

# C MPASS

The Official Magazine of Sun City Lincoln Hills

June 2017

**Lincoln PACE Race—  
Promoting Ageless Commitment  
to Exercise... pages 18 & 19**



**Membership ID Re-registration  
and New Resident Website... page 3**

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### On the cover

The Lincoln PACE Race was a big success—  
thanks to the entire community.  
See the article and photos on pages 18 & 19

## Board of Directors Report “Assigned to Take Minutes”

*Marcia VanWagner, Vice President, SCLH Board of Directors,  
Chair sUAS Committee*

The minutes of every committee meeting and Board meeting begin with a “Call to Order and Establish a Quorum,” listing members in attendance and, at the end, an entry stating, “Present from staff were... administrative staff assigned to take minutes.” Until I became the chair of the small Unmanned Aircraft Systems (sUAS) Ad Hoc Committee last month, I never knew what “assigned to take minutes” meant to a committee or the Board. Now I do and I’d like to share some information about the staff member assigned to these meetings.

Every committee and the Board has an assigned administrative staff member who supports the committee or Board in helping meetings to run smoothly, efficiently, and according to process dictated by civil code and our governing documents. Christy Goodlove, Executive Assistant to Chris O’Keefe, is the assigned staff member for both the Board and the sUAS Committee.

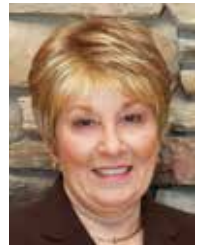
Christy’s first order of business, as the assigned staff for the sUAS Committee, was to schedule a meeting room and arrange for support equipment: tables for the committee, chairs for the audience, computer and screen for visuals, and coffee and water for all. Her first email to me

asked for agenda items, which must be published within a specified time-frame prior to the meeting and must have discussion items included (without which such discussion cannot occur). Prior to the meeting, a packet of relevant information is prepared, emailed, and printed for members and PowerPoint presentations of discussion materials are prepared.

For the meeting itself, Christy supervises the room setup, places name cards for audience identification of members, and then sits at a side table, operating the computer and taking notes. Christy also edits documents on the screen as members discuss appropriate rewording.

After the meeting, Christy records proposed minutes of the proceedings. She then sends me a draft of minutes for approval, asks for input for the next meeting agenda, and starts the process all over again.

The next time you attend a meeting, look for the person sitting at a side table. That’s the “administrative staff member assigned to take minutes.” Stop and say thank you! The committees or the Board wouldn’t be nearly as efficient if this staff person were not doing such a great job for us. Thank You!



*Lincoln Hills Veterans Group organized the Memorial Day event in the Amphitheater. Pictured is Whitney High School ROTC members and Violet Hansen, Miss Central California. Photo by Jim Cormier*

## Solar Construction at KS begins Thursday, June 15

The project is expected to take six-to-eight weeks. **Parking at KS will be limited. During construction, free continuous shuttle service will be offered from OC Lodge to KS Lodge Monday-Friday 8:00 AM to 12:00 PM and 12:30 to 5:00 PM.** The shuttle will be located at the Northwest corner of the Fitness parking lot. Look for signage directing you to the location. Parking on Sun City Blvd. is not allowed and is subject to ticketing by the city of Lincoln. Street parking is available as al-

ways on Staggs Leap. Please consider taking the shuttle or carpooling during construction to help reduce parking congestion in the area.

The project will be completed in two phases. The first will focus on the North (Social Hall) side of the lot. The Fitness lot will be open for parking during this phase. Once this section is complete, the construction fencing will move to the Fitness lot for phase two, and reopen the North side of the lot for resident parking. Regular updates will be provided via eNews.

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Thank you for your enthusiasm to re-register for your new Membership ID card and for your patience in the process. Word got out that residents only had a week to re-register, resulting in a staggering 1,700 residents our first two days. Midway through our third day we had to take a break to reorganize the process. Thank you for waiting until we came up with a better solution.

Re-registrations will be conducted Monday through Friday from 7:00 AM until 6:00 PM June 15, 19, 20, 21, 22, 27 and July: 3, 5, 6, 7, 10, 11, 13 \*(until 4:00 PM), 14, 17, 18, 19, 20, 21, 24, 26\* (after 10:00 AM) and July 27. Please enter through the patio area just outside the main entry to the OC Ballroom. For those unable to come during these dates and times, additional dates in August and September will

be announced through eNews and posters. For those who registered for mobile re-registration, we will make arrangements to meet with you in August.

For those who have yet to re-register, please continue to show your old member ID card to access the WellFit Centers and sign up for classes, events and trips.

The new resident website [www.sclhresidents.com](http://www.sclhresidents.com) has been activated and is available to those who have their new Member ID numbers. Your username is your Member ID number on your card and your default password is your last name, *Please see "Connections" on page 25*



## Calendar of Events

June 15-July 31

Date	Event	Page #
06/15	Book Discussion: <i>A Man Called Ove</i>	28
06/16	Summer Concert Series: Lacy J. Dalton & Gang	48, 51
06/17	KS Classic Movies on Saturday: Strangers on a Train	44
06/19	Astronomy: "Entanglement and Information Paradox"	27
06/19	Genealogy: "Research Using Newspapers"	31
06/20	Forum: Seniors First/Services Srs. Need to Know About	100
06/21	Concert: Night with Janis Joplin	69*
06/22	Eye Contact: Summer Time and Fun #1	31
06/22	Garden: "Holistic Health Care in Your Garden"	31
06/22	Coffee with the Mayor	44
06/22	Casino: Reno Silver Legacy	55
06/23	Music Group sponsored Open Mic Night	34, 44
06/27	Tour/Leisure: San Francisco for the Day	62
06/28	Forum: What's Up with Movement Disorders	7, 100
06/28	Alzheimer's: Regional Director of Memory Care	27
06/28	Music Group: Pay and Sing	34
06/30	Summer Concert Series: Abba Cadabra	48, 51
07/01	KS at the Movies: La La Land	44
07/03	Antiques: Show and Tell	27
07/03	KS at the Movies: La La Land	44
07/04	Softball: All Star Team Games	37, 45
07/04	Concert: Roseville Community Concert Band	52
07/06	Needle Arts: "Christmas in July"	35
07/06	Performance: Cooking with the Calamari Sisters!	55
07/07-08	Club Performance: Golden Review Vaudeville Show	51
07/08	Tour/Leisure: Squaw Valley Art, Wine & Music Festival	52
07/11	Tour/Leisure: South Fork American River Rafting	62
07/12	Computer PC: The Magic of Google	30
07/12	Performance: Music Circus—On the Town	59
07/13	Casino: Jackson Rancheria	55
07/14	Summer Concert Series: Mick Adams & the Stonrs	48, 52
07/15	KS Classic Movies on Saturday: The Four Seasons	45
07/19	Sports: Giants vs. Cleveland Indians	62
07/20	Book Discussion: <i>The Virginian</i>	28
07/20	Forum: Bowenwork for Life/Is Bowen Right For You?	100
07/21	Comedy/Magic: A Magical Evening with Kevin Blake	51
07/22	Performance: Curious Incident of the Dog/Night-Time	56
07/23-25	Overnight: Native American and Old West Tour	67
07/27	Performance: Music Circus—9 to 5	59
07/28	Computer PC: Ask the Tech Q&A	30
07/28	Summer Concert Series: Everly Brothers Experience	48, 52
07/30	Tour/Leisure: Strauss Festival, Elk Grove	65

### July 4 Hours of Operation—Tuesday, July 4

- WellFit (OC/KS): 6:00 AM-5:30 PM • Meridians: 7:00 AM-3:00 PM •
- Activities Desks (OC/KS): 8:30 AM-1:30 PM • Administration/Membership: Closed
- The Spa at Kilaga Springs: Closed • Kilaga Springs Café: Closed •

### Upcoming Association-Related Meetings: Date, Time, Place June 15-July 31

Golf Cart Registration.....	Thursday, June 15, July 6 & 20, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, June 15, 9:00 AM
Board of Directors Meeting.....	Thursday, June 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, June 22, 10:30 AM
Board of Directors Executive Session.....	Thursday, June 22, 11:00 AM
ARC/Architectural Review Committee.....	Monday, June 26, 9:00 AM
Listening Post.....	Tuesday, June 27, 11:00 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, June 28, 1:00 PM
Compliance Committee Meeting.....	Wednesday, July 5, 10:30 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, July 5, 1:00 PM
Properties Committee Meeting.....	Thursday, July 6, 9:00 AM
ARC/Architectural Review Committee.....	Monday, July 10, 9:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, July 11, 9:30 AM
New Resident Orientation.....	Wednesday, July 12, 1:00 PM
Small Unmanned Aircraft Systems Committee.....	Wednesday, July 12, 1:00 PM
CCRC/Communications & Community Rel. Cmte....	Tuesday, July 18, 9:30 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, July 19, 1:00 PM
Finance Committee Meeting.....	Thursday, July 20, 9:00 AM
ARC/Architectural Review Committee.....	Monday, July 24, 9:00 AM
Listening Post.....	Tuesday, July 25, 11:00 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, July 26, 1:00 PM
Board of Directors Meeting.....	Thursday, July 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, July 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, July 27, 11:00 AM

*Meetings in OC unless noted otherwise.*

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## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the June edition of the *COMPASS*. We are at the halfway point in the year, and as is typical, June arrived far more quickly than we could imagine. It seems like it was only a short time ago that we were coming out of the holiday season.



June finds the Association as busy as ever. We are in a strong financial position, and we have several exciting things going on. The summer concert series kicked off on June 2, and the Lifestyle team has a great lineup for our residents to enjoy. The Kilaga Springs Lodge solar project should be in progress as you read this, and we hope to be able to flip the switch in early August.

New software for the Association has been in place for 15 days now, and we hope to have most of the bugs worked out by the end of the month. In the event that there are major issues that still need to be worked out, we have taken the precaution of purchasing tranquilizers for the team! Strategic planning at its best!

June also means that we take the first steps in preparing for the 2018 budget. As we speak, the reserve study is being updated, and

for the first time in the Association's history, we have a Finance Committee task force reviewing the process. This should ensure the best reserve study we have ever had.

I am proud of the fact that we have developed a management culture that allows Department Managers freedom in running their operations. Micromanagement stifles creativity and negatively impacts performance and morale. By allowing our leadership team the ability to explore opportunities, we encourage the entire team to come up with innovative solutions that benefit the entire community. There are plenty of examples for all to see: LED streetlights, solar arrays, Bowen and Pilates, our entertainment offerings, and plenty of others.

This sense of empowerment funnels down to our vendors. Willy Mayberry is a supervisor with BrightView Landscaping. Willy recently installed flowers at the corner of East Joiner and 12 Bridges that spell out "Sun City." We didn't direct this installation. Willy saw an opportunity and took advantage of it. I hope you have noticed his efforts. It's a great example of a motivated team producing a positive result. I look forward to sharing more of these stories with you.

## Team Member of the Month Award

Vlad Woodford, Line Cook, Food & Beverage Department

Our May 2017 "Team Member of the Month" Award is Vlad Woodford. Vlad joined our Team in September of 2016 as a Line Cook in the F&B Dept. Here are just a few quotes shared by our staff:

*"Vlad has a desire and eagerness to learn that is hard to find in people!" "He always has a smile on his face and a positive attitude!" "Vlad's work ethics are impeccable!" "Vlad's hard work and dedication has him moving up the ladder in our Kitchen. Any establishment would be very lucky to have him on their team!"*

We are fortunate and lucky to have Vlad as part of our SCLH Team. Thank you Vlad for your dedication, hard work to our clients and to Meridians! You are an asset to our residents and our Team.

Nancy  
Gabriele,  
HR/Payroll  
Manager, Vlad  
Woodford,  
Anoud Zaki,  
Meridians Sous  
Chef



## Listening Post Update

The Listening Post

Chris O'Keefe, Executive Director, SCLH Community Association

The recent Listening Post was again well attended, and the special guest speaker was our Board President, Ken Silverman. Ken provided an overview of the responsibilities and functions of the Board, and answered questions from the audience. Some of the questions were as follows:

- How is our Homeowners Association defined? (*The Association is a Mutual Benefit Non-Profit Corporation. Members by virtue of their vote, elect fellow residents to serve as Directors and represent them in the governance of the Association.*)
- Does the Board take into consideration resident feedback? (*Always; resident feedback, along with committee and staff input provides the informational foundation upon which decisions are made.*)
- What is the best way to communicate directly to the Board? (*Email.*)
- Would the Board consider lowering the minimum age to 45 years for new residents, to make sure that activity levels remain high in the community? (*While this has been done in other communities, the Board now has no interest at this time in exploring this option.*)

Please see "Listening Post" on page 39

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## Want a Choice?

### Elections Committee

Are you willing to be a candidate for election to our Board of Directors? Do you have a friend or neighbor who would be a viable candidate? Will you help the Elections Committee find willing and able candidates? Why is this important? Why should you act *now*?

Three of our seven Board of Directors seats will be filled on our scheduled election date February 15, 2018. But without at least four candidates for these three seats there will be no election and you will lose your choice in selecting those who will lead our community's development.

What is required of Board members? They must be persons who "work well with others," as this seven-member Board is the governing body of our Homeowners' Association. Directors make important choices regarding Association policies, standards, programs, and annual budgets. Your willingness to work as a director will directly impact those choices and the future direction of life in Lincoln Hills.

While the election is eight months away, the candidate filing period opens September 12 and closes October 12. Get involved now! Talk to your friends, attend the Election Committee's meetings on July 7 or August 4 at 10:00 AM in Orchard

Creek Lodge. We are willing to provide information and assistance with any of the resources at our disposal. Contact us at [Elections.Committee@sclhca.com](mailto:Elections.Committee@sclhca.com).

The Elections Committee will host a Candidates Information Session on Wednesday, September 6 between 1:00-3:00 PM. In part, the meeting will include a panel of current and previous Directors to explain the realities of the position and to answer questions. No commitment need be made at that time but you will gain information that will help determine whether you or someone you know would be a viable candidate for our Board of Directors.

### The Road to Aging Well

## Tremors, Jerks, and Other Movement Disorders

Shirley Schultz, Health Reporter

Movement disorders are neurological conditions that affect one's speed, fluency, quality, and ease of movement.

There are those that involve unintended movements and others that involve lack of movements that you do intend. A more scientific way to categorize movement disorders is by those that are (a) *hyperkinetic* or excessive involuntary, often repetitive, movements versus those that are (b) *hypokinetic* such as lack of movement (akinesia), decreased amplitude movements (hypokinesia), slow movements (bradykinesia), and rigidity.

A host of specific diagnoses and descriptions have been used to describe what seems like a jungle of movement disorders: chorea, ataxia, dystonia, Huntington's disease, myoclonus, Parkinson's disease, progressive supranuclear palsy (PSP), and tremor to name a few. Even hiccups represent a kind of movement disorder, albeit usually temporary. This article will discuss only some of these terms, but you can learn much more by attending the **Community Forum on June 28, "What's Up With Movement Disorders"** by (see page 100).

Essential tremor (ET) is the most common movement disorder. It is also known as familial tremor, benign essential tremor, or hereditary tremor. The key here is the fact that shaking of hands, head, or voice is more noticeable when attempting fine movements—such as holding a cup, using a spoon, or writing something—and tends to disappear when relaxed. Although not life-threatening, it is wise to get the correct diagnosis when it starts. There is no cure, but there are treatments that may lessen the tremors.

Parkinson's Disease (PD) is a chronic and progressive movement disorder affecting about a million people in the U.S. and manifesting with tremors, slowness of movements, rigidity or stiffness of the limbs or trunk, and impaired balance and coordination. The cause is unknown, and although there is currently no cure, there are treatments to help manage the symptoms.

Restless Leg Syndrome (RLS) versus Periodic Limb Movement Disorder (PLMD) are similar leg movement disorders but manifest differently in that RLS keeps the

person awake, and PLMD occurs during sleep. Both are also considered sleep disorders. RLS, which can be mild to intolerable, causes an uncomfortable sensation in the legs and an irresistible urge to move in order to relieve the sensation. PLMD is repetitive jerking of the legs during sleep which may disrupt sleep.

Good sources for more information about movement disorders are *WebMD* or the *International Parkinson and Movement Disorder Society*.

## Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. 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 at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 102.

- ARC/Architectural Review Committee
- Elections Committee

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## Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**

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**Activities News & Happenings**  
**Top Ten Things to Do This Summer**  
*Lavina Samoy, Lifestyle Manager*

Looking for things to create a summer to remember? Here are some recommendations to make your summer days more fun.

**10.** *Update your information with the Association.* Re-register and receive your new membership card. If you haven't done that, re-registration is available at OC Ballroom this week. See Connections, page 3 for schedule. The new membership card will help make registrations and check-ins a breeze.

**9.** *Engage in an adventure.* We still have a few spaces at our **South Fork American River Rapids Rafting trip on July 11** (page 62). Enjoy this exhilarating experience with your friends.

**8.** *Expand your cultural and gastronomic experience.* **Filipino Pistahan Festival on August 13** (page 65) will expose you to all things Filipino without going on a 14-hour flight! Taste the food, imbibe the culture!

**7.** *Learn a new hobby.* Try some of our art, dance, or ceramic classes. Our new Thursday ceramic instructor Linda Miller will offer hand-building techniques to students of all skill levels.

**6.** *Laugh more.* **Randy Riggle returns to our KS Comedy Night on August 15** to deliver his own brand of comedy that was highly received by residents (page 51).

**5.** *Travel somewhere you haven't been.* How about discovering Genoa and its rich history? Save yourself the hassle of driving and join Katrina, our Trip Coordinator, and see new places in northern Nevada with our **Native American and Old West Tour, July 23-25** (page 67).

**4.** *Celebrate our country's Independence.* Join the community's tradition with the **Roseville Community Concert Band on July 4** (page 52) performing the perfect combination of patriotic and popular tunes that will rouse your patriotic spirit. *Please*

*note special hours of the Activities Desk of 8:30 AM-1:30 PM on July 4.*

**3.** *Watch live action football!* See the **SF 49ers go against the Arizona Cardinals on November 5** without the hassle of driving and parking (page 62). It's our first year to get group tickets to the new football stadium.

**2.** *See Celine Dion live before her show ends in Las Vegas!* Concert, gaming, museum visits and delicious buffet, what more can you ask for? Sign up now for our five-day, four-night trip, **November 14 to 18** (page 69).

**1.** *Dance and sing like no one's watching!* Eight more concerts are waiting for you at the **Summer Amphitheater Series** (pages 48-49). It's been said that the vibes at the concerts just get you going!



Farmers Market Grand Opening



Summer Amphitheater Lance Lipinsky & the Lovers



Spontaneous Shakespeare



Volunteers and Lily

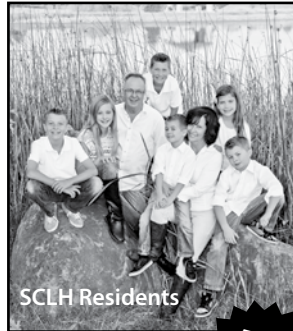
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\*Fares are per person, based on double occupancy and apply to the first two passengers. Please call for singles or third/fourth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Deposit of \$1200 per stateroom. Final payment 90 days prior to departure. Ground Transfers are \$70 from the airport to your hotel in Buenos Aires, from your hotel to the ship and from the ship to the airport in Los Angeles.

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**WellFit News**

**Got Posture?**

*Deborah McIlvain, Director, WellFit and The Spa at Kilaga Springs*

**What is good posture?**

Imagine your head is being pulled straight up by a string. Lift your chest slightly and pull in your abdominals. Keep your shoulders down and back, and your chin tucked in. When sitting, scoot your hips to the back of your chair and avoid reclining against the seat-back.

If you're not sure if you're doing it correctly, try this to get into good posture. Lightly clasp your hands together behind your back while standing. Lift your chin slightly, and maintain that posture while

you bring both hands back to your sides. This naturally pulls your shoulders back and puts your spine in a neutral position.

**What is bad posture?** (1) Hunchback, this is when your back forms a C shape at the top of your spine. (2) Rounded shoulders. (3) Over-pronated feet, this is when the arches of your feet are flat causing ankles to bend. (4) Anterior pelvic tilt, when a person's pelvis tilts forward.

**Causes of bad posture:** Sitting for long hours hunched over a computer or not getting up frequently, which causes tight hip

flexors. Excessive chest workouts, obesity, and inappropriate footwear,

**Symptoms:** Pain in the neck, shoulder, and back. Pain can also be in the knees, hip, lower back. Balance issues may be added symptoms.

**Complications:** Bad sitting posture causes the chest muscles to tighten leading to curved upper back, shoulders to rotate forward, tight calf muscles, knees to roll in, hip flexors tight, and weak glut muscles.

See our *COMPASS* ad on page 22 for before and after pictures of common postural misalignment and corrections. Not only can Pilates Reformers help with your posture but also working with one of our personal trainers can show you specific exercises.

**Well Fit Classes: pages 88-99 • Class Grids: pages 97-99**



**Automatic Bank Withdrawal Program  
Have you submitted a new authorization?**

*Mike Creasy, Finance Committee Chair*

One of the first things that may strike you when you look at the summary page of our April, 2017 financials is the large increase in Past Due Assessments.

Our accounting software, which bills quarterly dues and records payments, was changed in February, requiring each homeowner who was on an automatic bank withdrawal program (ACH) for their dues payments to submit and sign a new authorization. Quite a number of homeowners missed the deadline for that billing cycle, meaning payments were received late or, in some cases remained unpaid beyond the 15-day allowance.

Director of Finance Bruce Baldwin reports that many, if not most, of the late or missing payments for that quarter have now been received. The first use of ACH with the new system was for the April-June quarter. The next one will be the third quarter payment, due July 1.

If you haven't taken care of this yet or if you now wish to take advantage of the many benefits of ACH, please contact the Orchard Creek Lodge front desk for the necessary form, or log onto the resident website. Under "Library," open "Forms," then "Association Resident Forms," then "ACH Form." Take your completed form to the OC front desk. The deadline for the July 1 quarterly payment is June 30. You will get a paper invoice anyway, but you can safely ignore it if you have sent in the

properly completed form on time.

Financial operations for April and the year-to-date were about flat with revenue slightly exceeding expenses, and no major issues beyond the usual seasonality of most operations. To date, most departments are ahead of their budgeted numbers, leaving the Association \$160,131 on the right side of the budget. Operating cash is adequate for ongoing needs and Reserves are in good shape at \$8 Million, or 74% funded.

The next Finance meeting is June 15 in Orchard Creek Lodge. Bring your questions and concerns about our finances. See you there?

**Preliminary Statement of Operations YTD March 2017**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$2,059,470	\$2,048,819	\$10,652	\$8,297,274
Administration (Expense)	(458,756)	(505,185)	46,429	(1,859,690)
The Spa at Kilaga Springs	(4,750)	(2,170)	(2,580)	8,085
Fitness	(112,209)	(134,332)	22,123	(538,400)
Activities	(147,599)	(184,838)	37,239	(530,150)
Rec. Center / Maintenance	(1,236,378)	(1,299,820)	63,442	(5,304,840)
Food & Beverage	(115,568)	(113,728)	(1,841)	(87,895)
Capital Asset	19,000	19,000	(0)	(76,000)
<b>Net Revenues (Expense)</b>	<b>\$3,210</b>	<b>(\$172,254)</b>	<b>\$175,464</b>	<b>(\$91,616)</b>
CEF	107,549	-	107,549	-

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### The Spa at Kilaga Springs

## Summer Sunshine is Here!

### Skincare suggestions from the Spa

Trudy Smith, Manager, The Spa at Kilaga Springs

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings), [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

Greetings from the Spa!

We are thriving here at the Spa, so much so we are now open seven days a week! Sundays are so relaxing and a perfect time to have a Spa day to share with friends, family, or just for yourself. And you'll be delighted to know that we've added adult beverage offerings during your time in the Spa. The menu includes Kendall-Jackson cabernet, chardonnay, and champagne.

We continue to beautify and repurpose our space. We have added another massage room that will accommodate couples and we have moved our retreat to a more localized spot to better serve all your needs serviced by our Spa Concierge.

Summer is here and we can't say enough about **skin care**. With longer sunny days, we have more skin exposed, and the Spa can help you with products and ser-

vices to keep your skin healthy and vibrant.

Did you know skin is the body's largest organ? Skin also plays an important role in regulating body temperature, acting as your body's thermostat. And it's your natural protective barrier against harmful UV rays and pollutants.

Skin color can range from very pale to very dark, depending on how much *melanin* the body makes. A little sun is great for receiving your Vitamin D; however, a safe way to tan—especially for those with lower levels of melanin—is with Sunless Tanning, which we offer full or partial body. We also carry several sunscreen products from Hydropeptide and Image, tinted and non-tinted, for everyday use.

Your skin regenerates itself on a daily

basis, creating a new layer of skin every 28 days. These dead skin cells can remain on the skin causing a dull look. It's so important to exfoliate! We have many products and services that incorporate exfoliation, which clears the way for the products used to penetrate the skin, creating that healthy glow for face and body.

We're featuring two fabulous services perfect for keeping your skin its absolute healthiest for all those outdoor summer events and travels:

**Summer Blueberry Lemonade Refresher Facial**—gives you a healthy dose of antioxidants with a nourishing blueberry and vitamin C peel and offers rejuvenation and vitality. Featured price: \$115

**Hydropeptide Body Treatment**—this customized exfoliation polishes away dry, aging skin and reveals a brighter, more even appearance. Featured price: \$90.

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## Move to the Music!

Kristy Woodin, Director of Food & Beverage,

[www.facebook.com/MeridiansRestaurant](http://www.facebook.com/MeridiansRestaurant), [www.twitter.com/Meridians\\_SCLH](http://www.twitter.com/Meridians_SCLH)

What a fun summer this year with all the live music, cocktails, and bites to eat in every way possible!

Happy Hour at the Pool—featuring the live band “Fun Company”—started June 1 and will run through September 28, from 5:00-7:00 PM every Thursday. Happy Hour at Kilaga Springs Café started June 14, and is scheduled every Wednesday through September 27 from 4:00-6:00 PM, with live music from Don Maeder.

On the days of the summer concerts in the Amphitheater, don't forget to drop your chairs off early and join us for our early bird breakfast buffet starting at 6:00 AM. We will also be having a special “Summer Concert Dinner Menu” on these nights to expedite service.

The Food & Beverage Department is always trying to keep it fun and exciting. If you haven't signed up for eNews, please do so ASAP, or you might miss out on our offerings. We have something special almost every day of the week at Meridians. Here are our current offerings:

**Mondays:** New York Steak Night *and* Brain Freeze Trivia in the Sports Bar

**Tuesdays:** Dance Night

**Wednesdays:** \$6 Breakfast Buffet and Prime Rib Night

**Thursdays:** BBQ Night (from June 22 through August 31)

**Fridays:** Live Piano at dinner time

**Saturdays:** \$6 Breakfast Buffet and Live Piano at dinner time

**Sundays:** Grand Brunch Buffet

### Chef's Recipe of the Month Vegan Cilantro Mayonnaise (Used on our Portobello Sliders)

6 Tbsp Aquafaba  
 ½ Tbsp Minced Garlic  
 2 Tbsp Fresh Squeezed Lemon Juice  
 3 tsp Dijon Mustard  
 25 individual Chick Peas  
 2 Tbsp Chopped Cilantro  
 1 cup Vegetable Oil  
 Salt and Pepper to taste

Place Aquafaba and Dijon Mustard in a blender and pulse twice. Add the rest of the ingredients *except* the oil. Blend all ingredients together and very slowly add the oil while continuing to blend. Add more salt and pepper if needed. Note: This should taste like mayonnaise *not* like hummus. Enjoy!

## Lincoln PACE Race— Promoting Ageless Commitment to Exercise Inaugural event raises over \$23,000 for local charities

Jeannine Balcombe

Senior Director of Lifestyle and Communications

A big thank you to our Lincoln Hills community for their support of the inaugural Lincoln PACE (Promoting Ageless Commitment to Exercise) Race on May 6. The race, which raised over \$23,000 for the Alzheimer's Association and 19 local Placer County schools, saw 456 runners and walkers winding through the 10K and 5K route in our beautiful Lincoln Hills community. An additional 75 participated in a one-mile fun run, and more than 100 volunteers ensured a successful event.

Participants got a hearty start with freshly roasted coffee provided by the Rodgers Family Coffee trolley and fresh fruit and Danish pastries from Sacramento Sysco. Unique finisher medallions and placement tiles, created by Lincoln's internationally-known Gladding, McBean, were presented to race participants by emcee Jeff Greenberg as they crossed the finish line to a cheering crowd.

Promoting the ageless spectrum of this event, the youngest runner was five, and the most senior runners completing the 10K were SCLH residents Paul Flanagan, 83, and Karen Reitz and Lynda Newberry in the 75-79 category. Joanne Patterson, Wanda Sherrill, Ray Dunaway, and Stanko Bubanja completed

the 5K in the 80-84 category. Forty-one percent of the runners were over 60, and 55% came from the Lincoln area, while others traveled from as far away as the Bay Area.

Post-race activities in the Amphitheater included five breweries vying for first place honors in the craft beer-tasting contest. The winner was Monk's Cellar located in old town Roseville. In addition, top honors went to the Lincoln Hills Pickleball Club in a salsa-tasting contest. A bean bag toss, balloon art, bubbles, and a petting zoo were popular with children, while a DJ kept the party lively until 1:00 PM.

Over \$18,000 was raised from numerous sponsors, including many of our Lincoln Hills partners: DSA Technologies, Rex Moore Electric, San Francisco Bay Gourmet Coffee, Bright View Landscaping, and SUNworks Solar.

When participants registered, they were given an opportunity to designate \$5 of their entry fee to a local school or the Alzheimer's Association. The Lincoln PACE Race added an additional \$31 to each beneficiary, resulting in \$36 for each entrant's designee.

Numerous accolades for the event included one from Capital Road Race Manager Rich Hanna, whose company manages hundreds of races throughout California: "The Lincoln PACE Race ranks as one of the top first-time events we have ever been involved with. The thoughtful planning and execution was obvious... what a stunning place to have the start/finish and post-race party. Sun City Lincoln Hills is gorgeous! We'd love to be involved in the future and see this event continue to grow."

The Lincoln PACE Race has confirmed May 5, 2018 for its second annual event.

For more information visit: [lincolnpacerace.org](http://lincolnpacerace.org)

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### PACE Race "Best of" Winners

"Best Salsa" Contest Winner:  
**Pickleball Club**

"Best Beer" Award:  
**Monk's Cellar**



Above: PACE Committee and beneficiaries—Coach Brown left, Lincoln High School Track team \$4,000 recipient Committee: Jim Leonhard, Cindy Davis, Deborah McIlvain, Jeannine Balcombe, Michele Johnson, Alzheimer's Association, far right, \$10,000 recipient, and Lincoln PACE Race Director, Tony Johnson, not pictured Jonathan Leung. Below—ready, set, go!



# ACE RACE



*Top row: Alzheimer's Information Table; Organization area; Lincoln High School Track Volunteers; row two: Fun Run and 5K runners; row three: Sharing space with baby lambs; row four; Children greeted by Little Bo Peep; PACE Race Committee with MC Jeff Greenberg; row four: a variety of scenery on the Race; Awards; the Finish Line*

## Thank you to Lifestyle photographers:

- Allen Alder
- Jeff Andersen
- Jim Cormier
- Klara Kleman
- Patrick Jewel
- Charlie Schuman
- Brad Senn
- Larry White



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## Committed to Lifetime Learning

Nina Mazzo, Roving Reporter

This column has introduced you to residents who have taken up a personal challenge to revitalize, reinvent, reawaken, or redirect a prior skill set.



Meet Ray & JoAnn Dunaway, two curious people who embrace life to the fullest. Their motto is “finding a way or making a way.”

Shortly after moving here in 2015, they were thumbing through the *COMPASS* and Ray noticed the need for volunteers for the Strategic Initiatives Task Force. Because of his substantial business background in strategic planning and consulting, Ray believed he could contribute. He became the Vice Chair and took the lead for the technology team. He wanted to look at the infrastructure trends in technology for our community, as he likes solving problems and making things simple.

JoAnn also joined the task force and

took on the mission helping to define the needs of our aging community. She wanted to take a look at the resources we have, both internally and externally, while bringing together those affected by life's transitions.

This duo has complementary skills. Ray has always focused on moving ahead on projects and making necessary decisions. JoAnn's early career was with IBM and she held several jobs that had not previously existed, which allowed her to develop an innovative project perspective. Forward thinking, she received an MBA from Berkeley under the mentorship of Janet Yellen (current Federal Reserve Chair). This led to working for the Business School, developing a portfolio of international MBA programs in collaboration with faculty and students.

Ray and JoAnn are intrigued with the interconnection of the Internet and everyday objects, and are starting a new club called LH Innovations. The current areas of study are health and personal security. They emphasized that this club is for those on both sides of the aisle—residents who



Ray & JoAnn Dunaway, two people whose motto is “finding a way or making a way”

have a keen interest in technology and those who could benefit from it.

They said, “Once you articulate a vision—put it and yourself out there—people will find you and add to it and build on it and want to join this effort.” Check out the *COMPASS* in the Club News section next month for details about Innovations.

The Dunaways' commitment to lifetime learning includes broadening their interests, expanding their creativity, and contributing to the Lincoln Hills lifestyle.

## Vaudeville Show Coming Up!

Singing, dancing, comedy for the whole family

Doug Brown, Resident Editor

“Step right up, folks, for the latest, zaniest, craziest Vaudeville show you've ever seen! There'll be singin', dancin', and comedy tonight!”

Or so a Vaudevillian barker in the late 1800s might have hyped an upcoming show. It was said at the time that “if it plays in Peoria...” it'll play anywhere! Well, Kilaga Springs Presentation



Hall isn't just anywhere, and Lincoln's gotta be every bit as good as Peoria, eh?

What better way to spice up your days of summer than an early July show that will bring laughter and applause? Yvonne Krause-Schenck, the show's director now since 2014, is excited about this year's acts. “It's a true variety show—in the spirit of the Vaudeville shows of yesteryear—featuring the multiple talents of Lincoln Hills residents!”

Yvonne is a household name in Lincoln Hills dancing circles, well-known for her talents as a line dance instructor since 2002. She combines love of the performing arts with her organizational skills (hearkening back to her “previous life” as HR director for A&R Supply Company for years) in the role of director.

“The Golden

Revue: Vaudeville Variety Show” plays Friday, July 7 and Saturday, July 8, both at 2:00 PM and 6:00 PM, for the bargain ticket price of \$12. And of course, you know in the Presentation Hall (KS), every seat's a good one, where you're up close and personal with the action on stage. For ticket purchase information, see page 51 in this *COMPASS*.

Our own Vaudeville show is quite reminiscent of those performed in the glory days of Vaudeville, when this truly American show was called “the heart of American show business.” Known for entertainment suitable for the *whole family*, Vaudeville in its heyday departed from its earlier penchant for burlesque and *risqué* acts, and became community events that boasted “polite” entertainment, fit for “decent” folks.

In that spirit, Yvonne—along with Backstage Manager Marilyn Railsback, Producer Pat Howle, and Audio-Tech Mike Schenck—promise a rollicking two hours of delightful entertainment that will leave

Please see “Vaudeville” on page 25



Michael Jackson's Thriller was used to open the second half of the show last year

# WHAT CAN

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*April 19, 2017*

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- Compromised balance

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**Resulting In:**

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- Greater flexibility
  - Less pain
  - Better balance

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## Neighborhood Watch

### Summertime and the Livin' is Easy

#### Fun Activities in Villages 3B and 21

Patricia Evans, Neighborhood Watch Reporter



“Whew! We made it through the long, rainy winter,” we are saying with a sigh of relief. Little things mean a lot, like meeting neighbors at the mailbox and sunny, morning walks when we stop to visit with friends. Our parks, trails, and bocce courts are calling.

“Neighbors who enjoy visiting together have a strong incentive to take care of each other,” according to Neighborhood Watch Executive Secretary, Pauline Watson. “It increases the safety and security for all.”

I visited with Bob Varley, Village 3B, and Laila Glahn, Village 21, about ways they increase camaraderie in their Villages. Glahn said, “Four new Mail Box Captains are making a difference. We welcome new residents with a party. Our Village enjoys quiz games, and we have regular socials with rotating hostesses. It’s fun for all and all for fun!”

Varley explained, “We make a party out of the outdoor summer concerts. Five AM finds us putting our chairs out and then enjoying breakfast at Meridians. Some mail stations have a book group, monthly ladies luncheons, and occasional dinners. Old



Bob Varley, Village 3B, and Laila Glahn, Village 21. chat about ways to increase camaraderie

Towne Pizza and Kim’s Country Kitchen are popular, along with monthly gatherings at the Thunder Valley buffet.”

Both Villages celebrate National Night Out at Meridians and at a celebration for residents on a different night. Village 21 has a traditional root beer float party.

Please turn to page 35 to read about plans to further assist Village Coordinators and searching for new Directors.

**Neighborhood Watch Contacts:** Larry Wilson, 408-0667, lgwlincoln@gmail.com • Pauline Watson, 543-8436, frpawatson@sbcglobal.net

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

## Connections

*Continued from page 3*

lowercase. You will be prompted to change your password the first time you log in. If you are unable to access the site, please visit <http://www.refreshyourcache.com> and follow their instructions to clear the cache in your browser. Then try accessing the site again.

**Lifestyle Online**, the website portal that enables you to sign up for classes, events and trips, will be available soon. In the meantime, please continue to sign up at the Activities and WellFit desks at both OC and KS Lodges. If you are eager to get on the website, or if you are having any issues logging in for the first time, please email us at [Graphics@sclhca.com](mailto:Graphics@sclhca.com) and we will guide you through the process or

provide you temporary access if you have not yet registered.

You can access your membership ID and the Resident Website through the mobile app, which was upgraded from our original launch and is now available exclusively to Sun City Lincoln Hills residents. Download from the app titled “Sun City Lincoln Hills” from Google Play (for Android) or Apple App Store (for iPhones). Once downloaded, log in using the information you use to access the new Resident Website. If you previously downloaded the “Club Now” app from your device, please delete it and replace it with our exclusive Sun City app. This will ensure you have the latest updates and information.

We appreciate your positive response

and patience as we move our Association to a unified software platform, new membership ID cards, and a new resident website. Moving forward, we anticipate more efficiency and smoother processes.

It was great to see so many of you at re-registration. I look forward to seeing you in the Lodge!

## Vaudeville Show

*Continued from page 21*

you wishing for more. We’re told there’ll be a surprise act (did someone mention a “doughboy”?—shhh!), a fan dance (oh dear—but yes, it *is* a family show), and several performers new to Lincoln Hills.

Tickets are likely to sell fast, so don’t delay in getting yours—and how about inviting the grandkids over then for a performance that’ll entertain all ages?



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## Club News



### Alzheimer's/Dementia

#### Caregivers Support

Scheduled for the June 28 meeting will be Jessica Zepeda, the Regional Director of Memory Care for Somerset Senior Living. We have a steady flow of speakers who represent a wide range of support services for caregivers in particular and seniors in general. On odd-numbered months of the year, we have in-the-round discussions (pictured here) to talk about managing life as it has become. The new norm.



*In-the-Round Discussion*

As a result of hosting the Lincoln Hills Pace Race, the Association will be awarding the net proceeds split between Placer schools and the Alzheimer's Association—about \$5,000 to each I've heard. Too, this amount will be credited to the Sun City Lincoln Hills team for the Sacramento Walk to End Alzheimer's event on September 23. **Contacts: Judy Payne 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155**



### Amateur Radio Group

The Annual Amateur Radio Relay League Field Day is held every June on the third weekend, the 24th and 25<sup>th</sup> this year, when Amateur Radio operators set up and operate remote radio stations. This public outreach event is to demonstrate amateur radio's science, skill, and service to the community. "Field Day has been an annual event since 1933 and remains the most popular event in amateur radio," ARRL.

The Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the city of Lincoln, and we are always preparing to handle

emergencies. The LHARG meets Monday nights at 6:30 PM at the Lincoln Hills South Gate Entrance Building, come by and say hello. Or, join our weekly network at 7:00 PM on Monday to let us know you are there in case of an emergency. LHARG repeater is at 443.225 MHz, with a PL of 167.

**Contacts: Jim Darby 408-8599;**

**Clare Schloenvogt 253-9155**

**Website: www.lharg.us**



### Antiques Appreciation

We had a fun morning with our June 5 program! We are going to leave you guessing what this mysterious morning was about. Was it some unfamiliar topic by a nameless or anonymous presenter? Talk to someone who was there and plan to join us for another interesting morning in July!

Show and Tell! Our July 3 program will be one of our favorites! Members may bring two-to-three items to share for this fun morning. Oh, the stories we will hear!

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**

### Astronomy Group

Monday, June 19, the Cosmology Interest Group (CIG) will show a video, "Entanglement and the Information Paradox" followed by questions/answers/discussion, Fine Arts Room (OC) at 6:45 PM.

Thursday, June 22, The Telescope Interest Group (TIG) will have a Star Party at the Sports Pavilion. Contact Bob Collins at bobpcoll@community.net (253-9890) for more information.

No meetings or events in July.

An upcoming General Meeting will be



*"The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force" will be presented by Dr. Seth Shostak on September 6*

a Community Forum, Wednesday, September 6. It's "The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force," and it will be presented by Dr. Seth Shostak, Senior Astronomer at the Search for Extraterrestrial Intelligence Institute.

Monday, August 21, Solar Eclipse viewing event behind OC Lodge. Lincoln Hills residents and guests are invited to view this eclipse through telescopes.

**Contacts: Morey Lewis 408-4469,**

**eunmor@pobox.com;**

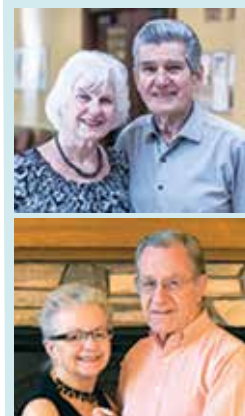
**Cindy Van Buren, 253-7865, rvbcvb@att.net**

**Website: www.lharg.org**



### Ballroom Dance

With the club's annual hiatus from dance events in June and July, we are suggesting a few places nearby where members can enjoy ballroom dancing. Sun City Roseville offers dancing at the Timbers Restaurant on Friday evenings. Beermann's in Lincoln has live music and dancing on Saturday nights. Every Tuesday is dance night at Meridians. On Thursday nights, check out the Granite Bay Alehouse, 5540



*Fredrick & Marianne Pohl;  
Elaine Andersen and Jim Morton*

Douglas Blvd. And at 3:00 PM each Tuesday, the club has an hour of open dance.

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. In the Latin mood, we have been learning and perfecting the Tango in June. We change the tempo in July to learn the lovely and popular Waltz, taught by Belinda Burns and Nancy Lane.

**Contacts: Sal Algeri 408-4752;**

**Olivia Eckert 749-9051**

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



## Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be July 12.

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 Rum Thai on Thursday, June 22. Meet in front of OC Lodge at 11:15 AM to car pool to the restaurant, or meet at the restaurant at 11:30.

For more information or to put a Memoriam in the COMPASS, contact Joan.

**Contact: Joan Logue, joanlogue@sbcglobal.net**



## Bird

The Bird Group has two summer outings scheduled. Friday, June 23, we plan to travel down to Vic Fazio Yolo Wild-



*In May, members of the Bird Group traveled to Moss Landing; They spent a morning on Elkhart Slough and enjoyed seeing the Pelagic Cormorant and Brown Pelican (not shown)*



## Billiards

Women's Tournament will be every Tuesday 12:45 to 3:00 PM.

The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to play. Just show up and see what we have to offer. Remember it's free.



*Cuemasters first place Ted Komaki/ Remy Gianini*

*second place Bobby Soriano/Oscar Alverz; Challengers seven games Bill Kin, six and a half of seven games Dan Oden; not shown Co-ed five-game winners Ron & Sherry Weech, Rita Baikauskas, and Dan Oden*

**Contacts: Rich Lujan 408-781-5815;**

**Tony Felice 955-0501, atfelice3@gmail.com**

life Area and will return early afternoon. This area has been closed but should be open by late June. Then on July 7, we have a local bird walk along the Auburn Ravine Trail leading to the Lincoln Dog Park. This paved walkway takes us through a riparian area of mixed oak woodlands.

Our annual potluck dinner will be held on July 14 at the Social Kitchen (KS) from 5:00 to 7:00 PM. This is always a fun get together with great food and friends. Put this date on your calendar and let our coordinator, John Redmond, (jcred40@gmail.com) know what dish you plan to bring.

Many thanks to Paul Mac Garvey for planning our spring outings and getting them scheduled despite the rain and flooded wildlife areas.

**Contact: John Garfein 666-2364,**

**johndgarfein@gmail.com**

**Website: www.lhbirders.org**



## Bocce Ball, Mad Hatters

Mary asked us why all our members don't wear their red Sun City Lincoln Hills name badges when they come to play Bocce every Thursday morning. We did not have a good answer for her but pointed out that we (we meaning me) always have ours on. We wear ours to all Lincoln Hills activities and to some outside activities as well. We get this request every year or so

when new people join us and have trouble remembering everyone's names, so we would like to use this occasion to request that you all try to remember to wear your name badges when you come to Bocce. Beginning this month we will all have to get new ID cards anyway so if you have lost your red name tag that might be a good time to request a new one, and come meet Mary on Thursday mornings at 8:00 AM.

**Contacts: Paul Mac Garvey**

**543-2067, pmac1411@aol.com;**

**Bob Vincent, 543-0543**



## Book, OC

*A Man Called Ove*, by Fredrik Backman, one of Sweden's most successful authors, is this month's selection. Meet widower Ove Lindahl, a grumpy, yet lovable, curmudgeon whose solitary world is turned upside down when a boisterous young family moves in next door.

Schedule, remainder 2017:

- July 20: *The Virginian*, by Owen Wister
- August 17: *Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War*, by Karen Abbott
- September 21: *Big Little Lies*, by Liane Moriarty
- October 19: *Alexander Hamilton*, by Ron Chernow
- November 16: *The Rosie Project*, by Graeme Simsion
- December 21: Holiday Luncheon

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

**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

We were fortunate to have Dr. Carly Kaplan, a well-known and respected plastic surgeon who specializes in breast reconstruction, speak at our June meeting. She explained some of the latest developments and answered questions.

Last month, members participated in the annual "Relay for Life" day-long fund-

raiser for cancer research. Along with entry fees and donations, Bosom Buddies raised money by selling homemade aprons and tote-bags. President Peggy Ryan, Sharon Peck and Shelley Jose spent many hours working on these items and deserve a big "thank you."



Members (in pink) Peggy Ryan, Cheryl Karleskint, Val Singer and Kathy Woodward received a certificate to declare May as "Relay for Life" month

Because July is a busy travel month, we won't have a meeting next month.

We meet the second Thursday of the month, except for July, at OC at 1:00 PM. Before meetings, members and guests are invited to get together for lunch at Meridian's. This is a good opportunity to get to know each other in a social setting. To join us for lunch, call Val Singer at 645-8553.

**Contacts:** Marianne Smith 408-1818;

Val Singer 645-8553

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

### Bridge, Duplicate

A good opportunity to win silver Master Points took place in May close to home. The Carmichael Sectional was held May 6-7. Our club had 10 winners emerge from this competition. All of the winners, headed by Julius Kerenyi and Doug Allen with 5.59 Silver Points each, and their awards, are posted on our website

Duplicate Bridge games are played at KS 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 in any of the open games, call Lynne White (253 9882). For a partner in the Wednesday or Saturday limited games, call Sheila Ross (434 6165)

or Lynne White (253 9882).

**Contact:** Jim Collart 995-7233

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



### Bridge, Partners

Call for early sign-up, or just show up with your partner to the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Please play to finish each table in 25 to 28 minutes. Winners: April 27—First: Carol Mayeur/Dolores Marchand with the high round of 1440; second: Marggi Holtze/John Griggs; third: Chet Winton/Ralph Madsen; fourth: Reta Blanchard/Barbara Bryan.

May 4—First: John Butler/Byron Hansen; second: Larry Mowrer/Warren Sonnenburg; third: Lynda Sader/Jim Busey with the high round of 1770; fourth: Joanna/Alan Haselwood.

May 11—First: Janet Pinnell/Linda Theodore; second: Shari/Jim Kiley with the high round of 1650; third: Jodi Deeley/Harry Collings; fourth: Ann Leitze/Judy Olson.

May 18—First: Dolores Marchand/Carol Mayeur with the high round of 1560; second: Margaret St. Charles/Joan Flood; third: Edith Kesting/Erica Wolf; fourth: Byron Hansen/John Butler.

**Contacts: First & Third Thursdays:**

Kay & Ben Newton 408-1819;

**Second & Fourth Thursdays: Dolores**

**Marchand 408-0147; Carol Mayeur 408-4022**



### Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM.

Reserve your space in June by contacting Lynda Sader at (858) 204-2427, [lyndaglee01@gmail.com](mailto:lyndaglee01@gmail.com), or Pat Mullins at (408) 202-1865, [pam7nt@gmail.com](mailto:pam7nt@gmail.com). July/August, contact Ralph Madsen at 408-7670, [ralphjane2@gmail.com](mailto:ralphjane2@gmail.com) or Jim Busey, 408-0671, [j.busey@sbcglobal.net](mailto:j.busey@sbcglobal.net).

April and May Winners—First place: Ralph Madsen, Harry Collings, Jyoti Sitwala, and Lynda Sader. Second: John Griggs, Karen Bode, Carrie L. (Guest), and Bob Belknap. Third: Jim Busey, Chet Winton, Linda Scott, and Virginia Hanford. Fourth: Pat Fraas, Joe Phelan, Nancy Griffin,

and tied were Jyoti Sitwala, and Dolores Marchand. May 12 winners not included.

The Free Bridge Refresher Class will continue using the book, *Bridge for Everyone*, by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in Card Room (OC). New class will start in June. Teachers: John Woodbury and Alan Haselwood. No reservations needed.

**Contacts:** Lynda Sader (858) 204-2427, [lyndaglee01@gmail.com](mailto:lyndaglee01@gmail.com); Jodi Deeley 208-4086, [jodideeley2@gmail.com](mailto:jodideeley2@gmail.com)



### Bunco

In May, the Bunco Group welcomed a new player, Sue Mott. The dice were flying all over the room with lots of laughter as Bunco was shouted out. No roll offs for prizes this month. Sharon loves that traveling bear and won it two months in a row.

After Bunco play the group moved over to the Sports Pavilion for their annual potluck. It was the perfect day with wonderful food and shared friendship!

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. Please consider joining us for a morning of laughter, fun and friendship!

May Winners: Most Buncos Barbara Conner; Most Wins Shirley Mohler; Most Losses Paulette Rhoads; Traveler Sharon Chipman.

Next Bunco is Thursday, June 15

**Contact:** Kathy Sasabuchi 209-3089, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)



### Ceramic Arts

Our first annual membership meeting was well attended and we thank all members who could come. Good work was accomplished, discussion held and members received an update on several studio and group-related projects. Minutes will be sent to all members in the near



Art in the Lobby

future to keep everybody up-to-date.

The Art in the Lobby exhibit is doing very well—comments from the community have been positive and several artists have sold their works.

CAG workshops at OC Saturdays, 9:00 AM to 3:00 PM, Sundays, 12:00 to 4:00 PM. KS workshops Mondays, 1:00 to 4:00 PM, Earthenware, Sundays, 1:00 to 4:00 PM, Spanish Oils. Open studio available to all residents: OC Fridays, 12:00 to 4:00 PM; KS Sundays, 1:00 to 4:00 PM.

Please check bulletin boards and studio windows for changes or closures.

**Contacts:** *Mary Clark 502-1527; OC Pottery Gabriele Dawson 209-3683, Diane Mayer; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575*  
**Website:** [www.sclhresidents.com](http://www.sclhresidents.com)

## Computer



### Apple User Group

Well folks, they're back! At our latest Apple User Group Board Meeting, there was much discussion over an increased volume of malware targeting the Apple platform. Malware, short for malicious software, is software used to disrupt computer or mobile operations, gather sensitive information, gain access to private computer systems, or display unwanted advertising. As always, your first line of defense is your "delete key." When



an incoming email looks dodgy, dump it! Remember, no legitimate government or financial entity is going to use email to request private information. One way to determine the source of the email, regardless of the name shown, is to hover your cursor or finger over the sender's email name. That will expose the actual source.

This is the kind of information available to those who attend Apple User Group seminars. Our calendar and membership information is at [www.lhaug.org](http://www.lhaug.org). Please visit our website soon.

**Contact:** *Vicki White, [vickiawhite@me.com](mailto:vickiawhite@me.com)*  
**Website:** [lhaug.org](http://lhaug.org)



## PC

**Main Meeting July 12, 6:30 PM—*The Magic of Google*.** Now Google has added so many extra services and conveniences that it has become synonymous with convenience and quality. From Google Search to Gmail to Google Calendar to Google Maps, there is a Google tool for everyone.



*Bob Ringo will present "The Magic of Google" on July 12*

The purpose of this presentation is to give you a familiarity with everything Google-related. Most of the fantastic services offered by Google are completely free. Every single service is so full of features that you can fill a book on each one of them. Find the time to attend this presentation to explore some things new from Google.

**Clinic July 14, 3:30 PM—*Under Development*,** please check back at club's website. Both meetings at P-Hall (KS).

**Ask the Tech: July 28, 10:00 AM—Informal Q & A session** for any and all technical questions, Multipurpose Room (OC).

**Contact:** *Karl Schoenestein, [sclhcc@gmail.com](mailto:sclhcc@gmail.com)*  
**Website:** [www.sclhcc.org](http://www.sclhcc.org)



## Country Couples

Sunday, April 23 was the day when folks in our club turned back the clock and took time to remember our Senior Proms. Many came decked out in formals and tuxedos complete with corsages and boutonnieres. Unlike my high school prom, the music was country, the dinner was from Dickey's BBQ restaurant, and our dates were our dance partners or spouses. We had fun looking at pictures from our actual proms and then trying to guess who was who. Thanks to Jim & Jeannie Keener for hosting this walk down memory lane and making us feel very special.

We hope you already have your tickets to the June 25 *Summertime Frolic Dance* to be held at Sun City Roseville (Sierra Pines Clubhouse) 5:00-9:00 PM. Also save the



*Rosanne Bogue, Peggy Phillips, Kathy Lopez, April Cederburg; Caroll & April Cederburg; Wayne & Karen Hardage*

date of July 15, 12:00-4:00 PM for our *Summertime Picnic* theme dance (KS).

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



## Cribbage

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

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

The weekly winners for the month of April were Rae Cook, week one, Rae Cook, week two, Fred Hampel, week three, and Kathy Lloyd, week four.

New players are always welcome!  
**Contacts:** *Larry O'Donnell 406-672-6493; Ken VonDeylen 599-6530.*



## Cyclists

The busy month of May is over, and looking back, we cyclists did a record number of miles. The “Tweeners” 100 miler was as usual, a success, and added miles for our May is Bike Month Team.

The Tour de Lincoln was once again a challenging ride. During the ride I noticed that the Start, Rest Areas and the lunch at the finish seemed to have fewer riders. The final numbers are not in yet, but I expect that this year it had fewer riders participating than the usual 600 plus.

The Central Coast Ride from Paso Robles to Santa Barbara was a great ride with some challenging hills like the “Wall” and the switchback road up to Painted Caves.

All in all, we managed to ride about 410 miles of scenic roads. The weather was ideal for cycling and the food along the way was well worth our efforts.

**Contact: Steve Valeriote 408-5506, lhcyclist.com**

**Website: www.LHcyclist.com**



## Fishing

It's decision time! Will it be trolling for Trout and Salmon or Kokanee? The delta for Stripers? Go sit on the banks of Collins lake, hit one of the Bass lakes to scare up some pre-spawn “lunkers.” Wow this retired life is rough!



*Janisch got his at Shasta; The Judge having a great time; A fish out meal being enjoyed*



2017 trips are scheduled: Wyoming, Montana, Trinity, Flaming Gorge, Big K, Sacramento, Fuller, Collins, & Rollins—get on board!

Webber Lake off of Hi-way 89 is now open... check it out!

Use your members Preference sheet to find someone to fish with...

Don't forget the *Lincoln Kids Fishing Derby*—September 4. We need volunteers to set up fishing rods/reels and help out at the derby.

Learn to fish! Members are willing to show you how.

The Fishing Club meets monthly on the second Monday at 7:00 PM, KS, to discuss fishing.

To join, contact Jim Kerbey at [jmalcom2@aol.com](mailto:jmalcom2@aol.com).

**Contact: Henry Sandigo (415) 716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)**



## Garden

At the core of great gardens is how we care for our soil! General Meeting, June 22, KS, 2:00-4:00 PM, our guest speaker, Gisele “G” Schoniger will present: “Holistic Health Care in Your Garden.” Gisele says, “My goal is to inspire some small changes that will garner big rewards to your garden.” She will share her wealth of gardening wisdom as an educator to the industry and consumers all across the West. Her workshops are upbeat, educational and entertaining!



*June's Guest Speaker—Gisele Schoniger; Linda Anselmo in her Summer Vegetable Garden*



- Master Gardeners before the meeting
- Brown Bag Sales before/after the meeting
- Home Depot donated Door Prizes

“Save the Date” for a new and different social this year! Gardeners’ Table Talk is being planned for members to socialize, learn from each other, and have a great time in the cooler August hours. August 24, 8:00-11:00 AM. More details to come.

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

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



## Genealogy

Glenda Lloyd will talk with us about “Research using Newspapers” on June 19. Personally if it's not easy to find on Ancestry.com, I haven't found newspaper articles, but more accomplished relatives send articles so if you are like me, come learn, and if you are more advanced, you



## Eye Contact

*Living Skills Meeting, Multimedia Room (OC), Thursday, June 22, 10:30 AM-12:00 PM. “Summer Time Fun #1” facilitated by Elaine Small. People with low vision can, and do, enjoy laughter, social and recreational activities. There are many such activities that can be adapted for people with low vision or those losing sight. You may want to return to an activity you've always enjoyed or even try something new, challenging, and altogether different, such as Rummikub, walking, or tandem biking!*

*General Meeting, July.* Our July General Meeting as scheduled for the first Tuesday of the month falls on July 4. Since this is a national holiday all classes are cancelled in both Lodges. We suggest you celebrate our Independence Day being thankful for living in this great country.

See you at the General Meeting on August 1 when Toni Boom of the Society for the Blind will discuss ‘Low Vision Specialist Services’.

**Contact: Cathy McGriff 408-0169, [cathy.mcgriff@yahoo.com](mailto:cathy.mcgriff@yahoo.com)**

might still find a pearl here. Glenda is a fourth generation Californian. She served as the first president of Root Cellar and



*Glenda Lloyd will talk about "Research using Newspapers" on June 19*

has taught genealogy classes through San Jan Adult Education for the past 25 years. Genealogy is her hobby and her passion and she loves sharing it.

The DNA special interest group is being reformatted. Stay tuned for more information via email.

Meeting at the P-Hall (KS) starts at 6:30 PM on June 19. Members should arrive earlier to sign in and get a drawing ticket for the door prize: an android tablet.

July meeting will be an ice cream social.

**Contact: Maureen Sausen 543-8594;**

**Arlene Rond 408-3641.**

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

recently rejoined, was the winner in Flight Four, followed by Lewis in second, by one over Watson.

**Contact: Donna Sosko 434-5527**

**Website: [lhlxviii.com](http://lhlxviii.com)**

### Lincsters

The annual Lincoln Hills Lincsters' Bring a Friend Tournament, chaired by Judy Josse, was held on May 24. A field of 96 golfers played nine holes of golf on either the front nine or the back nine of the Hills. The golf concluded with a taco bar and awards in a festively decorated OC Ballroom.

On May 17, the ladies enjoyed nine holes of golf on the back nine of the Hills. Kate Gold and Madelyn Merola shared first place in Flight A; Brenda D'Andre was in second. Flight B winner was Suzanne Lundberg. Pat Dangerfield was in second place and Jan Varin, Margie Jewett, and Nancy Dodgion shared third place. Kathy Lindner was the first place winner in Flight C, with Mary D'Agostini in second, and Clareen Bolton in third. Ruth Pennington was the first place winner in Flight D; Sherry Weech and Bev Johnson shared second.

**Contact: Pat Shafer, [gdskd70@aol.com](mailto:gdskd70@aol.com)**

**Website: [lincsters.com](http://lincsters.com)**

### Golf

#### Ladies XVIII

It was Crazy Hat Day for May 18, with about half of the ladies participating in the contest. Pat McNiff was the mad-hatter of the day.



*Pat McNiff with her prize birdie hat*

The Best Nine was the game on the Orchard. In Flight One, McGraw took first, two strokes ahead of Koropp. Botelho was awarded third. Flight Two was a tight race. However, Bedford was a half a stroke better than Tamanti and McElroy, who tied for second. Bedford also stiffed her tee shot on Hole 11 for the CTP, and a birdie. Drinkard waltzed away with first in Flight Three. She had quite a few long putts from outside ten feet and a birdie-chip-in to boot. Joanne West was second, followed by a tie for third between Thom and Robinson. Smith, who



### Golf, Men's

The recent Club Championship Tournament winners were: Overall Gross Champion, Joe Angel. Overall Net Champion, John Vass. Total Final results were Low gross, Joe Angel. First gross; Michael Dougherty, First net; Ron Cook. Fly two, First gross Tony Dipaula, First net, Salvador Acosta. Fly three, First net John Vass, First gross, Jack Drinkard. Fly four, First gross, Glenn Arney, First net Brian Wanzer.

Just off Fun winners were: Sylvan Bras, Richard Long, Bob Varley, Carl Zierman, Bob Bonomini, Michael McGuire-Beck, Dennis Beldon, James McCarthy.

The Tahoe Classic is played on June 20. Coming in July 18 is the two man scramble on the Orchard Course. There is a tournament every month in the Men's Golf Club.

**Contacts: Gene Andrews,**

**[eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net);**

**Tom Traxel, [tom.traxel@sbcglobal.net](mailto:tom.traxel@sbcglobal.net)**

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



### Healthy Eating

We took 25 club members out for a tour of the SF Bay Coffee Company coffee roasting plant and found it to be good fun and very interesting. *Love that coffee!*

We kept busy in May with two lunch-time salad gatherings with each attendee bringing a salad of choice that we offer for sampling, along with everyone else's, in our perpetual search for the "perfect



*May meeting; Farmers Market; Sources of fiber*



salad." More salad events are planned for June and we're planning a club outing to a nearby restaurant featuring healthy dishes.

At our May 22 General Meeting we marked the opening of our Lincoln Hills Farmers Market Wednesday, May 24. One of our favorite local farmers was the meeting's guest speaker and he described how this winter's rains have affected this summer's growing season and harvests.

Our monthly general meeting is on the fourth Monday at 2:00 PM in the P-Hall (KS), guests welcome.

**Contact: Don R. Rickgauer 253-3984,**

**[sclh13HealthyEating@gmail.com](mailto:sclh13HealthyEating@gmail.com)**

**Website: <https://HealthyEatingClub.wildapricot.org>**



### Hiking & Walking

Hello Hikers! Many of you are on summer vacations and enjoying hikes in



faraway locations. We invite those that are spending the summer around Lincoln to join our local hikes and enjoy the camaraderie of those of us who cannot take a long vacation. Our summer hikes are like a day vacation to enjoy the outdoors and all it has to offer. Also, the walking group is now on summer schedule starting at 7:30 AM.



*Buttermilk Bend; Get out and walk! Birds and wildflowers*

The winter rains took a toll on our hiking endeavors. We are making up for that this summer. Check the website for all updates. Some hikes that were canceled will be rescheduled for fall. Hiking is great for your health and well-being, come join us.

**Contact: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;**  
**Walking—Debbie Schryver 666-1741, dshumhaven@earthlink.net**  
**Website: www.lincolnhillshikers.org**

### Investors' Study

No July Meeting! However, two things to remember: we have speakers booked throughout the rest of the year and into 2018; and, mark Thursday, December 7 for our annual Christmas/Holiday Party. July is our summer break so enjoy yourselves and come back in August refreshed and relaxed.



*Everybody wants to get into the act. Who said that?*

**Contact: John Noon 645-5600**



### Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual and Transgender Community and those in friendship in Sun City Lincoln Hills.

Dog Walkers and Friends gather on Saturdays at 9:00 AM, (weather permitting), followed by coffee at the Kilaga Springs Café, or just come join us for coffee at 10:00 AM.

Movie Day is on the third Monday of the month, with Happy Hour afterwards, or just join us for Happy Hour.

Breakfast Brunch at Thunder Valley is on the first Wednesday in the month, 9:30 AM. Bring your TV Membership card.

Don't miss the biannual business meeting on July 22 at 3:00 PM.

Activities: Greater Placer PFLAG meets on the second Monday of the month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria.

**Contacts: Sheila 408-2802; Carol 295-0610**  
**Website: www.lavenderfriends.com**



### Line Dance

This month we want to recognize the people who volunteer their time to run the Saturday and Sunday practices. One of those people is Sheridan Brown. She is responsible for Audrey's level two class on Saturday. She served on the Steering



*Sheridan Brown at Saturday practice*

Committee for the last two years and wrote the Line Dance Group COMPASS articles. Sheridan moved to Lincoln Hills in 2002 from Napa. She had been involved in line dance there since 1992, so it was natural for her to join line dance here. She had been a teacher and was able to use her background to start teaching the practices. We are so fortunate to have her, she shares her time and talent with us. The grandmother of two also has her beautiful 100 year old mother living with her. Thank you Sheridan for all you do.

**Contact: JoAnn Faria 434-6813**  
**joannfaria@sbcglobal.net**



### Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until 12:00 PM. Spring is a great time of year to join others in a friendly game of Chinese Mah Jongg.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance.

If you have any questions, please call Bruce or Marsha.

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



### Mah Jongg, National

Tuesday is a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week except Tuesday, July 4.

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. During the summer months Fran's classes are not scheduled. However for those interested in learning Mah Jongg, you may sign up for the fall session by calling Fran River, 434-7061, beginning September 1.

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



**Mixed Media Arts**

Our club provides a friendly, fun environment for creative expression by using various methods of media, textures, papers, photos, and so much more. Occasionally we have “hands on” demonstrations and presentations on the latest techniques in the world of Mixed Media. We are a very creative group, and most everyone at one point in time was a beginner. So don't be shy and feel free to stop in during one of our regular meetings to see what we are all about. Our club starts at 1:00 PM on the third Wednesday of each month in the Ceramics Room (OC).

**Contacts: Frima Stewart 253-7659,  
frimastewart@gmail.com;  
Patricia Branham 408-5057,  
pbranham56@aol.com**



**Motorcycle**

**RoadRunners**

May was a busy month for the RoadRunners. On May 3, Road Captain Dan Harlander led an impromptu ride north to Paradise, California. After rolling through country back roads and a stop at a covered bridge near Chico, lunch was had at the Kalico Kitchen in Paradise. On May 13, President/Road Captain Doug Sterne led a scheduled ride to the Oakland Hills. After

*Taking a break above San Francisco Bay; Roadside view of the covered bridge in Bridgeport; Lunch at Tofanelli's restaurant in Grass Valley*



journeying through the California Delta, the riders made it to the top of the Oakland Hills to take in a stunning view of the San Francisco Bay. Then it was on to lunch at Doug's Place in Castro Valley before heading back to Lincoln.

Saturday, May 20 was the RoadRunners annual Mothers Day ride. Road Captain John Marin led riders through some great back country roads via Bullards Bar reservoir and the covered bridge in Bridgeport to Grass Valley. Once there, everyone enjoyed a wonderful lunch at Tofanelli's restaurant.

If you like motorcycle touring and have a roadworthy motorcycle or trike—check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC) The next meeting will be on June 22.

“Ride Safe—Ride With Friends.”  
**Contact: Manny Perez 253-9121,  
manwil412@wavecable.com**

**Movie Lovers**

The Movie Lovers Group will meet from 6:30-8:30 PM on Thursday, July 13 in the Multipurpose Room (OC). We review current trailers and select two movies for the next month's discussion. In May we reviewed the movies “Gifted” and “The Circle.” The group discussions are consistently stimulating, insightful and entertaining. We welcome new members and encourage active participation and opinions. All residents are welcome to come to our meetings and share their experiences with other movie lovers. Our next meeting is July 13 when we discuss “Their Finest” and “Norman.” Come and enjoy the evening.

**Contact: Cliff Roe (408) 205-8765**



**Music**

Calling all musicians to the Music Group Meeting! We play and sing June 28, from 6:30-8:30 PM, (OC, Fine Arts). Come join the fun and connect. The two songs for June are: “Blowin in the Wind” and “All of Me.” There will be a Blues Jam at the end of the meeting. Bring your instrument.

The next Open Mic is scheduled for June 23 from 6:00-8:00 PM, P-Hall

(KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians. No karaoke is permitted.

Work on your skills at the Performance Skills Workshops. Next one is June 19, 9:00 AM-12:00 PM, P-Hall (KS).

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

**Contacts: Don Smith, donsmit6704@frontier.com  
Steve Beede, sjbeede@att.net  
Website: LincolnHillsMusicGroup.org**



**Needle Arts**

**Threads of Friendship**

May was a busy month for the Needle Arts Group. First, there was an amazing amount of member projects in progress and/or completed at the Needle Arts Retreat at the Mercy Center in Auburn May 1-5 (see pictures). Then on May 16, members and non-members gathered at the OC-Ballroom for a festive luncheon complete with the chance to win 20 Opportunity Baskets.



*Handbag Project completed during Retreat; Finished Project ready for Show Entry; Retreat Discussion of a Member Project*



There will not be July/August meetings but three new workshops are planned for July 22, August 19, and September 16. All will be held at the Sewing Room (OC) from 9:00 AM-12:00 PM. Contact Susan Smotherman at [susan4321@sbcglobal.net](mailto:susan4321@sbcglobal.net) for details or check the Needle Arts website, [www.schlina.com](http://www.schlina.com).

There are many Needle Arts breakout groups with regular meetings—quilting, knitting, crochet, Hardanger, embroidery, and more. The list and meeting times can be found on the website, [www.schlina.com](http://www.schlina.com), and posted on the Sewing Room (OC) door.

**Contact:** Jean Storms 408-1515;

[jslres@pacbell.net](mailto:jslres@pacbell.net), [www.schlina.com](http://www.schlina.com)

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



### Neighborhood Watch

What goes on at the Neighborhood Watch monthly officer's meetings? Here are a few recent highlights.

We are looking for replacements for two of our 11 board members, Tom Groves and Stan Orr, who resigned this month for personal reasons. Many of you have organizational talents and we ask you to consider joining our board for the rest of the year through October. You will have the enriching experience of volunteering with Neighborhood Watch and possibly running for a two-year term in November.

Our officers are investigating ways to increase helpful assistance Village Coordinators can offer their Mail Box Captains. Please tell us your ideas. And please ask us if you do not know the name of your Village Coordinator or Mail Box Captain.

With over 650 volunteers, we always need replacements and we invite you to join this vigorous organization.

Please call a contact below to discuss any of these opportunities.

**Contacts:** Larry Wilson 408-0667,

[lgwlincoln@gmail.com](mailto:lgwlincoln@gmail.com);

Pauline Watson 543-8436,

[frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net)

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

### Painters

Our May program was the semi-annual club Challenge—asking our members to paint their vision of “Shoes”! We had 25 entries, and each had a story



*First place, Joan Musillani; Second, Alice Horst; Third, Joannie Adams*

behind the painting. It was fun and entertaining. Below are the winners, chosen by membership voting. The entries in the Challenge are currently hung at the Spotlight Gallery in the Art League of Lincoln (580 6th St.) for the month of June. Stop by to see the “Shoe Show” and check ALL's current main Show, “Pure Imagination.”

The June meeting (June 20) will be the picnic on the patio overlooking the beautiful scenery viewed from OC Lodge. If any club member didn't get your ticket at the May meeting, you can contact Barbara Walker. Ticket price is \$15.

The July 18 meeting will feature Patricia Abraham, who teaches mixed water media techniques—should be very interesting!

**Contact:** Joan Musillani 712-4393,

[joanmusillani@gmail.com](mailto:joanmusillani@gmail.com)

**Website:** <http://lhpainters.org/index.html>



### Paper Arts

Thank you to those who participated in our Annual Overstock Inventory Sale and Potluck on June 1. Whether you sold or bought items, brought food for lunch, or donated non-perishables to the Salt Mine, your efforts are greatly appreciated. Once again, we proved that together, we make a difference!

Brrr. It's getting cold in here! At next month's meeting, we'll welcome back Debbie Chronister from Stampin' Up! who'll present, “Christmas in July.” This popular event is a wonderful way to get a ‘jump’ on plans for holiday cardmaking and paper arts projects. We're looking forward to it.

This month, our window (OC) features birds and butterflies. Flutter on by for a peek.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us.

**Contacts:** Shirley Rainman 253-9534;

Pat DeChristofaro 408-1360



*May project: Colorful card and matching notepad by Mina Bahan*



### Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

**Contacts:** Denise Jones 543-3317,

[djonesea@att.net](mailto:djonesea@att.net); Doris DeRoss

253-7164, [dorisdoross@gmail.com](mailto:dorisdoross@gmail.com)



### Photography

On the heels of a series of local field trips: Table Mountain, High Hand Nursery and Ferrari Pond, club members have full spring and summer calendars. Excursions include a day trip to photograph the rainbow of



### Pickleball

While pickleball is often half-jokingly called an “addiction” many players do take time out to shine in different sports. Players trade their paddles for softball gloves, tennis racquets, bicycles and golf clubs—frequently scoring medals

putting it together. It really takes a lot of joint effort to put the plays together and we would like to have more participation by our members. There is no “onstage” without the “back stage” operations, they are the backbone of our productions, so if you have any desire to work in the theater environment, please step up and lend a hand.

We have two more plays scheduled for this year: in August Readers Theater “The Philadelphia Story” and our next Main Stage offering in November—“A Funny Thing Happened On The Way to The Forum.” Interested? Watch for more details in our publicity distributions.

**Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com**

**Website: www.lincolnhillsplayers.com**



### Poker

The Poker Group plays a variety of poker games every Monday and Friday, 12:45-4:30 PM, and Tuesday except July 4, 4:45-8:30 PM, in the Multipurpose Room (OC).

Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold'em players, there is a separate table available on Mondays, Tuesdays (except July 4) and Fridays—same times.

All poker players are seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). The new seating arrangement eliminates people not being able to play because tables are full. The new plan ensures play so come on down and join the fun.

Any questions, or to be added to our email distribution, please contact one of the following members.

**Contacts: Lynne Barsky 253-3730; Arnold Baker 434-5412**



### RV

Nearly 30 rigs attended the May rally at Jackson Rancheria! The group missed no opportunity to eat, drink and be merry, with several shared meals and happy hours. One meal was catered and the leftovers were given to a local food bank. Yvonne Schenck led line



*Photographers: Carole Haskell; Bill Kress; Pete Henshaw*



colors bursting from Lake Tahoe's wildflowers and a multi-day trip to Loon Lake to capture beautiful Milky Way Galaxy photos. Wrapping up a productive summer, the September Reno Hot Air Balloon Races are a destination favorite for photographers. Field trips are not the only venue. Responding to a popular member suggestion, the club is also expanding its social calendar to include the first ever summer BBQ.

Sharing photos through club exhibitions is almost as rewarding as taking the photos. An exhibit of 'Old Things' is on display at Lincoln's Simple Pleasures, and the Buonarroti's Ristorante display is still active. An exhibit of 'Faces' is ongoing at our own OC Lodge.

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



*Michelle Carson and Ann Dobin enjoy the viewing party at the Sports Bar; The club's Tournament Director, Gary Janikula (far right), intently watches the pickleball action on the big screen*



in competitions. The Lincoln Pace Race is the latest example. Valerie McElroy took first in her 10K division. In an unusual coincidence in the 10k, the husband and wife team of David and Brenda Fogg each came in third. In the 5K, thirds went to Jack Schryver, Paul Abad and Michael Gardner.

May and June have been busy. Players converged on the Sports Bar for the televised National Pickleball Championships, the President's Cup tournament was held and they celebrated summer with a fiesta.

Coming up: a July 5 ice cream social and October 4 Oktoberfest.

Pondering pickleball? On Wednesdays at 1 PM Cal Meissen provides a free introduction. No paddles or reservations needed.

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



### Players

We hope you all have enjoyed our thespian efforts so far this year. As you know, we just finished our second production—“Love Loss and What I Wore”—it was a fun play to do and we hope you enjoyed it as much as we enjoyed



*Celebrating their new rigs: Bill and Dori; Frank and Kathy; David and Julie*

dancing and a large group golfed, while everyone else enjoyed all that the foothills have to offer.

Following club tradition, members with new rigs host a champagne happy hour and give tours of their new RV. This rally had three champagne events!

The club meets at 4:30 PM on the second Thursday of each month at the Social Kitchen (KS), where we discuss upcoming rallies then visit with shared appetizers. Visitors with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

**Contact:** Marlowe Skar 434-7799

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

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

The school year has come to a close. Teachers, students and volunteers are taking a break and preparing for the fall. We are looking forward to greeting

returning volunteers and meeting the new enthusiastic recruits

Now is your chance to contact one of the leaders listed below to tell her you want to be involved in the 2017/2018 school year. It's an enriching experience you'll never forget. See our new website: <http://schoolssuncity.org>. You will find information about the program including each school's website, quotes from teachers and volunteers, and photos of volunteers in the classrooms.

Volunteers were treated in May to a tour of the Lincoln High School Farm and a hayride. Earlier this month volunteers and guests met for a potluck dinner at the Sports Pavilion. Leaders expressed their appreciation to the volunteers.



*SCHOOLS volunteers enjoy a hayride at the farm*

Call today for further information. contact Crystal or Irma (below)

*Written by Patti Kingston.*

**Contacts:** Crystal Elledge (Elementary)

543-8617, [ceelledge@sbcglobal.net](mailto:ceelledge@sbcglobal.net);

Irma Mendez (High School), [jmeidm@aol.com](mailto:jmeidm@aol.com)

**Website:** <http://schoolssuncity.org>

### SCOOP

Join us on the first Tuesday of the month for dog walks. These will be from different locations. Members will receive an email prior to the walk. Members and non-members are welcome to join us.

Our next meeting will be on Tuesday, August 1 at 11:00 AM in the Fine Arts Room (OC). Our speakers will talk to us about therapy dogs.

For additional activities and information, please consult the SCOOP website.

**Contact:** [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)

**Website:** [www.sclh-scoop.com](http://www.sclh-scoop.com)



### Scrabble

We welcome you to join our group of Scrabble enthusiasts on Monday afternoons at 1:00 PM in the Card Room (OC). All materials are provided. No reservations are needed. Play one, two, or more games. Newcomers are always welcome.

If you enjoy word games, stop by and join us.

**Contact:** Anne McMaster 409-5408, [wiltonanne@yahoo.com](mailto:wiltonanne@yahoo.com)



### Softball

Senior Softball had Opening Day games on May 13. Besides the games, hot dogs, and festivities, nine former and present players were inducted into the Softball Hall of Fame. They are Tuck Halsey, Jim Stocker, Vince Del Pozzo, Ross Pelton, Bec Cannistraci, John Moran, Rod Violette, Tony Machado, and Jim Mi-kelsen. Congratulations on your achievements.

Next up, we will be celebrating Independence Day with a Holiday event with two Lincoln Hills All Star teams playing each other, and an additional All Star team will play an excellent team from the city of Lincoln. All three games figure to be very exciting, and will take place on Tuesday, July 4. There will be hot dogs, 50/50 drawing tickets, and more. Come out and have a great time.

Not signed up but want to play? Start by downloading an Application from our web-site ([lhssl.org](http://lhssl.org)). Softball is a great way to make new friends and have lots of fun.

**Contact:** Marty Rubin 408-3494,

[marty629@gmail.com](mailto:marty629@gmail.com)

**Website:** [LHSSL.net](http://LHSSL.net)



### Shanghai

We cordially invite you to play the card game called Shanghai. Don't know how to play? No problem, we will be glad to teach you. Simply call the number listed below. We play every Thursday at 12:30 PM at the OC Lodge. We also play every second & fourth Friday nights at 5:45 PM.

**Contact:** Howard Beaumont 408-0395



### Singles

The Singles ended their May activities with their annual Poker Tournament held at KS. Fun was had by all those there. Many winners took all!

June is starting to really look like summer is here to stay! Our June Social will be held on Thursday, June 22, at the Sports Pavilion, called our In & Out Party—Summer Fling. This very popular event is to thank the outgoing officers and welcome the incoming officers. Tickets are \$10 members and \$15 guests, which includes a full course dinner, door prizes and dancing to the Slack Cats.

Upcoming events, July 2 Birthday Celebration; July 6 Cocktail Time; July 13 General Meeting in the Ballroom.

Let's Dance on Tuesdays, Bocce Ball on Wednesday and Golf on Fridays. For \$15 a year you can join the fun.

Contact: Kathy Shaddox 209-3307



### Sports Car

On May 20, club members participated for the second year in the *Heroes & Hounds Poker Run*, which raises funds to train service dogs for veterans. This is a local fund-raising event that includes many motorcycles as well as our club.



Lined Up for Poker; Fun and Helping Others; We're Winners! Ernie and Chere



As the weather heats up so does tour/trip planning for the club. Currently there are eight trips scheduled between June and October with a few more in the planning stages. We will continue our *Third Thursday Runs* that are shorter and more local than our regular Tour Events.

A Social Event, *Flags on the Patio* is scheduled for Flag Day, June 14 at the Cheesecake Factory.

The Sports Car Club membership now stands at 114 Households which is the largest the club has ever been. If you are not currently a member and you own a sports car and want to enjoy your car with other enthusiasts contact tom.breckon@sbcglobal.net

Contact: Tom Breckon 434-6989,

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



### Sun City Squares

Sun City Squares are enjoying the progress of our new dancers. If you have an interest in square dancing, please give us a call and we will be happy to make room for you.

At KS:

- Monday, 1:00 to 2:30 PM—New Dance Level
- Monday, 2:30 to 3:30 PM—Plus Level Dancing, Round Dancing between Tips
- Monday, 3:30 to 4:00 PM—Advanced Level Dancing
- Thursday 1:00 to 3:00 PM—Advanced Level Dancing

Contact: Jean Grupp 408-1868, jean@grupphomes.com



### Tennis

It finally happened! A big thank you to Bob Sanguinet. The Women's Doubles Tournament was completed after a couple of rain delays. The winners are:

First place: Linda Burke and Lisa Snapp  
Second place: Helen Berott and Julie Green  
Third place: Jill Gossard and Corliss Harris

The Men and Women's Singles Tournament is scheduled for Saturday, June 3.

Bob Belknap is scheduling volunteers for the ball machine setup for players during drop-in on Saturdays. If you would like to be a part of this program, please let him know.



First Place: Linda Burke and Lisa Snapp;  
Second: Helen Berott and Julie Green;  
Third: Jill Gossard and Corliss Harris

"Team Tennis" showed off their team spirit by participating in the Lincoln Community Pace Race.

The LHTG Semi Annual Meeting is scheduled for June 15 at 2:00 PM at KS.

Be sure to check out the LHTG website (below).

Contacts: Pam Flaherty, pamflaherty@gmail.com  
Barbara Davis, 408-2604, barb7dick@att.net



### Vaudeville Troupe

Tickets are now on sale!

The Golden Revue  
Vaudeville  
Variety Show

Friday, July 7  
2:00 PM and 6:00 PM  
Saturday, July 8  
2:00 PM and 6:00 PM  
Presentation Hall (KS)  
See you at the Show!

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



Two Shows Daily  
At 2:00 & 6:00 pm  
Friday, July 7  
Saturday, July 8



## Water Volleyball

As always, here in Lincoln, we seek out ways to cool off and have fun at the same time! What better way than a game of water volleyball! Each summer our club has an extra treat and enjoys outside play too. July 9 and August 13 from 5:30-7:30 PM at the OC lap pool will be an awesome time for all. Don't forget your



Monday Night play; Net 1 game; Randy setting

sunscreen, sunglasses, and a cap.

Our club is now 11 years old. We are recognizing some of the original active members: Buzz, Carol, Dolores, Elaine K., Elaine W., Feli, Gene LF, Gene P., Jerry, John C., Michael R., Gary H., John N., Helga, Klaus, Phil, and Scott S. Since the club has 117 members now, lots of people have discovered the best sport in our community.

Anyone interested in joining can contact Rhonda (see below). See you in the water!

**Contact: Rhonda George (907) 242-3161**

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

## Woodcarvers

The two day Capital Woodcarvers show, held in Sacramento every year, brings hundreds of wood carvings from many carvers in the Northwest and surrounding areas. Judging ranges from novice to expert in various categories. Twelve members of the Woodcarvers Club submitted 13 wood carvings to the Capitol Woodcarving show and as a result there were nine First Place Winners, three Second Place Winners, and one Third Place Winner. That was a terrific showing considering the numbers of carvings submitted and two members were showing for the first time and had only recently joined the club.

Woodcarvers Club members have a



large library of carving books, magazines and DVDs for plans and ideas. We have carving tools that you can use.

Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

**Contact: Dick Skelton 626-0895**

## Writers

The Writers Group recently welcomed new member, Nancie Wiseman Attwater.

Nancie worked as a Registered Nurse for 25 years as well as opening her yarn store, Nancie Knits in Sacramento in the 80's. Her 30 year career of teaching knitting and crocheting throughout the U.S. and Canada began there. She has authored 12 books on knitting, crocheting and quilting as well as nine DVDs on knitting. Her many magazine articles have appeared in *Martha Stewart Living*, *Victorian Home* and all of the notable knitting and crochet magazines. For the last seven years she has volunteered at the Yuba County Jail teaching sewing.

If you're new to writing, or a longtime writer, please join us every second, fourth, and fifth Monday at 6:30 PM in the Ceramics Room (OC).

**Contacts: Geoff Young,**

**[gwyoung01@wavecable.com](mailto:gwyoung01@wavecable.com);**

**Freddie Dempster, [fredeedee@gmail.com](mailto:fredeedee@gmail.com);**

**Susan Gust, [srg2266@gmail.com](mailto:srg2266@gmail.com)**

## The Listening Post

*Continued from page 5*

• How many Board members can attend and actively participate in a committee meeting? (*Board members can attend committee meetings and workshops, but cannot comment if there are four or more Directors at the meeting. Active participation by a quorum of the Board in a committee meeting would be a violation of the Davis Stirling Open Meeting Act.*)

• What role do the committees play in the decision-making process for the Association? (*Committees are staffed by resident volunteers who bring a wealth of experience and knowledge to the table. The Board highly values the input and recommendations that come from the seven standing committees.*)

The Listening Post ended with an update of Association issues and the latest rumors:

• The Association received a start date for construction of the KS solar project, June 12.

• The OC solar panels are scheduled to be cleaned in June. (*This helps us to improve solar production and reach our savings goals of \$280-300k per year.*)

• The firebreak mowing is 60% complete.

• The Association is \$168k favorable to budget to date.

• The new software installation is underway and on schedule.

## Rumor Control

Two recent rumors were addressed at the end of the Listening Post. One had to do with a desire to lease office space at the old Del Webb administration building, the other was regarding the golf course wishing to purchase or lease Meridians. *There is no validity to either rumor. As far as office space is concerned, we are happy with what we have, and have no desire to be located away from the residents we serve. As to the idea of the golf course operating the restaurant, I can assure you that this is not up for discussion.*

Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.

# Brewmaster's Dinner

*Meridians*



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5:30 pm

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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto: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.

### Caregiver Support Group

A Caregiver Support Group meets monthly at the Lincoln Library on Twelve Bridges Dr. We meet the third Thursday of each month, June 22 this month, from 9:00-11:00 AM. The group is open to all who do caregiving for another person no matter what the disease or ailment. Find encouraging resources, helpful hints and a safe place to share your thoughts. Please come in the back entrance of the library. More info: Brenda Cathey, 253-7537.

### Classical Music Audition

Contact Wei-Ning Chen at 595-5083 if you are interested in auditioning for their upcoming project, an Opera Night of Arias and Arriettes from Gluck to Mozart to Verdi/Puccini. The group sings Baroque, Classics and Romantics in five languages.

### Cloggers

The Lincoln Hills Cloggers (dancers) invite you to the upcoming Saturday, July 8, workshop in Blossom Hill, CA. Workshops are always great fun, featuring "cool new clogging dances" and inspiring teachers. Go online to [ncca-inc.com](http://ncca-inc.com), then "events," to see the flyer and directions. Hope to see you

## 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.

- Wednesday, June 28 • 8:30 AM Connected Technology Solarium (OC)
- Thursday, July 6 • 9:00 AM Bangerter Financial Solarium (OC)
- Monday, July 10 • 10:00 AM Nautilus Society Oaks Room (OC)

there! More info on clogging: Natalie Grossner, 209-3804.

### Glaucoma Support Group

How is your Glaucoma doing? Are you able to use your drops properly? Do dry eyes cause you discomfort? For answers to these questions and others, please plan to attend the July meeting of the Glaucoma Support Group. The meeting will be on July 12 at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com)

### Lincoln Democratic Club

The Lincoln Democratic Club meets Thursday, June 15, at KS. Doors open at 6:30 PM; a brief business meeting at 6:45 PM is followed by the program. The topic is "Health Care for All," emphasizing SB562, a single payer proposal for California, which could impact Medicare. Keith McCallin, Physician Assistant and single payer advocate, and a nurse representing Healthy California, will present a short film and discuss SB562. Q & A session follows on proposed changes in healthcare delivery at the State and national level. See the club website at [www.democraticclublincolnca.org](http://www.democraticclublincolnca.org) or email Al Witten, [lincolndems@gmail.com](mailto:lincolndems@gmail.com)

### Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group has enjoyed an eventful and educational year to date. Our June 6 Luncheon, held in the Solarium, featured Speaker, Audrey Gould, Lincoln Hills WellFit Instructor and Nutritionist, who shared diet dangers and tips. We'll now be on Summer Break until Tuesday, September 6. More info regarding Multiple Sclerosis: Marilyn Sharp, 837-4464.

### Lincoln Parkinson's Group

The Lincoln Parkinson's group will be meeting on June 20 at 10:00 AM. We meet at the Granite Springs Community Church on E. Joiner Parkway. This month we will have Millie Nunez from the Lincoln Hills Parkinson's Cycling Class. She will speak on the new cycling class that is offered to Parkinson's patients as well as talk about nutrition with Parkinson's. Come and join us! The group is open to those with Parkinson's and their loved ones. More info: Brenda Cathey, 253-7537.

### LH Italian Club

The Italian Club is a popular social club for members of Italian heritage and their spouses and partners. About 300 members enjoy monthly events and activities involving fun, friendship, and food. Upcoming events include the Inaugural Dinner and Dance on July 9 at Catta Verdera to welcome our new Board of Directors; a creative and entertaining "Third Murder (and last) Mystery Dinner and Show" on August 6 at OC, and a "How Italian Are You?" event with dinner on September 16. More info: visit our website, [www.lhitalianclub.org](http://www.lhitalianclub.org), or contact Sandi Graham, 826-5711 or [smgraham101@gmail.com](mailto:smgraham101@gmail.com), for membership.

*Continued on page 44*

## Bingo in the Ballroom

Thursday, June 29 • Ballroom (OC)

Doors open at 12:30 PM • Bingo Games begin at 1:00 PM

Lincoln Hills Foundation presents Bingo on Thursday, June 29 in OC Ballroom. Meridians offers a Bingo lunch special before the games.

Doors open at 12:30 PM; Games begin at 1:00 PM.

Drawing prizes; Win up to \$100 per game; \$250 for Blackout!

Cost \$20 for 12 games. Cold bottled water \$1.00. No alcohol allowed.

For groups of seven or more, call Klara to reserve a table: 408-4496.

Visit the Foundation website for a coupon for free popups:

[www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).



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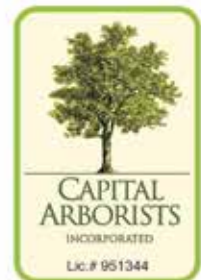


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Continued from page 41

**LH Republican Club**

We have scheduled our next meeting for June 26, 6:30-8:30 PM, P-Hall (KS). The subject will be current and proposed firearms policies. Anyone interested in the subject and the 2nd Amendment is invited. Speaker will be Craig DeLuz, a well known conservative activist, writer, public speaker and media commentator in the Sacramento Region. He currently serves as a member of Robla Elementary School Board and is the Director of Public and Legislative Affairs for the Firearms Policy Coalition, 2nd Amendment, Civil Rights Advocacy Group based in Sacramento. Contact: Bob Alaimo, rjalaimo@att.net.

**Racquetball Group**

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

**Shalom Social Group**

Continuing its traditions of welcoming new members and diversified activities, the Shalom Social Group continues its busy calendar. We have plans to attend a Sacramento River Cats baseball game, and we have our annual picnic coming up on June 25. Later in the year we

will have our annual Game Night, and we look forward to our traditional Hanukkah party in December. If you enjoy different activities with interesting people, contact Membership Chair Vida Morrison, 984-1043 for more info.

**Shooting Group**

With good weather we meet on Tuesdays for Trap and Thursdays for Skeet at Coon Creek Trap and Skeet, 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. More info about shotgun shooting sports: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Blvd.

**~ Community Perks ~**

**LH Certified Farmers Market & Vendor Fair Every Wednesday**

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open every Wednesday until November at the Fitness Center parking lot. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com in order to reserve your space.

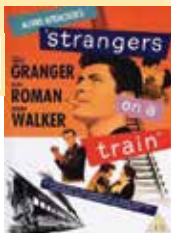


monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. Mayor Gilbert will be having Doug Brown, Manager of the City's Recreation Department, join him.



**KS Classic Movies on Saturday: Strangers on a Train Saturday, June 17 — Free**

1:30 PM, P-Hall (KS). Rated PG, 101 minutes, Crime/Film-Noir/Thriller. Starring Farley Granger, Robert Walker, Ruth Roman, Leo G. Carroll, and Patricia Hitchcock. A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder—a theory that he plans to implement. Directed by Alfred Hitchcock.



**Music Group Sponsored "Open Mic Night" Friday, June 23 — Free**

6:00 to 8:00 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. For SCLH performing musicians and audience. Singers must be accompanied by a musician. No karaoke.



**Two Showings! KS at the Movies: La La Land Saturday, July 1—6:00 PM — Free Monday, July 3—1:30 PM — Free**

P-Hall (KS). Rated PG-13 for some language, 128 minutes—Comedy/Drama/Music. Starring Ryan Gosling, Emma Stone, and J.K. Simmons. Mia, is an aspiring actress, who serves lattes to movie stars in between auditions and Sebastian, a jazz musician, who scrapes by playing cocktail party gigs fall in love while pursuing their dreams



**Coffee with the Mayor Thursday, June 22 — Free**

8:00 AM, Community Living Room (KS). Please join Peter Gilbert, SCLH resident and mayor for the city of Lincoln, at his

Info about rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net. Come out and have fun!

### Sons in Retirement

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, June 20 at the Catta Verdera Country Club. The speaker will be John Panneton, long-time attorney at the US Dept. of Justice; he will be talking about "Ethical Dilemmas Faced by Criminal Defense Attorneys." Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or would like to attend the luncheon as a guest, contact Chet Winton, 408-8708.

## Capital Asset Requests for 2018

June 12 marked the official start to the 2018 SCLH Budget process with requests for Capital Assets over \$2,000. Please submit the required Project Application form along with any necessary documentation to

Christy Goodlove, Executive Assistant, either by email: christy.goodlove@sclhca.com, or by placing in the drop box in the room next to the front desk at Orchard Creek Lodge.

Requests under \$2,000 may be sent directly to Chris O'Keefe, Executive Director by email: chris.okeefe@sclhca.com, or by delivery to his attention to the front desk at Orchard Creek Lodge.

The deadline for receipt of all Capital Asset Requests is Tuesday, July 25.

## ~ Community Perks ~

in Los Angeles. As they become more successful, they are faced with decisions that begin to fray their relationship and the dreams they worked so hard to achieve. Winner of six Academy Awards.

### Celebrate Independence Day at Del Webb Field Tuesday, July 4 — Free

Will be celebrating Independence Day with a Holiday event with two Lincoln Hills All Star teams playing each other, and an additional All Star team will play an excellent team from the city of Lincoln. All three games figure to be very exciting, and will take place on Tuesday, July 4. There will be hot dogs, 50/50 drawing tickets, and more. Come out and have a great time.



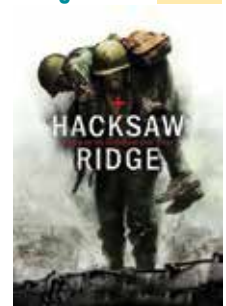
### KS Classic Movies on Saturday: The Four Seasons Saturday, July 15 — Free

1:30 PM, P-Hall (KS). Rated PG, 107 minutes—Comedy/Drama. Starring Alan Alda, Carol Burnett, Rita Moreno, Jack Weston, Sandy Dennis, Len Cariou, and Bess Armstrong. Three middle-aged wealthy couples take vacations together in spring, summer, autumn, and winter. Along the way we are treated to mid-life, marital, parental, and other crises.



### Two Showings! KS at the Movies: Hacksaw Ridge Saturday, August 5—6:00 PM — Free Monday, August 7—1:30 PM — Free

P-Hall (KS). Rated R for intense, prolonged graphic war violence, 139 minutes, Biography/Drama/History. Starring Andrew Garfield, Sam Worthington, and Rachel Griffiths. WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Winner of two Academy Awards.



### Document Destruction Monday, August 7

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. \$10 cash or check per average file box payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



## Reminder: Online Bill Pay Update Needed

Residents who pay quarterly assessments using Online Bill Pay through their own bank must update their homeowner account number. If you have already done this, thank you. Many continue to use an old account number. The new number was provided to you at the end of January, 2017. Please update your

bank's Online Bill Pay system as soon as possible. This does not pertain to those who provided a Void Check for auto debit with the Association.

Effective July 1, the Association's bank will no longer process payments with the wrong account number and your payment will be rejected. This

could cause your payment to be considered late and a late fee of \$35.40 could be applied to your account.

If you need your new account number, please email your Accounting staff at [accounting@sclhca.com](mailto:accounting@sclhca.com), or call 916-625-4000.

## In Memoriam

### Marilyn Dunger

Marilyn was born and raised in Detroit, Michigan where she met and married James Dunger. She majored in Home Economics and took Dress Design courses at Wayne State University. The couple moved to California in the late 1950s, lived briefly in Wyoming and returned to Southern California. Marilyn worked in Real Estate and Property Management for many years while also providing administrative support to Jim's law practice. She loved raising her children, sewing, and traveling. After losing Jim, Marilyn enjoyed water aerobics and bowling, and her many dear friends here. She is especially missed by her two daughters, her two grandchildren, and extended family.

### Doug Finch

A Lincoln Hills Pioneer, moving here in 1999, Doug was born in Mississippi. His family moved to Anaheim, California when he was 15. He got his Engineering Degree at UC Berkeley and spent 20 years in the semiconductor electronics industry and 15 years in high tech consulting. A lifetime volunteer, Doug was a Deacon and Elder at Centerpoint Community Church where he was a leader and teacher; and was presently a Director of the Lincoln Hills Foundation. He was married for over 56 years to his dear wife, Jane, and had three children, and two grandchildren. He enjoyed golf, lake fishing and travel. Besides his family, Doug touched many lives. He and his warm smile and hearty laugh will be greatly missed!

### Ed Sullivan

A member of the Veteran's Group, Ed grew up in San Francisco. He graduated from Galileo High School and Heald's Business College. After serving 6 years in the Army, Ed was in Real Estate. After 20 years he got involved with printing sales and started his own printing brokerage. He was married to Sandra for 57 years and had 4 children, 5 grandchildren and 3 great-grandchildren. Ed enjoyed golf and was very involved in the Lincoln Hills Foundation where he was known as "Mr. Bingo" as he led the Bingo games here. Ed will be missed especially by his family but also by the many friends that he made.

*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.*

## Library News

*Sandy Melnick, Library Volunteer*

A big thank you to everyone who donates books, both at Kilaga Springs Library and the Orchard Creek Community Living Room. All the residents who use our Libraries really appreciate your gifts. Once again, we ask that you donate books published 2010 or later. Unfortunately, we do not have room for older books.



The Kilaga Springs Library is looking for new volunteers. If you have a few extra hours each week to help us out, it will be very much appreciated. You will be trained and we look forward to meeting you and being part of our team.

Do you need help finding a book? If so, just ask one of our volunteers. There is someone to answer your questions every day of the week. All the paperback, hardbound, large print, and history books are filed by the author. Biographies are filed by the person being written about, e.g. Queen Elizabeth, Bush, etc.

Another good book I have read lately is *News of the World* by Paulette Jiles. This small, hardbound book is about an older man, after the Civil War, who makes his living reading the news of the world. On one of his stops he is asked to escort an orphan to her relatives, going through dangerous territory. This is the tale of their journey together.

Contacts: Sandy Melnick (408-1035) donations, Adrian Felice (408-4332) volunteers, Pam Combes (503-613-4185) investment materials, and Nina Mazzo (408-7620) Community Living Room (OC).

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This year's Summer Amphitheater Concert Series (SACS) is bigger and better with *nine* shows to keep you, your friends and family singing, dancing and having a blast. From rock n' roll, to pop, country, doo-wop, and R & B, our chosen bands from near and far are guaranteed to make this another memorable summer. Enjoy fresh "off the grill" sandwiches and fully stocked bars when doors open at 6:00 PM for 7:30 PM concerts.

## Legendary Country Music Star Lacy J. Dalton and the Dalton Gang in Concert Friday, June 16

Recently inducted into the Country Music Hall of Fame as one of the all-time great country performers, we are proud to present Lacy J. Dalton. With her worldwide hit song, "Black Coffee" and signature song, "16th Avenue," which is the Anthem for Nashville songwriters and was voted one of Country's Top 100 Songs Ever by Billboard Magazine. Lacy will enchant you with her soulful delivery, power and heart. Voted Best New Female Artist by the Academy of Country Music in 1979, she brought home numerous Grammy nominations and three prestigious Bay Area Music Awards for Best Country-Folk Recording. She has appeared with the likes of Neil Young, the Grateful Dead and Grace Slick, and Jefferson Airplane. Enjoy original songs from her many hit records "Hard Times," "Crazy Blue Eyes," and more classic country tunes. General admission \$21.



## Abbacadabra The Ultimate ABBA Tribute Friday, June 30

Dust off the leisure suits and shine up those platform shoes! Be transported back to a simpler time when music was fun, inspiring and uplifting... and disco was King! With the new resurgence of the '70s, portrayed in part by the hugely popular musical production and movie blockbuster "Mamma Mia!," the music of ABBA is finding its way back into the hearts of those who lived it then and taking over the hearts of those who are experiencing it for the first time now. Dance to songs like "S.O.S.," "Super Trooper," and "Dancing Queen" and rekindle those feelings of first loves with "Fernando," and "Chiquitita" recreated with such precision in music and outfit, you'll swear you were listening to the originals themselves. General admission \$24.



## Mick Adams & The Stones Tribute to the Rolling Stones Friday, July 14

Called the world's most authentic tribute to the Rolling Stones, Mick Adams & The Stones has been selected and performed for AXS TVs The World's Greatest Tribute Bands, as the world's greatest Rolling Stones Tribute Band. Rising above all others in the most demanding role the tribute world has to offer, Mick and the rest of the band offer an electrifying performance with Adam's iconic Jagger moves, looks, costume and voice. Rock on with Stones' hits like "You Can't Always Get What You Want," "(I Can't Get No) Satisfaction," "Jumping Jack Flash," "Ruby Tuesday," "The Last Time," and more. They are the perfect band to pay tribute to the Stones 50+ years of hits! General admission \$20.



## The Everly Brothers Experience Featuring The Zmed Brothers Friday, July 28

Due to enormous resident request, we bring back *The Everly Brothers Experience*, this time in the Amphitheater, to give you the chance to dance to the music. The Zmed brothers, Zachary and Dylan, bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades, and continues to influence artists around the world. General admission \$22.



## Chicago The Tribute Friday, August 11

In 1967, seven musicians had a dream to create a new sound by combining Rock 'n Roll with a tight horn section. The result was... *Chicago!* Chicago...the Tribute recreates that great sound with powerful horns, rich vocals, and a rockin' rhythm section. This group of talented musicians takes great pride in performing these hit songs. Whether you are a fan of Chicago from the rockin' 60s and 70s, or the power ballads from later years, you'll love Chicago The Tribute. Expect to hear an incredible string of hits like "Saturday in the Park," "Beginnings," "If You Leave Me Now," "25 or 6 to 4," and more covers of Chicago's 20 Top 10 hits and 15 platinum albums. General admission \$19.





**Top Shelf's Motown Magic Musical Revue**

**Friday, August 25**

San Francisco Bay Area's cornerstone entertainment company, Top Shelf, presents a hit-filled musical journey through their memorable collection of soul and Motown classics. It's a classy, toe-tapping, finger-snapping show that features the songs of The Temptations, the Four Tops, Smokey Robinson, Stevie Wonder, Diana Ross and more. The concert will blend retro cool with contemporary sounds to bring the ultimate celebration of some of the greatest vocal hits of all time. So snap your fingers, tap your feet, get out of those seats and have a great time! General admission \$19.



**Catch A Wave  
The Beach Boys Show**  
**Friday, September 8**

Remember the fun you had last time Catch A Wave was here? Well, get ready for more! Fun, sun and surf set the backdrop for this recreation of the 1960's Beach Boys with Catch A Wave's vocal harmonies! Sporting authentic detail just



as you remember, this act recreates the 1960s Beach Boys right down to the white instruments, blue and white stripe shirts, and wavy hair evoking that unique California harmonic surf-pop sound so recognizable around the world. Don't miss this show that is currently headlining Disneyland, Disney Cruise Lines, and theaters across the United States. General Admission \$20.

**The Elvis Songbook  
with Jim Anderson & The Rebels**  
**Friday, September 22**

Jim Anderson & The Rebels perform throughout the West Coast to rave reviews and sell-out crowds. From "Heartbreak Hotel" to "Jailhouse Rock," the show will keep the legend living on and remind fans that Elvis was, still is, and will always be, the King! Lifelong Elvis Presley fans have touted that Jim and The Rebels perform "The most authentic tribute to Elvis Presley and his music to date!" Not an impersonator act, this crowd-pleasing show will take you through Elvis music eras of the 50s, 60s and 70s complete with hip swiveling, body gyrating, and leg wiggling. Experience a tribute to the man and his music. General admission \$20.



**2017 Summer Amphitheater Concert Series Guidelines**

**Admission:** Doors open at 6:00 PM. 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 Orchard Creek Activities desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

**ADA:** Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access.

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

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

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

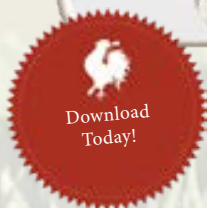
**Show Cancellation:** All sales are final. **No refunds or exchanges will be issued** (includes situations of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held).

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

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Tuesday July 11, 18, 25 and August 1st // 8:30 - 10:00am

Thursday July 6, 13, 20 & 27 // 8:30 - 10:00am





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

## Entertainment

### —Club Performance—

#### The Golden Review Vaudeville Variety Show

Friday, July 7, 2:00 PM & 6:00 PM Shows

Saturday, July 8, 2:00 PM & 6:00 PM Shows



The Lincoln Hills Vaudeville Troupe will entertain you once more with their annual Golden Review Variety Show. This show is a real variety show and will keep you swinging in your seat with dancers, singers, comedians and several surprise acts. For the best seats get your tickets early. Save \$1 off \$4 or more at the KS Café on show days. Both days will have two performances at 2:00 & 6:00 PM. P-Hall (KS). Reserved Seating, \$12.



### —Comedy/Magic—

#### A Magical Evening with Kevin Blake

Friday, July 21, 6:00 PM & 8:00 PM Shows



Kevin Blake is an illusionist, magician and mentalist known for his public shows in San Francisco as well as around the globe. Close-up and on stage, Kevin demonstrates world-class magic and mysteries of the mind, from impossible sleight of hand to fascinating tricks of psychology. Kevin has over a decade of experience that includes lecturing at Google, opening for Third Eye Blind at the historic San Francisco music venue The Fillmore, and even working as a backstage magician for international magic super group *Band of Magicians*. You won't want to miss out on a hilarious and fun magical evening of entertainment! 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, \$16.



#### KS Comedy Night: Randy Riggle Returns

Tuesday, August 15, 6:00 PM & 8:00 PM Shows



Registration starts June 17. Randy Riggle is a nationally touring stand-up comedian and has opened for such acts as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. Back in the Presentation Hall, his combination of innovative style, quick wit, and brilliant impressions make him popular with all

types of audiences. This talented comedian has appeared nationally on all three major networks including NBC, ABC, and CBS. He was also a contributing writer for "Tonight Show" host Jay Leno. The U.S. Navy recently invited Randy to Hawaii to participate in the 75th commemoration of Pearl Harbor, where he read his poem "This Hat I Hold" in honor of his late father a World War II Navy man. 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, \$16.



### —Concerts—

#### Summer Concert Series

#### Legendary Country Music Star

#### Lacy J. Dalton and the Dalton Gang

Friday, June 16

Recently inducted into the Country Music Hall of Fame as one of the all-time great country performers, we are proud to present Lacy J. Dalton. With her worldwide hit song, "Black Coffee" and signature song, "16th Avenue," which is the Anthem for Nashville songwriters and was voted one of Country's Top 100 Songs Ever by Billboard Magazine. Lacy will enchant you with her soulful delivery, power and heart. Voted Best New Female Artist by the Academy of Country Music in 1979, she brought home numerous Grammy nominations and three prestigious Bay Area Music Awards for Best Country-Folk Recording. She has appeared with the likes of Neil Young, the Grateful Dead and Grace Slick, and Jefferson Airplane. Enjoy original songs from her many hit records "Hard Times," "Crazy Blue Eyes," and more classic country tunes. General admission \$21.



#### Summer Concert Series

#### Abbacadabra

#### The Ultimate ABBA Tribute

Friday, June 30

Dust off the leisure suits and shine up those platform shoes! Be transported back to a simpler time when gas was under \$1 per gallon... when music was fun, inspiring and uplifting... and disco was King! With the new resurgence of the '70s, portrayed in part by the hugely popular musical production and movie blockbuster "Mamma Mia!," the music of ABBA is finding its way back into the hearts of those who lived it then and taking over the hearts of those who are experiencing it for the first time now. Dance to songs like "S.O.S.," "Super Trooper," and "Dancing Queen" and rekindle those feelings of first loves with "Fernando," and "Chiquitita" recreated with such precision in music and outfit, you'll swear you were



Continued on page 52

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

listening to the originals themselves. General admission \$24.

**Roseville Community Concert Band  
Happy Birthday USA!  
Tuesday, July 4**



We bring back one of the best local volunteer symphonic concert bands in the area; the Roseville Community Concert Band (RCCB) for our annual Fourth 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 Fourth 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 \$11.** General admission, \$8. Tickets required for all guests, including children.

**Summer Concert Series  
Mick Adams & the Stones  
Tribute to the Rolling Stones  
Friday, July 14**



Called the world's most authentic tribute to the Rolling Stones, Mick Adams & The Stones has been selected and performed for AXS TVs The World's Greatest Tribute Bands, as the world's greatest Rolling Stones Tribute Band. Rising above all others in the most demanding role the tribute world has to offer, Mick and the rest of the band offer an electrifying performance with Adam's iconic Jagger moves, looks, costume and voice. Rock on with Stones' hits like "You Can't Always Get What You Want," "(I Can't Get No) Satisfaction," "Jumping Jack Flash," "Ruby Tuesday," "The Last Time," and more. They are the perfect band to pay tribute to the Stones 50+ years of hits! General admission \$20.

**Summer Concert Series  
The Everly Brothers Experience  
Featuring The Zmed Brothers  
Friday, July 28**



Due to enormous resident request, we bring back *The Everly Brothers Experience*, this time in the Amphitheater, to give you the chance to dance to the music. The Zmed brothers, Zachary and Dylan, bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the

harmonies created by Don & Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades, and continue to influence artists around the world. General Admission \$22.

**KS Classical Music Night:  
San Francisco Guitar Quartet  
Thursday, August 3**



Registration starts June 17. Since its debut in 1997, the San Francisco Guitar Quartet has established itself as a dynamic force in the guitar world through its innovative concerts and recordings. The current generation of the group seeks to continue the mission of expanding the guitar quartet repertoire through collaboration with living composers, bringing creative new works to life. The SFGQ's recordings have garnered praise from critics and fans alike. They have toured across the United States and traveled internationally to Germany, Taiwan, and Guam, where they gave sold out performances. Past performances include San Francisco's Omni Series, La Guitarra California Festival, Pasadena's Guitarra del Mar series, the Hot Air Music Festival, and Dresdner Gitarrenfest in Dresden, Germany. They have appeared on both NPR and the syndicated radio shows *West Coast Live* and *Classical Guitar Alive!* Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$19.**



**Summer Concert Series  
Chicago the Tribute  
Friday, August 11**




In 1967, seven musicians had a dream to create a new sound by combining Rock 'n Roll with a tight horn section. The result was... *Chicago!* Chicago...the Tribute recreates that great sound with powerful horns, rich vocals, and a rockin' rhythm section. This group of talented musicians takes great pride in performing these hit songs. Whether you are a fan of Chicago from the rockin' 60s and 70s, or the power ballads from later years, you'll love Chicago the Tribute. Expect to hear an incredible string of hits like "Saturday in the Park," "Beginnings," "If You Leave Me Now," "25 or 6 to 4," and more covers of Chicago's 20 Top 10 hits and 15 platinum albums. General admission \$19.

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San Francisco Bay Area's cornerstone entertainment company, Top Shelf, presents a hit-filled musical journey through their memorable collection of soul and Motown classics.

*Continued on page 55*



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## Day Trips & Extended Travel



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

### Day Trips

#### —Casino/Races—

#### Reno Silver Legacy Thursday, June 22

Snow should be melted, so by popular request we're heading to Reno to visit the Silver Legacy Hotel & Casino for the day. Get \$10 cash back and \$3 food credit. Try your luck at the slots or check out the Reno arts district. Six-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$36.



#### Jackson Rancheria Thursday, July 13

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice drive to Amador County and the foothills. Four hour stay at the recently remodeled and expanded casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



#### Cache Creek Casino Wednesday, August 23

Registration starts June 17. We're returning by popular request to Cache Creek Casino 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 IDs 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.



#### —Museum—

#### Art, Fashion, and Rock & Roll: What's Not to Love? de Young Museum, San Francisco Wednesday, August 16

In "The Summer of Love Experience: Art, Fashion, and Rock & Roll" see iconic rock posters, interactive lightshows, photographs of legendary musicians, and out-of-this-world clothing. The de Young immerses you in sights, sound, and cultural achievements of a summer that rocked the world. Be a part of this exhilarating 50th anniversary celebration. Also view: *Beyond the Surface: Worldwide Embroidery Traditions* presents a selection of embroidered costumes and accessories from around the world to explore their distinguished craftsmanship and unique social and cultural connotations. *Revelations: Art from the African American South* celebrates the debut of the Fine Arts Museums of San Francisco major acquisition from the Souls Grown Deep Foundation in Atlanta of 62 works by contemporary African American artists from the Southern United States. Leave OC at 8:00 AM, return ~ 6:30 PM. \$65.



#### —Performances—

#### Cooking with the Calamari Sisters! 24th Street Theater, Sacramento Thursday, July 6

Brought to you by the same production company as last year's Waist-Watchers. Magia Italiano! Hilarity, failed dishes, and food fights during this live "broadcast" of a public access cable cooking show hosted by two larger-than-life Italian sisters, Delphine and Carmela Calamari. The sisters sing and dance to such beloved Italian favorites as "Volare," "Come On A My House," "That's Amore," "Mambo Italiano," and more as they try to make it through their final broadcast together in one piece We scored up front orchestra seating at the 24th Street Theater in Sacramento for a nice afternoon matinee. Leave OC 12:45 PM, return ~ 4:45 PM. \$72.



## The Curious Incident of the Dog in the Night-Time Golden Gate Theater, San Francisco

Saturday, July 22

Winner of the 2015 Tony Award for Best New Play, the acclaimed National Theatre production of *The Curious Incident of the Dog in the Night-Time* is now on its first North American tour. Two-time Tony Award winner Marianne Elliott (*War Horse*) directs this “dazzling, pulse-pounding and remarkable” adaptation by Tony and Olivier Award winner Simon Stephens that brings Mark Haddon’s internationally best-selling novel to thrilling life. Fifteen-year-old Christopher has an extraordinary brain; he is exceptionally intelligent but ill-equipped to interpret everyday life. When he falls under suspicion for killing his neighbor’s dog, he sets out to identify the true culprit, which leads to an earth-shattering discovery and a journey that will change his life forever. Called “one of the most fully immersive shows ever to wallop Broadway”) by *The New York Times*, *The Curious Incident of the Dog in the Night-Time* is a record-breaking theatrical phenomenon that simply must not be missed. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$123.



### Additional busses added!

## André Rieu at Golden One Center Wednesday, October 25

Musical Phenomenon André Rieu is quite simply like no other especially along with his 60-piece Johann Strauss Orchestra (the largest private orchestra in the world), André has created a global revival in waltz music, staging spectacular extravaganzas which are second to none. On stage André’s incredible musical prowess, passion and charisma make for a magical spectacle. His romantic and fun shows are the only ones where people regularly jump to their feet and dance in the aisles. It’s not uncommon to see devoted fans laughing, weeping, clapping, dancing and embracing when they listen to the beautiful waltzes, film scores, spirituals, musicals, folk songs and marches and André’s precious Stradivarius violin from 1732; his shows are a perfect mix of thrilling, romantic, festive and emotional melodies combined with surprises, balloons, beautiful soloists and of course André’s great sense of humor. We have been fortunate to obtain group seating at two price levels in the lower bowl in section 110 of the Golden One Center in Sacramento. Rows E-K \$110. Rows R-W \$79. Depart OC at 6:30 PM ~ Return 11:30 PM.




### 2017 Music Circus

Due to declining interest for several shows last season, we are doing a limited subscription to this year’s Music Circus Season.

*Continued on page 59*

## 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.
- **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served. ALD 
- **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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### On The Town Wednesday, July 12

Three sailors on a 24-hour shore leave in New York City find three high-spirited women in an unforgettable adventure. The soaring score by Leonard Bernstein features "Lonely Town" and "New York, New York."



### 9 to 5 Thursday, July 27

A hilarious story of friendship and revenge in the office place, based on the hit 1980 movies, featuring the Tony Award-nominated score by Dolly Parton including the Grammy Winning title song.



### Damn Yankees Tuesday, August 8

A devilishly clever multi-Tony Award winning Best Musical that any baseball fan will appreciate. Megafan Joe Boyd trades his soul to lead his beloved Washington Senators to victory over the New York Yankees, only to realize the true worth of the life he left behind.



### 2017/2018 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 and seating choices. Reserved seating choices: Platinum - Front Orchestra seating. Gold – Middle orchestra and Silver - Rear orchestra. Bronze option is open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. *Deadline for purchase is Wednesday, July 5. Trip will be cancelled if minimum is not met.*

**\$639 Platinum Seating**

**\$573 Gold Seating**

**\$440 Silver Seating**

**\$339 Bronze Seating**

Read about this season's phenomenal speakers, listed below:

- **George Takei**  
Wednesday, October 4

George Takei first became known around the world for his role in the acclaimed TV series *Star Trek*; now, millions more know him through his presence on Facebook, Twitter, YouTube, TV, movie,

and stage. From his years as a child in a Japanese internment camp during WWII, to becoming one of the country's leading figures in the fight for social justice and marriage equality, George Takei remains a powerful—and witty—voice on issues ranging from politics to pop culture.

- **Doris Kearns Goodwin**  
Wednesday, November 15

Doris Kearns Goodwin is a world renowned presidential historian, Pulitzer Prize winning author of best-selling history books, and frequent, and perhaps the most knowledgeable commentator on current political events. She worked with Steven Spielberg on the Academy Award winning movie *Lincoln*, which was based in part on her award-winning book *Team of Rivals*. An avid Boston Red Sox fan, Goodwin was the first woman journalist allowed in the Red Sox locker room.



- **Captain Scott Kelly**  
Wednesday, January 17, 2018

Captain Scott Kelly's epic Year in Space solidified his status as one of the greatest pioneers in history. A NASA Astronaut, he captivated the world and seized the imagination of millions during his record-breaking voyage—proving that the sky is not the limit when it comes to the potential of the human spirit. Kelly's time in space paved the way for the future of long distance space travel to explore Mars.

- **Bryan Stevenson**  
Wednesday, February 21, 2018

Bryan Stevenson is the founder and executive director of the Equal Justice Initiative. As a lawyer he has dedicated himself to helping the poor, the incarcerated, and the condemned. Under his leadership, the EJI has won major cases eliminating excessive and unfair sentencing, exonerating death row prisoners, and aiding minors prosecuted as adults, including a recent Supreme Court ruling that mandatory life-without-parole sentences for minors are unconstitutional. He is the author of the *New York Times* bestseller *Just Mercy: A Story of Justice and Redemption*, and in 2016 was named in *Fortune's* World's Greatest Leader list

- **Ehud Barak**  
Wednesday, March 28, 2018

Prime Minister Ehud Barak is one of the most recognizable names in Israeli life and politics. A graduate of the Hebrew University of Jerusalem and Stanford University, he served an illustrious career in the Israeli Defense Forces that included rescuing passengers at Entebbe on an airplane hijacked by terrorists. As Prime Minister, Barak devoted himself to the peace process, withdrawing troops

*Continued on page 60*

from Lebanon and working with Bill Clinton in an attempt to find lasting peace. In 2012 he was awarded the Distinguished Public Service Award by Defense Secretary Leon Panetta for his lifetime achievements.

• **Chris Wallace**  
**Tuesday, April 17, 2018**

Award-winning veteran journalist & host of *FOX News Sunday*, Chris Wallace interviews the top newsmakers, from Washington's power players to world leaders. Over his extensive and impressive career, Wallace has won every major broadcast news award for his reporting. Wallace delivers an unparalleled insider look into the current political environment, the White House and the future of America. Chris Wallace breaks down today's top news issues impacting individuals and industry, leaving audiences with takeaways that prepare them for impending changes in the political landscape.

**Broadway Sacramento 2017-2018**

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows except for Book of Mormon—\$95 each.



**Beautiful—The Carole King Musical**  
**Tuesday, November 7**

**Beautiful—The Carole King Musical** tells the Tony® and Grammy® Award-winning inspiring true story of 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.**" \$95.  
*First bus sold out, please place yourself on waitlist to be contacted when second bus & date added.*



**Something Rotten!**  
**Tuesday, January 2, 2018**

With 10 Tony® nominations including Best Musical, "Something Rotten!" is "Broadway's big, fat hit!" (*NY Post*). Set in 1595, this hilarious smash tells the story of Nick and Nigel Bottom, two brothers who are



desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first *Musical!* With its heart on its ruffled sleeve and sequins in its soul, *Something Rotten!* is "*The Producers + Spamalot + The Book of Mormon. Squared!*" (*New York Magazine*). \$95.

**Jersey Boys**  
**Tuesday, January 30, 2018**

**Jersey Boys** is the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers Frankie Valli & the Four Seasons. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs "Sherry," "Big Girls Don't Cry," and many more. Don't miss the international sensation that's a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. \$95.



**The Book of Mormon**  
**Tuesday, March 13, 2018**

Don't miss one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outrageous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! **Be Aware—adult themes and explicit language that may be offensive to some.** \$119. *First bus is sold out. Please place yourself on waitlist to be contacted when second bus and date has been added.*



**An American in Paris**  
**Tuesday, May 22, 2018**

**An American in Paris** is the new Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and



*Continued on page 62*

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### —Sports—

#### San Francisco Giants

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- **Giants vs. Cleveland Indians**  
Wednesday, July 19  
\$154.
- **Giants vs. World Series Champion Chicago Cubs**  
Wednesday, August 9  
\$192.

#### Football Fans Rejoice!

##### 49ers Game Trip

##### San Francisco 49ers vs. Arizona Cardinals Sunday, November 5

Registration starts June 17. We have group tickets to a 49ers game this upcoming season! Bypass the traffic & parking hassles and join us as we see the 49ers take on the Arizona Cardinals from Section 204 in the end-zone at Levi's Stadium. Those of you who've taken the Levi Stadium tour know that's the section just to the left and up from where you come up the main escalators. The bus will be able to stay in the parking lot to make for an easier departure. There will be a stop at Cordelia both directions of the trip for a rest/food. Sign up early for best seats as the 49ers can only hold these excellent seats for a short time. Wheels roll from OC at 8:00 AM, return ~ 9:00 PM. \$125.



### —Tours/Leisure—

#### San Francisco for the Day Tuesday, June 27

Enjoy a lovely day trip to the city by the bay and don't worry about traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day to do as you wish. Includes a 10% off Macy's Certificate. If you're shopping, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the Westin St. Francis Hotel (Post & Powell) to load all the packages from your morning excursions so you can do more shopping. June is usually much cooler in San Francisco, so it's a great opportunity to get away from the valley heat! Lunch on your own. Rest stop on way home. Leave OC at 8:30 AM, return ~ 8:00 PM. \$44.



#### Squaw Valley Art, Wine and Music Festival Saturday, July 8

Are you ready to get out of the valley heat and enjoy a cool mountain summer day? Join us as we visit Squaw Valley's annual Art, Wine & Music Festival. This European style village comes alive with color, taste, and sound as fine artists, crafts makers, performers and musicians come to participate in this fun event. The festival features wine tasting, several performance stages, restaurants, shops, and walkways lined with 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. *High Camp operations are subject to cancellation due to inclement weather.* Restaurant list at activities desks. Leave OC 9:30 AM, return ~ 6:15 PM. \$60.



#### South Fork American River Rapids Rafting Tuesday, July 11

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



*Continued on page 65*



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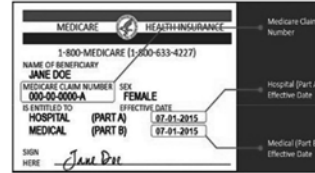


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is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and cookie. 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. \$160. *Don't miss a fantastic day on the river; purchase deadline is June 20!*

### Strauss Festival—Elk Grove Regional Park Sunday, July 30

The Strauss Festival of Elk Grove is an outdoor staged dance production at Elk Grove Regional Park. Featuring a live orchestra, fireworks and other pyrotechnic displays, enchanting outdoor ambiance, and of course the beautifully costumed dancers. Celebrate 30 years of this event on a lovely summer's eve! The Festival has attracted audiences from around the world and has garnered critical acclaim along the way. It is one of the longest-running events of its kind, and in keeping with the tradition of the original Strauss Festival in Vienna, admission has always been free. However, due to the high cost of the production we have included a \$5 donation per person in the price of this trip as they have gone out of their way to insure we have a reserved section of plastic lawn chairs for our group and a designated bus area. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The seating is at the edge of a park lake and evenings can cool down, so may want to bring a sweater or blanket. Leave OC at 5:30 PM, return ~ 11:15 PM. \$34.



### USS Potomac—Bridges of the Bay Cruise Thursday, August 3

The "Floating White House" Franklin Delano Roosevelt's presidential yacht has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. Take a special narrated three-hour "Bridges of the Bay" cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges with their unique history, construction and points of interest. Summer can be very cool out on the bay. Box lunch included (choose onboard). Leave OC at 7:30 AM, return ~ 4:00 PM. \$125. *Purchase deadline is July 5.*



### Filipino Pistahan Festival Yerba Buena Gardens, San Francisco Sunday, August 13

Celebrating Filipino and Filipino-American arts and culture, the 23rd annual Pistahan (*festival*) features art pavilions and stages showcasing contemporary and traditional music, dance, art, crafts, cuisine and artifacts. It is a celebration of the rich Filipino heritage. A trade expo offers products unique to the Philippines, including foods, books, jewelry, clothes and products for the home created from mother of pearl, bamboo, coconut, mahogany, marble, pineapple fiber and more. Lunch and day on your own. The festival is centrally located across from SF MOMA and a short walk to Westfield Centre or Union Square, so there's lots of activity opportunities. Leave OC at 8:30 AM, return ~ 6:30 PM \$44.



### Nike Missile Site—Marin Headlands Saturday, August 19

Registration starts June 17. The Marin Headlands is the site of a number of historic military settlement fortifications, including Fort Cronkhite, Fort Barry, a large number of bunkers and batteries, and the SF-88 Nike Missile silo. From the 1890s, the first military installations were built to prevent hostile ships from entering San Francisco Bay. During the tense years of the Cold War, from 1953 to 1979, the United States Army built and operated close to 300 Nike missile sites in the United States. These sites were designed as the last line of defense against Soviet bombers. Site SF-88L is the only fully restored Nike missile site in the country. See the inside of the silo and a demonstration of the missile being ready for lift-off. This museum is an enduring reminder of the Cold War and allows visitors to reflect upon the realities of the Cold War and their influence on today's society. We'll have a Park Ranger led tour and also a trip over to Battery Wallace for an included boxed lunch from Meridians and tour of the site with fantastic views of the San Francisco Bay and Golden Gate Bridge. August is cool on the coast, so layer up! Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, chips, cookie & bottled water. Choose lunch at time of registration. Leave OC 7:45 AM, return ~ 5:30 PM. \$62.



### Half Moon Bay for the Day Saturday, August 26

Registration starts June 17. Another opportunity to get out of the valley heat and enjoy a cool coastal day! Located approximately 35 minutes south of San Francisco, it's a gorgeous coastal region ideal for escaping the summer swelter. With a temperate summer climate averaging 65 degrees during the day, Half Moon Bay is famous for its Pumpkin Festival, but also home to one of the finest agricultural regions



*Continued on page 67*

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### Best in the West—Rib Cook-off Wednesday, August 30

Registration starts June 17. Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$41.



### California Capital Airshow Saturday, September 9

Registration starts June 17. The 2017 California Capital Airshow will be roaring across the skies of the Sacramento at Mather Air Field and featuring a very patriotic event that will feature every branch of United States Military. You won't want to miss the spine-tingling jet demonstrations, world-class aerobatic performances, barnstorming, warbirds and miles of interactive exhibits, music, food and so much more! In addition, the 2017 Airshow will host for the first time the 'National Aviation Heritage Invitational'. This incomparable annual competition brings together the finest examples of restored vintage aircraft across the nation to be judged against restoration standards established by the Smithsonian National Air and Space Museum to compete for the grand champion Neil A. Armstrong Aviation Heritage Trophy...and you can be a part of it all! Our group will enjoy the large chalet tent with an included buffet and soft beverage, with seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at activities desk or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$119.



### —Overnight/Extended Travel—

### Two Night Stay! Native American and Old West Tour Sunday, July 23-Tuesday, July 25

Join Katrina, your Trip Coordinator, to learn about Native Ameri-

can and Old West history on this tour of Northern Nevada and Truckee. Learn about the history of Nevada's original inhabitants, starting at the Pyramid Lake Paiute Reservation with our Native American step-on guides who will regale us with traditional stories, a tribal dance, a stop at the Wild Horse Range and more! We'll also tour Stewart Indian School in Carson City that was opened in 1890 as state-sanctioned boarding school, designed to assimilate young Native Americans. Enjoy an included Basque Family Style lunch at JT Basque in Gardnerville. A local historian will lead an Old West tour covering the Basque influence on the area, the Minden and Gardnerville rivalry and the significance of the Dangberg Home Ranch, the very first ranch in Nevada. Visit Nevada's oldest permanent settlement, Genoa, which served as the prime trail to California. This charming city is home to Nevada's Oldest Thirst Parlor, the Genoa Bar, which boasts of good drinks and ghost stories. On our trip back home, we'll be stopping in Truckee for a docent led tour of the Old Jail Museum and downtown plus some free time on your own to explore its rich history. *Weather in Pyramid Lake & Minden/Genoa for July tends to be high 70's to low 80's,*



#### Trip Inclusions:

- Boxed Lunch from Meridians for Pyramid Lake Visit  
Choice of: *Turkey & Provolone on Wheat, Roast Beef & Swiss on Wheat, or Vegetable Wrap. Includes fresh fruit, cookie, chips and water.*
- Two-night stay at Peppermill Reno in the Peppermill Tower
- Sunday Night Special Dinner Buffet
- \$10 food credit
- Lunch at JT Basque Restaurant: *Served family style and includes Sirloin Steak, Grilled Chicken & Peppers, Soup, Green Salad, Vegetables, and French Fries. Iced Tea or Coffee and Ice Cream for dessert.*
- Step-on guides for both days
- Tours of Pyramid Lake Paiute Tribe Museum and Visitors Center, Stewart Indian School, Dangberg Home Ranch and Truckee Old Jail Museum and town history.

Be prepared to give your box lunch choice when you register. Please advise of any dietary issues during registration. Included meals: two lunches and one dinner with food credit towards breakfast. Be aware some parts of the trip will be at altitudes up to 5,000 ft. elevation. Trip itinerary outline is available at the Activities Desk. Leave OC at 8:00 AM, July 23 return July 25 ~ 3:00 PM. *A signed liability waiver is required for each participant.* \$354 per person double occupancy. \$452 single.



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## Overnight! Revvin' it up in Reno Hot August Nights

Wednesday, August 9 to Thursday, August 10

Join Katrina, your Trip Coordinator, for a trip down memory lane as we attend the largest nostalgic car show in the world and stay downtown at the Eldorado Resort & Casino. Receive a \$10 slot and \$5 food credit at Silver Legacy with your key packet upon arrival. Enjoy several outdoor entertainment stages and the famous downtown cruise. Buffet breakfast included the next morning so you can sleep in at your leisure. Explore closed-off Virginia Street with specialty car displays and vendors. Check out the Big Boy's Toy Store at the Reno Events Center for cool accessories! It's a short stroll to the National Automobile Museum for a nice visit on your own. A shuttle will be offered 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, 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 9 at 12:30 PM, return August 10 ~ 6:30 PM. \$115 per person double occupancy. \$150 single occupancy.



## Overnight! Top Gun Tour—Fallon Naval Air Station Nevada Tuesday, September 19 to Wednesday, September 20

Registration starts June 17. Join your Trip Coordinator Katrina and the LH Veteran's Club for a tour of the Top Gun training facility in Fallon, Nevada. The air to air & air to ground Naval Fighter Weapons Training School was moved from Miramar NAS in San Diego to Fallon in 1996. Fallon NAS is also the home of Navy Seal combat search and rescue. Our tour of Fallon NAS starts with a morning walk around the static displays at the airpark with stops in-between at different base locations and ends at the observation deck at the flight tower. (There is an elevator!) Included lunch at the dining hall (Cafeteria style). Hotel stay at Nugget Resort & Casino in Sparks at Victorian Square with a \$5 slot and \$3 food credit. There will be an included dinner stop on the return trip at Boomtown where you'll have time for some gaming or a walk next door to Cabela's. The US Navy requires your full legal name, date of birth and last four digits of your social security number, be prepared to provide that information at time of registration. Leave OC at 1:30 PM, Tuesday, September 19, return Wednesday, September 20 ~ 8:00 PM. *A signed liability waiver is required for each participant.* \$131 per person double occupancy. \$157 single.



## Five days, four nights! Celine! Las Vegas

Tuesday, November 14 to Saturday, November 18

Registration starts June 17. Join Katrina, your Trip Coordinator, as we see the amazing Celine Dion at Caesar's Palace in fabulous Las Vegas! It's a relaxing trip as there are rest and meals stops and we overnight at a mid-point in Bakersfield before cruising in to Fremont Street in downtown Las Vegas and stay again on the return trip home. You'll have a free afternoon and evening in Las Vegas to do as you wish.



### Trip Package includes:

- Seven meals (three breakfasts, two lunches, two dinners)
  - Lunch at Harris Ranch
  - Overnight stay at Doubletree by Hilton in Bakersfield with included full hot buffet breakfast
  - Two-night stay at Four Queens hotel on Fremont Street in the newly renovated South Tower with in-room coffee makers and refrigerators and included luggage service
  - Free Fun Book for Four Queens Hotel & Binion's Gambling Hall
  - One Hot Breakfast at Four Queens Coffee Shop
  - Dinner Buffet at the Number#1 rated buffet in the USA, Caesar's Bacchanal Buffet prior to the Celine show with a private reserved room for our group
  - Reserved ticket in the 1<sup>st</sup> Mezzanine Section 4 or 5 at the Celine Dion show at Caesar's Palace
  - Docent led tour of the Las Vegas Mob Museum
  - Stop at Borax Museum and Mine on return trip
  - Basque style dinner in Bakersfield
  - Return overnight stay at Doubletree by Hilton Bakersfield with full hot buffet breakfast
  - Lunch at Hilmar Cheese Factory
- Gratuities included for lunches and dinners, luggage service at Four Queens and bus driver.

Leave OC at 8:15 AM, Tuesday, November 14, return Saturday, November 18 ~ 4:30 PM. *A signed liability waiver is required for each participant.* \$877 per person double occupancy, \$1065 single. Pick up detailed trip itinerary, seating chart, menus and trip insurance information at Activities Desks or view online. Trip insurance highly recommended.

## Sold Out Trips

### Trip • Date • Departure Time

- **Night with Janis Joplin**  
Wednesday, June 21 • 10:45 AM
- **Beautiful**  
Tuesday, November 7 • 6:45 PM
- **Book of Mormon**  
Tuesday, March 13, 2018 • 6:45 PM



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

## Classes

### Vacation Drop-In

In response to students' request, a number of classes are now 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

**Featuring the Art of Michael Mikolon and LH Students**  
**Opens Friday, July 21**

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Michael Mikolon and community art students. Focus is on Drawing and Watercolor. Pieces will remain on display until September 15 and can be viewed anytime an art class is in session.



### —Drawing—

### Beginner Drawing

**Thursdays, July 6-27**

*Registration starts June 17. 6:00-8:00 PM (OC). \$52 (four 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 shapes that make up your subject and translate what you see into an accurate depiction 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 with one-on-one instruction. Supply list available at Activities Desks and online.

## Mixed Media

### Art Journaling

**Tuesdays, July 11 & 25**

*Registration starts June 17. 9:00 AM-12:00 PM (OC). \$45 (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, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

### —Oils, Pastels & Acrylics—

### Paint Your Vision in Oils or Acrylics

**Wednesdays, July 5-26**

**9:00-11:30 AM Class**

**Or 1:30-4:00 PM Class**

*Registration starts June 17. AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose.*



Maybe you have always wanted to try oil or acrylic painting, or perhaps you haven't painted in years. Or you paint already and want some congenial company and tips to improve. All of these are great reasons to stop by the Fine Arts Room at Orchard Creek any Wednesday morning or afternoon and see what this fun and informative class is all about! 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 student 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. Take a look at her work on <https://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.

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## Painting Pastels or Oils with Barry Mondays, July 10-31

Registration starts on June 17. 9:00-11:30 AM (OC). \$39 (three sessions No class June 26). 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, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, [www.pastelpainter.com](http://www.pastelpainter.com).



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

## Sip and Paint “Sutter Buttes” Friday, July 21

Registration starts June 17. 5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists, alike. 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 stroke techniques, use of pallet knife, and offer students help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. 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 College 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. More info: [www.unniart.com](http://www.unniart.com).



## —Watercolor—

## Watercolor Painting Thursdays, July 6-27

Registration starts June 17. 1:00-4:00 PM (OC). \$60 (four sessions). Instructor: Michael Mikolon. 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 instructor 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.

## Ceramics

### —Pottery—

## Beginning/Intermediate Ceramics

### Tuesdays, July 11-25

Registration starts June 17. 1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Mike Daley. 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, July 11-25

Registration starts June 17. 9:00 AM-12:30 PM (OC). \$41 (three sessions). Instructor: Mike Daley. This class is for self-motivated students/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.**



## New Instructor!

## Ceramics: Beginner/ Intermediate and Advanced Thursdays, July 6-27

Registration starts June 17. 1:00-4:00 PM (OC). \$41 (four sessions). Instructor: Linda Miller. 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 and techniques are given to introduce new and exciting projects.

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

## Crafts

### —Card Making—

*Will be on a hiatus for the month of June and July*

—Craft Corner—

**Make and Take Wood Signs**

**Tuesday, July 18**

9:00-11:00 AM (KS). \$26 plus supply fee (supply fee varies based on sign size). Instructor: Jennifer Forsyth. Come to OC Lodge and cool off creating unique wood signs in the expression of your choice! No special artistic talent required. This is a quick, fun and easy way to explore a unique art medium using vinyl lettering and acrylic paint. The round signs can be personalized with your initials, names and dates of your choice. Instructor will provide all of the necessary materials along with easy instructions to complete your sign. Please contact the instructor before July 7 to select and order the sign size and sign expression that's just right for you. Contact Jennifer at 707-372-2519. Signs: 4"x24" (included in class fee), 14" round sign (\$25 supplies fee), 21" round sign (\$40 supplies fee).



—Cooking—

**Cooking with Chef Ian—Summer Essentials: BBQ, Fruits and More**

**Tuesday, June 20**

9:00-11:00 AM (KS). \$20. Instructor: Chef Ian. Summer fruits are coming into season. Learn how to buy and prepare and make beautiful arrangements. Class will also cover easy BBQ dishes. Chef will show you how to BBQ without a BBQ including smoking a salmon without a smoker. Last but not least, learn to make Summer Dessert Bars. Register early for this popular class!



**Dance**

—Belly Dancing—

**Beginning Basic Belly Dance**

**Thursdays, July 6-27**

Registration starts June 17. 6:30-7:30 PM (KS). \$32 (four sessions). Instructor: Anna Woods. Learning the art of belly dance is not only fun, but a great way to remember who we are as women. Working on posture, core and technique. Belly dance is a Full body workout that tones muscles as you slowly get your lovely figure back in shape. The rhythms of middle eastern musicians are the best part of all. Anna Woods performed for 15 yrs on stage Washington DC Chicago, Los Angeles, and Harrah's Tahoe. Belly dance belts will be available for use. Leggings, yoga pants, or long skirts will all work.

—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, July 11-25**

Registration starts June 17. 10:00-11:00 AM (KS). \$21 (three sessions). Instructor: Janice Hanzel. 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 for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.



**Easy-to-Intermediate Clogging**

**Tuesdays, July 11-25**

Registration starts June 17. 11:00 AM-12:00 PM (KS). \$21 (three 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. Good for beyond beginners. Check with the instructor before signing up for this class.

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

**Intermediate Plus Clogging**

**Tuesdays, July 11-25**

Registration starts June 17. 12:00-1:00 PM (KS). \$21 (three 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. This class will move a bit faster this year and really get into more Intermediate level dances.

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

—Country Western Dancing—

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

**Mondays, July 10-31**

Registration starts June 17. 7:00-8:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

**Country Couples Western Dance Beginner/Intermediate Level Three & Four**

**Mondays, July 10-31**

Registration starts June 17. 6:00-7:00 PM (KS). \$24 (four sessions).

*Continued on page 77*

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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 that will be taught this month will be: "A Love Worth waiting for." And "Bosa Nova 4-2."



### Country Line Dancing Fridays, July 7-28

*Registration starts June 17. 3:00-4:00 PM (KS). \$30 (five 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—

#### Dance for Life! Instructor: Dolly Schumacher

*Registration starts June 17.* "Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet barre, class begins with exercises to warm the muscles. Gentle stretching awakens the body as we move on to balance exercises and co-ordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves; utilizing all parts of the body. Then we move to center floor for stretching, balance and timing through basic dance steps and patterns, as we learn the terminology of movement. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students have learned. Each week a different style of dance is introduced. Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe and Lyrical. Students wear comfortable clothes with either Ballet or Jazz shoes. No need to memorize for each week is something new! The class is designed for all levels of experience, whether you are currently taking dance classes or haven't danced since you were a child. A friendly non-competitive atmosphere, where dance is fun, energizing, fulfilling, exciting and empowering.

#### Beginning Dance for Life Thursdays, July 6-27

*Registration starts June 17. 5:00-6:30 PM, (OC). \$50 (four sessions).* Instructor: Dolly Schumacher.

#### Dance for Life Intermediate Fridays, July 7-28

*Registration starts June 17. 2:15-3:45 PM OC. \$50 (four sessions).* Instructor: Dolly Schumacher.

### —Hula—

#### Hula Basics Thursdays, July 6-27

*Registration starts June 17. 12:00-1:00 PM (KS). \$32 (four sessions).* Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught. This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class, Pamhoa@hulapono.com or 521-0474.



#### Hula Intermediate Thursdays, July 6-27

*Registration starts June 17. 1:00-2:15 PM (KS). \$40 (four sessions).* Instructor: Pam Akina. Continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students.  
**Vacation drop-in: HULA — \$14 per session.**

### —Jazz—

#### Jazz Class for the Beginner Thursdays, July 13-27

*Registration starts June 17. 11:00 AM-12:00 PM (KS). \$24 (three 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 Performance Tuesdays, July 11-25

*Registration starts June 17. 1:00-2:00 PM (KS). \$24 (three sessions).* Instructor: Melanie Greenwood. Not open to new students. At this time this class is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.  
**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.*



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## Intro to Line Dance

*Registration starts June 17.* 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, July 10-August 28**  
4:00-5:00 PM (KS). \$ 48 (eight sessions).  
Instructor: Audrey Fish.
- **Thursdays, July 6-August 31**  
9:00-10:00 AM (KS). \$54 (nine sessions).  
Instructor: Substitute: Ginger Fullerton

## Line Dance I—Beginner

*Registration starts June 17.* **Prerequisite:** Not for newbies, students that have completed the Intro level and have mastered basic line dance steps, movements and dances. Beginner dances may have more turns and combinations of steps connected together, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, July 3-31**  
9:00-10:00 AM (KS). \$30 (five sessions).  
Instructor: Substitute: Carol Rotramel
- **Thursdays, July 13-27**  
2:30-3:30 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish.
- **Tuesdays, July 11-25**  
9:00-10:00 AM (KS). \$18 (three sessions).  
Instructor: Sandy Gardetto

## Line Dance II—High Beginner/Improver Class

*Registration starts June 17.* **Prerequisite:** This level is a great way to help experienced beginners improve on their skills to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High beginner/Improver dances will be taught, at the teacher discretion.

- **Mondays, July 10-31**  
5:00-6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish
- **Wednesdays, July 5-26**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Sandy Gardetto
- **Thursdays, July 6-27**  
10:00-11:00 AM (KS). \$24 (four sessions).  
Instructor: Substitute: Carol Rotramel

## Easy Intermediate Class

*Registration starts June 17.* **Prerequisite:** The dances taught in this class will be more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from

the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher discretion.

- **Wednesdays, July 5-26**  
10:00-11:00 AM (KS). \$24 (four sessions).  
Instructor: Sandy Gardetto

## Intermediate/Advanced Class

*Registration starts June 17.* Dances will be taught at a faster pace to usually a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught at the teacher's discretion.

- **Thursdays, July 13-27**  
3:30-4:30 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish

## 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 is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was 8 years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and most of all fun. Join Sandy and her class during the Farmers Market Opening on May 24.



- **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**

*Registration starts June 17.* Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

**Choreography for Fun 1 & 2****Mondays, July 10-24**

*Registration starts June 17.* 11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Alyson Meador.

**Technique Classes**

*Registration starts June 17.*

- **Mondays, July 10-24**

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

## —Glass Art—

**Fused Glass Jewelry****Monday, July 24**

*Registration starts June 17.* 9:30 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria. Learn how to make fused glass jewelry with the focus on Dichroic glass or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month to choose from. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four pieces of jewelry or one plate or other similar sized project. Additional projects or larger projects are available for an additional supply fee.

**Stained Glass****Mondays, July 10-31**

*Registration starts June 17.* 1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes short pants o.k. 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 27 years of stained glass experience.

**Money Matters**

*Money Matters classes are now listed in the WellFit section, see page 91. Register for these classes at WellFit Desks and online.*

**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, July 5-26**

*Registration starts June 17.* 8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed 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, July 3-31**

*Registration starts June 17.* 8:00-10:00 AM (OC). \$55 (five 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, July 5-26**

*Registration starts June 17.* 10:15 AM-12:15 PM (KS). \$45 (four 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

*Continued on page 82*



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be taught. Questions? Call Bill, 899-8383.

**Guitar 3—Intermediate**  
**Thursdays, July 6-27**

Registration starts June 17. 8:00-10:00 AM (OC). \$44 (four 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.



**Guitar 4—Advanced**  
**Thursdays, July 6-27**

Registration starts June 17. 10:00 AM-12:00 PM (OC). \$44 (four 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, July 11-25**

Registration starts June 17. 1:00-2:00 PM (KS). \$27 (three sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes; a good singing voice is not a prerequisite! Emphasis is 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, not emphasized. Information on how to choose and purchase a guitar for personal use, beginner through advanced, will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun, 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. Questions: Call Darrell at 989-8532.



**Folk Guitar for Fun Folks 102**  
**Intermediate Class**  
**Tuesdays, July 11-25**

Registration starts June 17. 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 student feels comfortable 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, July 7-28**

Registration starts June 17. 10:30 AM-12:30 PM (KS). \$44 (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 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**

**Two-day class! AARP Driver Safety Training**  
**Monday & Tuesday, July 17 & 18**

9:00 AM-1:00 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! Class Clowning Around**  
**Thursday, July 27**

Registration starts June 17. 10:00 AM-12:00 PM (KS) \$30. Instructor: Trudy Richardson. Have you ever thought about becoming a clown? Would you like to know what clowns do? Have you ever wanted to know how clowns walk in those big shoes and where they walk? Oops C. Daisy and Hugz (aka Trudy and Lorretta) both professional clowns



Continued on page 84

# NEW YORK CITY

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are the instructors. The first part of the class will give a brief history of clowns and how they have transitioned into today's society. Students will also learn about different venues for clowns whether it be hospitals, children's parties, parades, care homes or just entertaining crowds. We will show the students different types of clown faces and makeup options. Students will then have the opportunity to put on clown makeup with the instructors helping them design their own face. Come and be part of a fun and entertaining class.

*Additional Personal Improvement classes are listed starting on page 91.*

## Sewing

### —Certification—

#### Bernina Serger Certification

Monday, July 10

Registration starts June 17. 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, July 10

Registration starts June 17. 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, July 10

Registration starts June 17. 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—

#### Getting Most Out of Gmail

Monday July 31

Registration starts June 17. 1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your



Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.

### —Smart Phones and Tablets/Mac—

#### iPhone Basics Workshop

Wednesday, June 14

9:00 AM -12:00 PM (OC). \$30 + Supply fee \$5 payable to instructor, Andy Petro. Prerequisite: You must have the following iPhone models: iPhone SE, 6, 6 Plus, 6s, 6s Plus, 7, or 7 Plus. And you must be on iOS 10.3.1 or higher. Do you want to learn how to use your camera better? Improve your picture taking, photo editing, and sharing capabilities on your iPhone camera? Then this workshop is for you. You will also be shown how to use camera and photo apps like Markup, Camera+, and after light. Bring your iPhone to the Workshop. If you have any other specific questions about the class call Andy Petro at 474-1544



#### Introduction to Android Smart Phones

Tuesday, July 12

Registration starts June 17. 9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Prerequisite: Gmail account. If you are still new to your Android SmartPhone from any carrier, [Verizon, AT&T, TMobile, etc], you could be feeling a little overwhelmed with all the things it can do. In this BASICS seminar you will learn that SmartPhones are actually very easy to use and you will be able to master yours quickly. On our large screen display we will explain how to navigate screens, manage phone calls, organize contacts, text messages, email, use the internet, 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. Join us for a fun and educational session !



#### Facebook 101

Saturdays, July 15 & 29

Registration starts June 17. 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. There are 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.



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*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 June 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.

- **Friday, June 23**  
11:00-12:00 PM, Fitness Floor (OC)
- **Wednesday, June 21**  
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, July 11**  
12:00-1:00 PM, Fitness Floor (KS)
- **Wednesday, July 19**  
11:00 AM-12:00 PM, Fitness Floor (OC)
- **Wednesday, July 19**  
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, July 25**  
2:00-3:00 PM, Fitness Floor (OC)

### Disease Prevention & Management Session-Based Classes

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

#### Arthritis

**Tuesdays, July 11-25**

**Thursdays, July 6-27**

**Fridays, July 7-28**

Fridays, 12:00-1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions) Thursdays, Fridays; \$26.25 (three sessions) Tuesdays. Instructor: Linda Hunter. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase 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. 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, explore the trails and find companionship." Linda Hunter is a certified Arthritis Foundation



instructor with many years of experience.

### Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates

Fitness Center (OC). \$30 (one session, one-hour long). This session is a **prerequisite** 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.

### Back in August Healthy Living with Exercise

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 punch pass class. Note: Class requires completion of Healthy Living Assessment.



### Lessons

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### Back in September Nordic Pole Walking

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### Pro Tennis Lessons

**Sundays, July 16-August 13**

**Beginner 8:00-8:50 AM**

**Intermediate 9:00-9:50 AM**

**Advanced 10:00-10:50 AM**

Courts #10/11. \$75 (five 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 89*



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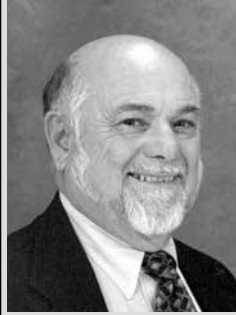
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## Martial Arts & Mindful Movement

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.*

### New! Make Mindfulness a Habit

**Wednesday, July 5-26**

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. Mindfulness involves recognizing and emotions and thoughts as they take place. This class will help participants establish a regular mindfulness practice that can become part one's daily routine. Working with negative thoughts, learning to let go, and finding compassion for oneself and others will also be topics of discussion.

### Tai Chi Qigong L1

**Tuesdays, July 4-25**

**Saturdays, July 1-29**

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$43.75 (five sessions). 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, July 4-25**

**Saturdays, July 1-29**

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five

sessions). 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.

## Money Matters

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

### Financial Planning Basics

**Tuesday, June 27**

10:30 AM-12:00 PM, P-Hall

(KS) \$5. Instructor: Russ Ab-

bott. Just because one is retired doesn't mean they stop financial planning. When a retiree is drawing from their portfolio, financial things like budgeting, insurance and estate planning, and risk analysis should be ongoing and reviewed often. How long will my funds last, how much should I be spending, and who can I trust should be ongoing questions. Come learn how to make financial planning a daily part of your life.



## Nutrition

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

### Back in October

#### Re-Start—Your Health in Just Five Weeks

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 processed foods and sugar.



## Personal Improvement

*The following Personal Improvement classes are offered through the WellFit Department; registration is available at the Activities/WellFit Departments or online.*

**Back by Popular Demand!****Memory: The Long and Short of It**

Thursday, June 22 &amp; 29

10:00 AM-12:00 PM, Fine Arts Room (OC) \$30. Instructor: Alice Jacobs. This two session interactive workshop will cover current scientific information about memory - including the components of memory, memory changes with age—reviewing normal and abnormal changes, tips and techniques for improving memory, and new advances in memory diagnosis. Participants will create a personal memory improvement plan. Educational physiologist, Dr. Alice Jacobs is a pioneer in brain wellness and memory training, and is the founder and CEO of Brain Gain™ (www.braingain.info). She has taught health and health-related courses for several universities including private and public institutions.

**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**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member and 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**

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.

**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.

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our train-

*Continued on page 93*



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ers 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.

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.*

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

### SGT—Parkinson’s Indoor Cycling Wednesdays & Fridays, July 7-August 4

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 7/21). Instructor: Milly Nuñez. Have you or a loved one been diagnosed with Parkinson’s disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of “forced exercise.” Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes “forced



exercise” (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact JJ Mortensen with questions at 408-4825 or jeannette.mortensen@sclhca.com.

### SGT—TRX Interval Training L3 Mondays & Wednesdays, June 28-July 24

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. 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! *This class is available for the SGT Drop-in Pass.*



### SGT—Fit 101 L1 Mondays & Wednesdays, June 28-July 26

10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class July 3). Instructor: Danielle Lawlor. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes 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, June 27-July 25

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class July 4). 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 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. *This class is available for the SGT Drop-in Pass.*



**SGT— Bootcamp L3****Mondays & Wednesdays, June 28-July 24**

4:30-5:30 PM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Mike Yamamoto. Take your workout to the next level! L3 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. *This class is available for the SGT Drop-in Pass.*



tion 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, June 28-July 24**

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

**SGT— Morning Burst Group Training L2****Mondays & Wednesdays, June 28-July 24**

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your 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! *This class is available for the SGT Drop-in Pass.*

**New! SGT—TRX L2****Tuesdays and Thursdays, June 27-July 25**

5:30-6:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 7/4). Instructor: Danielle Lawlor. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

**SGT—TGIF TRX & More L2****Fridays, July 7-28**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Danielle Lawlor. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

**SGT—Healthy Back L1****Mondays and Wednesdays, July 3-26**

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Harder. 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 educa-

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**Bowenwork Services**

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 625-4034.

**Punch Pass Class Descriptions**

*Please see the colored grids on pages 97-99 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. 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!

- **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.

- **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 ben-

efits 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 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 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!

- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night’s sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!

- **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 de-

*Continued on page 96*

velop 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.

- **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!

- **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 L2:** 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 work out!

- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. 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:** This easy-to-follow program lets you move to the beat at your own speed. 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 July 1-31, 2017

	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 Danielle	Water Works L2/3- Theresa	Outdoor H2O Bootcamp L3 Annamarie	Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Alexis		
9:30	Core n More L3- Danielle	Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Alexis		
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	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) 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 July 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Marilyn/Sarah				Mixed Equipment L1- L2 - Gretchen		
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 Marilyn	Mixed Equipment L1-L2- Julie	Mixed Equipment L1- L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie		Cardio Jump & Core L2 - Gretchen	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie	
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30							
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule July 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Cynthia/Sara	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1-Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditaton and Yoga L1 - Iram		Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1 -Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle		SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	Mindfulness 101 - Michelle	Activities			
5:00				Activities			
6:00			Mixed Levels Yoga L1-3- Jennifer				
	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.						





**Seniors First—Services Seniors Need to Know About!**

**Tuesday, June 20 — Free**

2:00 PM, P-Hall (KS). Transportation, home delivery of hot noontime meals and Adult Day Care are all services offered by Seniors First. Executive Director, Jamee Horning, along with members of her team, will offer an overview of these services. Perhaps of special interest: transportation for non-emergency medical appointments in Placer County is provided free of charge and Health Express offers low cost non-emergency medical appointments including areas in Sacramento with wheelchairs and oxygen tanks happily accepted. Advanced eligibility, screening and application procedures will be discussed for all services.



**What's Up With Movement Disorders?**

**Wednesday, June 28 — Free**

7:00 PM. Ballroom (OC). Movement disorders cause uncontrollable movements that can make everyday tasks overwhelming. In recent years, several new treatment options have given individuals more control over these movements and their life. Roseville neurologist Erica Byrd, M.D., with the Sutter Neuroscience Institute, who has a fellowship in Movement Disorders, will give insights on Parkinson's disease,



tremor and gait disorders, and can answer questions on a variety of neurological diseases affecting seniors.

**Bowenwork for Life—Is Bowen Right for You?**

**Thursday, July 20 — Free**

7:00 PM, P-Hall (KS). Bowenwork is gentle, soft-tissue bodywork that can be used to address multiple health concerns through its relaxing, holistic approach which facilitates healing in the body. It is a non-invasive, hands-on technique, and can be used safely on most people including babies and those who are very frail. Common conditions that Bowenwork can address are: headaches/migraines, musculoskeletal pain, Frozen Shoulder, back pain, sports injuries, digestive problems, stress, and anxiety disorders. Sandra Gustafson, MHS, RN is a registered nurse and holistic healthcare practitioner who has incorporated Bowenwork in her practice for over 25 years. She has a private practice in Santa Rosa, and teaches Bowenwork in the U.S. as well as internationally.



**The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force**

**Wednesday, September 6 — Free**

7:00 PM, Ballroom (OC). The Lincoln Hills Astronomy Group brings “The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force” presented by Dr. Seth Shostak, Senior Astronomer at the Search for Extraterrestrial Intelligence Institute (SETI). Many people assume that our descendants will join a galaxy-wide, multi-world society similar to that portrayed in the “Star Wars” franchise. Dr. Shostak, one of the series’ most popular public speakers, will separate the science from the fiction in the most successful space franchise of all time. Q & A follows the presentation.



**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>Seniors First: Services Seniors Should Know About</b> Tuesday, June 20, 2:00 PM, P-Hall (KS)</li> <li>• <b>What's Up with Movement Disorders?</b> Wednesday, June 28, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Bowenwork for Life—Is Bowen Right for You?</b> Thursday, July 20, 7:00 PM, P-Hall (KS)</li> <li>• <b>The Science of Star Wars: Space Travel, Aliens, and the Force</b> Wednesday, September 6, 7:00 PM, Ballroom (OC)</li> </ul>
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Watch for more Community Forums in upcoming issues of the *COMPASS*, on our website and *eNews*.

**Did You Know?**

Our Community Forum Presentations (shown above) can have something for everyone: Interests cover community, health and wellness, technical issues, and historical and personal stories

from leaders throughout the area. Our Health Education presentations cover serious subjects but sometimes are entertaining experiences, too. Check them out!



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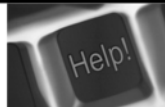
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