00-5:00 PM. The first hour is devoted to beginners. The second hour, 3:00-4:00 PM, we enjoy open dancing to great music. In the third hour, 4:00-5:00 PM, more advanced steps in the featured monthly dance are taught. The last Tuesday in May, we will have special review sessions. The first hour will focus on beginning Fox Trot. The third will be a review of more advanced Fox Trot steps. Dues are only \$7 per year. Lessons are *always free!*

Contacts: Sal Algeri 408-4752; Chris Geist 543-0176



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 meetings will be June 8 and July 13. 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 Meridians on Tuesday, May 24 at 11:30 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

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



Billiards

Women's Billiard Group Tournaments will be every Tuesday, 12:45 to 3:00 PM. *Free Billiards Workshop* available to all SCLH residents: The Billiards Group is offering a free Billiard lesson at KS. We will have a person there on Tuesdays, from



Seven game winners (not in order) Dan Oden, Doyle Coker, Rita Baikauskas, Phil Berlenghi, Dennis Drilling, Remy Giannini, Wes Hamamura, Peshu Irani, Jerry Novak, Tom Thornton, Del Torres; Upstarts Group; Women's Easter Bunny Players

9:00-10:30 AM. This is for both new and returning players, men and women. You do not need anything to start other than the desire to play. Just show up and see what we have to offer. *Remember, it's free.* Contact Dan Oden, 408 2687.

Contact: **Tony Felice: afelice@wavecable.com**

Bird

"Beneficial insects including butterflies" is a topic of interest to both birders and gardeners. So join us at our next meeting on Monday, June 13 at 1:30 PM in the P-Hall (KS). At this time, Jeff Smith will present his fascinating program on these important little creatures.



Springtime along the Canyon Oaks Trail. From top—Oak Titmouse; Female Hooded Mergansers; White-Breasted Nuthatch. Photos by Larry White

This spring has been a busy time for our group with many wonderful field trips. If you have been thinking about joining us, we have scheduled two outings that are close to home and might be just right for you. On May 20, we head to Roseville and Miners Ravine. On June 3, we go over to the Loomis Horse Park. Both have nice riparian areas where we see the Oak Titmouse, Ash-throated Flycatchers, Nuttall's Woodpeckers, and White-breasted Nuthatch.

Contact: **Kathi Ridley 253-7086,**

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

In case you missed our earlier announcements, the Mad Hatters have changed their Thursday morning start time to 8:00 AM for the duration of the summer. We have been having excellent turnout lately and hope the time change won't discourage too many people from showing up at the earlier hour. Thank you to all our new members for showing up so consistently. We had close to 30 people throughout April and on one occasion had 35 people on the courts. That was fairly impressive. We had one returning player who had taken a six-month sabbatical and when she returned she didn't recognize half the people on the courts. That was, of course, not a problem because we have a reputation as a very friendly group and

everyone gets to know each other fairly quickly. Please feel free to join us every Thursday at 8:00 AM.

Contacts: **Paul Mac Garvey 543-2067,**
pmac1411@aol.com; **Bob Vincent, 543-0543**



Book, OC

Join us Thursday, May 19 at 1:00 PM in the Multipurpose Room (OC) to discuss *The Wright Brothers*, by David McCullough. Written by renowned historian, biographer, and storyteller David McCullough, the book details the trials and triumphs of the Wright Brothers of Ohio, as they soared to new heights in pioneering aviation.

We meet the third Thursday of the month. Newcomers are always welcome.

Schedule, remainder 2016:

- June 16, *Far From the Madding Crowd*, by Thomas Hardy
 - July 21, *Gray Mountain*, by John Grisham
 - August 18, *The Spellman Files*, by Lisa Lutz
 - September 15, *All the Light We Cannot See*, by Anthony Doerr
 - October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
 - November 17, *Wish You Well*, by David Baldacci
 - December 15, Holiday Luncheon
- Contacts: **Darlis Beale 408-0269;**
Penny Pearl 409-0510; Dale Nater 543-8755
Website: <http://LHocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

It may be spring, but Bosom Buddies aren't letting any grass grow under their feet. The April meeting included an informative talk from aesthetician Chezza Badaracco who spoke about the importance of skin care and the difference between over the counter and professional products.



Chezza Badaracco presents skin care information at the April meeting

May started off with a luncheon meeting at the Window Box Cafe and, two days later, the annual "Relay for Life" cancer fundraiser in Lincoln, May 14. Bosom Buddies not only had a team walking with its banner but also sold aprons made by members to help raise money for cancer research.

Our meetings are held the second Thursday of the month (except July) at 1:00 PM in OC. Our next one will be June 9. Before each meeting, members and guests are invited to lunch at Meridians, 11:30 AM. Bosom Buddies welcomes cancer survivors as well as anyone still dealing with breast cancer.

Contact: *Marianne Smith 408-1818*

Website: *www.suncity-lincolnhills.org/residents*



Bridge, Duplicate

The North American Bridge Championship held in Reno last month was carried off seamlessly. Many of our players participated and we came away with 27 winners. Congratulations to all of them. This month, the California Capital Regional tournament will be held in the Sacramento Double Tree hotel, May 30 thru June 5.

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882.) For a partner in one of the limited games, call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: *Sharon Neff at 543-8897*

Website: *www.bridgewebs.com/lincolnhills*



Bridge, Partners

Call for sign-up, or show up with a partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Winners: March 24—First: Lorraine/Bob Minke; second: Lynda Sader/Dan Cronin; third: Nora Charles/Bruce Fink with the night's high round of 1860; fourth: Carol Mayeur/Dolores Marchand.

April 7—First: Helene/Ed Karcher; second: Kay/Ben Newton; third: Larry Mowrer/Warren Sonnenburg; fourth: Barbara Bryan/Pat Mullins. Gay Gladden/Reta Blanchard had the night's high round of 1810.

April 14—First: Warren Sonnenburg/Larry Mowrer with the night's high round of 1590; second: Edith Kesting/Erika Wolf; third: Joanna/Alan Haselwood; fourth: Dee Williams/Sue Cirerol tied Kay/Ben Newton.

April 21—First: Johann/Paul Kiesel with a bridge trifecta, the night's high round of 1740, a grand slam, and the night's high total; second: Kay/Ben Newton; third: Marlene Harner/Basil Molony; fourth: Rose/Joe Phelan.

Contacts: *First & Third Thursday:*

Kay & Ben Newton 408-1819

Second & Fourth Thursday: *Dolores*

Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge Fridays, 1:00-4:00 PM, Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 and 12:45 PM.

Winners: March and April—First Place: Flo Hunt, Joan Singer and Joanna Haselwood, tied for first and second, Judy Olson, Jean Richards and Jyoti Sitwala.

Second: Richard Lund, Pat Mullins, Nancy Griffin and Nancy Murdick. Third: Chet Winton, Linda Scott, Helen Helm, Alan Haselwood and Kurt Wolff. Fourth: Joe Phelan, Pat Fraas, Linda Sader, Ralph Madsen & Byron Hansen.

Grand Slam Players: Dolores Marchand and Richard Lund! They bid and made seven spades!

Free Bridge Classes: Wednesdays at 10:00 AM; Card Room (OC). Just come.

Reservations: May/June: Lynda Sader, 858-201-2427, lyndaglee01@yahoo.com; Joan Schabillon, 408-314-1701, ljschab@aol.com.

Contact: *Jodi Deeley 208-4086,*

jodideeley2@gmail.com



Bunco

In April, the Bunco Group welcomed three new players—Fran Wilson, Eva Mac Rankin and Shelley Silva. As new

player's luck would have it, Fran and Eva both won prizes in roll offs. Very interesting—all four categories had two or three Bunco players rolling off for the prize.

The Bunco Group is preparing for their annual potluck after Bunco play in May. Please contact Shirley Mohler to sign up at 408-5788 or cheersshirley@gmail.com

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. If you have never played Bunco, it is very easy to learn. Drop in when your schedule permits. It's a fun way to meet new friends!

April Winners: Most Buncos—Fran Wilson; Most Wins—Kathy Sasabuchi; Most Losses—Eva Mac Rankin; Traveler—Shirley Mohler.

Next Bunco is Thursday, May 19

Contact: *Kathy Sasabuchi 209-3089,*

ksasabu@icloud.com



Ceramic Arts

Happy Mother's Day to all the Moms!!!

May is full of *fun* activities!! Hope all the mothers enjoyed and had a beautiful Mother's Day. May is a great month to enroll in a Ceramic's class you have wanted to take.

Many of you can be inspired really quickly when you see how creative you can be. Our great teachers are happy to work with you. Check out the COMPASS and come and join our great fun group!!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM to 3:00 PM and Sundays 12:00 to 4:00 PM. KS "Workshops" are Mondays, 1:00 to 4:00 PM for Earthenware and Sundays, 1:00 to 4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 12:00 to 5:00 PM and KS Sundays only, 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contacts: *Pottery Mike Daley 474-0910;*

Earthenware Marty Berntsen 408-2110;

Spanish Oil Margot Bruestle 434-9575

Website: *www.suncity-lincoln hills.org/*

residents, Groups, Ceramic Arts

Lincoln Hills Community Chorus



Chorus

"Surfin' the '60s" was a blast! Hundreds of you came out for our spring concert on May 1-3, and our audiences seemed to enjoy our performances as much as we did. As always, your support enables us to buy our music, compensate the professionals who direct and accompany us, and meet other production expenses. Thank you!



"Surfin' the '60s" was a blast!

We're resting our voices until September, when we'll start preparing for our mostly Christmas concert. If you like to sing, consider joining us then. Aided by computerized music files for home practice and sectional and full rehearsals Tuesday afternoons, you'll soon blend right in.

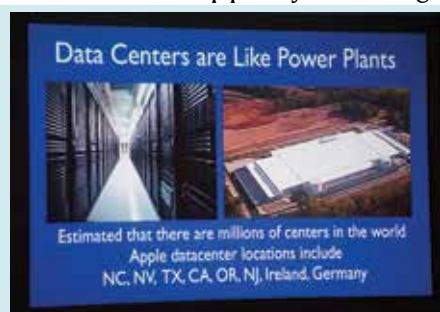
Want to know more? Check our website and contact our membership chair, Suzanne Rosevold, as indicated below.

Contacts: *Suzanne Rosevold* 587-3035, suzannechorus@gmail.com;
Bill Sveglini 899-8383, sveglini@gmail.com
Website: www.lincolnhillschorus.org
Email: lhchorus@yahoo.com

Computer

Apple Users Group—LHAUG

By the time you read this, the new Apple Users Group website will have been up and running for a couple of months. It is a beauty and should provide you with lots of information. As always, education and support are the keystones of the group and our new tabs will help point you in the right



Apple iCloud Facility

direction. Videos and Calendar tabs have been revamped and a new Classified tab has been added. The Home Page includes an announcement of the next General Meeting and a separate link to the Support Info page. A slide show of past events and an introductory video are also here, even the latest weather report. The Information tab lists all of the directors with photos of each. The Calendar tab now allows you to click on the dates for further information on each event. Website address below.

Contact: *Vicki White*, vickiawhite@me.com

Website: www.lhmug.org



PC

Main Meeting: June 8, 6:30 PM—"Google Maps." Depending on your location, you can view basic or custom maps and local business information, including business locations, contact information, and driving directions. You



Bob Ringo will present "Google Maps" on June 8

can click and drag maps to view adjacent sections and even view satellite images of your desired location. Bob Ringo will show you how to get started using Google Maps.

Clinic: June 10, 3:30 PM—"Google Calendar" is free and lets you keep track of your schedule and share your calendar with others. It's the perfect tool for managing your personal and family schedules. Google Calendar syncs between all of your devices—PC, Apple, or Android. Give Google Calendar a try; you won't go back to your old calendar. Both meetings at P-Hall (KS).

Ask the Tech: June 24, 10:00 AM—Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Contact: *Karl Schoenstein*, president@schcc.org
Website: www.schcc.org



Country Couples

Second only to dancing, our members love to socialize. Finding time to visit at classes and practices is



From top—*Dennis Dawson and Jack Coate; Brenda Cathey, Shelley Coate, Dennis Cathey; Marsha Brigleb, Ivan & Irene Hesson and April Cederburg*

often difficult so an opportunity was created by a few of our fun-loving members. Space was reserved at the Sports Pavilion for a drop-in picnic dinner and game night after a Saturday night practice on April 16. The weather was perfect for sitting outside. After dinner, teams were chosen for bean bag toss games on the lawn area adjacent the Sports Pavilion. The sunset was as lovely as the friendships shared.

We hope you have your tickets for the Saloon Dance May 20 as it is sure to be a sold out event. If you missed your chance to attend, save the date of June 11, 5:00-9:00 PM, for a Flag Day Dance to be held at the Sierra Pines Clubhouse—Sun City Roseville. Jim & Jeannie Keener will be your hosts.

Contacts: *Marsha Brigleb* 434-5460, *Laura Wermuth* 253-7092



Cribbage

Come join the fun at OC on Tuesdays 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 weekly winners for the month of March were Brian Yates, Kathy Lloyd (second week), Don Lloyd, and Kathy Lloyd (fourth week). New players are always welcome!

**Contact: Larry O'Donnell (406) 672-6493;
Ken VonDeylen 599-6530**



Cyclists

During hot weather, we need to dress properly. Wear light colors to reflect sunlight, not absorb it. "Wicking" materials help sweat evaporate quicker to enhance cooling. Well ventilated helmets funnel air over the scalp surface and insulate your head from the heat. Sunscreen will moisturize the skin and cool through convection. Drink before you are thirsty. You could lose as much as 8% of body weight on a long ride. When you are low on fluids, the ability to sweat is reduced and body temperature rises. Most of the weight lost during a ride is fluids, not fat. If your weight is down two pounds after a hot, sweaty ride, then you are probably down one quart of fluids. Keep hydrated. Don't let the warm, sticky taste of a sport drink keep you from drinking. Have plain water in an extra bottle. Electrolyte loss is less important than fluid loss.

**Contact: Steve Valeriotte, lhcyclist.com
Website: www.LHcyclist.com**



Eye Contact

Low Vision Support

Eye Contact holds two meeting each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room (OC), Thursday, May 26, 10:30 AM-12:00 PM: Our Facilitator Patti Locke's focus will be on "Making Your Living Space Accessible." We will be discussing how we can improve our personal surroundings for safety and ease of use.

General Meeting, Fine Arts Room (OC), Tuesday, June 7, 2:00-3:30 PM: Dr. Kristie Trang, O.D. of Blue Oaks Eyecare in Roseville will return to talk about, "Dry Eyes." She will describe the variety of diagnostic

tests for this fairly common complaint that can compound other eye conditions and the many treatment options available. Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contact: Cathy McGriff 408-0169



Fishing

I've talked to a few guys today about their plans for fishing. Some are planning trips to Oregon, Montana, a few miles from Lincoln, and some are headed to the Bahamas for Marlin or Tuna?



*How are you doing today?
Is there fish here?
Yep, skunked!*

Wow, great plans y'all. No matter where you go, you'll have a great time, especially if a "good" friend goes along. Fishing is about quiet, sometimes chatter, a sandwich a cold brew/soda, and of course the immediate tug on your rod with a flex of the tip that tells ya

something's going on. Quick! Grab the rod, set the hook and carefully play that bugger into your net. Remember to release it, so someone else can catch it and have the same experience you just had. I'm just kidding, I know you bait and troll guys eat them! Remember safety first and your license. Have a great season.

President—jmessier@starstream.net;
Membership—Henry Sandigo (see below).
**Contact: Henry Sandigo (415) 716-0666,
hsandigo@icloud.com**



Garden

The Bonsai Show has been rescheduled for June 11 (10:00 AM to 8:00 PM) and June 12 (10:00 AM to 2:00 PM) at OC.

The Garden Group has recently given \$500 to both the local Boy Scouts and the Fruitvale School "landscape projects." This was funded by the recent donations raised from the Plant Sale and the monthly Brown Bag Sales.

The May 26 Garden Group General Meeting (KS) 2:00-4:00 PM, will feature Robert Littlepage. He is founder and director of the Cali-



*Robert Littlepage;
Bonsai Show—
June 11-12*

fornia School of Garden Design. The school offers online classes from organic gardening and soils to landscape and irrigation design. Rob Littlepage presents an organic gardening and organic "rabble-raising" radio program on the last Saturday of each month

on AM 950 KAHl from 9:00 to 10:00 AM. Tune in for the hour-long program and find out how you can be a greener gardener or designer.

**Contacts: Lorraine Immel 434-2918,
limmel@ssctv.net; Larry Clark 409-5214
lkclark@surewest.net**

Website: www.lhgardengroup.org



Genealogy

Almost all of us know the name Google. Heck, most of us have learned to use it as both a name of a company and a verb. "I think I will google that." For our May 16 meeting, we will be learning about the different applications made by Google that are very useful to us in our genealogical research. Bob Ringo, our Group President and computer guru will be presenting: A Google Power Toolbox for Genealogists.

The Google tools that we will learn about include: Google Search, Google Maps, Google Earth, Google Translate, YouTube, Picasa, Google Images, Google Books, Google News, Google Alerts, Google Chrome, Gmail, Google Docs, and Google+. The best news is that all of the tools are free and easy to use.



Bob Ringo will present "A Google Power Toolbox for Genealogists" on May 16

Come join us on Monday, May 16 at 6:30 PM in the P-Hall (KS) with refreshments served across the hall after the meeting. The drawing prize for this meeting will be an Epson Digital Scanner.

Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641
Website: lincolnhillsgenealogy.com



Golf Ladies
Ladies XVIII

Spring is abloom and especially for April, with notably large turnouts.

The NetChix ended in a rare tie between Tamanti and Warren. First place notables were Habecker, Herrerias, Hur, and Sams in a field of 48.

Then, 49 ladies played a BB plus a low Putt for a close finish. The first place team of Botelho, Knapp, Lewis and McElroy won by a stroke over two other teams. Warren anchored the second place team including Cicci, McGraw and Taylor to break the tie over Jacobson, Koropp, O'Leary, and Perry. Warren's birdie on 13, clinched the tiebreaker, using the back nine.

An ABCD pairing game in the third week found 53 players. Brinkerhoff, Green, Unger (and a blind draw) took first place by one stroke over Honnell, Knorr, McGraw and Tilton.

April ended with an unusual format: Twosomes against the Pro. There was probably some flowery language out there.

Submitted by Candice Koropp.

Contact: Donna Sosko 434-5527
Website: lhlxviii.com

Lincsters

The Lincsters held their annual Bring a Friend tournament on May 4. The ladies played nine holes of golf on The Hills Course, and then enjoyed a Taco Bar in the Ballroom (OC). A good time was had by all.

On April 13, Lea Raynal kicked off her return to Lincster play after surgery with a birdie on hole #12 of The Hills Course. Way to go, Lea!

The first Captains' Scramble, a best ball format, was held on March 30. The winners were Shirley Knight, Carole Cain and guest, Judy Radman. They won with a card off between the team of Carmen Farrington, Cheryl Yost and Barbara Conger. Both teams had a gross of 37. The third place team consisted of Marie Bossert, Nancy McDonald, Pat Ward and Grace O'Leary; they had a gross of 38.

Contact: Pat Shafer, gdskd70@aol.com
Website: lincsters.com



Golf, Men's

Congratulations to Roger Cummings and Virgil Dahl winning the NCGA Qualifier! Second place was nailed down by Dennis Cumiford and Doug Swanson, winning in a playoff over Jack Dillon and Hal McLaughlin. Roger, Virgil, Dennis, and Doug will play August 10 in the next round at Poppy Hills.

The 'Just for Fun' Tournament winners were: Flight one, Warren Mercer and Dan Kramer; two, Dave Jansen and Gary Anderson; three, Jay Stockton and Arnie Garcia; four, Joe Angel and George Booker.

The Presidents Cup is the next tournament starting, May 30. Sign up by May 26. This is a player arranged Match Play Tournament that will continue for a few weeks as



Roger Cummings and Virgil Dahl; Dennis Cumiford and Doug Swanson



the field narrows to the eventual winner.

The Men's Golf Club dues are now \$83 which includes your NCGA membership plus all our tournaments here in Lincoln Hills. Thank you everyone that participated, it was good fun! If you are new to Lincoln Hills, the Men's Golf Club is a great way to meet fellow golfers and have fun playing the game!

Submitted by Doug Hinchey.

Contacts: Rodger Oswald, rodderoswald@gmail.com; Roger Cummings, cummingspct@sbcglobal.net
Website: www.lhmgc.org



Healthy Eating

The average American consumes 23 teaspoons of added sugars daily compared to the recommended six teaspoons for women and nine for men, per the American Heart Association. Most sugar comes to us in sugar-sweetened beverages, in prepared foods and in desserts. The sugars in fruits are not the problem because these sugars are accompanied by fiber and other healthy nutrients, which enable our bodies to process these sugars



Sweet Peppers; Spring Produce; California Navels

as they were meant to be, without elevated blood sugar levels. Research indicates over-consumption of sugar contributes to overweight, obesity, type two diabetes and other serious chronic diseases.

Residents are invited to a May 23 presentation on healthy eating's role in building strong immune systems by Certified Lymphologist and Healthy Cooking Expert Michelle Irwin of the Weimar Institute in

P-Hall (KS) at 2:00 PM. Also sample healthy foods in the Social Kitchen (KS) after the meeting at 3:00 PM, guests welcome.

Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com



Hiking & Walking

Are you longing to get outdoors and enjoy this gorgeous spring weather? Consider joining the Hiking Group, which does hikes away from Lincoln Hills, or the Walking Group which does weekly Wednesday walks within LH. Many prospective hikers and walkers signed up at the *It's the Lifestyle* Event on March 22 and



Carolyn Woolston, Charlene Jones, Stephanie Huntingdale, and Pam Histing helping at the *It's the Lifestyle* event; Hikers on bridge on



trek to Feather Falls; Feather Falls, sixth highest waterfall in the U.S!

we are looking forward to having you join us on a hike or walk! All the information you need to know is on our website www.lincolnhillshikers.org. Thanks to David Wood, our outstanding webmaster, who keeps the website up-to-date!!

There are three wonderful hikes for new,

and all hikers to enjoy: Eugene O'Neil National Historic Site in Danville on May 21, Lake Clementine in Auburn on May 24, and Bear River in Colfax on June 2.

The Walking Group continues to meet at 8:00 AM. In June, their start time will be 7:30 AM.

Contacts: Hiking: Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net

Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com

Website: <http://lincolnhillshikers.org>



Investors' Study

We welcome John Tousley of Goldman Sachs on Thursday, June 2. We meet in P-Hall (KS) at 2:30 PM. John is a Senior Economic and Market Strategist. His focus of interest is on economic outlook and capital markets. He has over 20 years of investment experience and portfolio management. He graduated from BYU and is a CFA charter holder. Russ Abbott, our consultant, will review his Playbook. We look forward to hearing Russ's monthly observations and answers to questions which you are encouraged to bring to the meeting. John Noon.



Kristen Dinsbach, Matt Bopp, Kris Moreton

The Investor Subgroup meets on the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Bill Ness, 434-6565

Contact: John Noon 645-5600



Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Sun City Lincoln Hills. Three seniors from Lincoln High School's GSA (Gay Straight Alliance) received scholarships from Greater Placer PFLAG Scholarship competition. Lavender Friends support these scholarships

and several members are on the PFLAG scholarship committee.

Upcoming club activities include Glow Bowling on May 25, Rivercats Baseball on May 28, Breakfast on June 1, Jelly Belly Factory Tour on June 8, Biannual Membership Meeting from 3:00-5:00 PM at OC on June 11, and Dinner and a Movie on June 14. Dog Walkers will gather on Saturdays at 9:30 AM. Check your LF website and email for details.

Community Activities includes Sierra College Sidetrax Fund-raiser on May 26. Check the PFLAG website for updated information on meetings.

Contacts: Sheila 408-2802;

Carol 295-0610; Gina 209-3925

Website: www.lavenderfriends.com.



Line Dance

About 80 dancers, including several guests and our three wonderful line dance instructors, gathered for three hours at the OC Ballroom on April 17 where colorful decorations portrayed a lively spring theme. Moving to the beat were 16 Intro Level dancers, 20 from Level one, 17 from Level two and Improver, and 10 Level three dancers. Such musical numbers as *EZ Shuffle*, *Jackson Waltz*, *Sinatra & Chardonnay*, and *Diva* were among the 32 dances performed on the floor and on the stage. Great fun!

We look forward to our next free Line Dance on Sunday, August 14, so be sure to



Dancers at the April 17 party; Lovely centerpieces for the drawing

mark your calendars. Also check your email messages, as information about future outside line dance workshops are sent to all dancers.

Nominations are being taken for members of the Steering Committee for 2017-2018. Please email Sheridan with your suggestions. Thanks to those who have already nominated someone. Have a good month dancing!

**Contact: Sheridan Brown 408-5674,
shrdnbrwn@yahoo.com**



Mixed Media Collage Arts

Is there a recipe for a mixed media collage work? No is the easy answer, yet visually you want the piece to capture attention and perhaps also get a reaction. Layering is often essential—look at the blank canvas and imagine the placement of the main subject; move on to the background and ask yourself if you have interesting papers or found objects in mind, and finally, will there be one or more colors. No mistakes here, you can simply paint over or cover with repurposed items. This is a great art form for those with various levels of experience. We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC)
**Contacts: Nina Mazzo 408-7620,
ninamazzo@me.com; Frima Stewart 253-7659
frimastewart@gmail.com**



Motorcycle

RoadRunners

On May 14, the club went on a great ride led by Road Captain Peter Boyle. Wandering through the Sierra Nevada foothills and along the Stanislaus river, riders enjoyed a hearty lunch in Knights Ferry. Coming up later this month on May 21 will be the club's annual Mother's Day ride. Celebrating all of the Moms in the club, there will be a short ride followed by lunch at Tofanelli's



*Taking a break at the Murphys Hotel, Murphys, CA;
Lunch at Murphys Hotel*

restaurant in Grass Valley.

June 11 will find the RoadRunners heading to the High Sierra town of Markleeville. Don't forget to mark your calendars. A special thank you to Sandy Milbauer and Patti Sterne for putting together a great ladies high tea last month at Pottery World!

If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). The next meeting will be on May 26. Guests are always welcome

"Ride Safe—Ride With Friends."

**Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com**



Music

Calling all musicians! SCLH residents and guests are welcome. We play and sing next on Wednesday, May 25, 6:30 to 8:30 PM, Fine Arts (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, June 24, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, Multipurpose (OC). It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

**Contacts: Jay Stryker jaycstryk@yahoo.com;
Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org**



Needle Arts

Threads of Friendship

Serving Placer County is a high priority of the Needle Arts Club. Community Service is our subgroup that emphasizes making quilts for foster children and teens, and Veteran amputees. We also support the local Red Cross, Rotary Club and Kiwanis Club.

Community Service often uses donated fabric and yarn from our residents. Quilt batting and other supplies are purchased with club funds. In 2015, our Community Service donated 214 quilts! Community Service meets every Thursday 9:00 AM to 12:00 PM in the Sewing Room (OC) where

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Mah Jongg, Chinese

Greetings! Please plan to join us on Mondays in the Card Room (OC). Play starts at 9:00 AM, with arrival time being five-to-ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM which is decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we will welcome your attendance.

If you have any questions, please call one of the contacts, below.

**Contacts: Bruce Castle 916-846-1500;
Marsha Ross 253-9551**



Mah Jongg, National

Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends. If you don't know how to play, Fran Rivera teaches new people in her home.

Winter learning sessions, taught by Fran, are full and will end May 1. During the summer months, Fran's classes are not scheduled. However, those interested may sign up for fall session by calling Fran Rivera, 434-7061, beginning September 1.

**Contacts: Patti Kingston, 587-3056;
Elsa Paszek, 253-9709;
Fran Rivera, 434-7061**

much of the sewing takes place. Come lend a hand.

Our June 14 General Meeting, P-Hall (KS) at 1:00 PM will feature Lisa McKissick, "The Tool Time Girl." She will entertain us with over 30 favorite tools, gadgets and tricks mainly for quilting. All are welcome.

Please visit www.sclhna.com to see which subgroups pique your interest.

Contact: Marsha Ross 253-9551,

marshaross1123@gmail.com

Website: www.sclhna.com



Neighborhood Watch

"Every few years we come by to upgrade your alarm system." He said his name was Chad: he wore a cap with the alarm system logo and had an identification tag around his neck which he said was a city permit. If his name were Pinocchio his nose would have been a foot long!

With the arrival of pleasant summer weather, expect the door-to-door scammers to arrive. Residents have reported other persuasions such as "I am with GE (or another prominent company) and we are the service providers for your system." Or, the ultimate clincher, "This will not cost you a cent!"

Leave the salesman standing outside your door while you call your alarm system company to verify his claim. If he is still standing there when you return, you can inform him of the validity of his relationship with your company.

Contacts: Larry Wilson 408-0667,

lgwlincoln@gmail.com; Pauline Watson

543-8436, frpawatson@sbcglobal.net;

Website: www.SCLHWatch.org



NEV

Please come and enjoy our luncheon meeting on Tuesday, July 19, at 12:00 PM in the Solarium (OC). We are having Gary Leonard, former Police Chief of many U.S. cities as our speaker for a "return engagement" after the raves we received about his talk to our NEV Club last year in April. Please make your reservation early, as there is limited capacity seating in the Solarium. Cost for the luncheon meeting is \$16. A prize drawing will be held at the end of the program. Any questions, please call Lillian Nawman at 408-2184.

Our guest speaker for our April 19 meeting was Larry Schurr, from Neighbors InDeed. Larry gave us a complete overview of all the services that Neighbors InDeed provides. It is amazing that within our community we have such talented volunteers that will service almost all of your "everyday" maintenance needs around your home. Neighbors InDeed also have a medical equipment loan program. Also once a year Neighbors InDeed holds a Drive Thru Clinic for golf carts. For further information, please call 223-2763.

Written by Joanne Snow.

Contact: Dan Gillium 209-3946



Painters

The next Painters Club meeting is a challenge to all members to present their best seascape. Members have been working hard on them and we anticipate some wonderful scenes. Club members will view and judge the entries and prizes will be awarded. Come see what we do—May 16, 2:00 PM, P-Hall (KS).



Kit Night presentation; Show and Tell—Vinny Royal



Our April program was a great presentation from artist Kit Night, discussing composition. We appreciated her insights and positive suggestions. Thanks to Kit for coming from Tahoe! Our show and tell was also great—see photo above.

The Annual Art Studio Tour, held May 7-8 featured all types of Lincoln Hills artists (oil, watercolor, pastel painters, photographers, crafts art, woodturners, and more during the studios' tour.

Contact: Joyce Bisbee 672-7252,

joybis@aol.com; Jim Brunk,

434-6317, brunk@starstream.net

Website: www.lhpainters.org



Paper Arts

April's "Demo Day" was a big success. Thanks to our demonstrators and helpers: Gail Blask, Lori Lucchetti, Mina Bahan, Dottie Macken, Maureen Morton, June Paquette, Pam Haines, Shirley Rainman and Kathy Clark.

Get ready for The Annual Overstock Inventory Sale and Potluck set for June 2, at the Sports Pavilion at 10:00 AM. Members will be selling their excess paper crafting supplies. We will also hold a food drive to benefit the Salt Mine. The sale will be open to the public from 12:00-1:00 PM.

Stop by our display window in the hallway (OC) where this month's theme, in honor of Mother's Day, gives a nod to women.

We meet on the first Thursday of each month at 9:00

AM in the Terra Cotta Room (KS). New members are always welcome. Come enjoy paper crafting and camaraderie.

Contacts: Shirley Rainman 253-9534;

[Pat DeChristofaro](mailto:PatDeChristofaro) 408-1360



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, 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



Delightful "Demo Day"

the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com



Photography

One of the joys of spring is the abundance of varied and colorful flowers and an area that has that is the Table Mountain Ecological Reserve. One of our members, Bill Kress, organized



Photo by Bill Kress; photo by Larry White; photo by Don Baylis

a field trip to this area knowing that it was reaching its flowering peak in April. Created by lava flows, the approximately 3,300 acre reserve is an elevated basalt mesa with beautiful vistas of spring wildflowers, seasonal pools, streams and waterfalls.

Still another field trip was organized to explore the scenery and wildlife closer to home. Larry White is an expert on the birds and other wildlife that inhabit the area around Ferrari Pond and Ingram Slough. Larry guided

two successful sunrise expeditions to view an array of birds and animals as well as flowers. The wildlife in this area includes minks, coyotes, egrets, blue herons, jack rabbits and Canadian Geese to name a few.

Contact: Brad Senn, (530) 409-2499, lhphotoclub.com Website: www.SCLHphoto.com

Pickleball

More than 200 Lincoln Hills pickleball players face off against those of similar skills during weekly matches known as

ladder, which is similar to a league. Ladders are fun, yet serious competition. Players can only advance if their average score is 85 percent for five weeks in a row. "Sometimes you get knocked down the ladder and it is fun having that challenge to move back up," said Sherrill Slotsve, "B" ladder captain.



Sherry Mosby (left) and Elise Homer; Karyl Freeman (left) and Frank Rodwick



Volunteer ladder captains set schedules, scramble for substitutes, and track scores. "I just want the ladies to enjoy pickleball, improve their game, and get to know one another," said Elise Homer, captain of a women's ladder. Captains cope with a common exasperation: the no-show. "The absolutely most frustrating thing," explained Andrea Mayorga, "A" ladder captain.

There are rewards. "I like all the players and enjoy the socialization," said Frank Rodwick, co-captain of the "C" ladder along with Karyl Freeman. Paullette Greeno, "D" ladder captain, said: "Players have been gracious and encouraging, making the job fun."

Ladders, played at 1:00 PM, will be suspended in June because of the heat.

Contact: Mike Gardner 834-6549, pickleballmike1@gmail.com Website: www.lhpickleball.com

Players

Don't miss the free Readers Theater show, coming to the P-Hall (KS) Saturday, June 4 at 7:00 PM, and Sunday, June 5 at 3:00 PM. The show will feature two plays from the Thin Man series called "The Case Of The Goofy Groom," directed by Becky Nicholson, and "The Case Of The All American Menace," directed by

Paul Gardner.

The summer show will be "Play It Again Sam," the story of recently divorced Allan Felix who relies on his favorite movie hero, Humphrey Bogart, to guide him through the rocky dating scene. The play has roles for three men and nine women, with auditions on May 23 and 24 in the Multipurpose Room (OC) at 6:00 PM. The show will be presented in the P-Hall (KS) on August 11 through 14.

The Players meet the second Monday of the month at 4:00 PM at P-Hall (KS).

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com Website: www.lincolnhillsplayers.com



RV

Paso Robles wine country and Pismo Beach clam chowder, what could be more appealing?! In April the LHRV Group traveled to the rolling hills of Paso Robles. Twenty-one rigs of all sizes "camped" at the Wine Country RV Resort in Paso Robles. We enjoyed wine tastings, potlucks, line dance lessons by Yvonne Schenck, and musical serenades by Skip Chase. Wagon Masters Marsha Ricardson, Darrel Spence, and Barbara & Bob Miller



Left—Wine Country RV Resort; (below) Wagon Masters and line dancing



made sure everyone enjoyed themselves.

After three days in the vineyards, the group made the 45-minute trip to Pismo Sands Resort in Oceano. Having mastered the potluck, the group continued to enjoy fine food, and wine purchases from Paso Robles. Three days at Pismo included golf, a melodrama and beach time at Avila Beach. Future trips include Yosemite, Lake Tahoe, Bodega Bay, and Clio.

The club meets the first Thursday of each month at P-Hall (KS).

Contact: David Africa djafrica@sbcglobal.net
Website: www.lhrvg.com



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

It is so hard to believe that the school year will be over for many by the end of the month. Graduation for our hard-working teens and a wonderful summer to look forward to. If you've been thinking about becoming a S.C.H.O.O.L.S. volunteer, now is the time! Please call Cindy Moore at the number below and get started! Plan on attending our *Volunteer Appreciation Picnic* on Tuesday, June 7, 5:00-8:00 PM at the Sports Pavilion near the softball field. Bring a dish to share and have fun meeting other volunteers. The work we do is much needed and greatly appreciated.



Thanking Our Volunteers

From one of our teachers: "If I had the money, I would erect a statue, conduct a 21-gun salute, and direct a black tie event to honor the invaluable volunteers. Keep up the good work!"

Contacts: Cindy Moore 408-1452, cindymoore@me.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Sandy Frame 408-1453, ssframe1963@gmail.com

SCOOP

Join us for our very popular Pooches on the Patio Breakfast Buffet at the Meridians on Wednesday, May 18, at 9:00

AM. Bring your dog on a leash and socialize with other SCOOP members. Guests are welcome. You will receive notification by email if you are a SCOOP member as you do for all of our events.

Our next regular meeting is on Tuesday, June 7, at 11:00 AM in the Fine Arts Room (OC). Kathy Cangelo will share "Simple fixes for common dog behaviors." Kathy is one of our SCOOP members and is a very popular speaker.

On Friday, June 10, we will have a guided "Dog Walk" beginning at Angler's Cove. Michele Murphy, who is one of our board members, is orchestrating this walk and collecting dog food, toys or treats to be donated to the Placer SPCA.

In July we will cool off with the ever popular "Ice Cream Social." You can view these and the rest of SCOOP events on our website. What makes SCOOP so popular is the enthusiasm of our members and their cute dogs! Hope you will join us!

Contact: scoop@sclh-scoop.com
Website: www.sclh-scoop.com



Scrabble

No matter how skilled you become at playing Scrabble you will most often be at the mercy of the tiles you draw. You might be an excellent player but if you draw "tuuvvww" you probably won't be leading after the first play! Learning to manage/balance your rack is the key to winning games. To balance your rack means to save the best combinations of letters for your next turn. Some basic hints for a balanced rack: (1) You don't want to duplicate any letter unless it is an "e;" (2) Keep approximately the same number of vowels and consonants; (3) Hold as few high point tiles as possible. These few basics will have you making higher scoring plays and may even produce a bingo!

Come join us on Mondays from 1:00-4:00 PM in the Card Room (OC). Let's Scrabble!

Contact: Anne McMaster 409-5408

Singles

Dynamic Singles

The Officers serve from June to May so nominations took



place last month. There being only one candidate for each office, voting will be next meeting. The candidates are: President, Kathy Shaddox; Vice President, Sarah Lambrose; Secretary, Susan Platt; Treasurer, Bill Brown; and Membership, Mari Long.

Upcoming: Dining Out—May 19, at Romano's. May 23 is our Old Sacramento Underground tour. A speaker brings an interesting topic, Isis and Homeland Security, for our May 26 Social Meeting. The Activities Committee meets in the Ceramics Room (OC) on May 31. Cocktail time is June 2. Birthdays will be celebrated on June 5. The General Meeting is on June 9. Second Saturday Breakfast is on June 11 and Dining Out is at the Outback on June 16. In between, there is hiking, golf and bocce. Find our flyer in the information box at OC for contact persons. Save the date: Nifty Fifties party on June 23.

Contacts: Judie Leimer 408-4308, j.leimer@iCloud.com; Mari Long 409-9136, mlong24sjca@sbcglobal.net



Softball

Our 17th Del Webb Field Opening Day celebration was shortened courtesy of Mother Nature. President Jeff Greenberg provided the opening remarks and the teams, umpires, and scorers were introduced. The Elite Lincoln High School Choir performed the National Anthem as the heavy mist turned to steady drizzle. Following a rousing rendition of "Take me out to the Ball Game," President Greenberg announced that the field was unfit for play and the soggy would-be participants reluctantly left the field. Players and spectators alike descended on the



Walt Muta makes the grab!



Bake Sale booth and swiftly made off with the goods.

The planned installation ceremony for our new "Hall of Fame" moved to the Sports Pavilion where under gray skies, 11 of those most instrumental in the founding and continued success of Lincoln Hills Senior Softball were honored.

Softball began in earnest on April 11 and will continue every Monday and Wednesday through August.

Contact: George Sylvia 295-1957,
lh.geo2softball@gmail.com,
Website: LHSSL.org

Coyotes

The Coyotes 60s, 65s and 75s play in the Folsom tournament 16-17 this month. This was the first tournament for the 60s and 65s and the lack of game experience showed. Playing steady uninspiring ball, the 60s finished second with a 3-2 record. The team looks promising and with just a little more hitting consistency was poised for a better showing in Ripon April 30.

The 65s started slowly on Saturday but improved their play on Sunday finishing 2-3. They were looking forward to the Ripon tournament.

The 75s competed in a mixed 70-75 team bracket. They were bested by two 70 year old teams, managing a second place finish (3-2 record). Players of note for the weekend were Gym Mikaelson and Virgil Dahl. The 75s next played in Ripon.

Contact: Bec Cannistraci, beccannistraci@sbcglobal.net
Website: LHSSL.org

Sports Car

April has been a very busy month for the Sports Car Club. We started the month with a Day Tour to Bill McAnally Racing in Roseville followed by lunch at Skipolini's on April 7. Mid-April a large group embarked on what is becoming an annual trip to the Monterey Peninsula. This was a multi-day trip that included beautiful scenery, idyllic weather and great accommodations at the Seven Gables Inn in Pacific Grove.

On April 21 the club had its inaugural Thursday Thunder Ride. Seven cars made



*Annual Trip to Monterey Peninsula;
Inaugural Thursday Thunder Ride;
CA Auto Museum*

the two hour long drive with a coffee break in Cool. The road was tight and twisty and had a lot of fun driving. The purpose of the TTR is the drive itself rather than a drive to a destination. April wrapped up with a Day Tour on April 26 that included some culture (Crocker Museum), cars (California Auto Museum) and cuisine (Chevy's on the River).

Contact: Tom Breckon 434-6989,
Tom.Breckon@sbcglobal.net
Website: Lhsportscars.com



Table Tennis

Did you know that table tennis is often called "high-speed chess" and that many top athletes in other sports play table tennis to improve their skills? It requires and builds great hand-eye coordination (ranked number two by ESPN—only behind softball) and so improves reflexes



*Christening one
of our new
tables:
Tim Frank,*

*Warren Akey, Jim Cress, Howard
Parker, Alan Smith, Joan Frank*

and both gross and fine muscle movements.

This is a sport that while it requires speed, quickness and some

muscle strength, as a non-contact sport, using a ball that weighs only a few grams it is relatively risk-free. (It is very important to wear the right shoes to avoid slips and falls.)

The social aspect is equally appealing as there are usually many laughs and the opportunity to play with many different players in any one play session.

We play three times a week: Sundays, 12:30 to 4:30 PM; Tuesdays 6:00 to 9:00 PM; and Fridays 8:00 to 11:00 AM in the Multipurpose Rooms (KS).

Contact: Ginger Nickerson 253-3322,
gingerlee22@gmail.com



Tap Company

Our Spring Luncheon was held on May 7 at KS, organized by Becky Nicholson with assistance from Donna Bonomini, Jennifer Lauchner, Judy Rosenthal, Meryle Bloom, and Sandra Mondalfo. The luncheon was one of two General Meetings held each year and included election of new officers—to be announced in June.

Make sure to check the COMPASS "Activities Department Classes section (page 75 this issue) when signing up for upcoming tap classes as there have been some time changes. Starting May 2, Beginning Tap will be from 10:00-11:00 AM on Thursday and Tap Technique will be from 11:00 AM-12:00 PM on Thursday. In addition, there will be some changes to Saturday practice session in May so look for an e-mail from your class reps.

I know we are all still winding down from "Hot Vegas Nights," but we would like to know if you are interested in performing in next year's show (come on all you beginners) so that we can do some advance space planning for classes. We don't have a theme yet, but the show is sure to be great fun. Please let your class reps know of your interest in performing. See you on

the dance floor.

Contacts: Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

April was very busy with women's doubles on April 7 and Men's doubles on April 13. Winners: 6.0—Linda McDermott/Patti Kingston; 7.0—Polly Smith/Bonnie Sonnenburg; 8.0—Linda Burke/Bente Camahort. For the men: 6.0—Steve Benson/Jack Ryder; 7.0—Phil Meth/Oscar Alvarez; and 8.0—Jerry Dong/Russ Smith. *Thank You* to Lyon Realtors/Jay Cheek and Vitek Mortgage/Art Sims for sponsoring the Men's tournament.



Vic Albertazzi & Jerry Mandolfo

cut out for them. We just could not fit everyone in the show so some really tough decisions were made. Now that we have all our acts, rehearsals will start soon. The show will have some of your favorites and a lot of new acts and some surprises too. Show dates are July 8 and 9

with two shows each day.

Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com



Coach Walker and free clinic participants

April 19 thru May 24 is the LITT (Lincoln Intramural Team Tennis) event. Forty seven players of all levels of play participated. All enjoyed meeting and playing with new players.

June 16 will feature men and women's singles. This will be the last tournament until September's Mixed Doubles.

The following USTA teams are in their final stages of league play. They are: Men's 65+ 4.0 and 3.5 teams and Women's 3.5. The two top teams of each team will have playoffs weekend of June 10-12. *Go Sun City Lincoln Hills!*

Contacts: BJ White, bjwhiteca1@gmail.com; Bob White, bobwhiteca@gmail.com
Website: sclhtg.com



Vaudeville

Now that our auditions are behind us, we can start concentrating on the July show. There were well over 30 acts that auditioned. The seven-member audition panel had their work



Veterans

Bevin Stokesberry, a client services program specialist with the Placer County Veterans Service Office, will be the featured speaker at the general membership meeting in the P-Hall (KS) on May 19 at 1:00 PM.

The mission of the County's Veterans Service Office is to promote the interests and welfare of veterans and their dependents and survivors, and to enhance their quality of life through counseling, education, claims assistance and advocacy.

Ms. Stokesberry served in the Army National Guard as a logistics officer. She was deployed to Iraq during Operation Iraqi Freedom, where she commanded and participated in military supply convoys.

The Placer County Veterans' Services Office is located at 1000 Sunset Blvd., Suite 115, in Rocklin. The office can be reached by phone at 780-3290. Office hours are from 8:00 AM-12:00 PM and 1:00- 5:00 PM Monday through Friday. Appointments are encouraged.

Contact: Bob Ringo 543-5310, bobringo@starstream.net



Videography

In May, members of the LH Videography Group have been asked to bring their video

devices/manuals to our meeting. This roundtable discussion and hands-on experience will enable us to learn from each other and help those who may be facing challenges. Devices could include Smartphone's, tablets, DSLR cameras, camcorders, video cameras and wearable devices such as GoPro®.

Join us May 17 at 9:00 AM for "Bring your Video Device." We meet monthly at this time on the third Tuesday of each month, in the Multipurpose Room (OC).

Contact: Jeff Hanner 769-2871, jeffhanner8@gmail.com



Water Volleyball

We start this month out with some updates in terminology. Our Red Ball players will now be referred to as our recreational group; the Blue Ball players as the competitive group.



Warming up before play; A block goes up for Manny's spike



Congratulations are in order! Duane and Charles have moved up to Net 2. Also Bob King and Kalli have integrated very nicely on Net 1.

Sidne has agreed to be our official Web design and Web maintenance representative. I invite you to go to the web address below. It is still a work in progress; but definitely more exciting, informative, and up-to-date compared to in the past.

May 1 started our annual events. We had nice weather for a tasty potluck, and some outdoor ball. The players had a chance to catch-up on conversations. We all had a good time.

Gary Haight and Manny Pick have done

a superb job on the net modifications.
Great job guys!

New players contact Ginger Nickerson,
Recreational Liaison, 253-3322.

Contacts: *Jim Puthuff 768-3936*

Website: *www.lhwatervolleyball.com*

West Coast Swing

Our Annual Tea Dance held in May was a huge success—thank you to all those who came out and danced the afternoon away—a great time was had by all. See you at the next dance in September.

West Coast Swing Dance Practice:
Second Friday of each month—Fine Arts
Room (OC), 6:00-8:00 PM. (Music by Dot-
tie's Just Dancin'). Free to Club Members;
Guests: \$2 per person.

Dances—Sunday Tea Dance

Sunday, September 25

Tea Dance and Ice Cream Social

Ballroom (OC), 2:00- 5:00 PM

Members: *Free*, Guests: \$5

Tickets TBA as we near the event dates.

Contacts: *Dottie Macken 543-6005,*

justdottie@sbcglobal.net;

Bob Roman 543-6618,

BobRoman@starstream.net



Writers

Moving into this year,
the Writers Group is de-
veloping plans for an upcoming work-
shop on how to publish our writ-
ings. We are also looking forward to

future speakers to explore further
avenues in writing and publishing.
We're an enthusiastic band of writers
crossing the broad spectrum of style and
subjects. Poetry to biographies to mys-
teries and sci-fi, serious to ridiculous,
we're having fun and we would really
like to have you join us. Some of us are
first time writers with absolutely no
experience. Some are published authors
who enjoy helping others while perfect-
ing their own craft. Above all, there is
always room for you to join in the fun.
So, come join us and have fun with
your own creative writings. We look
forward to hearing your stories and
poems. Please come join us this month.
Meeting every second, fourth, and
fifth Monday in the Ceramics Room
(OC)—6:30-8:00 PM.

Contacts: *Bruce Robinson,*

bbrob1281@gmail.com; Mike Hensley,

mike.1943.ok@gmail.com; Susan Gust,

srg2266@gmail.com



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Bulletin Board

Please email your bulletin board articles to shelvie.smith@sclhca.com by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

Cloggers

It's warming up outside, and inside too, for the cloggers! We just can't get enough of dancing the double-toe, the whiplash, the stomp double, the kentucky, the ... Well, you get the idea. We dance up a storm and burn off those rainy-day calories right here in SCLH. Come join us for energetic dancing to rocking country and contemporary music—and best of all you'll be with good friends. Also, don't forget to dance your way to Modesto on June 3-5 for three whole days of clogging workshops. Contact Anita Tyson, 543-5330.

Glaucoma Support Group

Have Glaucoma? Need to talk about it? There will be a meeting of the Glaucoma Support Group on June 8, at 4:00 PM in the Multimedia Room (OC). Come and hear the great ideas from fellow Glaucoma patients and share your story. This is a great place to learn about living with your disease. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Caregiver Support Group

Group meets on the third Thursday of each month from 9:00-11:00 AM at the 12 Bridges Lincoln Library. It is open to any who are caregiving for another person, be it friend, family, or spouse. Come

You are invited to attend...

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

- **Sunday, May 15** • 1:00 PM Sun Works Tesla Giveaway Amphitheater (OC)
- **Thursday, May 19** • 1:00 PM Melton Financial Solarium (OC)
- **Sunday, May 22** • 11:00 AM Westfield Limited Auction Front Ballroom (OC)
- **Tuesday, May 24** • 10:00 AM Nautilus Society Heights (OC)
- **Thursday, May 26** • 10:00 AM CA Nurses Association Oaks (OC)
- **Thursday, June 2** • 10:00 AM Preparing is Caring Seminar Heights (OC)
- **Thursday, June 2** • 5:00 PM Stryker Orthopaedics Oaks & Gables (OC)

join the group on May 19 and find some encouragement and resources. More info: Brenda Cathey, 253-7537.

LH Foundation

Let's meet for Bingo on the last day in the Merry Month of May—Tuesday, May 31. As usual, doors open at 12:30 PM and play begins at 1:00 PM at OC Ballroom. Meridians will offer a delicious pregame luncheon special. To reserve a table for seven to ten players, call Klara Kleman at 408-4496. Why not come alone and meet several new "Bingo buddies." Our full year's schedule and a coupon for a free pop up are available at our website www.lincolnhillsfoundation.org.

LH Italian Club (LHIC)

Our Italian Club's membership drive, "Membership Matters," will culminate with a June mixer for perspective new members. Please forward any new member candidates to Christine Cirrone at christinecirrone@gmail.com or to Sandi Graham at smgraham101@gmail.com to allow us to get an invitation out. We hope our members will think about their friends and neighbors who are of

Italian decent and talk to them about joining. With your help once again we can make this "Membership Matters Event" a great success.

LH Parkinson's Disease Support Group

The Parkinson's Support Group has *moved* to a new location! We are now meeting the third Tuesday of each month at Granite Springs Church, 1170 E. Joiner Parkway from 10:00-11:30 AM. This month we have Christine Epperson of Rock Steady Boxing in Roseville sharing with us. Rock Steady Boxing has been proven to be a great benefit to those with Parkinson's Disease. Come join in the informative meetings and gain support of others as you walk through this journey. More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com

We meet the first Tuesday of each month at 6:30 PM in the Presentation Hall, KS. There will be no meeting in June in exchange for the "Dave's Dawg's Truck" event at the Sports Pavilion on Tuesday, June 21. Our presenters showcase land tours and cruises we are

Continued on page 42

Reminder for Residents

Use Your Association's Electronic Payment Program to Pay Your Quarterly Dues

What could be simpler—Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's

ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don't need to worry or try to remember if you sent the check—it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge, or call Marcy at 625-4024 and sign up today to receive peace of mind, knowing your assessments are paid on time, every quarter.

Remember: 1016 dues are \$333 per quarter.

Continued from page 41

currently offering and those in planning. Everyone is welcome to attend our meetings. See our website for trip details. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck, 543-0990, judyvolk@outlook.com.

Lincoln Democratic Club

The speaker for Thursday, May 19, is Randi Swisley, President of the Placer County League of Women Voters. She will be addressing the propositions which will be on the June primary ballot and other election related information. The League's website is: <http://lwvplacercounty.org>. Please join us at 6:30 PM. The meeting starts at 6:45 PM in the Placer Room (KS). For

questions, see our club website www.democraticclublincolnca.org or email Al Witten c/o lincolndems@gmail.com.

Lincoln Multiple Sclerosis

Our annual June Multiple Sclerosis Luncheon will be held at the Waffle Corners, in the Del Webb Shopping Center, on June 7 at 1:00 PM. RSVP: Marilyn Sharp, 434-6898, by Friday, May 27.

~ Community Perks ~

Annual Parking Lot Sale

Saturday, May 21 — 5421-09 to sell; Free to shop

With only one date in 2016, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.



yummy recipes. Check out our Activities Workshop Booth with project samples and instructor lead demonstrations. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Pick up a complete schedule of activities from the Activities and WellFit Desks beginning May 15. See the ad on page 80. Weather permitting; the Farmers Market will be open every Wednesday until November at the Fitness Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelve Smith at 625-4021 or shelve.smith@sclhca.com to reserve your space.

KS Classic Movies on Saturday: North by Northwest

Saturday, May 21 — Free

1:30 PM, P-Hall (KS). Rated PG, 136 minutes—Fantasy/Drama/Family. Starring Cary Grant, Eva Marie Saint, James Mason, and Martin Landau. A hapless New York advertising executive is mistaken for a government agent by a group of foreign spies, and is pursued across the country while he looks for a way to survive. Directed by Alfred Hitchcock.



Annual Overstock Inventory Sale

Thursday, June 2 — Free

12:00-1:00 PM, Sports Pavilion. Paper Arts Club members will be selling their excess paper crafting supplies. We will also hold a food drive to benefit the Salt Mine.



Readers Theater Show

Saturday, June 4 and Sunday, June 5 — Free

Don't miss the free Readers Theater show, coming to the P-Hall (KS) Saturday, June 4 at 7:00 PM, and Sunday, June 5 at 3:00 PM. The show will feature two plays from the Thin Man series called "The Case of the Goofy Groom" directed by Becky Nicholson, and "The Case of the All American Menace" directed by Paul Gardner.



Lincoln Hills Certified Farmers Market Opening Day

Wednesday, May 25 — Free

We will kick off our weekly Farmers Market on May 25 with lots of fun! Get your bodies going early in the morning with a free Zumba class. Join WellFit Nutritionist Audrey Gould as she checks out the fresh produce and talks about nutritional contents and the best ways to incorporate fresh produce in your daily diet with



Wildlife Heritage Nature Walk

Monday, June 6 — Free

9:00 AM. Enjoy an educational tour of the local wetlands and oak woodlands in our community. This is for beginning ecology enthusiasts. Biologists from the Wildlife Heritage Foundation (WHF) will be offering free tours for SCLH residents this summer. Each



Lincoln Police Department—Volunteer Program

The Lincoln Police Department Volunteers are recruiting for the position of “special events volunteer.” The program is open to Lincoln residents who are 21 years old and older. The Special Events Staff will be trained and work as Public Relations at parades and public gatherings, safety patrols, public emergency notifications and searches for lost/missing people. Minimum

commitment of possibly one event a month of three-to-four hours each, some on weekends. More info: Lincoln Police Volunteer Roy Osborne, 645-4081.

Motor Scooter Group

Motor scooter riders, come join us! We are a friendly group of motor scooter enthusiasts and would welcome your participation. Our group rides are both planned and spontaneous. We take rides

of various lengths (no freeways) in our local area, usually including a lunch stop. More info: Mike Marculescu, 408-3972.

Movie Lovers Group

SCLH Movie Lovers Group meets monthly on the second Thursday of the month. *We are currently open to add new members.* At the monthly meeting we review and discuss two or three movies, selected by
Continued on page 45

tour will take about an hour, discussing natural habitats and wildlife in the area. There will be a spotting scope set up to view some of the local wildlife. Participants will meet at 9:00 AM at the preserve at Monument Drive and Hidden Hills Lane and walk will approximately last for an hour. Please bring water and dress accordingly.

Participation is limited to 24. Reserve your spot by registering via email to lhoover@wildlifeheritage.org. Registration will close one day prior to the walk. Questions? Contact Lia Hoover, WHF Education Coordinator at 434-2759.

KS at the Movies: Spotlight**Monday, June 6 — Free**

1:30 PM, P-Hall (KS). Rated R, 128 minutes—Drama/Biography/History. Starring Mark Ruffalo, Michael Keaton, Rachel McAdams, Live Schreiber, and John Slattery. Academy Award Winner for Best Picture, 2016. The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.



proudly show a rotating exhibit of students' artworks monthly. This is the perfect opportunity to see what your friends and neighbors in Lincoln Hills are passionately pursuing. If you miss the opening, you may check out the Gallery anytime whenever an art class is ongoing.

KS Classic Movies on Saturday: Singin' in the Rain**Saturday, June 18 — Free**

1:30 PM, P-Hall (KS). Not Rated, 103 minutes—Comedy/Musical/Romance. Starring Gene Kelly, Donald O' Connor, Debbie Reynolds, and Jean Hagen. A silent movie production company and cast make a difficult transition to sound after the success of the first talkie, “The Jazz Singer.”

**The Bonsai Show****Saturday, June 11****and Sunday, June 12 — Free**

OC. June 11 (10:00 AM to 8:00 PM) and June 12 (10:00 AM to 2:00 PM).

**Lincoln Hills Student Art Gallery Opening****Friday, June 17 — Free**

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department in cooperation with art instructors and students is proud to announce the opening of the Lincoln Hills Student Art Gallery in the Fine Arts Room. We invite our residents to visit and check out the wonderful works of our art students and their instructors. A collection of work from the Watercolor and Drawing classes plus samples from Oils and Acrylic and Pastel classes will be on exhibit. The newly constructed Fine Arts room display wall will

**Music Group Sponsored “Open Mic Night”****Friday, June 24 — Free**

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, guests and audience members. Singers must be accompanied by a musician. No karaoke or back-tracking permitted.

**Tennis Clinic — Free****With Instructor James Walker,****2015 U.S. Professional Tennis Association****Northern California Professional of the Year**

Clinics are on Wednesdays, 11:00 AM-12:30 PM through May. If you have not played tennis in a while, or want to begin playing, this is the clinic for you. If your racket is old or you do not have one, the Lincoln Hills Tennis Group will provide rackets and balls. Just put on the “old” tennis shoes, shorts and a shirt and come down to Court 11 in the Sport Plaza. You will be glad you did. If you choose to pursue training, Mike Gardetto and Eldon Wilson are available for hire through our WellFit Department.



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Continued from page 43

members the prior month, and which are known to be showing locally. We focus on quality movies rather than “special effects blockbusters.” Recently we reviewed “The Danish Girl,” “Hello My Name is Doris,” and “The Revenant.” On our May review list is “Eye in the Sky,”

If you are interested in joining our group please let me know: cliffroe@ix.netcom.com or 408-205-8765.

Open Play Games

Interested in playing card, 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 SCLH residents are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see

how we can support each other!! Paul Gardner 434-8400, paulbear7@gmail.com.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club 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 cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net

Search for Sally

Is Sally in your name? If yes, join others in our SCLH community whose name is Sally. We will have fun doing Sally things. If you want to get together with several others named Sally, contact Sally Bradshaw: chksal@att.net or 434-6733.

Shalom Group

We're an active social group who enjoys getting together for friendship, fun, and food with an appreciation of Jewish traditions and celebrations. On April 27,

we celebrated Passover with a catered Passover Seder with all the traditions such as reading from the Hagadah, eating the special foods commemorating the exodus of the Jews from slavery in Egypt. Our *Women Together* group is evolving and we're excited. Our next challenge is to give the Italian Club some good spirited competition at our annual Bocce Ball Tourney aka Matzo Balls vs. Meatballs! Info: Vida Morrison, Membership Chair, 984-1043.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

Library News

Sandy Melnick, Library Volunteer

Have you noticed that some of our shelves are bare? We have removed the old VHS tapes and the books on tapes from the Kilaga Springs Library. We now only have DVDs and books on CDs on our shelves because most people

just have the newer equipment in their homes and cars.

I read a thought-provoking book this past month, *Defending Jacob*, by William Landay, a story about an attorney whose 14-year-old son is accused of murdering a fellow student. How the family copes with his trial and all the

facts leading up to the trial made for excellent reading. You can find this book in the hardback fiction area of the Library.



Part of our spring cleaning involved moving books around. The paperback books by authors with last names beginning with “A & B” are on the shelves in back of the sofa. Where the “A & B” paperbacks used to be are the oversize books (under the windows that look into the Billiards Room). If you can't find what you are looking for, just ask one of our volunteers.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials, and Nina Mazzo (408-7620) for the Community Living Room (OC).

In Memoriam

Patricia Dietrich

A Native Californian, Pat was born and raised in Southern California, graduating from Monrovia High School. She worked as an executive secretary in the Duarte School District for many years. Pat and Harry met square-dancing and were married for almost 40 years. Playing bridge, sewing, knit-

ting, and traveling were some of her favorite things to do. She is survived by her loving family: husband Harry, two children, three grandchildren and three great-grandchildren.

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

Summer is here and our 2016 Summer Amphitheater Concert Series (SACS) is sizzling with exhilarating performances! Our lineup is filled with the energy and excitement of dance, rock, country, R&B, classic and doo-wop musicians paying homage to your favorite bands. With our elevated stage, all eight concerts will have a polished look and provide the audience with reserved dancing space, all for a memorable summer experience. This year, doors open earlier at 6:00 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow the Amphitheater Guidelines (page 47) filled with important information. Share the experience with your friends and family!

Fortunate Son: a Tribute to Creedence Clearwater Revival and John Fogerty

Friday, June 3 — 5016-4A

Combining timeless CCR favorites and Fogerty solo hits, Fortunate Son personifies the spirit and grit of America's favorite rock and roll band! This versatile band from Los Angeles unites



classic rock, country, blues, and folk music fans like no other tribute act can. From the swampy blues of "Born on the Bayou" and "Green River," to the country influences of "Bad Moon Rising" and "Lodi," and rock anthems such as "Proud Mary," "Centerfield," and "Have You Ever Seen the Rain," these classics are delivered with the authentic sound, look, and feel of John Fogerty and CCR. General admission, \$19.

John Acosta's Bee Gees Gold The Ultimate Salute to the Bee Gees

Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants, and practice your strut! The music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb, has performed in Bee Gees tributes all over the world. Backed by a live band, Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's. Performing early hits like "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing" and more, this show from Las Vegas will really have you dancing all night long! General admission, \$21.



Kalimba: The Spirit of Earth, Wind & Fire

Friday, July 1 — 5016-4C

Kalimba, considered by some as the nation's top tribute to Earth Wind and Fire (EWF), performs not to impersonate, but to pay tribute to one



of the greatest bands of our time. Based out of the Pacific Northwest, Kalimba has evolved into a 10-piece group with a full horn section, performing EWF's greatest hits including "Shining Star," "Devotion," "Sing a Song," "September," and "Boogie Wonderland," just to name a few. Kalimba performs nationally across the country including some of the country's most prestigious jazz clubs. "Out of 1000 other bands that I have heard play this material, Kalimba is the first band that gets it like it's supposed to be played," Sheldon Reynolds, former Earth Wind and Fire guitarist (1987-2001). General admission, \$19.

The Long Run: Experience the Eagles

Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded profes-



sional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest Eagles tributes in the world. Recently featured in AXS TV for their live tribute concert, the Long Run's lush harmonies and rich instrumental arrangements deliver Eagles chart-topping hits with exceptional musical accuracy and live concert energy. With songs like "Hotel California," "One of These Nights," and "New Kid in Town," audiences young and old can expect a night to remember! General admission, \$20.

Natural Wonder: The Ultimate Stevie Wonder Experience featuring Gabriel Bello

Friday, August 5 — 5016-4E

Natural Wonder, the Ultimate Stevie Wonder Experience, is an epic endeavor that brings real musicianship, a dynamic stage show, and a deep, studious love of the Stevie Wonder legacy to audiences. Based in North Carolina, Natural Wonder has wowed audiences in numerous festivals and large venues across the country including The House of Blues, B.B. Kings, and The Fillmore, to name a few. Led by Billboard-ranked vocalist and multi-instrumentalist Gabriel Bello and a band of musical veterans, Natural Wonder recreates the look, feel, and sound of a Stevie set. With hit songs that span the Stevie Wonder catalog from Motown-era hits like "Signed, Sealed, Delivered" and "My Cherie



Amphitheater Concert Series!

Amour,” the fusion-flavored 70’s platters like “Master Blaster” and “Do I Do,” the genius *Songs in the Key of Life*, the signature harmonica solo of “Isn’t She Lovely,” or Stevie’s modern masterpieces like “My Love is on Fire,” this show delivers the music of an icon across decades and genres. General admission, \$20.

Jukebox Junction: Glenn Miller Orchestra and the Diamonds

Friday, August 26 — 5016-4F

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship from the Glenn Miller Orchestra and the wonderful hits and showmanship of the Diamonds? The Glenn Miller Orchestra performs your favorite big band hits, followed by your favorite doo-wop and rock and roll classics as sung by The Diamonds in one unforgettable concert. Expect hits like “Chatanooga Choo-choo,” and “Moonlight Serenade” from Glenn Miller Orchestra and “Little Darlin’,” and “The Stroll,” to name a few from The Diamonds. General admission, \$23.

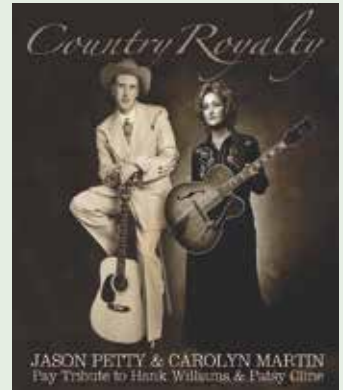


Jason Petty and Carolyn Martin: Country Royalty

Friday, September 16 — 5016-4G

Two legends, one stage! Jason Petty teams up with one of the best singers in the business to bring two legends of country music to-

gether for the very first time... **Hank Williams and Patsy Cline**. Award-winning singer Carolyn Martin delivers the perfect **Patsy Cline** to Jason’s **Hank Williams**, the two biggest names country music has ever seen. With hits like “Crazy,” “Hey Good Lookin’,” “Walking After Midnight,” and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22.



Let’s Hang On! A Frankie Valli Tribute Show

Friday, September 23 — 5016-4H

You asked for it, you got it! Get ready to experience America’s # 1 Frankie Valli Tribute Show, *Lets Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, “The Jersey Boys.” Expect the trademark vocal virtuosity, tight harmonies, and crisp choreography that made *The Four Seasons* one of the greatest vocal groups of all time. Sing along to *Four Seasons*’ mega hits like: “Sherry,” “Big Girls Don’t Cry,” “Walk Like A Man,” “Can’t Take My Eyes Off of You,” and many more. General admission, \$21.



Summer Amphitheater Concert Series Guidelines

Admission: Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.**

Show package buyers can pick up their complete set of wristbands and SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. Lost tickets/wristbands will not be replaced. Admittance: Doors open at 6:00 PM.

ADA: Designated paved area is located in the Amphitheater’s center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

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. 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 of 36” will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

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

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

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. In the case of unexpected “Acts of God,” “Force Majeure,” local authority related, or any other unforeseen situations that prevent the event from safely being held, **No refunds or exchanges will be issued.**

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

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Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Club Performance—

The Vaudeville Troupe's "Golden Review Vaudeville Show"

Friday, July 8

2:00 PM Show — 5408-05A

6:00 PM Show — 5408-05B

Saturday, July 9

2:00 PM Show — 5408-05C

6:00 PM Show — 5408-05D



The Lincoln Hill's Vaudeville Troupe will once again return to the stage to entertain and delight you. The smaller venue in the Presentation Hall (KS) is the perfect place for our "Golden Revue Vaudeville Show." This two hour show promises to be full of variety and great entertainment. 2:00 and 6:00 PM performances scheduled on both dates. Presentation Hall (KS). Reserved Seating, \$12.

—Comedy—

KS Comedy Night: Dan St. Paul Thursday, June 9

6:00 PM — 5409-04A

8:00 PM — 5409-04B



Dan St. Paul has been chronicling his life on stage for 30 years. After turning 50, he discovered his body changing ("I'm a cylinder now. I can wear a belt anywhere on my body."), his memory faulty ("I have eight pair of reading glasses and I have no idea where they are."), and dealing with a teenager more challenging ("I have a bumper sticker that says *My Son's Just Getting by at Hillsdale High*"). Instead of moaning about it, he developed it into a show that leaves baby boomers and the senior set rolling in the aisles. Dan has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared on NBC, ABC, FOX, Comedy Central, A&E, and VH-1. Dan has also opened for such celebrities as Jerry Seinfeld, Jay Leno, Ringo Starr, Natalie Cole, Hall and Oates, Vince Gill, Clint Black, and even the San Francisco Symphony ("I knew them when they were just a garage band."). His "The First Baseball Game" is one of the most requested comedy pieces on the syndicated Bob and Tom Radio Show. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). Reserved Seating, \$12.

—Community Events—

Annual Parking Lot Sale Saturday, May 21 — 5421-03

With only one date in 2016, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot. Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.



Lincoln Hills Certified Farmers Market Opening Day Wednesday, May 25 — Free

We will kick off our weekly Farmers Market on May 25 with lots of fun! Get your bodies going early in the morning with a free Zumba class. Join WellFit Nutritionist Audrey Gould as she checks out the fresh produce and talks about nutritional contents and the best ways to incorporate fresh produce in your daily diet with yummy recipes. Check out our Activities Workshop Booth with project samples and instructor lead demonstrations on flower arrangement and sip and paint classes. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Pick up a complete schedule of activities from the Activities and WellFit Desks beginning May 15. Weather permitting; the Farmers Market will be open every Wednesday until November at the Orchard Creek Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or Shelvie.Smith@sclhca.com to reserve your space.



—Concerts—

Nicolas Bearde: "Salute to Lou Rawls" Wednesday, May 18 — 5418-03

Recording artist Nicolas Bearde and his trio's dynamic show traces the life and music of the legendary, Grammy-winning vocalist, Lou Rawls. In his own inimitable style, Nicolas conjures up Lou's spirit in song, from the early blues and jazz years to the hugely popular R&B hits that helped make Lou Rawls world-famous. Renowned for his silky-smooth, soulful vocals, and his engaging, humorous monologues about life on the street, Lou was the quintessential musical storyteller. With a heart as big as his voice, evidenced through his work with the United Negro College Fund and his famous annual "Parade of Stars," Lou was truly a man of the



Continued on page 50

Yellow highlighted events are shown on the Calendar of Events list on page 3.

people. His timeless music now comes alive in Bearde's vivid and affectionate tribute with some of Lou's greatest hits, including "Tobacco Road," "Natural Man," "Lady Love," "You'll Never Find Another Love Like Mine," and "I'd Rather Drink Muddy Water." 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.

The New Christy Minstrels'
William Florian presents "Those Were the Days"
Friday, May 27 — 5427-03

Former lead singer of the famous 60's band The New Christy Minstrels, William Florian and his trio, will deliver an upbeat, musical journey of America's greatest songs of the 60's. Concert repertoire will include hits from the New Christy Minstrels plus the music of Peter Paul & Mary, John Denver, Pete Seeger, The Mamas & The Papas, and uplifting originals presented with amusing stories in an intimate show. Come join us for a trip down memory lane! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.



Summer Concert Series
Fortunate Son: a Tribute to Creedence Clearwater Revival and John Fogerty
Friday, June 3 — 5016-4A

Combining timeless CCR favorites and Fogerty solo hits, Fortunate Son personifies the spirit and grit of America's favorite rock and roll band! This versatile band from Los Angeles unites classic rock, country, blues, and folk music fans like no other tribute act can. From the swampy blues of "Born on the Bayou" & "Green River," to the country influences of "Bad Moon Rising," and "Lodi," and rock anthems such as "Proud Mary," "Centerfield," and "Have You Ever Seen the Rain," these classics are delivered with the authentic sound, look, and feel of John Fogerty and CCR. General admission, \$19.



Summer Concert Series
John Acosta's Bee Gees Gold
The Ultimate Salute to the Bee Gees
Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants and practice your strut, the music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb has performed in Bee Gees tributes



all over the world. Backed by a live band, the Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's, with their unique falsettos that made them legends. Performing early hits "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing," this show from Las Vegas will have you dancing all night long! General admission, \$21.

Internationally Acclaimed Baritone
And Soloist Hadleigh Adams
Celebrating the Songs of Classical Broadway
Thursday, June 23 — 5423-04

Hadleigh Adams is a New Zealand-born baritone who is now a resident of the United States. He has a demanding concert schedule on the opera stage, having performed at London's Royal National Theatre, the Sydney Opera House, and for two years, he was a principal young artist at the San Francisco Opera, taking the stage in over 75 performances. In addition to his operatic repertoire, Hadleigh has a passion for musical theater. He will perform treasured songs from classic Broadway shows including "The Impossible Dream" from "The Man of La Mancha," "Some Enchanted Evening" from "South Pacific," "I've Grown Accustomed to Her Face" from "My Fair Lady," and "Bring Him Home" from "Les Miserables." Contemporary classics from the songbooks of Stephen Sondheim and Andrew Lloyd Webber will also be featured, but don't be surprised if Hadleigh throws in a favorite operatic aria or two. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.



Summer Concert Series
Kalimba: The Spirit of Earth, Wind & Fire
Friday, July 1 — 5016-4C

Kalimba, considered by some as the nation's top tribute to Earth Wind and Fire (EWF), performs not to impersonate, but to pay tribute to one of the greatest bands of our time. Based out of the Pacific Northwest, Kalimba has evolved into a 10-piece group with a full horn section, performing EWF's greatest hits including "Shining Star," "Devotion," "Sing a Song," "September," and "Boogie Wonderland," just to name a few. Kalimba performs nationally across the country including some of the country's most prestigious jazz clubs. "Out of 1000 other bands that I have heard play this material, Kalimba is the first band that gets it like it's supposed to be played," Sheldon Reynolds, former Earth Wind and Fire guitarist (1987-2001). General admission, \$19.



Roseville Community Concert Band
Happy Birthday USA!
Monday, July 4 — 5404-05

We bring back one of the best local volunteer symphonic concert bands in the area; the Roseville Community Concert Band (RCCB)

Continued on page 53

Shari McGrail

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for our annual 4th of July celebration. The band performs throughout the greater Roseville and South Placer communities. The RCCB was established in 2000 by Bill Hastings, a retired military band director. This group provides just the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The afternoon concert offers wonderful music selections and will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Concert 2:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$10.** General admission, \$8. Tickets required for all guests, including children.



Paperback Writer: The Beatles Experience

Thursday, July 21 — 5421-05

Paperback Writer: The Beatles Experience takes its audience on a trip through the musical years of the world's most popular rock group of all time! Hear the hits from the Ed Sullivan Show through the colorful Sgt. Pepper's years and on to the roof tops of "Let It Be" performed with "spot on" vocals, looks, and sound-alike ability. This national show is featured at Disneyland and Disney's California Adventure park as well as dazzling audiences across the United States and around the world performing for fairs,



major casinos and the cruise industry. Take a look at what the national critics are saying: "Heads above the Beatles shows I've heard!" *Eagle Press* Cleveland, Ohio. "Sensational show for all ages" *Los Angeles Times*. "Remarkably authentic! Amazing vocals!" *Bloomington (Chicago) Times*. "The Look, The Sound... Amazing." *San Francisco Chronicle*. Paperback Writer is guaranteed to bring audiences the most precise experience of The Beatles as humanly possible. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$18.** General admission, \$15.

Summer Concert Series

The Long Run: Experience the Eagles

Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded professional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest Eagles tributes in the world. Recently featured in AXS TV for their live tribute concert, the Long Run's lush harmonies and rich instrumental arrangements deliver Eagles chart-topping hits with exceptional musical accuracy and live concert energy. With songs like "Hotel California," "One of These Nights," and "New Kid in Town," audiences young and old can expect a night to remember! General admission, \$20.



Day Trips & Extended Travel



Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

Day Trips

—Casino/Races—

Feather Falls Casino

Monday, May 23 — 1954-03

Enjoy a nice spring day with a trip to Oroville, 70 miles north of Lincoln, for a four-hour visit. Many gaming options available with \$10 cash back. It's an 11,000 square foot smoke-free gaming area with over 300 machines for your clean-air enjoyment! Lunch on your own at the buffet or Feather Falls Brewing Company. Leave OC at 9:00 AM, return ~ 4:00 PM. \$21.



Jackson Rancheria

Monday, June 27 — 1951-04

By popular demand, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four



hours at the recently remodeled, expanded casino. Enjoy a nice drive in the foothills! Leave OC at 9:00 AM, return ~ 5:00 PM. \$23.

Cache Creek Casino

Wednesday, July 20 — 1772-05

Resident favorite Cache Creek Casino is just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure you bring along an accepted form of Military, guard, reserve, dependant, veteran, retired veteran or retired veteran dependant ID'S to obtain 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. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.



—Festivals—

Squaw Valley Art, Wine and Music Festival

Saturday, July 9 — 1960-05

Ready to get out of the valley heat? Enjoy a cool mountain summer day when we visit Squaw Valley's annual Art, Wine & Music

Continued on page 54

Festival. The village comes alive with color, taste, and sound as fine artists, crafters, performers and musicians come to participate in this fun event. The festival features wine tasting, two performance stages, restaurants, shops, and walkways lined with fine art booths and exhibits. Included is the tram ride to High Camp at 8,300' elevation to enjoy panoramic views of Lake Tahoe, do some hiking if you wish and visit the Olympic Museum where you can take a trip back in time and learn about the 1960 Winter Olympics that took place at Squaw Valley. Bring your own lunch or enjoy lunch on your own in the village or up at high camp. Pick up a restaurant list from the Activities Desk. Leave OC 9:00 AM, return ~ 5:45 PM. \$59.



—Museums—

Asian Art Museum — San Francisco Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei Wednesday, June 22 — 1766-03

Rare imperial masterpieces make their U.S. debut in their only West Coast appearance. Emperors' Treasures features nearly 150 artworks from the renowned Taipei museum and includes paintings, calligraphy, bronze vessels, ceramics, jades and more. Over 100 pieces will make their debut; 30 are extremely rare masterpieces highlighting artworks that span from the Song period to the Qing dynasty. Emperors' Treasures will outline how Chinese art came to develop and flourish under Han Chinese, Mongol and Manchu rulers. Also view special exhibits of Chinese and Japanese Lacquer ware. View "Elephants without Number," and discover how these impressive animals have inspired artists' imaginations for centuries. Includes admission, lunch on your own, museum café, or bring your own. Depart at 8:00 AM, return ~ 6:15 PM. \$63.



—Performances—

WaistWatchers the Musical—24th Street Theater Thursday, July 14 — Matinee 1786-04A & Evening 1786-04B

Set in Cook's Women's Gym, and in the same vein as Menopause the Musical®, **Waist-Watchers the Musical!** takes a hilarious and lighthearted look at four women dealing with their obsession with food and assorted body image issues. Parodying 22 popular songs with cleverly rewritten lyrics propelling the fun along, the ladies tackle issues like dieting, exercise, plastic surgery, sex over the age of 40, and the relentless search for a positive self-image. Included are songs such as "Botox Queen" to the tune of ABBA's "Dancing Queen," "I Hope I Lose It" to the tune of "I Hope I Get It" from A Chorus Line, and "Viagra" to the tune of "Maria" from West Side Story. We



scored up front orchestra seating at the 24th Street Theater in Sacramento for either a nice afternoon matinee or an evening show. Matinee show—leave OC at 12:45 PM, return ~ 4:45 PM. Evening show—leave OC at 5:45 PM, return ~ 9:30 PM. \$79.

First bus sold out! Additional Date Available!

Beautiful—The Carole King Story Orpheum Theater—San Francisco Wednesday, September 7 — 1790-03

Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend" and the title song, "Beautiful" took home two 2014 Tony Awards and a 2015 Grammy Award. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart at 11:00 AM, return ~ 9:30 PM. \$146.



Irving Berlin's White Christmas Golden Gate Theater—San Francisco Wednesday, December 14 — 1774-05

Not too soon to plan your holiday outing! Start with a timeless tale of joy and goodwill, fill it with classic Irving Berlin songs, top it off with glorious dancing and lots of snow and come see Irving Berlin's White Christmas! It's a must-see classic in a lavish new musical that the *New York Times* says to "put on your wish list." **Irving Berlin's White Christmas** tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Enjoy the holiday spirit at Union Square with dinner on your own after the 2:00 PM show. Depart at 10:45 AM, return ~ 9:45 PM. \$130.



2016 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start at 7:30 PM. You will have time to purchase food and beverages prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$99 each show.



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Legally Blonde

Wednesday, June 15 — 1795-03A

The hilarious Reese Witherspoon film is now the smash hit musical comedy that turned Broadway and MTV hot pink. Sorority star Elle Woods is an underestimated blonde who doesn't take "no" for an answer. When her boyfriend dumps her for someone more "serious," she hits the books and, with her dog Bruiser, sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style. With "Omigod You Guys," "So Much Better." \$99.

LEGALLY
Blonde

Hello Dolly!

Wednesday, June 29 — 1795-03B

This ebullient and irresistible musical theatre classic glitters with happy songs, high-energy choreography and elaborate costumes. The indomitable matchmaker Dolly Levi rediscovers love for herself as she introduces romance into the lives of wealthy shopkeeper Horace Vander-Gelder, his niece and two sheltered clerks. Features "It Only Takes A Moment," "Put On Your Sunday Clothes" and the title number, one of the most beloved songs in American musical comedy. \$99.

HELLO
DOLLY!

Cabaret

Wednesday, July 27 — 1795-03C

Welcome to Berlin's infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside. But as life in pre-WWII Germany grows more and more troubled, how long can the show and the decadence surrounding it go on? This Tony-winning Kander and Ebb classic has some of the most memorable songs in theatre history, including "Cabaret" and "Willkommen." \$99.

CABARET

Nice Work If You Can Get It

Wednesday, August 10 — 1795-03D

A smash hit on Broadway in 2012, the song-and-dance spectacular features the music of George and Ira Gershwin in a sparkling, spirited, high-stepping musical comedy. To a songbook of the greatest American standards ever sung, a cast of bootleggers, chorus girls, playboys and politicians, creates hilarity in a glorious Long Island mansion in the rip-roaring 1920s. With "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone to Watch Over Me." \$99.

NICE
WORK
IF YOU
CAN GET IT

The Hunchback of Notre Dame

Wednesday, August 24 — 1795-03E

This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (*Beauty and the Beast*, *Newsies*) and Stephen Schwartz (*Wicked*, *Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of

Hunchback
of
Notre
Dame

the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar-nominated score and introduces stunning new songs. \$99.

2016/2017 Speaker Series

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 this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed below.

\$639 Platinum Seating — 1730-04

\$573 Gold Seating — 1731-04

\$440 Silver Seating — 1732-04

\$339 Bronze Seating — 1733-04

Read about this season's phenomenal speakers:

- **Michael Lewis**
Wednesday, September 28

Michael Lewis is a non-fiction writer and one of today's leading social commentators. He takes a fresh, hard look at the ever-changing value systems that drive our economic markets, political landscapes and cultural norms. Some of his best-selling books include *Moneyball*, *The Blind Side* and *The Big Short*.

- **Brian Greene**
Wednesday, November 16

Brian Greene is a theoretical physicist. He is an entertaining communicator of cutting-edge scientific concepts. His national bestseller *The Elegant Universe* became an Emmy and Peabody award-winning NOVA special that Greene hosted. He co-founded The World Science Festival with the mission to take science out of the laboratory, and recently launched World Science U, a series of free online courses.

- **Jay Leno**
Wednesday, January 18, 2017

Comedian Jay Leno is known as one of the nicest and hardest working men in show business. As host of the *Tonight Show* he dominated the TV late night ratings for more than two decades. His "everyman" style and personality have helped him earn millions of fans worldwide.

Continued on page 58



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- **Fareed Zakaria**
Monday, February 27, 2017

Journalist Fareed Zakaria is the host of CNN's Fareed Zakaria GPS, the go-to show for those seeking smart commentary and civil conversation about global challenges. Dr. Zakaria is a contributing editor to the *Washington Post* and *The Atlantic* and author of several *New York Times* bestsellers. He is widely respected for his thoughtful analysis and ability to spot economic and political trends.

- **Julia Gillard**
Wednesday, April 5, 2017

Former Head of State Julia Gillard was the 27th Prime Minister of Australia. She was the country's first female Prime Minister from 2010-2013. She developed nation-changing policies, including reforming Australia's education at every level and improving healthcare. She received worldwide attention for her speech in Parliament on the treatment of women in professional and public life.

- **Cheryl Strayed**
Wednesday, May 3, 2017

Cheryl Strayed is the author of the #1 *New York Times* bestselling memoir, *Wild: From Lost to Found on the Pacific Crest Trail*. It was made into a movie in 2014. Shattered by two major life events at age 22, she decided to trek over 1,000 miles from the Mojave Desert to the Oregon-Washington border; and found inner peace.

—Sports—

San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on third base side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. See individual games for departure times. \$154.*



- **Giants vs. Chicago Cubs**
Sunday, May 22 — 1800-12A

Seats located in club level 230. Depart OC 1:30 PM (5:05 PM game time). Return ~ 10:45 PM.

- **Giants vs. New York Mets**
Sunday, August 21 — 1800-03A

Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. St. Louis Cardinals**
Sunday, September 18 — 1800-12C

Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

Continued on page 63

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

- **Weather:** Association trips and events are held regardless of inclement weather.

- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

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April 16- Malbec World Day; April 21- Pairing Dinner;
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May 21 - Blending Party; May 28 - Wine Club Pool Party

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- **Giants vs. Los Angeles Dodgers Fan Appreciation Day!**
Sunday, October 2 — 1800-03B
Seats located in club level 230. Depart OC 8:15 AM (12:05 PM game time). Return ~ 6:45 PM.

River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? We have two River Cats games at beautiful Raley Field in West Sacramento. Senate Box seating, section TBA. Both games depart at 5:45 PM ~return 11:30 PM. \$52 per game.

- **River Cats vs. OKC Dodgers (LA Dodgers)**
Friday, May 27 — 1927-01A
- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Tuesday, August 16 — 1927-01C

—Tours/Leisure—

Marine Mammal Center and Sausalito

Tuesday, June 7 — Cancelled

The Marine Mammal Center's mission is to expand knowledge about marine mammals—their health and that of their ocean environment. Their core work is the rescue and rehabilitation of sick and injured marine mammals, supported by state-of-the-art animal care and research facilities. Enjoy a "private," one-hour guided tour of the state-of-the-art facility with its unique **Cancelled** animal rehabilitation hospital. View seal and sea lion patients and learn how the hospital functions with hands-on experiences with rescue equipment and touching pelts. June is the end of Sea Lion season with some of the last northern elephant seals and harbor seal pups from the spring getting ready to return to the wild. Before the tour, enjoy free time to explore beautiful Sausalito for some art browsing and shopping at unique stores with lunch on your own. *Parts of Marine Mammal Center tour are outside. Please wear appropriate footwear and bring a jacket.* Leave OC 8:30 AM, return ~ 6:00 PM. \$59.



San Francisco Saturday

Saturday, June 11 — 1841-04

Enjoy a special Saturday excursion to San Francisco. Meet friends, shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Our stop on this trip will be Union Square. Leave OC at 8:30 AM, return ~ 6:45 PM, \$44.



South Fork American River Rapids Rafting

Monday, July 11 — 1811-04

The South Fork of the American River has become the most popular rafting adventure in the Western US on its 20-mile course through California's historic Gold Country. Located in California's El Dorado County, the American River flows through a beautiful gorge in a wilderness setting. No experience is necessary to enjoy the adventure of rafting on the world-class American River. If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey, Roast Beef or Vegetarian Sandwich*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick-up guidelines and rafting itinerary at Activities Desks. Leave OC at 11:00 AM, return ~ 6:30 PM. \$159.



San Francisco—Pier 39/Fisherman's Wharf

Monday, July 18 — 1844-05

Enjoy a special excursion to Pier 39 and Fisherman's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 6:30 PM, \$44.



—Overnight & Extended Travel—

Revvin' it up in Reno!

Hot August Nights 30th Anniversary

Wednesday, August 3 to Thursday, August 4 — 1972-05

Join Katrina, your Trip Coordinator, for a trip down memory lane as we attend the largest nostalgic car show in the world that will be celebrating its 30th anniversary! We'll be staying at The Nugget Resort & Casino in Sparks in the Premier East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon arrival. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise.



There is also a vendor and craft area. Included in the trip are

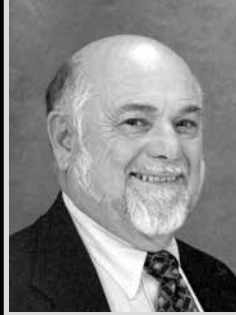
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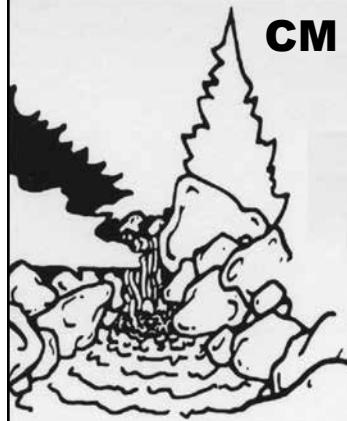
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excellent seats in the showroom for “**Dream, Dream, Dream—Roy Orbison & The Everly Brothers Reimagined.**” What if one of the most famous male duos of the 50’s and 60’s performed alongside one of the most iconic voices of all time? The Everly Brothers and Roy Orbison crossed paths more than a few times in their prolific careers, but not much was documented. This show combines that unique vision for an unforgettable night of career spanning hits. Breakfast on your own the following morning and then we’re off to Club Cal Neva in downtown Reno where you will receive an \$8 gaming credit. Explore the closed-off Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy’s Toy Store at the Reno Events Center for cool accessories! We will offer a shuttle to the Atlantis Casino “show & shine” with the Reno Convention Center next door which includes more displays, vendors and a car auction. Detailed trip itinerary outline, menus and trip insurance providers list from the US State Department available at the Activities Desks or view online. *A signed liability waiver is required for each participant.* Leave OC August 3 at 12:30 PM, return August 4 ~ 6:30 PM. \$149 per person double occupancy. \$192 single occupancy.

Sold Out Trips

Trip • Date • Departure Time

- **Old Sacramento Underground — 1843-03**
Monday, May 16—8:45 AM
- **P.A.W.S. Open House — 1875-04**
Saturday, May 21—7:45 AM
- **Kinky Boots — 1774-01**
Sunday, May 22—12:30 PM
- **Motown the Musical — 4561-06F**
Tuesday, May 24—6:45 PM
- **SF Giants vs. LA Dodgers — 1800-12B**
Sunday, June 12—2:00 PM
- **Beale AFB — 1762-04**
Friday, June 24—8:00 AM
- **Laguna Beach Festival of the Arts/Pageant of the Masters — 1983-12**
Saturday, July 23—8:00 AM
- **Beautiful—The Carole King Story — 1790-02**
Wednesday, September 14—11:00 AM
(See additional date September 7)

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@schca.com

Classes

Vacation Drop-In

In response to students’ request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Announcement—

Fine Arts Class Gallery Opens

Friday, June 17

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department in cooperation with art instructors and students is proud to announce the opening of the **Lincoln Hills Student Art Gallery** in the Fine Arts Room. We invite our residents to visit and check out the wonderful works of our art students and their instructors. A collection of work from the Watercolor and Drawing classes of Michael Mikolon plus samples from other art classes including Marilyn Rose’s Oils and Acrylic classes and Painting Pastels from Barry Jamison will be on exhibit. The newly constructed Fine Arts Room display wall will proudly show a rotating exhibit of students’ artworks monthly. We hope everyone will stop by to see the students’ work. This is the perfect opportunity to see what your friends and neighbors here at Sun City Lincoln Hills are passionately pursuing. You can be one of them! If you miss the opening, you may drop by anytime, whenever an art class is ongoing.



—Drawing—

Beginner Drawing

Thursdays, June 2-30 — 132216-05

10:00 AM-12:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing.

We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction



Continued on page 66

with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online.

Vacation drop-in: DRAW — \$17 per session.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, June 1-29

9:00-11:30 AM Class — 113116-05

Or 1:30-4:00 PM Class — 113216-05



AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online

Vacation drop-in: PAINT — \$17 per session.

Painting Pastels and Oils with Barry

Mondays, June 6-27 — 105116-05

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry is an award-winning artist with over 50 years painting explorations in various media. His paintings are sought by collectors and has clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Barry owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.

Vacation drop-in: PASTEL — \$17 per session.



—Watercolor—

Beginning Watercolor Painting

Thursdays, June 2-30 — 132116-05

1:00-4:00 PM (OC). \$65 (five sessions). Instructor: Michael Miko-

lon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

Vacation drop-in: WCOLOR — \$17 per session.



Sip and Paint: "Egrets on my Pond"

Friday, June 24 — 122116-05

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This is an activity that's becoming popular everywhere. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush strokes and use of pallet knife. Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be under-painted and have a wire on the back ready to hang. The fact that we paint quickly and don't have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna Collage of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.



Mixed Media

Art Journaling

Tuesdays, June 14 & 28 — 143116-05

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we "play" on the pages of our art journals. You will 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 to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick,



Continued on page 68

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Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, June 1-29 — 206116-05

1:00-4:00 PM (KS). \$50 (five sessions).

Instructor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentration. A beginning & continuing class on

how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

Vacation drop-in: LADD — \$12 per session.



—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, June 7-28 — 212116-05

1:00-4:00 PM (OC). \$54 (four sessions). Instructor:

Jim Alvis. Introductory class for residents

who have never worked with clay and continuing students who want to further develop skills.

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 meeting for future classes.

Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics

Tuesdays, June 7-28 — 212216-05

9:00 AM-12:30 PM (OC). \$54 (four

sessions). Instructor: Jim Alvis. This

class is for the self-motivated stu-

dents/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: CERD3 — \$17 per session.



Ceramics — All Levels

Thursdays, June 2-30 — 221116-05

1:00-4:00 PM (OC). \$67 (five sessions). Instructor:

Terry Accomando. Open to all skill levels. The class

teaches hand-building techniques and working on the potter's wheel. Students are encouraged to

work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are



given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

Vacation drop-in: CERD2 — \$17 per session.

Crafts

—Card Making—

Intro to Card Making 101 — Level 1

Mondays, June 6-20 — 317116-05

9:00 AM-12:00 PM (KS). \$30 (three ses-

sions). 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, so sign-up early to reserve your space. All supplies

will be provided.



Card Making Level 2 — Intermediate

Tuesdays, June 14-28 — 317216-05

9:00 AM-12:00 PM (KS). \$30 (three sessions). In-

structor: Dottie Macken. **Prerequisite:** Completion

of at least three-to-four sessions of Intro to Card

Making 101—Level 1, or 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, so sign-up early to reserve your

space. All supplies will be provided.



Card Making Level 3—Intermediate/Advanced

Wednesdays, June 8-22 — 317316-05

9:00 AM-12:00 PM (KS). \$30 (three

sessions). Instructor: Dottie Macken.

Prerequisite: This class will build on

your skills from Level 2, while intro-

ducing 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.



Card Making Level 4 — Advanced

Fridays, June 10-24 — 317416-05

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dot-

tie Macken. **Prerequisite:** This class is designed for the more

experienced card maker and for those who have completed

Levels 1 through 3, or have instructor's approval. The class will

continue to build and explore different card making and paper

craft techniques, dies, inks, and much more. Class size is limited,

Continued on page 70

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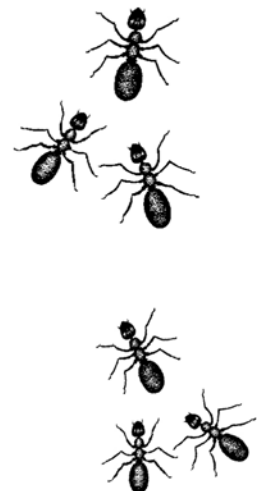
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so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Craft Corner—

4th of July Wreath

Thursday, June 9 — 302016-05

1:00-4:00 PM (KS). \$20+ \$20 supply fee. Instructor: Judi Masters. This patriotic wreath is a beautiful way to display your pride in our nation and our military! Use it on Memorial Day, Fourth of July, Veteran's Day or year round if you like! It is made up of the colors of the American flag with red, white and blue fabric. With the final touch of stars. Finished wreath is about 12". Wreath comes with a hanger in the back so all you need is a hook to display your new craft.



—Flower Arrangements—

Brave and Free Floral Workshop

Monday, May 23 — 301116-04

9:30-11:30 AM (KS). \$45. Instructors: Jen Steele and Sally Hernandez. Let's design a beautiful arrangement with long lasting flowers in red, white, and blue in a fun and creative environment. This class is designed for all beginners and professionally led by Jen and Sally. Explore your individual creativity and be inspired by the upcoming holiday. Flowers and container are included. Shears and knife not included.



Hand Tied Bouquet Workshop

Tuesday, June 21 — 301116-05

9:30-11:30 AM (KS). \$48. Instructors: Jen Steele and Sally Hernandez. Instructors: Sally and Jennifer. We will go step by step in creating a hand tied bouquet. Using long lasting blooms and other accent flowers, you will learn to take loose flowers and create something beautifully put together for any occasion. All flowers, greenery, and ribbon included. Shears not included.



Cooking

Perfect Pasta!

Thursday, June 2 — 322116-05

9:00-11:00 AM (KS). \$18. Pasta is a staple and favorite in a lot of homes. We will be shaking up the pasta world by preparing a few different dishes using different kinds of pasta and sauces. Recipes will be provided.



Dance

—Clogging—

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

Beginning Clogging

Tuesdays, June 7-28 — 332116-05

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Closed to new students. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, June 7-28 — 332216-05

11:00 AM-12:00 PM (KS). \$28 (four 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'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging

Tuesdays, June 7-28 — 332316-05

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

**Country Couples Western Dance
Beginner Level One & Two**

Mondays, June 6-27 — 344216-05

7:00-8:00 PM (KS). \$20 (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 with some being mixers. Instruction will be at a slower pace for beginners.

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**Country Couples Western Dance
Beginner/Intermediate Level Three & Four
Mondays, June 6-27 — 344416-05**

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances.



You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be "The Wanderer" and "Talk To Yo Mamma."

**Country Line Dancing
Fridays, June 3-24 — 346116-05**

3:00-4:00 PM, KS. \$20 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

**Lyrical Jazz/Ballet
Thursdays, June 2-30 — 353516-05**

5:00-6:30 PM (OC Fitness). \$62 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



**Performance Dance — Intermediate to Advanced Level
Fridays, June 3-24 — 354516-05**

2:15-3:45 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater.



—Hula—

**Hula
Thursdays, June 2-30 — 390216-05**

1:00-2:15 PM (KS). \$50 (five sessions). Instructor: Pam Akina. Begin or 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 mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



Vacation drop-in: HULA — \$13 per session.

—Jazz—

**Jazz Class for the Beginner
Thursdays, June 2-30 — 353016-05**

12:00-1:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Vacation drop-in: JAZZ1 — \$13 per session.

**Jazz Technique 2
Tuesdays, June 7-28 — 353116-05**

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.



Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

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

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, May 2-June 27 — 360016-03**
4:00-5:00 PM (KS). \$48 (eight sessions; no class May 30). Instructor: Audrey Fish.

Continued on page 75

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- **Thursdays, May 5-June 30 — 370016-03**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I — Beginner

Prerequisite: Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, June 6-27 — 370116-05**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, June 2-30 — 360116-05**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Tuesdays, June 7-28 — 380116-05**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Substitute, Ginger Fullerton

Line Dance II—Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, June 6-27 — 360216-05**
5:00-6:00 PM (KS) \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, June 1-29 — 380216-05**
9:00-10:00 AM (KS) \$30 (five sessions).
Instructor: Substitute, Dennis Dawson.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, June 1-29 — 380316-05**
10:00-11:00 AM (KS) \$24 (four sessions; no class June 22).
Instructor: Substitute, Janet Thomas.
- **Thursdays, June 9-30 — 360316-05**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, June 2-30 — 370416-05
10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminol-

ogy is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

• Audrey Fish

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.



• Sandy Gardetto

Sandy will be taking a break for the months of June-August. During this period classes will be taught by substitute instructors who were personally selected by Sandy.



Ginger Fullerton: Has been a line dance student for six years and is the lead dance volunteer for Saturday line dance practices. Ginger loves to line dance and thoroughly enjoys the people in the class. She will be the instructor for Line Dance I.
Dennis Dawson: Dennis is very active in both the Line Dance as well as Country Couples Group. He has substituted for Sandy in Line Dance II and Line Dance III class for the past seven years. Dennis is a fun teacher and highly qualified to teach Line Dance II.
Janet Thomas: Janet started line dancing in 2001, attending various classes near her home in Orangevale. She has been teaching at the Senior Center in Rancho Cordova for three years. She will be our instructor for Line Dance III.

• Yvonne Krause

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.



—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.



Continued on page 76

She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

Note: Tap Performance classes will resume in October

Beginning Tap

Thursdays, June 9-23 — 410116-05

10:00-11:00 AM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

• **Mondays, June 6-20 — 410516-05**

10:00-11:00 AM (KS). \$24 (three sessions).

• **Tuesdays, June 7-21 — 410216-05**

10:00-11:00 AM (KS). \$24 (three sessions).

• **Thursdays, June 9-23 — 410816-05**

11:00 AM-12:00 PM. (KS) \$24 (three sessions).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, June 8-22 — 318116-05

6:00-7:00 PM (KS). \$30 (three weeks). 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.

Intermediate I and II West Coast Swing

Wednesdays, June 8-22 — 318216-05

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, June 6 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, June 6-27 — 494116-05

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez.

Requirements: No open toe shoes or short pants.

Come learn the art of stained glass. We will be learning 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. Class is also open to more experienced students. Instructor will evaluate students’ skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 26 years of stained glass experience.



Money Matters

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Finance as a Second Language

Tuesday, May 24 — 871000-05

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Much like other industries, the world of finance has its own language. To feel better about the world of finance and understand the financial news channels lexicon, come to this class to learn more about what the various financial terms mean and how to properly utilize them. After this class you should be able to discuss financial topics and at least feel more comfortable when certain terms are used in business media.

How to Invest in Stocks

Tuesday, June 28 — 871000-06

10:30 AM-12:00 PM, P-Hall (KS). \$5.

Instructor: Russ Abbott. Ever wonder what things you should consider when putting your hard earned money into Stocks? Does price matter, management of the company, industry, analysts thinking, or what? Come to this popular class on how to analyze the important things necessary to figure out which stocks to buy and when. You will leave with a working knowledge of the stock market and where to find information on individual companies.



Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or as stated in the article. Instructor moves the students to the next level based on skills evaluation.

Guitar 1A — Beginner Level

Wednesdays, June 1-29 — 535116-05

8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open to new students. Class is de-

Continued on page 79



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signed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.



Guitar 1B — Continuing Beginner Level

Mondays, June 6-27 — 535716-05

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B — Entry to Intermediate Level

Wednesdays, June 1-29 — 535216-05

10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3 — Intermediate

Thursdays, June 2-30 — 535316-05

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students.



Prerequisite: Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study in the chord-melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music. Questions? Call Bill, 899-8383.

Guitar 4 — Advanced

Thursdays, June 2-30 — 535416-05

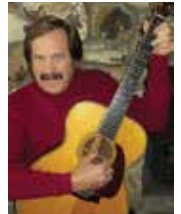
10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge

and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, June 14-28 — 536216-05

1:00-2:00 PM (KS). \$27 (three sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar 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, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.



Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, June 14-28 — 536316-05

2:00-3:00 PM (KS). \$27 (three sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable that they have met this prerequisite. and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, June 3-24 — 537216-05

10:30 AM-12:30 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working



Continued on page 83

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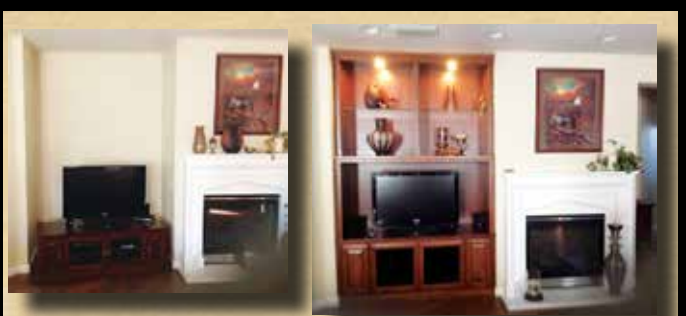
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on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.

Personal Improvement

Programs that provide learning and development in areas of life that are unique to each individual.

Medication Management— Tips That May Save Your Life

Thursday, May 26 — 855000-05

1:00-3:00 PM. Multipurpose Room (OC). \$20. Instructor: Havy Dam, Lead Pharmacist, H & H Integrative Pharmacy. The combination of increased medication use paired with the normal body changes caused by aging can increase the chance of unwanted, and even harmful drug interactions. This will be an informative session to discuss medication safety guidelines. Topics will include: pharmacy labeling, creating and maintaining an up-to-date medication list, supplying your doctors with a medications list, confirming age appropriate dosage, potential side effects of your medications, informing your doctor about any previous adverse drug effects, and the importance of minimizing the number of doctors and pharmacists you use.

The Sudoku Series

Tuesday, May 24 — 870000-05

Tuesday, June 28 — 870000-06

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Intermediate Level: Come learn how to play one of the fastest growing puzzles in America using a new system developed by the instructor. This class continues from January / February's Beginner Level and tackles puzzles commonly referred to as levels four-, five- and six-stars in local newspapers. The class is optimal to attend if you have a working knowledge of Sudoku and you are getting stuck on the easy to medium puzzles. Our new system will not only help you get unstuck, but will open up an entirely new approach to Sudoku.



New! Brain Gain Part III

Saturdays June 4-25 — 877300-06

9:30-11:30 AM, Card Room (OC); June 11 meets in Multipurpose Room (OC). \$40. Instructor: Dr. Alice Jacobs. Continue the fun, with challenging brain exercises facilitated in a non-competitive environment. Come “use it or lose it,” explore the myths and realities of memory function, and learn valuable information that can help your brain and memory function properly. Completion of Brain Gain Part I and Part II are recommended, but not mandatory. Repeaters welcome.



Getting Your Stuff Together: Organizing Your Estate

Monday and Tuesday, May 23 & 24 — 863000-06

9:00 AM-12:00 PM, Solarium (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instruc-

tor: 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. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



Two-day class! AARP Driver Safety Training

Tuesday and Wednesday, May 24 & 25 — 481026-04

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



New! Lavender Basics—Growing and Using

Monday, June 13 — 861000-LV

2:00-4:00 PM, Fine Arts (OC) \$25. Instructor: Renee Charleston. Lavender is one of the most popular and long lasting fragrances in the world. It is an easy to grow plant in our area with a wide variety of sizes, colors, shapes and blooming habits. In addition to its wonderful fragrance, it can also be used medicinally, in aromatherapy, in household products and for culinary use. Renee Charleston has been a lavender farmer in Colfax for over ten years. She will be sharing her experience in growing lavender, choosing varieties, and using lavender in cooking.



Sewing

New! Elegant Fabric Ginger Jar Workshop

Wednesday, June 8 — 594216-04

1:00-4:00 PM (OC). \$30 plus \$6 supply fee payable to instructor. Instructor: Margie Kim. **Prerequisite:** Basic knowledge of machine and hand sewing. Come spend a few hours in this delightful workshop and learn how to make an elegant fabric

Continued on page 84

ginger jar step-by-step. The jar can stand alone as a statement art piece or you can add dry flowers, a glass tube with real flowers, perhaps some decorative branches... the options are as bountiful as your creativity! Finished jar will be 8"H x 5.5"W. Be sure to get your materials list after you register and if you have a chance, stop by the OC display to see Margie's ginger jar in person. Margie has been crafting and quilting for over 30 years.



—Certification—

Bernina Serger Certification

Monday, June 13 — 591116-05

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, June 13 — 592116-05

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, June 13 — 593116-05

3:00-4:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

Technology

—PC—

Windows 10 Basics

Wednesday & Thursday June 8 & 9 — 295116-05

9:00-11:30 AM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common "apps." *Bring your Win 10 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



—Mac—

Pages 5 for Mac

Thursday & Friday, June 9 & 10 — 267116-04

9:00-11:30 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. **Prerequisite:** You must have Mac OS X El Capitan installed on your iMac or MacBook at home. Do you

enjoy creating letters, newsletters, flyers, cards. Do you record club minutes or keep personal checklists? Writing class notes or your life story? If you do, then Pages 5 is for you. It's a full featured word processing and page layout app. It is easy to use and fun to work with. You can even add photos, tables, and music too. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share Pages documents beyond your Mac, through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF documents.



—Smart Phones and Tablets—

iPhone Camera Basic Editing Workshop

Friday, June 10 — 262216-4B

9:00 AM-12:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone5S or newer and you must be on iOS 9.3 or higher. Bring your iPhone to the Workshop. Do you want to learn how to edit your photos on your iPhone? No need to download your iPhone photos to your computer for editing. Edit your pictures on you iPhone with the built-in editing apps and many other apps available from the App Store. Create professional photos in the Photos app connected to your iPhone camera. If you have any other specific questions about the class call Andy Petro at 474-1544.



Introduction to Android SmartPhones

Wednesday, May 25 — 256216-04

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** *Gmail account. Bring your Android phone fully charged.* If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, build your contact lists, sending and receiving text messages, use email, the internet, take and share photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. **Note: This class is not for iPhone users.**



Pages for iPad Workshop

Tuesday, June 14 & Friday, June 17 — 267216-04

9:00-11:00 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. **Prerequisite:** Be on software update iOS 9 or higher, download the Pages app (most have it free), and bring your iPad to class. Do you enjoy the convenience of your iPad? Do you want to create letters, newsletters, flyers, cards, write club minutes, keep a travel journal, and more with ease from wherever you go? This workshop is for you. The iPad version of Pages is

Continued on page 87

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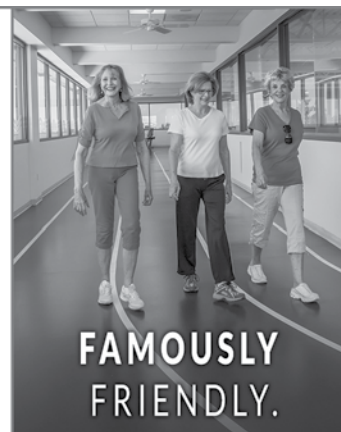
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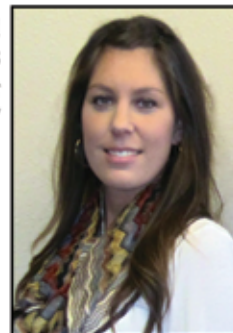


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—Social Media—

Facebook 101

Saturdays, June 11&18 — 272116-05

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding

the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.

New! Twitter 101

Tuesday & Wednesday, June 21&22 — 273116-05

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Still don't get Twitter? More and more the micro-blogging network is becoming a very useful tool for finding out what is going on with people and things that matter to you the most. With this easy and engaging facilitated learning course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands on instruction. Class size is limited so sign up early.



WellFit Classes

WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers starting May 17 at 8:00 AM.

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 or online.

- **Wednesday, May 18 — 700100-O5**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, May 24 — 700100-O6**
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, June 1 — 700100-OA**
4:00-5:00 PM, Fitness Floor (OC)
- **Tuesday, June 7 — 700100-KA**
1:00-2:00 PM, Fitness Floor (KS)
- **Thursday, June 23 — 700100-KB**
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, June 15 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 70. From beginner, intermediate, to advanced skill

level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Arthritis Class L1/L2

Tuesdays, June 7-28 — 801100-6A

Wednesdays, June 1-29 — 801100-6B

Thursdays, June 2-30 — 801100-6C

Fridays, June 3-24 — 801100-6D

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday and Friday \$35.00 (four sessions) Wednesday, and Thursday \$43.75 (five sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase 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. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



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Spotlight On...**Healthy Living with Exercise****Thursday, June 23, 2016 — Free**

2:00-3:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Healthy Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.

Pre-Enrollment Assessment**Healthy Living with Exercise****Continuous Dates — 881000-05**

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Healthy Living with Exercise — Part 2**Mondays and Wednesdays**

This class will be returning in July. \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note:** Class requires completion of Healthy Living Part 1.

**Exercise and Weight Management Program****Tuesdays & Thursdays, May 31-June 23 — 865000-06**

1:00-2:00 PM, Aerobics Room/Indoor Track (OC). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use



of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.

Lessons

Programs that provide learning the mental and physical side of outdoor activities.

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Self-Defense and Martial Arts**Free Community Demonstration****Saturday, June 25**

12:00-1:30 PM, Aerobics Room (OC).

Tai Chi Qigong L1**Tuesdays, June 7-28 — 730100-06****Saturdays, June 4-25 — 730100-6A**

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong 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 that improves health and longevity.

Tai Chi Qigong L2**Tuesdays, June 7-28 — 730300-6A****Saturdays, June 4-25 — 730300-06**

Saturday, 10:00-11:00 AM, Aerobics Room (OC). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. 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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Foundations of Nutrition

Tuesdays, June 7-28 — 862500-5G

6:00-8:00 PM, Fine Arts (OC). \$99. Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. This four-week series offers insight and guidance to common health issues due to diet and lifestyle. During this four-week program we will explore the Foundations that build a strong, solid and healthy life. It is the weaknesses in the Foundations that lead to degenerative health problems that plague the modern world. Topics include: Digestion, Hydration, Blood Sugars & Fats.

Re-Start—Your Health in Just Five Weeks

Tuesday, June 21-July 19 — 862000-06

1:00-2:30 PM Multipurpose Room (OC). \$129 (five 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 immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar.

Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- Four-class membership package \$80 per month
- Eight-class membership package \$135 per month
- New! Unlimited class package \$200 per month
- Add-on classes for member \$17 per class
- Drop in classes for non-member \$25 per class
- Introductory session \$30—required for both member & non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@sclhca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A6

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 online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.



SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.



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SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50.
- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:** Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength”. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **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 \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

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 quickly, please register at least seven days prior to class start date. Participants must register prior to class start date. Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, June 1-June 27 — 835210-A6

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instruc-

tor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesdays & Thursdays, May 31-June 23 — 835211-A6

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays, June 1-June 27 — 835800-A6

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT—Fit 101 L1

Mondays & Wednesdays, May 30-June 22 — 835500-B6

Tuesdays & Thursdays, May 31-June 23 — 835500-A6

Tuesday & Thursdays 12:00-1:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. 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. It will give you a chance to learn the proper form for many of the weight machines on the floor, 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 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, May 24-June 21 — 835600-A6

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class June 14). 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. TRX is a revolutionary



Continued on page 95

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method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. 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.

SGT—Bootcamp L3

Mondays & Wednesdays, May 23-June 20 — 835400-A6

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 30). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



SGT— Morning Burst Group Training L2

Mondays & Wednesdays, May 23-June 20 — 835310-A6

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class May 30th). 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 own 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 own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!

SGT—TRX L1

Thursdays, June 2-30 — 835214-A6

1:30-2:30 PM, Aerobics Room (KS). \$87 (five sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.



SGT—Full Body Foam Rolling All levels

Wednesdays, June 8-29 — 835212-A6

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Josh Kemp. Reap the benefits of foam rolling in this one day a week class. Learn techniques of rolling to alleviate knots, adhesions, and muscle tension brought on by stress, lack of sleep, misalignment of skeletal system and more. Performing effective foam rolling can improve overall strength, increase muscular function and most importantly improve movement for daily living.

SGT—Sports Training to Improve your Game

Mondays and Wednesdays, June 6-29 — 835213-A6

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Josh Kemp. Do you play pickleball, tennis, softball or golf? Are you looking for ways to improve your game? Look no further! Join this fun class and improve power, agility, ability to change direction, rotational force, and endurance. Take this class and experience firsthand how sport specificity training can improve your game!

SGT—TGIF TRX & More L2

Fridays, June 3-24 — 835200-A6

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Josh Kemp. 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.

SGT—Healthy Back L1

Mondays and Wednesdays, June 6-29 — 835700-A6

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Josh Kemp. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, May 30-June 22 — 835710-A6

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



Tennis Pro Services

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

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Buddy Training:**

It is more fun to work out with a friend! \$15 per person. Need four students per session.

Pro Tennis Lessons

Sundays, June 26-July 31

Beginner 8:00-8:50 AM — 790700-04

Intermediate 9:00-9:50 AM — 790600-04

Advanced 10:00-10:50 AM — 790500-04

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

Continued on page 97

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Punch Pass Class Descriptions

Please see the colored grids on pages 101-103 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 a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L1/2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

Continued on page 99

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• **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

• **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

• **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

• **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

• **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

• **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

• **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

• **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and

endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

• **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!

Outside Water (H2O) Bootcamp: Have some fun in the sun with this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.

• **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.

• **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

• **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

• **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

• **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

Continued on page 100

• **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

• **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

• **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

• **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

• **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

• **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

• **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

• **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

• **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the

tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

• **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

• **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

• **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

• **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.

• **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNCTIONAL lifestyle.

• **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

• **Zumba Gold L1/2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

OC Aqua WellFit Class Schedule June 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	Outdoor H2O Bootcamp L3- Annamarie	Water Works L2/3- Jeannette	Outdoor H2O Bootcamp L3- Marilyn	Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule June 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2- Carol	Mixed Equipment L1-L2- Valerie	Mixed Equipment L1- L2 Julie		Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie			Mixed Equipment L1-L2- Valerie		
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

KS WellFit Class Schedule June 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
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	7:15-8:15am SGT- TGIF TRX L2- Josh		
8:30						8:00am HI NRG Cycle L3-Paige	
9:00							
9:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30	SGT - Healthy Back L1- Kathryn		SGT - Healthy Back L1- Kathryn		WaiDan Gong L1- Joan		
12:30	SGT- Sports Training to Improve Your Game L2- Josh	12:00pm SGT- Functional Fit L2- Deanne	SGT- Sports Training to Improve Your Game L2- Josh	12:00pm SGT- Functional Fit L2- Deanne			
1:30	Yoga Basics L1- Ursula	Tai Chi L1- Peli	Yoga Basics L1- Ursula	New class! SGT- TRX L1- Milly			
2:30	SGT- TRX Interval L2- Julia		SGT - TRX Interval L2- Julia				
3:30	SGT-TRX Express L1- Julia	(2:45-3:45) Tai Chi L3 - Peli	SGT-TRX Exp. L1- Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike				
5:30		SGT - TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia			
6:00		Water Volleyball PreMeeting					
	Group Exercise Classes (punch pass) \$3.50						
	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.



**The 1873 Modoc War
1000 U.S. Soldiers vs. 55 Modoc Tribal Warriors**
Tuesday, May 17 — Free

7:00 PM, Ballroom (OC). Join Cheewa James, the great-granddaughter of one of the Modoc warriors and an expert on this six-month war, which took place just hours from Lincoln. James will bring the conflict to life and share an update of some new research including discoveries of how Modoc women also participated in this battle. During her presentation, James will share the fate of the 150 Modoc men, women, and children who survived the war. James has served as a National Park Service ranger at the location of the battle, which today is the Lava Beds National Monument. She is also the author of *MODOC: The Tribe That Wouldn't Die*.



Mindfulness: A Key to Healthy Aging
Wednesday, May 25 — Free

7:00 PM, Ballroom (OC). The goal of this interactive presentation by Philippe R. Goldin, Ph.D., neuroscientist and assistant professor at UC Davis School of Nursing is to introduce participants to a variety of mindfulness, compassion and meditation practices that enhance well-being at any age. Discover several activities to expand your understanding of the benefits mindfulness offers such as increased attention, emotional awareness, and mental clarity. Hear Dr. Goldin share new exciting scientific evidence with practical strategies to implement these tools which are especially helpful for adults with mood, anxiety, and pain disorders.



Living the Light
Wednesday, June 8 — Free

10:00 AM, Ballroom (OC). Andy has spoken three other times at our Forum about his Near Death Experience. This time Andy will share how his “ever present” memories and awareness of the Light transform and shape his “golden” years here in the community. He will also let you know how it feels to be getting older knowing that he will be returning to the Light very soon. As he often says, the movie called “Hi, I’m Andy Petro on planet earth”



is almost over, and it will be wonderful to get his consciousness back home, in the Light, where it really belongs.

River of Stars
Wednesday, June 15 — Free

7:00 PM, Ballroom (OC). Lincoln Hills Astronomy Club’s guest speaker, Ken Crawford, will demonstrate how amateur astrophotographers are producing professional quality images that not only show the beauty of our universe, but also are being used by professional astronomers for real science. We will examine the search for galactic tidal streams which are the remnants of galaxy mergers. This Galactic Archaeology shows that real science can be done by amateurs with modest equipment, clear, dark skies and dedication. You will experience a tour of stunning galaxies, star forming regions, and exploding stars through the technical art of astrophotography.



Why Sleep?
Wednesday, June 29 — Free

7:00 PM, Ballroom (OC). Dr. Amer Khan MD, Child Neurologist and Sleep Medicine Specialist, will cover a variety of information about our need to sleep, the body’s various mechanisms involved in sleep and how they can go wrong. Emphasis will be on a better understanding of how sleep is the keystone for health maintenance and longevity and why it is critical for us to pay attention to our sleep habits. Various common disorders such as insomnia, snoring and sleep apnea will be reviewed. The relevance of iRest techniques to the management of insomnia will be discussed and techniques will be demonstrated. Participants will have an opportunity to interact and ask questions.



The Lost City Of Petra
Thursday, July 14 — Free

10:00 AM, Ballroom (OC). The Lost City of Petra is one of the archaeological enigmas of our time; the image of its Treasury façade, carved out of a red sandstone cliff is well known. The city appeared on many travel calendars and served as “location sites” for many movies such as “Indiana Jones and the Last Crusade.” But that is only the starting point for several mysteries. What else does the site contain? What culture created it? What happened to them? After the site was largely abandoned in the first millennium, how was it re-discovered by Western Archaeologists?



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • The 1873 Modoc War: 1000 US Soldiers vs. 55 Modoc Warriors Tuesday, May 17, 7:00 PM, Ballroom (OC) • Mindfulness: A Key to Healthy Aging Wednesday, May 25, 7:00 PM, Ballroom (OC) • Living the Light Wednesday, June 8, 10:00 AM, Ballroom (OC) • River of Stars Wednesday, June 15, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Why Sleep? Wednesday, June 29, 7:00 PM, Ballroom (OC) • The Lost City of Petra Thursday, July 14, 10:00 AM, Ballroom (OC) • Brain Health! Exercise for Your Brain Wednesday, July 27, 7:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the COMPASS
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three boys, Christopher,
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KS Main Phone: (916) 408-4013

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www.suncity-lincolnhills.org

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408-4290

Spa Manager

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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

Activities Registration: 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	8:00 AM-5:30 PM
Saturday (first only)	8:00 AM-12:00 PM

Fitness Center Hours: 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	10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday	9:00 AM-6:00 PM
Saturday	9:00 AM-5:00 PM

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Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

Lincoln Police & Fire 645-4040

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