

COMPASS



The Official Magazine of Sun City Lincoln Hills

May 2017

**Community Association Software
System Update... page 3**



**Summer Livin' in
Lincoln Hills... page 9**

**AirFest 2017—History
Remembered... page 11**

Update on Our Reserve... page 15

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On the cover

Pilots: SCLH residents, from left, Rocky Green Art Deardoff, Larry Whitaker, Gerry Burstain, and Richard Pearl.

See the AirFest article on page 11.

Aircraft courtesy of Adventure Flight;

Lincoln Airport; (866) 644-4072

Photographer: Jeff Andersen

Board of Directors Report

Recognizing Residents Who Make a Difference...

Ken Silverman, President, SCLH Board of Directors



"Volunteers do not necessarily have the time; they just have the heart."

—Elizabeth Andrew

One of the privileges the Association and Board of Directors have is recognizing our resident volunteers. Each standing committee is recognized at a Board meeting once a year and also taken to lunch. When a member serves either two or four years, they receive a pin to honor their service. Other volunteers, including residents who stuff the COMPASS each month, come to the annual volunteers' luncheon.

On occasion, there are residents who excel in a particular area and give of their time to benefit the Association. At the Board meeting on April 27, the Association and Board of Directors recognized three such individuals.

First is Gay Macintosh who has spent hundreds of hours researching the Associations' policies and resolutions from 1999 to present. They are now in spreadsheet form and we can find the source and results.

Next, is Harlan Felt whose background is as an expert in executive presentation equipment. He took his time and

researched options, finding the right equipment for the Presentation Hall (KS), and after it was installed per his design, took more time to calibrate all of the equipment. We now have a great new projector and larger screen.

Last but not least is Jeff Hanner. Last year Jeff designed a new video recording system for the Presentation Hall (KS). He went through the process by presenting it to the Properties Committees, Finance Committee, and finally the Board of Directors for approval. This year it was purchased and then Jeff tested all of it and had it installed. He is currently training staff and resident volunteers on how to use the system. To see how well the recordings are compared to the old system, just look at our current Board video. Many clubs are now using the system.

Do you have a special talent that can help our Association or do you want to give your time to a committee or project? Let us know by contacting our Executive Director, Chris O'Keefe, or Jeannine Balcombe, Senior Director of Lifestyle and Communications.



Ken Silverman and the entire Board of Directors, recognized the volunteer work of Gay McIntosh (sixth from left), Harlan Felt and Jeff Hanner (last two) at the April BOD meeting

Holiday Hours for Memorial Day—Monday, May 29

• Administration: Closed • WellFit OC/KS: 6:00 AM-5:30 PM • Spa at Kilaga Springs: Closed

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The inaugural Lincoln PACE Race was a major success with 450 participants and well over \$16,000 raised from participants and sponsorships. A full article with details on the beneficiaries, race winners and special moments captured by members of the Photography Club will be featured in the June COMPASS. Thank you to the 90 plus volunteers who helped make this event a success.

We are on target for our June 1 roll out of the new Community Association software system. Details and timeline for obtaining a new Membership ID card will be forthcoming in future communications from your Mailbox Captains, eNews, website and posters.

We anticipate re-registration will be the last week of May through July as needed to capture all households. We appreciate your support. As a reminder, below are Frequently Asked Questions and answers about this topic.

~Background~

The Community Association is migrating to a new integrated software system and at the same time conducting a state-mandated census of homeowners in the community. The new software will replace several different software systems currently in use on our community and streamline a number of activities, bringing convenience and ease of use to our residents.

~Census Questions~

What is the reason for this Census?

The census is being conducted for the Association to continue to be in compliance with the Federal Housing for Older Persons Act of 1995 (HOPA) and the new California Civil Code section 4041. As part of this
Please see "Connections" on page 7



Calendar of Events

May 15-June 30

Date	Event	Page #
05/15	Astronomy: DVD Series Black Holes Explained	27
05/15	Genealogy: How to take advantage of US Census	32
05/15	Forum: Hiking the Inca Trail into Machu Picchu	100
05/17	Sports: SF Giants vs. LA Dodgers	71*
05/18	Book Discussion: <i>The Sun Also Rises</i>	29
05/18	Veterans: Military Experience Helping Veterans w/PTSD	40
05/18	Concert: River City Swingers	53
05/20	KS Classic Movies on Saturday: <i>Enchanted</i>	46
05/20-21	Annual Art and Craft Tour	36, 46
05/22	Healthy Eating: Guest Speaker about Farmers Market	33
05/22	Museum: California Academy of Sciences, SF	71*
05/23	Performance: Phantom of the Opera	71*
05/24	Lincoln Hills Certified Farmers Market Opening Day	46, 53
05/25	Eye Contact: "Springtime: De-Clutter Your Mind"	31
05/25	Coffee with the Mayor	46
05/25	Concert: Cornet Chop Suey	54
05/25-26	Garden: Annual Flower Show	32, 46
05/27	Converting Thirsty Lawns to Beautiful Beds	46
05/31	Forum: Managing Your Blood Sugar Naturally	19, 100
05/31	Casino: Cache Creek Casino	71*
05/31-06/01	Pure Imagination GALLERY Show	47
06/01	Investors' Study: Speaker from Oppenheimer Funds	34
06/01	Annual Paper Arts Overstock Inventory Sale	36, 47
06/02	Summer Concert Series: Rock Baby Rock	50, 54
06/03	KS at the Movies: Hidden Figures	47
06/03	Pure Imagination Artists Reception	47
06/05	Antiques: Victorian Antique Hair Receivers	27
06/05	KS at the Movies: Hidden Figures	47
06/06	Eye Contact: "Come Fly With Me—You Can Still Travel"	31
06/07	Astronomy: "Tour of the Universe: Hubble Images"	27
06/07	Performance: Hamilton	71*
06/08	Forum: Myths vs. Reality in Our Criminal Justice System	100
06/08-11	Players: Love, Loss and What I Wore	53
06/09	Document Destruction	47
06/10	Performance: Roman Holiday, Golden Gate Theater, SF	61
06/11	Extended Travel: Sequoia & Kings Canyon Nat'l. Parks	71*
06/12	Bird: Presentations by member photographers	28
06/13	Needle Arts: How to Create Order with Your Materials	35
06/14	Computer PC: Choosing the best video streaming box	31
06/14	Sports: Giants vs. Kansas City Royals	67
06/15	Book Discussion: <i>A Man Called Obe</i>	29
06/15	Races: Off to the Races—Golden Gate Fields	57
06/16	Computer PC Clinic: Music Apps	31
06/16	Summer Concert Series: Lacy J. Dalton	50, 54
06/17	KS Classic Movies on Saturday: Strangers on a Train	47
06/20	Forum: Services Seniors Need to Know About!	100
06/21	Performance: A Night with Janis Joplin, Geary Theater	58
06/22	Casino: Reno Silver Legacy	57
06/23	Computer PC: Ask the Tech	31
06/23	Music Group sponsored Open Mic Night	35, 47
06/27	Tour: SF for the Day	67
06/28	Forum: What's Up with Movement Disorders	100
06/30	Summer Concert Series: Abba-cadabra	50, 54

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

Upcoming Association-Related Meetings: Date, Time, Place

May 15-June 30

Golf Cart Registration.....	Thursday, May 18, June 4 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, May 18, 9:00 AM
ARC/Architectural Review Committee.....	Monday, May 22, 9:00 AM
Listening Post.....	Tuesday, May 23, 11:00 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, May 24, 1:00 PM
Board of Directors Meeting.....	Thursday, May 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, May 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, May 25, 11:00 AM
New Resident Orientation.....	Wednesday, May 31, 1:00 PM
Small Unmanned Aircraft Systems Committee.....	Wednesday, May 31, 1:00 PM
Properties Committee Meeting.....	Thursday, June 1, 9:00 AM
Elections Committee.....	Friday, June 2, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, June 6, 9:30 AM
Compliance Committee Meeting.....	Wednesday, June 7, 10:30 AM
ARC/Architectural Review Committee.....	Monday, June 12, 9:00 AM
CCRC/Communications & Community Rel. Cmte.	Tuesday, June 13, 9:30 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, June 14, 1:00 PM
Finance Committee Meeting.....	Thursday, June 15, 9:00 AM
Small Unmanned Aircraft Systems Committee.....	Wednesday, June 21, 2017, 1:00 PM
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, 2017, 1:00 PM

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 May edition of the *COMPASS*. Here's hoping that the moms in our community had a very happy Mother's Day. The first quarter of the year has ended, and we are happy to note that the Association ended the month of March with a favorable budget variance of \$175,464. When you take into consideration the horrible weather and the impact of the work being done on the golf course parking lot, this result is even more outstanding.

One of the agenda items at the April Finance Committee meeting was the decision to form two task forces to look at reserves and the proposed Fitness expansion. Kudos to committee chair Mike Creasy for getting this done. The reporting that comes out of these task forces will provide a wealth of information that can be helpful to the committee and staff, and will also provide very useful information for our residents.

The grazing season will have passed by the time this issue comes out, but the firebreak mowing will be starting around May 15. The landscape team will be providing a full 25-foot mow, which will be completed around the middle of June.

One of our long time Facilities team members, Andrew Roberts,

left Lincoln Hills in April to become a supervisor at the Arden Hills Racquet Club. Andrew was employed here at Lincoln Hills for 10 years, and held a variety of positions with the Facilities team. I've mentioned this before, but among the positive things our younger team members experience are the beneficial interactions they have with our residents and guests.

The privilege of serving residents, conversing with them, and ultimately meeting their needs, develops skills that will serve our staff well as they progress in life. Over the years we have seen our young team members leave here to become lawyers, teachers, police officers, tradesmen, or serve in the military. A big part of their success is due to the lessons and experiences gained by working closely with our residents. Andrew is the latest example of that, and we wish him nothing but the best in his new journey.

I hope the rest of May and the first part of June are enjoyable for you, and I hope to see you around the community.



Sheep and goats stroll to the Spring Valley Trail from Twelve Bridges Drive

Team Member of the Month Award

Michelle Atwood, Server, Catering Department

Our April 2017 "Team Member of the Month" Award is Michelle Atwood. Michelle joined our Team in June of 2006 as a Server in our Catering Department. Here are just a few quotes shared by our staff:

"Michelle always goes above and beyond her job description. She is always lifting the moral of other employees!" "Michelle handles everything with quiet grace." "Her kindness and professional skills go a long way." "Michelle always compliments and thanks other staff for helping."

We are delighted to have Michelle as part of our SCLH Team for such a long period of time. Thank you for your outstanding customer service to our residents and clientele, and your dedication to Sun City Lincoln Hills!

Michelle Atwood, Server in our Catering Department, left and Nancy Gabriele, HR/Payroll Manager



Listening Post Update

The April Listening Post

Chris O'Keefe, Executive Director, SCLH Community Association

The April Listening Post was very well attended (40+ residents), and featured an update on the installation of our new software system by Jeannine Balcombe. The background of the vendor we are using, along with benefits to the residents and staff were discussed, and we followed up with a great Q & A with the residents.

The grazing and firebreak mowing schedule was reviewed, with the main points revolving around the start date for the mowing (mid-May), and the need to have the grazing herd remain on site for an additional 10 days or so to address vegetation growth in selected open space areas.

Other items included an update on the PACE race, and the Fitness expansion plan, as well as a brief mention of the Association finances. We are happy to note that we are positive to budget by \$175k through the month of March.

It was a very good session, and I would like to thank everyone who attended. Your comments and feedback are important and appreciated. We hope to see you at the May Listening Post.



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Connections

Continued from page 3

mandatory compliance, the Association is required to confirm the following information for each individual resident:

- Date of birth verified by a legal photo document
- Owner/Rental status
- Mailing address for documents
- Name and address of legal representative, or person with Power of Attorney privileges

This is confidential information. What if I choose not to supply it?

Residents are required to provide this information per HOPA, and the new California Civil Code Section 4041. You will recall that this information was provided when you moved into the community; this is merely a confirmation of accuracy to be in compliance with HOPA. The request for contact information for resident's legal representatives is so that the Association has a point of contact in the event of an owner's extensive absence from their home. You can be sure that the same steps to maintain confidentiality are being taken at this time as they were when you initially registered. Association staff members will be used to gather the data to insure your privacy.

~Software Update~

What is the impact of the new software update?

The major impact of the new software system for you is to re-register to take

advantage of the new system. This will provide you with a new standard Member ID card, a keychain card, and if you choose, an app for your smartphone or other digital devices holding your Member ID barcode. You will have a new photo taken at the time of registration.

How will Residents benefit from this new software system?

One login, one password to access everything!

- The Resident website will require only one user ID
- Users can manage their own password updates
- Online purchases can be made for Trips and Entertainment, as well as Classes offered by Activities and WellFit, make online schedule requests for Personal Training and Spa appointments
- Interactive seating charts will be available for Entertainment activities
- Online reservations can be made for Meridians
- Website features such as classified ads, club information and a resident directory will be online
- Access to the document library and videos

How do I re-register?

We anticipate you will be able to obtain your new Member Identification Card beginning late May, through July. Watch for registration details via your Neighborhood Watch Mailbox Captain, eNews, the website, and posters. There will be

registration details at each Lodge to keep you informed and to remind you of what to bring at time of registration.

What if I am not able to get to the Lodge?

The Community Association will provide assistance in the registration process via mobile registration. If you are unable to go to the Lodges to register, contact your Neighborhood Watch Mail Box Captain.

How long do I have to re-register?

It is recommended that you try to re-register as soon as instructions on the registration process are available. The sooner you re-register, the sooner you can start taking advantage of all the new features of the software.

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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Activities News & Happenings

Summer Livin' in Lincoln Hills

Lavina Samoy, Lifestyle Manager

The long days of summer are on their way. Are you ready to embrace all the enjoyable possibilities they bring—warm days, cold beers, golden sunsets, and exciting concerts in the Amphitheater?



The Summer Amphitheater Concert Series (SACS) is the biggest event that happens in Lincoln Hills averaging 1,291 sold tickets last year. In its 16th year, this concert event continues to grow and evolve in the quality of entertainment, food service, production value, number of attendees, and shows.

To enhance this year's experience, we are offering a fun commemorative SACS cup (\$4) that provides a discount for alcoholic drinks purchased during the show from any Amphitheater bar. Not only does the "cup" save money, it is a fun souvenir item, and ecofriendly. All SACS Package Series buyers receive a free "cup" and \$20 off the total combined price. The **Package Series sale is extended until May 31!**

Our nine shows, up by one from last year, offer a variety of music genres that aim to appeal to all generations. Opening on **June 2**, watch a fabulous 50's and 60's rock and roll concert, **Rock Baby Rock with Lance Lipinsky & the Lovers**, who'll provide the perfect kick-off to the series (page 54). Two more shows are slated in June with the **Legendary Country Music Star, Lacy J. Dalton with her Dalton Gang on June 16** (page 54) and **Abacadabra, the Ultimate ABBA Tribute on June 30** (page 54). There will be two concerts each month until September, see the **complete concert line-up on pages 50-51**. Bring your friends



...we are offering a fun commemorative SACS cup (\$4) that provides a discount for alcoholic drinks purchased during the show from any Amphitheater bar... All SACS Package Series buyers receive a free "cup" and \$20 off the total combined price. The **Package Series sale is extended until May 31!**

and family and show them how we are livin' it up in Lincoln Hills!

Prefer to stay indoors? A number of great performances are lined up in the Presentation Hall (KS). See the **LH Players "Love, Loss and What I Wore" starting June 8** (page 53) and the **Vaudeville Troupe's**

Skip The Line

Buy Your Tickets Early for SACS Opening Show!

Make it easy on yourself. If you are planning on purchasing a SACS Series Package or tickets to Rock Baby Rock Concert with Lance Lipinsky and the Lovers (June 2), buy your tickets early on May 31 before we temporarily close sales to switch over to our new software. **All online and in-person sales at the Activities Desks will close at 8:00 PM on May 31 and reopen at 10:00 AM on June 1.** Please read Connections on page 3 for more details about the new software.

Golden Review Variety Show starting July 7 (page 53). Watch **Kevin Blake on July 21** and be amazed by his **world-class magic** (page 53).

Trips to cooler places are also here for you. See the new exhibit at the **de Young Museum on August 16** (page 57), visit **Squaw Valley Art, Wine and Music Festival on July 8** (page 67), and for the more adventurous, get wet at the **South Fork American River Rapids Rafting on July 11** (page 67). More day and overnight trips are listed on page 69. Live it up!

The Road to Aging Well

Too Sweet for Your Own Good

Cindy Davis, WellFit Event Coordinator



Diabetes was first mentioned in 1552 B.C., when an Egyptian physician documented frequent urination as a symptom of a mysterious ailment. Ancient healers noted that ants were attracted to the urine of those with this disease and people known as "water tasters" identified this by tasting the urine of those suspected of having it.

Three millennia later, in the Franco-Prussian War of 1870 when food rationing was required, doctors noted that patients'

symptoms got better and began combining a fasting diet with exercise which significantly improved their health. First treatments also involved prescribed exercise such as horseback riding.

Some 50 years later, in 1921, insulin was discovered by Frederick Banting. The first injections were given to a 14-year-old Canadian boy named Leonard Thomson, who had been diagnosed two years earlier. Now weighing just 65 pounds with death looming, he received insulin injections and quickly gained weight and strength.

This was indeed a great miracle discovery that won Dr. Banting the Nobel Prize in Medicine!

Our blood sugar level needs to remain within a fairly narrow range to avoid overload. When it rises as a result of consuming unhealthy carbohydrates, the pancreas receives a signal to produce a hormone called insulin to carry glucose to our cells.

Did you know that eating a high carb snack at bedtime causes blood sugar and insulin levels to soar? Elevated insulin during sleep blocks the release of HGH (human growth hormone) to perform vital tissue repair and causes you to wake up lethargic and in need of more sleep.

Please see "Too Sweet" on page 19

Victoria Mosur, D.D.S.



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Cover Story

AirFest 2017—History Remembered

Richard Pearl, Roving Reporter

The average age of a Lincoln Hills resident is 74. Too young to have a vivid recollection of World War II (although some of us do), but virtually all of us had family members who were affected by that event.

AirFest 2017—Saturday, June 10—will honor those who have served, and who are serving today, at Lincoln Regional Airport.

The US Army Air Corps (predecessor of the US Air Force) will be represented by P-51 Mustang, Hawker Sea Fury, T-28 Texan, and T-6 aircraft. Headlining the WW II contingent is *Photo Fanny*, a Mitchell B-25 bomber whose “brothers” trained at Lincoln Air Base before heading overseas.



P-51 Spitfire;; US Army Blackhawk; WWII T-6

AirFest 2017, however, is more than just a collection of flying military history; it’s a day of special aerial demonstrations from the gracefulness of a sailplane to the roar of a French military training jet. Also on tap are incredible aerobatics by a Pitts biplane, a monoplane Extra 300, and a towed-aloft hang glider... plus a search and rescue demonstration by an HH-60 Blackhawk helicopter from Fallon Naval Air Station, and several multi-ship formation team fly-bys. And if that’s not enough, there’ll be scores of unique private aircraft on display, plus two Air Force F-5 fighters. And for you car buffs, there will be a car show from the Rods and Relics Club.

AirFest 2017 kicks off Friday night, June 9 with a spectacular, limited-seating, *Golden Gala*, held in one of the Airport’s

hangars. Come in period attire (think early military, formal dress, or Gatsby-era clothing) and dance to the fabulous Peter Petty swing band. The Golden Gala sold out last year so get your tickets early.

AirFest 2017 is sponsored by the city of Lincoln and is organized by the Lincoln Regional Airport Foundation, a 501(c)3 nonprofit corporation whose goal is to generate funding for area youth aviation education scholarships.

Volunteers are needed for this event. For information about AirFest 2017, including ticket sales for the Golden Gala, entrance fees, preferred parking, and shaded tent area, go to www.lincolnairfest.com.

The gates open at 8:00 AM. Watch planes arrive beginning at 8:00 AM, and then see drone and radio controlled aircraft demonstrations. The Opening Ceremony—including a special performance by the USAF Academy cadet parachute team, the Wings of Blue, is at 11:00 AM and the event concludes at 3:15 PM (food and drink available throughout the day).

Lincoln Potters Baseball Coming in June!

“Take Me Out to the Ball Game”!

Doug Brown, Resident Editor

Lincoln residents and sports fans will soon have a bonus: summer baseball in Lincoln, right here in the renovated and upgraded McBean Stadium. At 7:05 PM on Thursday, June 1, the Lincoln Potters, a collegiate-level, pre-



Prior Potter team photos taken from the archives

minor-league baseball club, will inaugurate their season of 32 home games, complete with fanfare, fireworks, and giveaways!

There’s no better way to spend a warm summer’s eve than to mosey on over to downtown Lincoln and enjoy high-caliber baseball in the family-friendly atmosphere
Please see “Potters” on page 25



WellFit News

Best Ab Exercises

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

I hope you had a chance to read my *COMPASS* article last month on “no more crunches.” This month I want to share my top five picks for abdominal exercises.

Planking. Engages multiple muscles: abdominals, gluts, quads, and upper back. This exercise strengthens, helps with posture and back pain.

First, lie in a prone position, bend your elbows under your shoulders and rest your weight on your forearms. Body should form a straight line, engage your core by pulling your belly button in towards your spine and hold that position. Try to hold the plank position for several seconds, slowly working your way up to where you can hold it for a couple of minutes. Avoid

common mistakes like allowing your hips, head, and shoulders to drop. You can also use the Total Gym—this piece of equipment is located at OC and KS WellFit Centers—designed for planking and different variations of the exercise.

Reverse Curl-ups. Engages lower abs, helps to recruit pelvic floor muscles.

First, lie on your back with knees bent. Start by pulling your knees up perpendicular to the floor. Curl your knees towards your face and return to start position. When bringing your legs back to perpendicular make sure not to arch your back.

Side Knee Drops. Works obliques; the obliques serve as a stabilizer and are used in almost everything we do.

First, lie on your back with your knees

bent. Start by pulling your knees up perpendicular to the floor and arms spread out to the side. Next, sway your knees to the side until your bottom leg is about to touch the ground, then bring it back to the start position.

Leg Passing. Works the lower abs and is a great move for overactive back muscles.

Lie on your back again with your arms out to the side and knees at 90 degrees. Alternate tapping toes to the ground while keeping your back from arching.

Classes. If you prefer to do your workouts in a class the *best* choice is Pilates Reformers, Pilates Mat, and Yoga classes.

Remember your core muscles are what help you to get out of bed, stand tall, and reduce stress on your back! So, the next time you come in to WellFit, start your warmup with some abdominal exercises. If you have any questions, don't hesitate to ask.

Well Fit Classes: pages 86-99 • Class Grids: pages 97-99



Test Your Knowledge with Weekly Brain Freeze Trivia!

Kristy Woodin, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant
www.twitter.com/Meridians_SCLH

The weather is wonderful now, and we have a beautiful patio off the Sports Bar to enjoy your lunch or cocktails with friends. Come check it out!

Do you like trivia? Starting every Monday (except holidays) on May 15, bring your friends into the Sports Bar at 5:30 PM for our weekly “Brain Freeze Trivia” with Craig. Fun will be had, and prizes will be given!

Happy Hour at the pool is back! Join us at the Orchard Creek Lodge outdoor pool every Thursday starting June 1 until September 28 from 5:00 -7:00 PM for live music, dancing, cocktails, and snacks.

Meridians is starting a new annual tradition: all you can eat Southern Fish Fry! Monday June 26 between 5:00 PM and 8:00 PM, enjoy all you can eat fried fresh fish, potato wedges, gourmet coleslaw, hushpuppies, apple strudel and all the fixings for \$19 plus tax and gratuity. Reservations required.

Father's Day is around the corner. Bring Dad in (or...dads bring your kids) for a wonderful buffet complete with a BBQ station at \$31 plus tax and gratuity. Reservations and pre-payment required. 10:00 AM-3:00 PM. Meridians is closed for dinner on this day.

~Please see our ad on page 16.~

**Chef's Recipe of the Month
 Orange-Chocolate Pot de Crème**

Part 1

- 1¾ cup heavy cream
- 1½ Tbsp. Grand Marnier liqueur
- Juice and zest of half an orange
- 1 cup milk
- 1 whole vanilla bean

Part 2

- 6 egg yolks
- 1 egg
- 1 cup sugar

Part 3

- ½ cup chocolate chips
- 2 oz. heavy cream

1. Preheat oven to 285 F.
2. Put Part 1 in a sauce pot on medium heat for 10 minutes. Be careful not to burn.
3. Whisk Part 2 in a bowl until well blended.
4. Put Part 3 in a small sauce pan on low heat until melted. Whisk until blended.
5. *Slowly* pour Part 1 into the bowl of Part 2 while whisking. If you pour too fast, you will end up with scrambled eggs (no good!). Add Part 3 and mix well.
6. Strain mixture through a mesh strainer or cheesecloth.'
7. Divide evenly into small dessert baking dishes or oven proof ramekins.
8. Put dessert dishes into a 13x9" glass or metal pan that is layered with approximately 1" hot water.
9. Bake for 45 minutes.
10. Allow to cool at room temperatur and in the hot water.
11. Serve at room temperature or refrigerate and serve cold.



EYE CONTACT

SCLH Low Vision Support Group

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General Meetings: First Tuesday of the Month

Fine Arts Room (OC), 2:00-3:30 PM

Living Skills Workshops: Fourth Thursday of the Month

Multimedia Room (OC), 10:30 AM-12:00 PM

Contacts: Cathy McGriff 408-0169 or June Meredith 253-7574

Marketing Corner

Jeff Caponera

Advertising and Promotions Manager

It seems like every time you turn around, a new activity, concert, or advertisement pops up on your website or in your daily e-news. Marketing is an integral part of any business, especially one that has an active community like yours.

In an ongoing effort to promote successful communication, we post much of what is happening on our website, in the *COMPASS*, on bulletin boards in both Orchard Creek and Kilaga Lodges, and on social media, which includes *Facebook*, *Twitter*, and *Instagram*.

As much of our Community is open to the public, we rely on social media to advertise Meridians Restaurant and Bar, The Spa at Kilaga Springs, Orchard Creek Lodge for wedding venues and other special events, and to promote our concerts.

Social media is a valuable tool to reach out to those who have never heard of us or may not be aware that they can dine here, enjoy a massage or facial at the Spa or attend some of our shows. It also gives us another opportunity to reach you, the residents.

You may see *hashtag* symbols (#) preceded by a word or phrase after many of our posts on social media, signaling a keyword or phrase that makes the content of a post accessible to all people with similar interests, even if they're not followers on our page.

Social media isn't just for keeping track of what is going on here in your community, it's also a useful tool for staying in touch with family and friends. With more and more kids using *Instagram* and *Facebook*, there is no better way to stay in touch. In fact, it's a great way to show you're interested in your grandkids' world by having them teach you how to use it.

Social media is an effective way to ask questions, join a live chat, start a blog, answer everyone else's questions, or share amazing stories from your life experiences. Perhaps best of all, when you "like" your SCLHCA amenities



on Facebook and share our site with your friends, this helps to spread the word about all the great opportunities available living here. If you have not yet "liked" us on Facebook please go to the following sites:

- www.facebook.com/SunCityLincoln
- www.facebook.com/SpaAtKilagaSprings
- [www.facebook.com/SunCityLincolnHills Entertainment](http://www.facebook.com/SunCityLincolnHillsEntertainment)
- www.facebook.com/OrchardCreekLodge
- www.facebook.com/MeridiansRestaurant

Until next month, keep learning and sharing!



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Update on Our Reserve

Hans Fokkema, Finance Committee

The August 2016 COMPASS included an article on the adequacy of our reserves in which it was suggested that a 75% funding percentage of our reserves is a good target to shoot for. However, that does not mean that we will always meet that target.

For the 2016 update of the reserve study, the Browning Reserve Group came on-site to review the items included in the study. In that process, the useful life of some technology-related items was shortened. Because of the increases in personnel expenses the current replacement value of some labor-intensive items was also increased. The Orchard Creek solar array was added to the reserves along with several other items. With these changes, the 2016 reserve study shows the projected percent funded at the end of 2017 at 68%, down from the 87% in the 2015 study, but still quite reasonable for a large homeowners association.

Reserve funding percentages are not static. In some years, when the cost of replacements is significantly higher than the amount being contributed by the homeowners, the funding percentage will go down. On the other hand, when the cost of replacements is less than contributions, the funding percentage will increase. Funding percentages may vary 10% or more from one year to the next.

Because the current balance of our reserves could cover all projected replacements for the next four years, even with no contributions to the reserve fund at all, the status of our reserves and reserve contributions is very reasonable. The Association's financial staff, with assistance from Browning, keeps the Finance Committee and the Board up to date on an ongoing basis. In addition, the Finance Committee has established a task force to review the reserving process and determine how staff and the Finance Committee can best work together. The goal remains to manage reserves at a reasonable level and with a minimal impact on homeowner dues.

If you have questions about the reserving process or the Task Force, please attend our monthly Finance Committee meetings. The next one is Thursday, May 18.

March turned out to be a good month for the Association's finances. With all departments under or near target, we were \$77,724 better than budget for the month and \$175,464 for the quarter. Total cash in Operations was \$1,036,820 while Reserves cash and investments stood at \$7.8 million or 72% funded, a very adequate level.

The Spa at Kilaga Springs

Health Benefits of Massage

Trudy Smith, Manager,

The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings

www.twitter.com/KilagaSpa

Greetings from The Spa at Kilaga Springs! With the rain behind us (we think!), outdoor activities abound and all that new movement often results in sore muscles. Massage is a fantastic treatment for overused or strained muscles, and it helps maintain muscle elasticity. Running, cycling, tennis, baseball, and golf all have repetitive motion that can benefit from massage. Massage is much more than a luxury as it has many health benefits.



Let's look at some information about what massage is and what it offers you. Massage therapy is manual manipulation of soft body tissues (muscles, connective tissues, tendons, and ligaments) to enhance a person's health and well-being. There are dozens of types of massage therapy methods (also called modalities).

Massage Modalities: Swedish massage is the most common modality and great for a first timer. It's a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration, and tapping to help energize you. This is a very relaxing massage! There are many other types of massage to explore:

- Deep tissue
- Sports
- Hot Stone
- Aromatherapy
- Craniosacral
- Myofascial
- Reflexology

Benefits of Massage: People seek massage therapy for a variety of reasons—to reduce stress
Please see "Benefits of Massage"
on page 19

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)
Net Revenues (Expense)	\$3,210	(\$172,254)	\$175,464	(\$91,616)
CEF	107,549	-	107,549	-

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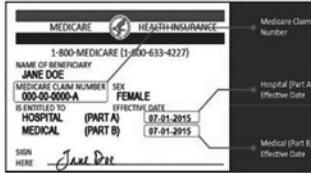




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“Love, Loss, and What I Wore”

Jump-start your summer with June play

Doug Brown, Resident Editor



Have you ever looked into your clothes closet and wondered what deep, dark secrets it reveals about *you*? Does a rainbow of hues reflect a colorful personality? Is a neat and orderly look indicative of a systematic approach to life? Does the stuff that’s been hanging there, perhaps unworn for decades, say you can’t let go of the past? Does a half-century-old prom dress or pink bowtie make memories come flooding back?

If so, “Love, Loss, and What I Wore” is a perfect way to kick off your summer theatrical calendar! This funny, engaging



stage play is coming to the intimate setting of Kilaga Springs Presentation Hall on June 8, 9, 10, and 11. The Lincoln Hills Players are excited about the performance, in which, as director Angela Blas notes, “Actresses portray many different characters in humorous and poignant musings of their

lives through the clothes that they have worn.”

Nora & Delia Ephron’s play—with five female actresses—ingeniously connects life, love, purses, shoes, dresses, undergarments, and *clothes closets!* You’ll see that all of the above, each misbehaving in hilarious and sometimes embarrassing ways, are truly inseparable. A *Los Angeles Times* review of the play quips, “This wonderfully witty show illustrates that what one wears to the party is sometimes more memorable than the party itself.”

Gentlemen of Lincoln Hills, please read on! Producer Craig Stults has words of advice: “Men, do not miss this one! Haven’t you always wanted to secretly listen in to what women talk about amongst themselves at their coffee klatches and happy hours? Now’s your chance!”

The five cast members—Alice Crawford, Jeri Chase Ferris, Merilee Thompson Imamoto, Colleen Layne, and Sharon Lefkov—all readily admit that in their theatrical parts, they can, from their own personal experiences, empathize with the



Cast members Sharon Lefkov, Colleen Layne, Alice Crawford, Jeri Chase Ferris, and Merilee Thompson Imamoto revel in the memory of a garment worn years ago

humor and at times the melancholy moments their characters portray.

The play’s off-Broadway debut, starring Rosie O’Donnell and Tyne Daly, garnered praise from *Variety* magazine: “A bittersweet meditation on the joys and tribulations of women’s lives, reflected through the prism of their clothes.”

Tickets—for just \$13 each—for “Love, Loss, and What I Wore” are already selling fast, so don’t delay. They’re available at the OC and KS Activities Desks, or online at the Lincoln Hills resident website. For complete ticket information in this *COMPASS*, see page 53.

Benefits of Massage

Continued from page 15

and anxiety, relax muscles, rehabilitate injuries, reduce pain, and promote overall health and wellness.

Deep tissue and Sports massages are aimed at the deeper tissue structures of the muscles and fascia, also called connective tissue. These modalities release chronic muscle tension. Craniosacral therapy is a form of therapeutic touch that addresses imbalances in the craniosacral system—the membranes and fluid that surround and protect the brain and spinal cord. Other modalities listed here have been described in recent *COMPASS* articles, but please stop by and ask about them!

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Too Sweet

Continued from page 9

A sedentary lifestyle can mean that your muscles never get the chance to burn up the glucose you consume. When we take in more carbs than necessary, the excess glucose has to be transported and stored somewhere, thus encouraging fat storage. Higher than normal glucose levels that continue can put us in danger of becoming pre-diabetic.

To learn more information and get healthful lifestyle tips on how to effectively manage your blood sugar, attend the Community Forum on May 31 with Audrey Gould and Annamarie Esteves (see page 100). Snacks will not be served!

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521-3400
#01390054



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408-1555
#00905744

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Protecting Young Birds during the Nesting Season

Gaylene Tupen, Wildlife Biologist, Wildlife Heritage Foundation

Spring is a time for renewal. Days are getting longer, flowers are blooming, birds are pairing up, and nesting is underway! Soon, eggs will hatch and young will start following their parents around, while attempting to dodge many potential hazards close to home. In fact, some early nesters already have their young up and running.

The Lincoln Hills preserves provide important nesting habitat for many types of birds, including ground nesters such as California quail, killdeer, and mallards. While these areas of nesting habitat benefit numerous species of wildlife, there can be conflicts when young birds become mobile and start moving overland with their parents through nearby development areas.

During the spring of 2016, thanks to the concern of Lincoln Hills residents, Wildlife Heritage Foundation became aware of several incidences of newly hatched birds falling into

and becoming trapped in storm drains at various locations within the development. The spaces in the horizontal grates and beneath the curb are wide enough to allow young birds to easily fall into the drains when following their parents. Once young birds are trapped, they will only survive for a limited amount of time if not rescued. Many of the areas where young birds have been trapped are next to one of the open space preserves.

In an effort to reduce impacts to these young birds, WHF is initiating a project to temporarily cover the openings in select storm drains throughout Lincoln Hills. This project is being implemented with the help of concerned residents and in coordination with Lincoln Hills Facilities Staff. As part of the project, WHF will install covers made of a flexible and permeable material that will remain in place throughout the nesting season. You may have seen some already



The spaces in the horizontal grates on storm drains are wide enough to allow young birds to easily fall into the drains when following their parents

installed in your neighborhood! The status of the covers will be periodically checked while they're in place but please let us know if you see anything that should be brought to our attention. While placement of the covers is expected to greatly reduce impacts to young birds, there may still be some incidences of trapped birds in uncovered storm drains. If you become aware of any trapped birds or other wildlife please immediately contact Lincoln Hills Facilities Staff at 645-4500. Stay tuned for updates on efforts to co-exist with our wildlife neighbors!



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Neighborhood Watch

A Neighborhood Watch Rootin' Tootin' Western Potluck

Saturday, May 20 at Kilaga Springs Lodge

Patricia Evans, Neighborhood Watch Reporter

Y'all mosey on down to Kilaga Springs Lodge from 6:30-8:30 PM on Saturday, May 20, for the annual Neighborhood Watch National Night Out Kick-Off Party. All Lincoln Hills residents are automatically members of Neighborhood Watch, and this invitation is for each of you.



The basic ingredients of our Neighborhood Watch parties come from the boxes stored in the garage of our National Night Out Coordinator and Neighborhood Watch Administrative Assistant Pauline Watson. Tablecloths, napkins, plastic plates, and decorations from past Hawaiian and Halloween theme parties tumble out. Most important is the checklist developed over the years to insure a perfect party.

LeeAnn Fischer is creating western theme decorations for the party. "My hus-

band Steve is making slat boxes to hold cactus plants from our backyard as centerpieces for the tables," explained LeeAnn. "There will be a lottery to determine the lucky winners who will take home the plants." LeeAnn is decorating the boxes with burlap and rope to achieve a wild west décor.

The committee members for this shindig are Sheriff Karen Allen, Deputy Lodge Carlton, and Saloon Owner LeeAnn Fischer. For questions, contact Karen at 543-0126 or krcabo@aol.com. Please bring a main dish (A-O) or salad/vegetable (P-Z) for ten.

Space is limited, so please send \$4 a person to cover dessert, coffee, tea, and water to Pauline Watson promptly.

The warm spring weather sometimes brings impostors to our doors who claim

Steve & LeeAnn Fischer creating centerpieces for the Neighborhood Watch Wild West Potluck



Admiring the finished products are committee members Karen Allen and Lodge Carlton with the Fischers

to represent a well-known company. Please turn to page 35 for some interesting twists on this scam.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net

Neighborhood Watch Website
www.SCLHWatch.org

Potters

Continued from page 11

of McBean Park's latest sports addition—the recently constructed 1500-seat up-close-and-personal stadium.

What's this all about? The 2017 Lincoln Potters are revived from a Gladding, McBean ball club that started back in 1923. The current team members, ranging in age from 18 to 24, are recruited from colleges and junior colleges in California and some from as far away as Kansas, Colorado, and Utah—plus a few high school grads awaiting fall college enrollment. While players receive no compensation, Potters Coach Eric Bloom notes, "Their reward is summertime playing experience that boosts their chances of joining college team rosters, and even being drafted by minor-league professional baseball clubs."

What you'll see starting June 1 will resemble the pro baseball that you see at Raley Field—including **wood bats** (not the metal-alloy bats used in college play). As Matt Lundgren, Potters General Manager, noted, "Yes, you'll literally be hearing the 'crack of the bat' right here in Lincoln!" And you'll be treated to the peanuts, popcorn, and crackerjacks that you'd expect at "the old ball game," as the song goes.

And put this date on your calendar: **Saturday, June 10 is "Senior Night"** with reduced prices for Lincoln Hills residents. Bring your kids, grandkids, and friends for a summer night of exciting, fun baseball!

Ticket packages and specials come in many combinations, some at discounted rates, others with free promotional Potters hats. See page 78 and a full page insert

in this *COMPASS*, plus the Potters website at www.lincolnpotters.com or their Facebook/Twitter feed #PottersUp.



How can you help launch this new venture in Lincoln? Justin Wardlaw, Potters Sales Director, noted, "We would love to have volunteers as **ushers** (and free admission), and as **homestay hosts** for players who need housing for their summer season—through early August." To volunteer, call 209-3444.

Ready to roll out those lazy, hazy, crazy days of summer? Come out and root "hip, hip, hooray" for the **home** team!

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Club News



Alzheimer's/Dementia

Caregivers Support

Last month we held the first of our two annual Senior Café events in the Solarium, and it wasn't just another party. It was like finding a group of English speakers amongst a crowd of other languages. Caregivers and spouses alike had a chance to just hang out, tell stories, and laugh. We invite you to join us later on this year for our next Café. You'll enjoy it.



April Senior Cafe gathering

Socialization is just as important to people with a dementia-related disease as it is to the rest of us. The challenging difference with Alzheimer's type diseases is that the afflicted will constantly be losing their social capabilities. We all chuckle about having a senior moment, but Alzheimer's patients are living in a stream of them. And as a matter-of-fact, caregivers have their versions of senior moments when our loved-ones' behavior shifts once again, and we scramble to understand and patiently cope.

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



Amateur Radio

The Lincoln Hills Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the city of Lincoln. To provide emergency communications, we operate a repeater at 443.225 MHz with a PL code of 167. We are available if there is a natural disaster or terrorist attack. Should cell towers or community communications infrastructure be destroyed, we have radio equipment with antennas and batteries to provide emergency communications. If you are interested in amateur radio, come by on

Monday night at 6:30 PM to the South Gate Entrance and check us out. If already a ham, share your call sign. We also support community events like the Tour de Lincoln, held on May 6. Members provided parking control, and communications for rest stops and SAG Wagons, vehicles accompanying bicycle touring groups to provide emergency assistance for breakdowns, crashes and those too tried to complete the tour.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lharg.us



Antiques Appreciation

Our Social Director, Ann Renyer, planned a delicious French-themed dinner, great fun and door prizes for our Spring Social "April in Paris." Merci Ann!

At our May 1 program, Carol Gebel of Rocklin spoke about her collections of Victorian Trade Cards, Advertising Thimbles and part of her quilt collection, focusing on pre-Civil War showing favorite quilt styles of the period before 1860.

The June 5 program will be presented by one of our residents sharing her collection of Victorian antique Hair Receivers made from glass, celluloid, ceramics and porcelain, mostly produced in Europe and Japan. Members owning an antique hair receiver may bring one to share at the end of our presentation.

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

Monday, May 15, the Cosmology Interest Group (CIG) continues the DVD series "Black Holes Explained," by U.C Berkeley professor Alex Filippenko. Lecture 11 "Black Holes and the Holographic Universe" in the Fine Arts Room (OC) at 6:45 PM.

Thursday, May 25, The Telescope Interest Group (TIG) will have a Star Party at Blue Canyon. Contact Bob Collins at bobpcoll@community.net (253-9890) for more information.



Jim Wronkiewicz will present "Tour of the Universe: Hubble Images" on June 7

Wednesday, June 7, General meeting 6:45 PM in the P-Hall (KS). Presentation "Tour of the Universe: Hubble Images" presented by LHAG member Jim Wronkiewicz. Over one million observations have been recorded so far by Hubble. Jim will choose the 30 or so of the best images from this collection. You will be treated to the beauty of galaxies, supernovas, nebulas, planets, and comets. What is your favorite Hubble image? Spend an enjoyable evening viewing the artistic beauty of our universe.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com; Cindy Van Buren

253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

On the evening of May 6, club dancers were transported to "Paris in Springtime." The Multipurpose Room (KS) was drenched in symbols of Paris. A spectacular scene of the Eiffel Tower at sunset adorned the back wall. On the tables, black and hot pink cloths supported miniature Eiffel Towers, and posters of familiar Paris landmarks decorated the walls. Dancers provided delicious salads, entrees, and desserts for all to enjoy as they danced to the standard club tunes, with maybe a Parisian Apache dance yet to be demonstrated.

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples



Carol & Bob Stanton;
Pat & Jim Gabriel



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

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 Cha Cha in May. June's offering will be the Tango, both dances taught by Sal & Ruth Algeri.

Contacts: Sal Algeri 408-4752; Olivia Eckert 740-6972



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 June 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Meridians on Wednesday, May 24. Meet us there at 11:30 AM. For more information or to put a Memoriam in the *COMPASS*, contact



Carly Cassini, Patricia Daly, Pat Bailes, Gene Goselin; Morrow Moore, Joan Logue, Shirley Rauscher, Sandy Smith; Jan Marquez, Mary Harrington, Gretel McLane

Joan. Photos are from our last lunch at Bucca di Beppo.

Contact: Joan Logue, joanlogue@sbcglobal.net



Billiards

Women's Tournaments 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.



Upstarts Bob Lytle five games, Joan Wendell six games, Randy Randell five games; Seven games: Joan Wendell, six/seven games Margie Kim, Doug Porter; First place Ted Komaki, second place Bob Moze

Contacts: Rich Lujan 408-781-5815; Tony Felice 955-0501, atfelice3@gmail.com



Bird

At our June 12 meeting we look forward to presentations by our own member photographers. Our group is very lucky to have members that spend many hours photographing the birds and wildlife in the area. The images that they capture are truly beautiful and often, one of a kind. So join us, the second Monday of June at 1:30 PM in the P-Hall (KS).



Spring is a busy time for the birds in our wetlands: a Hooded Merganser with her chick; the Great Egret carrying nesting material; and a Green-backed Heron looking for breakfast

May 26 we drive to Miners Ravine in Roseville and enjoy a mile and a half walk along the upper end of the trail, ending at Sierra College Blvd. June 9 we head over to Loomis Horse Park (Loomis Basin Community Park). Just a short nine-mile drive, this park has open fields and a nice wooded riparian area. We often see the Oak Titmouse, Nuttall's Woodpecker, and Western Wood Pewee. As these dates get closer, check our website, lhbirders.org, since changes occasionally need to be made.

Contact: John Garfein 666-2364, johndgarfein@gmail.com Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The weather finally broke and we had a sunny day for Bocce on April 20. We had to cancel three out of four sessions last month because of rain. We were delighted that people remembered where the courts were. We had six courts with 24 people playing. It's interesting to watch how attendance changes and who shows up when the weather and times change. Our summer schedule is definitely for the earlier risers but we won't have to worry about rain for a few months now.

The repair work to the rubber bumpers

on the courts appears to be completed but we haven't heard any discussion about resolving the standing water problem that was new to the courts this winter.

If you were thinking of joining us recently but hadn't gotten around to it, don't forget we've switched to our summer starting time of 8:00 AM on Thursdays.

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



Book, OC

On May 18, we will discuss *The Sun Also Rises*, by Ernest Hemingway. The 1926 novel follows a group of American and British expatriates who travel from Paris to the Festival of San Fermin in Pamplona to watch the running of the bulls. Some consider this classic to be Hemingway's greatest work.

Schedule, remainder 2017:

- June 15: *A Man Called Ove*, by Fredrik Backman
- 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/>

Also, we will meet at Patty McCuen's house instead of at OC Lodge. We're fortunate to have Dr. Carly Kaplan, a plastic surgeon with Kaiser, as our speaker. She specializes in reconstructive surgery and is recognized as one of the best in her field. This promises to be an interesting as well as informative presentation.



Members show scarf styles taught by Cindy Redhair and Kathy Woodward; Jeanne Berry, guest, and Ann Jensvold, long-time member,

practice with scarves; Kathy wears a soft scarf she designed, Marilyn Poole has a loosely knotted scarf

We've entered a team in the annual "Relay for Life" cancer fund-raiser, May 20 at Lincoln High School and will be selling homemade aprons to help raise money for research.

Bosom Buddies welcomes survivors of breast cancer and those still undergoing treatment.

Contacts: Marianne Smith 408-1818; Val Singer 645-8553
Website: www.sclhresidents.com



Bridge, Duplicate

Each year, our club selects at least two charities worthy of our support. The charities selected for the year 2016 were Koinonia and the Placer County Society for the Prevention of Cruelty to Animals (SPCA) These two organizations shared a total of \$4,300 for the year 2016. The recipients for 2017 are currently under study.

Duplicate Bridge games are played at

KS 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



Bridge, Partners

Call for early sign-up, or just show up with your partner in 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.

Winners: March 23—First: Johann/Paul Kiesel with the high round of 2120; second: Dee Williams/Sue Cirerol; third: Chet Winton/Ralph Madsen; fourth: Jodi Deeley/Harry Collings.

April 6—First: Lynda Sader/Jim Busey; second: Jyoti/Viren Sitwala; third: Rose/Joe Phelan; fourth: Stan Mutnick/Harry Collings. Sue Cirerol/Erika Wolf had the high round of 1850.

April 13—First: Linda Theodore/Janet Pinnell; second: Johann/Paul Kiesel; third: Gail Osborne/Chris Jacobson; fourth: Marlene Harner/Basil Molony. Ed Page/Kurt Wolff had the high round of 1670.

April 20—First: Rose/Joe Phelan with the high round of 2140; second: Lynda Sader/Jim Busey; third: Erika Wolf/Sue Cirerol; fourth: Johann/Paul Kiesel.

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.

Social Bridge is a lot of fun. We are relaxed and we enjoy each other. It's a club with \$5 dues for the whole year. We have large-faced cards and creative score sheets.



Bosom Buddies

Our May officers' luncheon is always a special gathering, and this year was no different. Members met up at one of our favorite restaurants, the Window Box in Rocklin, to enjoy good food and each other's company.

Our next meeting will be held on Saturday, June 10, at 10:00 AM and not on the regular second Thursday of the month.

Reserve your space in May and June by contacting Lynda Sader at (858) 204-2427, lyndaglee01@gmail.com or Pat Mullins at (408) 202-1865, pam7nt@gmail.com.



Ceramic Arts

April has rushed by and important projects were accomplished!

CAG would like to enhance interest in the Earthenware and Lladro activities. These groups meet at KS and create beautiful works of art. Earthenware activities can be well suited for people with limited hand strength or vision impairment. Lladro requires a keen eye and steady hand but does not require the ability to lift heavy clay or mix glazes. Earthenware and Lladro pieces are preformed, prepped, then glazed. If you doubt your creative dexterity but would like to try your hand in the beautiful coloring processes, call Mary Clark or Gabriele Dawson.



Happy Mother's Day!

John Woodbury, and Jean Richards. *Third:* Lynda Sader, Bob Moore, Judy Olson, and Bob Calmes/Linda Scott tied. *Fourth:* Jerry Kluball, Ed Page, and Pat Fraas.

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.

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



Bunco

In April, the Bunco Group welcomed a new player, Mary Cranston. A double roll off occurred in the end for the Bunco & Win category prizes. The traveling bear was also a popular item down to the bitter end. There is never a dull moment with bunco play! The dice were flying all over the room and lots of laughter.

The Bunco Group is looking forward to their potluck get-together in May after bunco play.

The Bunco Group plays the third Thursday of the month in the Cards 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!

April Winners: Most Buncos Kathy Sasabuchi; Most Wins Diane Lundin; Most Losses Kathy Chandler; Traveler Sharon Chipman.

Next Bunco is Thursday, May 18.

Contact: Kathy Sasabuchi 209-3089, ksasabu@icloud.com



Chorus

Our thanks to all who attended and applauded our "Broadway Blast" concerts on April 30 and May 1-2. Your support is essential to everything we do, and your enjoyment of our performances rewards all the effort we devote to preparing for them.

Now we're taking a break until rehearsals for our mostly Christmas concert on December 10-12 begin September 5. We'll welcome new members then, especially those with any choral experience. Visit and sing with us for three weeks to see how you like it with no obligation. You'll get help from computerized music files for home practice, sectional and full rehearsals every Tuesday afternoon, and individual assistance as needed.

If this sounds good, check our website and contact our membership chair, Suzanne Rosevold, or our director, Bill



Lincoln Hills Community Chorus

Sveglini, for further information.

Contacts: Suzanne Rosevold 587-3035, suzannechorus@gmail.com

Bill Sveglini 899-8383, sveglini@gmail.com

Website: www.lincolnhillschorus.org

Computer



Apple User Group

As a member of the Apple User Group, you are eligible for free telephone assistance from our volunteers via the LHAUG Help Line (668-0684) to insure you get the most out of your Apple Computers and iDevices. In addition, you may bring any of these devices to any of several monthly Open Labs manned by Apple Group volunteers.



Harlan Felt, left, Sue Kahler and Sharon Worman at Open Lab

Until now, the Apple Store at the Galleria was your only practical source for hardware repairs. Now there is an alternative. It is called Core Care and is located at 6848 Five Star Blvd. in Rocklin, opposite the Scandinavian Furniture store. They are an Apple Authorized Warranty Repair Center with no reservation necessary.

On another subject, this is a reminder to check the Calendar tab on our website; lhaug.org, for instructions on how to subscribe and have the events link directly to your regular Mac and iDevice Calendars.

Contact: Vicki White, vickiawhite@me.com

Website: lhaug.org

PC

Main Meeting: June 14, 6:30 PM, P-Hall (KS)—Choosing the Best Video Streaming Box by Jim Simmons (owner Cord Cutter Pro). There are many choices available now for getting a wide variety of streaming content to your TV, computer, tablet and even your smartphone.

Most of us want content on our large-screen TV, from our favorite content providers like Netflix, Amazon, Hulu. Many streaming devices can provide this service. Most well-known of these are Roku, Amazon Fire TV and Fire Stick, Google's Chromecast and Cast Ultra, Apple TV and a newcomer called AirTV (from Direct TV). Prices range from \$30 to over \$200.

Clinic June 16, 3:30 PM, P-Hall (KS)—Music Apps. Bob Ringo will show us Pandora, Spotify and others and how to stream wonderful music free.

Ask the Tech: June 23, 10:00 AM—Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

Contact: Karl Schoenstein, sclhcc@gmail.com
Website: www.sclhcc.org

Country Couples

In addition to scootin' around the dance floor to our country music, many of our Country Couples have been scootin' around the globe.

There are wonderful places to travel during the winter as some of our members recently discovered.

Members Ern & Tom Hargis and Deb & Jim Christie took a trip to far off South Africa for safari and touring the sights. Deb and Jim extended their trip with stopovers in Europe to see London, Budapest and Prague.

Another continent visited this spring was South America. Gary & Laura Wermuth flew to Ecuador and then on to the Galapagos Islands where the animals, while equally strange and wonderful as the African wildlife, do not try to eat you when you take their pictures.

Other adventurers have escaped the rain with trips to Hawaii, Virgin Islands, and spots closer to home.

Wherever you roam remember that SCLH is home.



Tom & Ern Hargis—Africa;
Laurie Wermuth and tortoise—Galapagos Islands;
Jim & Deb Christie—Budapest

Contacts: Marsha Brigleb 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 March were Bill Mortensen, week one, Mel Switzer, week two, Larry O'Donnell, week three, and Tom Eaton, week four.

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



Cyclists

Your ride leaders had a breakfast meeting in April with the Officers of our club. Several items of interest to our members were discussed. About every four years or so, our club has come up with a newly designed jersey. This year members can order not only jerseys but also bib shorts and a vest to match. Watch for more information on design, cost and how to order. There are now nine groups for members to choose from based on their riding preference. Two 15- to 20-mile groups, four intermediate groups that ride from 25 to 45 miles, two advanced groups that ride from 45 to 60 miles and a mountain bike group that rides irregularly. Watch for an ebike group to form once their numbers justify it. Also, mark your calendar for our annual Potluck on Thursday, June 29. Main dish will be provided by the club.

Contact: Steve Valeriote 408-5506,
lhcyclist.com
Website: www.LHcyclist.com



Eye Contact

Living Skills Meeting, Multimedia Room (OC), Thursday, May 25, 10:30 AM-12:00 PM. "Springtime: De-Clutter Your Mind" facilitated by Elaine Small. Depression drains energy, hope, and drive, making it difficult to do what's needed to feel better. The key is to start small and build up. Feeling better takes time, but you can get there if you make positive choices for yourself each day. Like any skill, it takes practice.

General Meeting, Fine Arts Room (OC), Tuesday, June 6, 2:00-3:30 PM. "Come Fly With Me—You can still travel!" Don't let a little thing like losing your vision stop you from doing something you like. Resident Judy Peck from the Travel Club will discuss various ways of travel. She will share pros and cons of domestic and international travel and how to make good travel decisions. June Meredith and Cathy McGriff will add their experiences for traveling with low vision.

Contact: Cathy McGriff 408-0169,
cathy.mcgriff@yahoo.com



Fishing

Big things come to the fishing person who gets up early and practices patience. LHFG Anglers are preparing for the season (actually they already are fishing); remember to follow the rules of safe fishing, gear in order, edit your lists and take proper clothing. Waters flowing!

2017 trips are scheduled: Wyoming, Montana, Trinity, Fall River, Oregon. Fishing outings are scheduled for Sacramento River, Fuller, Collins, and Rollins Lakes, maybe lakes like Caples, Rancho Seco, Comanche, and the Delta. Use your members' preference sheet to find someone to fish with.



Yep, that's fishing; Upper class fishing; Joe's catch

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—jmalcom2@aol.com.

Written by J. Messier.

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



Garden Group

The Annual Flower Show—featuring flowers that grow in Lincoln Hills—will “kick-off” the May 25, General Meeting, KS, 2:00-4:00 PM. We ask our members to bring in a variety of flowers and floral arrangements at 1:00-1:45 PM. Each member who participates will receive an extra ticket for the door prize drawings. Master Gardeners and Brown Bag Sales will be available. We encourage the community to enjoy flower gardening!

Michael DuPont—Owner of Capital Arborists, Inc.—will be the guest speaker on the topic “Trees and Tree Maintenance” for the General Meeting. His presentation will include: Tree & Shrub Pruning, Plant and Health Care, Fertilization and many other aspects of trees. There are many benefits derived from planting trees in our yards. Trees increase property values, clean the air, filter pollutants, cool streets and structures, cut air conditioning costs, prevent soil erosion, provide pleasant views, and offer many other assets!



Flower Show—May 25-26, KS; Tree & Yard Maintenance



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



Genealogy

May 15 at P-Hall (KS) is the day we can wrap our minds around how to take best advantage of the US census records for our research. The information found in the census records can lead us to other resources. Join us at 7:00 PM to hear Marian Kile lead the way by sharing her expertise on how US census records can open many other doors for us.



On May 15 at 7:00 PM, Marian Kile will discuss how to take advantage of the US census records for our research

Marian attended a genealogy seminar in November of 2005 and was immediately intrigued and “hooked.” She started volunteering at the Sacramento Regional Family History Center. Three years later she started teaching genealogy classes. Since then she has taught over 250 classes regionally.

Members should arrive a few minutes before 6:30 PM to sign in and get their drawing ticket for the door prize which is an Epson Digital Scanner. We'll have a social across the hall after the meeting where goodies will be served.

Contact: Maureen Sausen 543-8594; Arlene Rond 408-3641.

Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

Thirty-eight gals were on the tee for a Stableford format, in the third week of April. Two ladies rose to the top of their flights with spectacular play. Rita Drinkard scored 42, leading all competitors. Her short game kicked it off on the second hole, with a chip-in par and it gave her one-putt situations leading to four pars. Lani Dodd had five pars, a birdie on 12, earned the CTP on Hole Seven, and tallied 39 points to lead the first flight. Kathi Botelho had 37 for second, four strokes ahead of the next player. Also with 39 points, Renee Honnoll led flight two, followed by Edda Ashe with 36. It was Drinkard, taking first in flight three, one over Yeong Hur, who made many putts outside six feet, for second. Janet Pinnell totaled 36 points for first place in flight four and Pat Morgan trailed by three strokes.

Contact: Donna Sosko 434-5527

Website: lhlgxviii.com

Lincsters

April 12 was a day of drizzling rain, and although 43 ladies signed up to play the back nine of the Orchard, only 26 hearty players hung in and completed their round. Winning first place in Flight A was Kay McAdam. Flight B was taken by Barbara Korenthal. Flight C first place was shared by Barbara Parsons and Mary D'Agostini. Flight D was won by Mary Bailey.



*Cheryl Yost,
Hearty Golfer*

April 19 was a beautiful spring day, and play was on the back nine of the Hills. Winning Flight A was Kate Gold. Flight B was won by Sharon McMillan. Flight C was shared by Barbara Parsons and Pat Dangerfield, and Flight D was won by Mary Bailey.

The Lincsters are looking forward to the Bring a Friend Tournament to be held on May 24.

Contact: Pat Shafer, gskd70@aol.com
Website: lincsters.com



Golf, Men's

Coming May 30 and running through June 30 is our Presidents Cup Tournament. This is a player arranged match play tournament, sign up by June 26. Later in June will be the popular Tahoe Classic on June 20. Details in the next edition. Winners in the recent NCGA qualifier were: Tony Dipaula and Bob Williams, Steve Mumma and Ron Cook. These four will move on to play in August at a course to be determined. The Just For winners were John



*View of
the lower
driving
range from
the second
fairway*

Vass and Joe Angel, Charley Kendall and Joel Kaufman, Carl Ziemann and Larry Schutz, Ross Burkett and Larry Mowrer, Al Martig and Simon Palaroan. Congratulations to all! We appreciate and thank everyone who uses our sponsors for services! Please visit our website, lhmgc.org, for tournament and Men's Club happenings.

Contacts: Gene Andrews, eandgolf@sbcglobal.net;
Tom Traxel, tom.traxel@sbcglobal.net
Website: www.lhmgc.org



Healthy Eating

Our club participated in the May 6 PACE Race with runners in the events, with volunteers along the routes and we contributed the "best darned salsa ever" to the event.

At our May 22 General Meeting we will mark the opening of our own Lincoln Hills Farmers Market on Wednesday, May 24. We'll have a favorite local farmer as the meeting's guest speaker to describe how this winter's rains will affect this summer's local growing season and harvests. If time permits, we'll have a short video by the Culinary Institute of America on selecting and preparing local vegetables.



*March club
meeting;
Food for
the brain;
California
Sumo
Oranges*



At our April General Meeting we viewed and discussed an hour-long video on brain

food for brain health. Mental decline and how to deal with it is of special concern to seniors.

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

Contact: Don R. Rickgauer 253-3984, sclh13HealthyEating@gmail.com
Website: HealthyEatingClub.wildapricot.org



Hiking & Walking

Living in northern California is special because we do see the seasons change. The wildflowers are out and the hike leaders have done a fabulous job of creating interesting hikes. In April, we did Table Mountain in Oroville, Buttermilk Bend (the wildflowers put on quite a show!) and Poorman Creek in Washington. If you haven't had a chance to join us, you have really missed out. Beginning in June we will move our hikes to the Sierras to take advantage of the lower summer temperatures. Come along, you'll be glad you did.



*Buttermilk
Bend Hike*

Poison oak has also enjoyed our wet winter. A friend to deer and birds, its oil (if you are allergic) can cause a terrible itching and rash in humans. Reminder, you need to be extra cautious when hiking or walking. Lucky for our walkers, Lincoln Hills trails do not have poison oak.

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



Investors' Study

We welcome Talley Leger of OppenheimerFunds on Thursday, June 1, at 2:30 PM in P-Hall (KS). Join us for a stimulating presentation. Mr. Leger has an MS in Financial Economics, 16 years in the investment field and is co-author of the book, *From Bear to Bull with ETFs*, a four-star Amazon best-seller. He has appeared on Bloomberg TV, CNBC and The Street. His current role is as an investment strategist for formulating and communicating his views on the investment landscape. Russ Abbott will update us on his Playbook, always a more than helpful picture into the world of finance. You missed an entertaining presentation last month by Strider Ellass, audio visuals and all. Please join us for coffee and refreshments after the meeting. All residents are welcome.

The Active Investors subgroup meets on the second Monday of the month, 3:00-5:00 PM in the Multimedia Room (OC). Norm Quattrin, 645-4675.

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, 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 membership card.

There is a Membership Mixer planned for Saturday, June 17, 4:00 to 6:00 PM at OC, with appetizers provided and a no-host bar.

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

Lincoln Hills

Line Dance

Our first social dance of the year was held April 23 at the OC Ballroom. What a fun day we all had. Over 80 dancers attended. It was so great to see all levels of dancers on the floor having such a good time. Mike Schenck did the DJ duties and as usual did a great job. The dances were led by Audrey Fish, Yvonne Krause, and Sandy Gardetto, our wonderful line dance teachers. We give a big thank you to these ladies for all the time and energy they give to all our dancers. Without them we would not be able to have these great events. We had a very special guest. A tal-



Sandy Gardetto leading a dance; the dancers with special guest Christopher Gonzalez

ented young man, Christopher Gonzalez, who showed us how amazing line dance can be. He was the hit of the day.

Join in the fun with us on August 13 for our next dance.

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

“Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920's. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn but once you do, your ability to excel in the game is limitless.” This quote sums up the fun and excitement of the game.

We invite you to join us every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. If you don't know how to play, please contact Fran Rivera at 434-7061. Fran offers free lessons in her home and you would need to call her to find out when you may start. During the summer months she is away but you can call her anyway and put your name and phone number on her list and she will call you when she returns with information about these lessons. So why wait, call her now before summer, and you may speak with her!

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. As mentioned in the April COMPASS, our guest at are next meeting, is Noel Sandino, painter and printmaker without the use of the printing press. You can read more about Noel on her webpage: noelsandino.artspan.com. Please feel free to stop in at one of our meetings, which start at 1:00 PM on the third Wednesday of each month in the Ceramics Room (OC). Noel Sandino's

presentation will start at 2:00 PM.

Contacts: Frima Stewart 253-7659,

frimastewart@gmail.com;

Patricia Branham 408-5057,

pbranham56@aol.com



Motorcycle

RoadRunners

March and April were busy months for the RoadRunners. On March 29, club member Dennis Berg led an impromptu ride north to Knights Landing. Eleven riders had lunch at the Colusa Casino and then headed home by way of the beautiful Sutter Buttes. On April 15, Road Captain John Milbauer took the club on a scenic ride through the California Delta. The weather was perfect, and after a visit to the Old Sugar Mill in Clarksburg, miles of back roads and two ferry boat crossings, the riders had a great lunch at Fosters Bighorn in Rio Vista.



Riders at the old sugar mill in Clarksburg; Waiting for the ferry boat in the California Delta

If you like motorcycle touring and have a road worthy motorcycle or trike—check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM

in the Multimedia Room (OC). The next meeting will be on May 25. Guests are always welcome!

“Ride Safe—Ride With Friends.”

Contact: Manny Perez 253-9121,

manwil412@wavecable.com



Movie Lovers

The Movie Lovers Group meets the second Thursday of each month from 6:30-8:30 PM in the Multipurpose Room (OC). Our members review and discuss movies selected by the group at the previous month's meeting. In April, we discussed *The Zookeepers Wife* and *Table 19*. Discussion facilitation was led by Carol Noon and Mark Snyder. The discussions have always been stimulating and the conversations insightful. All residents are welcome. Come and enjoy the conversation. Share your experiences with other movie lovers. Our next meeting is June 8.

Contact: Cliff Roe (408) 205-8765



Music

The Music Group meets the fourth Wednesday each month, Fine Arts Room (OC). If interested in participating with an instrument, or you want to hear great music, stop by 6:30-8:30 PM. We have been closing these meetings with an informal blues session.

Next Open Mic: June 23, 6:00-8:00 PM, P-Hall (KS). As with all our events, attendees do not need to play or sing, many are surprised and enjoy the great quality of performances by residents of our community. Come check it out.

Next Performance Skills Workshops: May 15, then June 19. 9:00 AM-12:00 PM, P-Hall (KS).

A special (first time) drum workshop was held April 21. This was a great experience for the drummers and to those who came to watch. We look forward to doing it again in the future.

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

Contacts: Don Smith,

donsmith6704@frontier.com;

Steve Beede, sjbeede@att.net

Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

Most people have clutter in their lives but many are unsure how to get control of it, or are unaware that clutter impedes their efficiency, life and work. Most forms of needle arts require many supplies and tools. The June 13 meeting, 1:00 PM at the P-Hall (KS) will feature Dawn Cannon from Finely Organized, www.finelyorganized.net, demonstrating how to create order of your materials within your existing space.



Clutter vs. Order

New workshops are being planned for July, August, and September. They will be held at the OC-Sewing Room. Contact Susan Smotherman, at susan4321@sbcglobal.net for details or check the Needle Arts website, www.sclhna.com.

There are eleven breakout groups for different needle work, such as crochet, knitting, quilting, etc. that meeting monthly. For meeting times and contact information, download the Breakout/Calendar pages on the Needle Arts website listed below.

Contact Jean Storms 408-1515;

jslres@pacbell.net, www.sclhna.com

Website: www.sclhna.com



Neighborhood Watch

“You remember me. I installed/serviced your unit. I had long hair then, but I am the serviceman assigned to maintain your equipment.” He may claim that there will be no charge, be wearing a cap or badge displaying the name of the company, and hand you his card. His goal is to get inside your home.

Door-to-door scammers arrive with good weather. They claim they are from your alarm company, cable company, or to maintain your heating/air conditioning units. A popular scam is to persuade you

that your equipment needs to be upgraded or replaced, and their “one-day special” will save you money.

If you have not called for this service, contact the serviceman’s company to ask if they initiated this visit. Call the police if this serviceman is an impostor. Provide the scammer’s description and, if possible, a car license number.

Make Lincoln Hills a tough place for scamming!

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

Painters

May! It’s finally time for the annual Art and Craft Tour (formerly the Art Studio Tour) on Saturday and Sunday, May 20 and 21. Tour maps will be available at both Lodges. Look for the arrows leading to participants representing a variety of talent: fine art painters, photographers, ceramics, jewelry, needlework, woodwork, and more!



April program, club member Cosette Augustine with her Show and Tell painting; Watercolorist Juan Pena with his demo painting; Juan

Our April program was great, Juan Pena provided a demo in watercolor and a dis-

cussion on a wide range of materials. His relaxed and humorous approach was not only entertaining, but encouraged participation from the members. Thanks Juan!!

This month members will present their interpretation of the May challenge to paint “Shoes.” The entries in the challenge will be presented as a “Shoe Show” at the Spotlight Gallery in the Art League of Lincoln (580 6th St.) for the month of June. Stop by to see the Shoes and check A.L.L.’s current main Show.

Contact: *Joan Musillani 712-4393, joanmusillani@gmail.com Website: http://lhpainters.org/index.html*



Paper Arts

With summer right around the corner, it’s time for our Annual Overstock Inventory Sale and Potluck at the Sports Pavilion. The popular event is set for June 1, from 10:00 AM to 2:00 PM. This is a nice chance for members to sell, or shop for, usable items for their paper crafting and stamp art projects. Who knows? You just might find the suitable stamp or perfect paper you’ve been looking for! It’s also a time to socialize and enjoy lunch together. Don’t forget to bring non-perishable food



Photos from Demo Day—Maureen and Erika using distress inks with stencils; Pam Haines demonstrating Iris folding; Alicia Reidenbach and Carol Smith trying a new technique

items for the Salt Mine. From 12:30 to 1:30 PM, after the members’ lunch, the sale will be open to the public.

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*



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; Doris DeRoss 253-7164, dorisdeross@gmail.com*



Photography

The Photography Club’s April General Meeting featured its first-ever ‘Open Forum’ giving its members the opportunity to



Photo by Jack Ferrante; photo by Becky Davis; photo by Patrick Jewell

help shape the direction of the club. The Board will take action to implement as many of the suggestions as reasonable with participation from membership. Be sure to check out the Photography Club's Simple Pleasures Exhibit. The 'Anything Goes' exhibit was recently replaced with a new theme, "Old Things." This exhibit will be in place for three months. The Club is also reviving an old favorite, 'Year Challenge.' The 'Challenge' over the next year is California Missions. A list of all the Missions in California will be posted on the Exhibit Page of the club's website. The fall 2018 exhibit at Simple Pleasures will be the pictures taken by club members of California Missions over the course of the year.
Contact: Diane Margetts 955-1809, dmargett@yahoo.com
Website: www.lhphotoclub.com



Pickleball

The Pickleball Club's spring calendar has already been a success with many more fun activities to follow. Upcoming events include a June 7 dancing and dinner party with Mexican theme at OC. Also on tap are a July 5 evening ice cream social and Oktoberfest mixer October 4.



President Craig Frasier greets residents attending the "Welcome Saturday introduction program";

Lyman & Robin Olney enjoy the pizza party

The April 19 pizza party was a smash thanks to co-social directors Sally Coates and Barb Peach. Nearly 100 members came out for pizza and pickleball. (Special thanks to Tom Peach for delivering the pizzas!)

During the Club Championship Tournament, players battled the elements and each other in the quest for gold. Despite a rain delay, the event was a success.

The first "Welcome Saturday" to introduce residents to our sport drew three dozen. Another is May 27, 11:00 AM-1:00 PM. No paddles or reservations needed.

Residents can also drop in at the courts on most Wednesdays at 1:00 PM for an introduction.

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



Players

Have you purchased your ticket to the Players' June production of "Love, Loss, and What I Wore"? Tickets are now on sale for June 8,9,10 at 7:00 PM and June 11, at 2:00 PM. Admission is \$13. The venue? P-Hall (KS)—remember there is not a bad seat in the house. Don't miss this humorous, well written play. We have a wonderful cast whose aim is to bring you laughter and fond recollections.



Jeri Chase Ferris, Colleen Layne, Alice Crawford, Merilee Thompson Imamoto, Sharon Lefkov

Did you attend the Players' meeting in April? Productions for the remaining season were discussed, and Betty Gordon provided entertainment for the members attending—kind of a combination of "Improv Theater" and "Name that Tune." She chose the tunes, the person on stage acted out the title of the song, and an audience member guessed the title, then there was the challenge to recite the first line of the song. Good fun and laughter.

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



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:30-8:30 PM and Friday, 1:00-4:30 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, and Fridays—same times.

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

Rally season is in full swing with the RV Group. Twelve rigs attended the Calistoga rally. We had a great club room for shared dinners and game nights, and a lovely covered veranda where we enjoyed nightly campfires. Following club tradition, the Skars hosted a champagne happy hour to celebrate their new rig. We enjoyed wine tasting, several of the local restaurants and some hiking. Several members golfed at the adjacent golf course. We braved some inclement weather by huddling closer to the campfire.

The next rally will be at Jackson Rancheria in May followed by San Juan Batista in June and Lake Almanor in July.

The club meets at 4:30 PM on the second Thursday of each month, 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



Following our club tradition, the Skars host a champagne reception to celebrate their new rig; Enjoying the evening campfire; Some of the golfers

Contact: Marlowe Skar 434-7799
Website: www.lhrvg.com



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

The end of the school year is near. The volunteers are helping teachers finish any last minute projects and everyone is looking forward to summer vacation. This is the time for our leaders to survey volunteers to evaluate and discuss the accomplishments and rewarding experiences. Spring is also the time for volunteers to express interest in the following school year. We always hope for new volunteers as there is a need and



First Street volunteers have coffee

there are many teacher requests. School starts again August 17 and new volunteers will be trained and ready for school in early September. Take a look at our new website: <http://schoolssuncity.org>. You will find information about the program including each school's website, what teachers and volunteers have said about the program, and see photos of volunteers in the classroom.

Call today for further information and questions.

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary) 543-8617, ceelledge@sbcglobal.net; Irma Mendez (High School), jmeidm@aol.com



SCOOP

We had a wonderful presentation at our last meeting by the Wag Hotels on CPR, First Aid and Snake Bites for dogs.

Our next meeting on Tuesday, June 6, at 11:00 AM in the Fine Arts Room (OC), will feature Crystal Pierson of Fashion Fo Paws in downtown Lincoln. Crystal will speak about "Holistic dog nutrition." As a groomer, Crystal observes many health issues that dogs have are a result of the food they eat. Just like us, proper nutrition is very important.

Several of our members are organizing dog walks on the first Tuesday of every month. They start from different locations in our community. An email will be sent to our members prior to the dog walk. Please join us for these very enjoyable walks and get to know other dog owners. Both small and large dogs will be on these walks.

On Wednesday, May 17, from 12:00 to 2:00 PM there will be a "People and Pooches Potluck" at the Sports Pavilion. Details will be sent to our members in an email. SCOOP is involving more of our members who have stepped up to help.

We have a very lively group of dog lovers. So please join us!

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



Scrabble

Did you know,,, Scrabble was invented by Alfred M. Butts in 1931 during

the Great Depression. It went through several versions... called Lexico and Criss Cross Words before becoming "Scrabble" which was first made in a home/factory in the late 1940's and sold to game-maker Selchow and Richter in 1952. It has proven to be one of the most popular word games ever.

Join us on Monday afternoons at 1:00 PM in the Card Room (OC) to play some Scrabble. No reservations are needed, all materials are provided. Come and play one, two, or more games. Newcomers always very welcome!

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



Shanghai

There are a number of exclamations in everyday life: Bingo (Scrabble), Hole in One (Golf), Homer (Baseball) and Shanghai (Shanghai). What is a Shanghai? Join us on Thursdays at 12:30 PM in the Card Room (OC) to find out.

Contact Howard for more information.
Contact: Howard Beaumont 408-0395



Singles

Colorful flowers are blooming all around us single folks. On May 18 at 4:30 PM we will have our Dining Out Event at the Cheesecake Factory in the Galleria Shopping Center. Our monthly Social will be held on May 25 at 5:30 PM at KS. This is when we will have our annual Poker Tournament which draws a large fun crowd.

Moving right along into the month of June as we keep busy, busy. On June 1 at 4:00 PM we have our Cocktail Time at Lucille's in Roseville. On June 4 at 4:00 PM we enjoy our Birthday Celebration in the Sports Bar (OC). Free drink for all singles having a June birthday. On June 8 at 6:00 PM in the Ballroom (OC) we have our monthly Business Meeting headed by our newly elected officers. Our members will also enjoy playing Left/Right/Center games. On June 10 at 9:00 AM we have our Second Saturday Breakfast in the Sports Bar (OC). On June 15 at 4:30 PM is our Dining Out Event (TBD).

With Let's Dance on Mondays, Bocce Ball on Wednesdays, and Golf on Fridays, our calendars are filling up. Join us by be-

coming a member for \$15 a year.

Contact: Kathy Shaddox 209-3307



Ski

An awesome winter ski season finally comes to a close. A beautiful spring evening enhanced our annual end-of-season potluck party, graciously hosted by Bill & Lillie Smith in April. With plenty of snow still at high elevations at the resorts, many club members enjoyed some classic spring skiing.



*Good Times at Potluck Party;
Spring skiing at its finest; Point
'em downhill at Park City*

With the March Park City, Utah ski trip still fresh in our memories, club leaders are taking input from members to determine the timing and location for the 2018 getaway trip.

So now we begin to turn to summer pleasures, but planning for next season's club activities will begin in earnest over the next few months. If you are not currently

on our mailing list, contact us soon to make sure you can be part of those events.

**Contacts: Bill Smith or Mike Hilton 258-2150,
lhskiclub@gmail.com**



Softball

Coyote

Coyote 60s kicked off 2017 season, 5 and 0 in Folsom, winning the tournament. Jim Stapleton's pitching with defense led by George Sylvia, Henry Mutz, Joe Bellah, Pat Sabia—key factors in the Coyote success. Hal Kastner and Bellah chipped in home runs. Leading hitters—Bec Cannistraci, George Sylvia, John Griffin.

Coyote 70s also competed in Folsom Tournament April 1/2 with great success, 5 and 0, and won their tournament bracket—a complete team effort. Every player contributed. A super effort by all players.

Coyote 75s played their first 2017 tournament the first weekend in April in Folsom's Lembi Park. Winning all three games on Saturday the team ended with a 3-2 record. Great pitching—Marvin Savlov and Virgil Dahl, outstanding hitting—Gym Mikaelson, Pete Savoia, Forrest Burkett, Larry Manley, Rich Huskey, terrific defense—outfielders Forrest Burkett, Jerry Lambert, Roger Lopossa, and the entire infield helped secure the wins.

**Contact: Bob Hunter, bluespritzer@yahoo.com
Website: LHSSL.net**



Sports Car

Even though we are still experiencing "April Showers" on the *April Third Thursday Run* we experienced a lot of sunshine. Fifteen cars and 28 members traveled approximately 140 miles through the ranch and farmland of Placer, Sutter, Yuba and Butte counties. The Sutter Buttes were beautiful and the colors for the day were green and blue for the colors of the hillsides and the sky. We passed through Grey Lodge Wildlife Area a 9,200-acre expanse of protected wetlands offering trails, bird watching, fishing & hunting. We lunched at Casa Lupe Restaurant in Gridley and then headed home after an enjoyable day getting out and warming up our cars.

The club is planning a number of Tour and Social Events as the weather continues to improve. If you are not currently a mem-



*Lots of Smiles & Ready to Roll;
Lining Up for April Third Thursday Run*

ber and you own a sports car and want to enjoy your car with other enthusiasts, contact Tom (below).

**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 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**



Tap Company

The Tap Company would like to take the opportunity this month to celebrate the life of a dear friend of ours, Ellie Hoekenga. It has been almost two months since Ellie left us, but she will always be remembered by everyone that knew her. She was a tireless advocate for the performing arts, specifically music & singing.

Ellie was the director of our 2016 Tap Company Show and was scheduled to direct the show this year, but that was not to be. Ellie was involved in so many groups—Players, Vaudeville, Chorus, Tap Company as well as the Lincoln Theater. She was also very active with the choir at her church. She was a wife, mother, grandmother and friend to everyone she met.

Ellie has left this world and moved on to the afterlife and she will be greatly missed by everyone that knew her. Our thoughts and prayers are with her family.

Contacts: Natalie Grossner 209-3804,

Natalie_g@msn.com

Jennifer Lauchner

543-2858, jenniferlauchner@yahoo.com



Tennis

The Men's Doubles Tournament was played Monday April 10.

- 6.0 Winners—Montie Boatwright / Ted Komaki
- 7.0 Winners—Roger Clapp / Rich Vizzusi
- 8.0 Winners—Pat Hamm / Bud West



*The Men's Doubles Tournament
6.0 Winners—
Montie Boatwright/
Ted Komaki;
7.0 Winners—
Roger Clapp/
Rich Vizzusi;
8.0 Winners—
Pat Hamm /
Bud West*

Big thank you to our helpers:

Cathy Garrison, Polly Smith and Pam Geernaert, Jim DeDeo, Miguel Cuevas and Linda Mateer. Also Bob Sanguinet who is ran the Women's Doubles Tournament which was rescheduled to April 26 because of rain.

The Spring LITT (Lincoln Intramural Team Tennis) is in full swing. The Men and Women's Singles are scheduled for

Saturday June 3.

Check out the LHTG website www.sclhtg.com

**Contacts: Pam Flaherty, pamflaherty@gmail.com
Barbara Davis, barb7dick@att.net**



Vaudeville Troupe

We are saddened to announce that one of our own, Ellie Hoekenga has passed away. She was a real trouper for the past several years fighting cancer and never giving up. Unfortunately, she lost her battle last month. We will miss her.

What is the definition of "Vaudeville"? It's a type of entertainment chiefly in the USA in the early 20th century. Vaudeville featured a mixture of specialty acts including burlesque, comedy, and song and dance. We don't have any burlesque for you this July but our auditions are done and we have assembled a great cast with lots of variety to entertain you and a few surprises as well.

Mark your calendar now. Show dates are July 7 & 8 with two shows each day.

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



Veterans

David Allison, an Army military police veteran and former Roseville police captain, will be the featured speaker at the May 18 general membership meeting at 1:00 PM in the P-Hall (KS). He will discuss how his military experience prepared him for helping veterans with post-traumatic stress disorder (PTSD). During David's 30 years of law enforcement, he also experienced and knew officers who suffered from the effects of post-traumatic stress.

As a member of the Mighty Oaks Warrior Program, he has met and counseled veterans returning from Iran and Afghanistan who were suffering from PTSD and experiencing difficulty readjusting to civilian life. After attending the program himself, he decided to get involved and is now helping and participating in the organization's "No Man Rides Alone" fund raising and awareness campaign.

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Water Volleyball

Summer is on the way! Every year the Water Volleyball Club enjoys playing three times at the OC outside lap pool. Mark your calendars for the following three Sundays: June 11, July 9, and August 13—all from 5:30-7:30 PM. Make sure you bring sunscreen, sunglasses, and a cap. It's a blast and certainly refreshing!



Elaine's Aloha; Team Talk; Linda's Set

It was really great to have the William Jessup University Men's Volleyball team play with and against our top level players twice last month. The WJU men learned very quickly that our players may be a tad older but are extremely talented and competitive. Awesome job everyone!

This is a perfect time to sign up and start playing. It's so easy to join. Our new player liaison Rhonda will set up an orientation session, collect \$20, and introduce you to a fun sport. Rhonda's number is (907) 242-3161. See you in the water!

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Woodcarvers

Those of us in the Woodcarvers Club can find many things



Bill Dickinson with an award winning carving. Bill took up carving after



moving to SCLH; Bill's beautiful stylized cat; Another interesting variation of a dolphin

of interest online as it pertains to woodcarving. Projects and features from easy to complex are there. Each carving project can be a learning experience and obviously the more one carves additional experience and knowledge is gained.

This is not much different than learning how to play a musical instrument, drawing or painting. Getting acquainted with various carving woods, type of carving tools, carving styles are all part of the learning process.

Being in a club or organization is beneficial as members have various experiences and can help or suggest and even admire. All of this is what makes the Woodcarvers Club a pleasant way to be with other members and gain knowledge and experience in woodcarving.

The Woodcarvers Club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KS

Contact: Dick Skelton 626-0895



Writers

Do you have a story to tell? Of course you do... we

all have a story. Maybe it's a story about your best friend in the third grade, or your father's service in WWII, or your crazy little brother. It could be a narrative of intrigue on a train, or the bogeyman in the closet after lights-out, or Martians. Many of us feel the call to write down our personal stories, our memoirs, for our children and grandchildren.

Your stories are important whether you are recording the tales your grandmother told you long ago, or that children's book you've been meaning to write, or your surprise-ending short stories, and whether you write essays or novels or poetry. Please join the Writers Group for encouragement and critique on the second, fourth, and fifth Mondays, 6:30 PM, Ceramics Room (OC).

Contacts: Geoff Young,
gwyong01@wavecable.com;
Freddie Dempster, fredeedee@gmail.com;
Susan Gust, srg2266@gmail.com

Some Very Special Volunteers

Bruce Robinson, SCLH Homeowner since 2010

Every spring since 2009, Lincoln Hills has been served by some very special volunteers—some 1,350 sheep, goats and their guard dogs rove



the open spaces that wind throughout our community.

When my wife Barbara and I first moved here in 2010, we were absolutely enchanted. There was something very soothing about just strolling

along the concrete trails to visit these peaceful neighbors.

We were always fascinated too by the varied colors and voices of these gentle creatures, ever calling out to each other. "What is it they're saying?" we would ask.

Whenever our grandchildren visited, they always loved to watch the little lambs playfully gamboling or desperately bleating for their mothers, or just staring back at us.

These babies were absolutely fearless, and they had good reason, for they were closely guarded by



strong and handsome sheep dogs, ever wary of strangers yet always patient with their flock.



Besides the peace and joy these "volunteers" bring to our community, they also serve a very practical purpose. As Lincoln Fire Chief Dave Whit has explained, "The good thing about goats is when they clear it, they digest it." That means no mowing or debris removal and zero wildfires.



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CLASS DATES AND TIMES

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Monday June 5, 12, 19 and 26
Tuesday May 30 & June 6, 13, 20



Bulletin Board

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

AARP

Once again, the city of Lincoln AARP Tax-Aide program thanks you very much for your continued support this past season! With your help, our organization was able to prepare and e-file 2016 federal and state returns for approximately 639 taxpayers. Our volunteers also assisted an additional 32 clients in answering their questions. This year our totally volunteer organization consisted of 17 counselors, four greeters, and 10 schedulers. We sincerely appreciate your willingness to work with our group for the benefit of Lincoln. We will again solicit your help for next year.

Big History

Lifelong learning for the sheer joy of it! A modern history and science narrative of humanity and how we got to today and what may be coming in the future. We start with the Big Bang and explore 13.8 billion years of events that provide a context for many subjects. The next meeting is Saturday, May 27. Contact Ranny Eckstrom, ranny44@yahoo.com or 708-0165; Joan Podesto, joanpodesto@hotmail.com or 409-2208; or Piper Fein, Piperfein28@gmail.com or (925) 645-7012.

Glaucoma Support Group

Dr. Jacob Brubaker, an Associate from Sacramento Eye Consultants, will be the guest speaker at the June meeting of the Glaucoma Support Group. Dr. Brubaker will be sharing new information about the various options available for the diagnosis and treatment of Glaucoma. Please join us on June 14 at 4:00 PM in the Multipurpose Room (OC) (note room change). More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

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.

- Tuesday, May 23 • 2:00 PM C.R. Abrams Revocable Trust Solarium (OC)
- Friday, June 8 • 10:00 AM Nautilus Society Oaks Room (OC)
- Tuesday, June 13 • 9:30 AM Bangerter Financial Solarium (OC)

LH Italian Club (LHIC)

Our BBQ/Bocce Event is on May 21; hurry! This year's Annual Membership Appreciation event will be held on June 9 at the Sports Pavilion. Mingle with old friends, and enjoy some *free* ice cream, with toppings! Our July 9 event will be our Inaugural Dinner/Dance at Catta Verdera. Meet the newly-installed Board of Director members, and say goodbye to those Directors who are leaving. If you are of Italian heritage, and might be interested in any of our activities, check the Club's website at www.lhitalianclub.org for more information.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group meets at the Lincoln Library on Twelve Bridges on the third Thursday of each month. Caregivers gather to discuss issues and resources regarding caring for another loved one or friend. We meet from 9:00-10:30 AM. You must come in through the back door employees' entrance. More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club meets Tuesday, May 16, at KS. Doors open at 6:30 PM. A brief business meeting begins at 6:45 PM. Our speaker is Dana Nuccitelli. He is an environmental scientist with degrees in astrophysics and physics from UC Berkeley and UC Davis, an author and award-winning climate blogger for *The Guardian*. He's also a member of the Sacramento chapter of Citizens' Climate Lobby. Our focus will be on Climate Change—Global Warming. See our recently updated club website at www.democraticclublincolnca.org for further information or email Al Witten c/o lincolndems@gmail.com.

Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group has enjoyed an eventful and educational year to date. After the June 6 Luncheon, we'll be on Summer Break until September 5. For June Luncheon details, contact Jeri Di Fiore, 408-7565 (leave a message.) Info regarding MS: Marilyn Sharp, 837-4464.

Lincoln Parkinson's Group

The Lincoln Parkinson's Group is privileged to have Debbie Eernisse speak to us about Parkinson's, Falling and Exercise. Debbie, owner of FitDeb, comes from Davis to present to us so I would appreciate a good attendance for her. We meet at the Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. We are there from 10:00-11:30 AM on the third Tuesday of each month and that will be May 16 next month. Anyone either caregiving or with Parkinson's is welcome to attend. More info: Brenda Cathey, 253-7537.

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, 916-408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

Shalom Social Group members come from all over the country and represent a wide variety of interests. Our emphasis is on Jewish culture, history and, of course, food—but we have a variety of interests and activities. We had a very successful and delicious Passover Seder. We had

Continued on page 46



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Continued from page 43

an afternoon bowling session and an evening at the harness races. Our regular membership meeting will be at the end of the month. Come visit some of our activities. We always welcome new members. More info: Membership Chair

Vida Morrison, 984-1043.

Shooting Group

Weather permitting we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln.

Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. More info about shotgun shooting sports: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the

~ Community Perks ~

KS Classic Movies on Saturday: Enchanted

Saturday, May 20 — Free

1:30 PM, P-Hall (KS). Rated PG, 107 minutes. Romance/Comedy/Family. Starring Amy Adams, Patrick Dempsey, James Marsden, Idina Menzel. A young maiden in a land called Andalasia, who is prepared to be wed, is sent away to New York City by an evil queen, where she falls in love with a divorce lawyer.



Coffee with the Mayor

Thursday, May 25 — Free

8:00 AM, Community Living Room (KS). Please join Peter Gilbert, SCLH resident and mayor for the city of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. Peter will have Placer County Supervisor Robert Weygandt join him this month. Supervisor Weygandt's commitment remains the same today as it was the first day he took office in 1995: to maximize the value of county services and provide the leadership needed to help guide one of the fastest-growing counties in California.



Market on May 24 with lots of fun activities! Get your bodies going early in the morning with a free Zumba class and a Line Dance demonstration led by professional instructors. Our Guitar for Fun class students and instructor will be there to entertain you with their music.



Check out our Activities Workshop Booth with project samples and an art demo from our Sip & Paint class instructor Unni Stevens. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Weather permitting; the Farmers Market will be **open every Wednesday until November** at the Fitness Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.

Annual Flower Show

Thursday and Friday, May 25 & 26 — Free

2:00 PM Thursday through 4:00 PM Friday. KS Lobby. Featuring flowers that grow in Lincoln Hills.



Annual Arts and Craft Tour

Saturday and Sunday, May 20-21 — Free

11:00 AM-4:00 PM. Dozens of artists throughout SCLH will exhibit and sell their work from their homes to the public. Wonderful handmade crafts and fine art in various media—fine art painting, ceramics, jewelry, photography, glass, fiber art, turned wood, watercolors and more will be for sale. Starting in May, free Tour Maps may be picked up from both Lodges. Maps will also be available from all artist studios during actual tour hours. Tour presented by the Painters Club.



Converting Thirsty Lawns to Beautiful Beds

Saturday, May 27 — Free

9:30 AM-12:30 PM, KS. In cooperation with the city of Lincoln, we will be hosting a **free** three-hour workshop for home gardeners. This workshop will be led by working landscape professionals from EcoLandscape California, who will provide detailed demonstrations of various topics. Residents will learn:

- a variety of methods to effectively remove turf (lawn);
- how to plan an efficient irrigation system;
- how to convert traditional sprinklers to low-volume drip irrigation;



Lincoln Hills Certified Farmers Market Opening Day

Wednesday, May 24 — Free

Join the community as we kick off our weekly Farmers

Lincoln Rifle Club at 150 Lincoln Blvd. Info about rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net. Come out and have fun!

Sons in Retirement (SIR)

Sons In Retirement Branch 13 (Lincoln/

Roseville) will hold its monthly luncheons on Tuesday, May 16 and Tuesday, June 20 (the third Tuesday monthly) at the Catta Verdera Country Club. If you are interested in joining SIR or attending a luncheon as a guest, please contact Chet Winton (408-8708). Arrive at

11:30 AM; adjournment at 1:30 PM. May luncheon includes spouses and significant others in honor of Mother's Day. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men.

- how to improve soil health for healthier plants by using compost and mulch; and
- how to select, group, and space climate-appropriate plants for a beautiful sustainable landscape.

Attendees will also learn about online and in-person resources for more information on sustainable landscapes. Registration is required. More info: www.ecolandscapes.org or 434-2450.

Pure Imagination Gallery Show

Wednesday, May 31-Tuesday, June 1 — Free

Artists Reception, Saturday, June 3 — Free

The Art League of Lincoln is presenting an exhibition of original artwork created from Recycled, Rescued, and Found Objects that are repurposed and reimaged into two or three dimensional art. May 31-June 1. Gallery is open Wednesdays, Fridays, Saturdays, 11:00 AM-3:00 PM and Thursdays, 4:00 -8:00 PM. Artists Reception— Open to the Public—Saturday, June 3, 5:00-6:30 PM. Refreshments served.



Annual Overstock Inventory Sale

Thursday, June 1 — Free

12:30-1:30 PM, Sports Pavilion. Paper Arts Group members will be selling their excess paper crafting supplies. They will also hold a food drive to benefit the Salt Mine.



Two Showings! KS at the Movies: Hidden Figures

Saturday, June 3—6:00 PM — Free

Monday, June 5—1:30 PM — Free

P-Hall (KS). Rated PG for some language, 127 minutes, Drama/Biography/History. Starring Taraji P. Henson, Octavia Spencer, Jenelle Monae, Kevin Costner and Jim Parsons. The story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program.



Document Destruction

Monday, June 5

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 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!



KS Classic Movies on Saturday: Strangers on a Train

Saturday, June 17 — Free

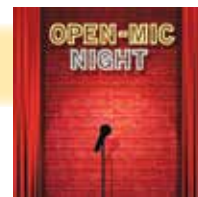
1:30 PM, P-Hall (KS). Rated PG, 101 minutes, Crime/Film-Noir/Thriller. Starring Farley Granger, Robert Walker, Ruth Roman, Leo G. Carroll, and Patricia Hitchcock. A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder—a theory that he plans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



In Memoriam

Beverly Aileen Arnautou

A 13-year resident here, Beverly grew up in San Francisco and graduated from Presentation High School. She received her Nursing degrees and training at UCSF and St. Mary's College of Nursing. Beverly was a Public Health Nurse in San Francisco. Married to Philip for 56 years, she had four children and three grandchildren. Active at St. Joseph's Church she also enjoyed golfing, the Garden Club and her real passion, Quilting. She is especially missed by her husband and family.

Adrienne Olsen Blackhart

Born and raised in San Jose, California, Adrienne graduated from San Jose State and became a teacher in San Jose, Newark, and Fremont. She was also a Principal. Her career spanned 47 years! In retirement she moved here and absolutely loved all the activities, taking many bus trips. She also painted and enjoyed hiking. She is survived by one son.

Robert Kelly

"Kelly" grew up in Detroit, Michigan, then became a union electrician

moving to Sunnyvale, California. After retiring, he moved to his dream retirement community! First he joined the Sun Eagles Softball team and then discovered Pickleball. He was one of the first pickleball players here. Kelly was known for his sense of humor and his reputation as the "go-to" guy who helped anyone who needed something fixed or done. He was generous with his time. He will be missed by his two sons, five grandchildren, five surviving siblings and all who knew him and loved him.

Marilyn M. Manthey-Nutton

Marilyn was born in Minneapolis, Minnesota along with her twin, Carolyn. She successfully sold real estate in two states over a 30 year period. She was the first female pharmaceutical representative in Ventura County, California. Her greatest joys were playing bridge, dancing, keeping a beautiful home, making friends and finding great garage sale bargains. Marilyn was preceded in death by her husband, William and sister, Wanda. Besides her twin sister, she is survived by two sons, two grandsons and many friends.

Ethel M. Roten

Growing up in Burbank, California,

Ethel worked for Lockheed Aircraft Corp. while her husband, Al was in the Air Force in Okinawa. Following that time, they moved to Saratoga and Ethel had a career as a super housewife, and earned the title of Subsistence Specialist! Married to Al for over 65 years they had three sons, four grandchildren and 12 great-grandchildren. Ethel loved to sing in her Church Choir and then with the Lincoln Hills Singers. For 20 years they enjoyed traveling in their motorhomes. Sadly, Ethel had a more than 10 year journey with Alzheimer's Disease. She is dearly missed by Al, her family and many friends.

James H. Schreckenghaust

Born in Palo Alto, California, James served in the U.S. Army for four years. He married and had five children and had a long and distinguished career at Lockheed Martin. After his wife died, he met and married Patricia Daly. They moved here in 2012 where James enjoyed reading, hiking and travel. He especially loved the many trips they took to the ocean. He leaves his wife of 12 years, Patricia, three children and one granddaughter.

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



We want to bid adieu to our wonderful volunteers, Jerry & Glynn Widdows. Jerry and Glynn have been volunteering at Kilaga Springs Library since its inception 12 years ago. Everyone will miss their smiling faces and the devotion of this couple. We

wish you a happy future in your new home with family.

If you are a veteran, please look on the ledge of the sofa at KS. The Veterans' Resource Book is free for the taking and lists many topics you will find beneficial. We also have pamphlets from various organizations and groups. Lots of information on various topics.

Edward Rutherford does it again. His outstanding book *Paris* follows the

history and lives of six families. Rutherford's writing is like James Michener's, and if you are a history buff, you will enjoy his book. Be aware that this hardbound novel is a large book—over 800 pages.

Contacts: Sandy Melnick, 408-1035, for donations, Pam Combes, (530) 613-4185, for investment materials, and Nina Mazzo, 408-7620, for the Community Living Room (OC).

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MAKING SENSE OF INVESTING

The biggest event of the year is about to unfold! 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.

Buy our series package with tickets to all nine concerts and receive \$20 off the full package price, plus a commemorative cup that will give you drink discounts from the Amphitheater bars. **Sale of SACS packages continue to be available until May 31.** Please read Amphitheater Guidelines on the next page for an enhanced experience. See ticket price for individual shows below.

Summer Concert Series Package — 5017-4P — \$168



Rock Baby Rock: A 50s & 60s Rock & Roll Concert with Lance Lipinsky & the Lovers

Friday, June 2 — 5017-4A

Starring the original Chicago cast member Lance Lipinsky of the Tony award winning *Million Dollar Quartet*, the concert celebrates the 1950s & 60s birth of the rock & roll era of Buddy Holly, Jerry Lee Lewis, Chuck Berry & more! Preserving the original authentic sound of the era, combined with high energy showmanship, Lance explores the melting pot of styles that created pop music's most innovative sounds. With Jerry Lee Lewis piano rhythms and Presley inspired swagger in his own persona, Lance and his band, *The Lovers*, create show-stopping live entertainment that will have the audience on their feet! Lance was recently featured in the new HBO series "Vinyl" directed by Mick Jagger and Martin Scorsese. General admission \$23.



Legendary Country Music Star

Lacy J. Dalton and the Dalton Gang in Concert

Friday, June 16 — 5017-4B

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.



Abbadabra

The Ultimate ABBA Tribute

Friday, June 30 — 5017-4C

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 — 5017-4D

Called the world's most authentic tribute to the Rolling Stones, Mick Adams & The Stones has been selected and performed for AXS TV's 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 — 5017-4E

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 — 5017-4F

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.



Catch A Wave, The Beach Boys Show

Friday, September 8 — 5017-4H

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 re-creation 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.



Top Shelf's Motown Magic Musical Revue

Friday, August 25 — 5017-4G

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.

The Elvis Songbook

with Jim Anderson & The Rebels

Friday, September 22 — 5017-4I

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

Entertainment

—Club Performance—

The Lincoln Hills Players Club presents “Love, Loss and What I Wore”

Thursday, June 8

7:00 PM show — 5508-04A

Friday, June 9

7:00 PM show — 5508-04B

Saturday, June 10

7:00 PM show — 5508-04C

Sunday, June 11

2:00 PM show — 5508-04D



Love, Loss, and What I Wore

The Lincoln Hills Players return to kick off your summer with the funny and engaging “Love, Loss and What I Wore,” written by Nora and Delia Ephron. Their award-winning play will delightfully entertain you in a performance that poignantly links life, love, clothes closets, high heels, purses, and more! Five actresses portray the often hilarious tribulations and family dynamics of simply getting through life (and men) amidst overwhelming challenges. Don't worry, guys, you're gonna love it – yes, even battles of the bra and misbehaving prom dresses—when you realize that, “Come to think of it, I *do* only have just 20% of our closet space!” The show returns to its sellout Kilaga Springs venue of last summer's “Play It Again, Sam,” where every seat guarantees that intimate feeling of being drawn into the unfolding drama. Seats are limited and will sell fast! P-Hall (KS). **Reserved Seating, \$13.**

The Golden Review Vaudeville Variety Show

Friday, July 7

2:00 PM Show — 5507-05A

6:00 PM Show — 5507-05B

Saturday, July 8

2:00 PM Show — 5507-05C

6:00 PM Show — 5507-05D



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 Show — 5521-05A

8:00 PM Show — 5521-05B



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.**



—Community Event—

Lincoln Hills' Certified Farmers Market Opening Day

Wednesday, May 24 - Free

Join the community as we kick off our weekly Farmers Market on May 24 with lots of fun activities! Get your bodies going early in the morning with a free Zumba WellFit class and a Line Dance demonstration from Activities instructor, Sandy Gardetto. Our Guitar for Fun class students and instructor Darell Effinger will be there to entertain you with their music. Check out our Activities Booth with project samples and an art demo from our Sip & Paint instructor Unni Stevens. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Weather permitting; the Farmers Market will be open every Wednesday until November at the Orchard Creek Parking Lot from 8:00 AM to noon. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



—Concerts—

Dixieland Jazz Concert

The Sacramento Youth Band “River City Swingers”

Thursday, May 18 — 5518-03



River City Swingers will take you back in time to the roaring 20's and beyond with their take on New Orleans Jazz. Our two combos, Sactown Stompers and Tower Bridge Trad will wow you with their musicianship, stage pres-

Continued on page 54

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

ence, and age. Each group is made up of middle and high school students, but don't let their age fool you! Close your eyes and listen to songs like "Struttin' with Some BBQ," "Everybody Loves My Baby," "St. Louis Blues," "Five Foot Two," "Charleston," "Do You Know What It Means to Miss New Orleans," and many more! You will feel like you are sitting at a club in the French Quarter or walking down Bourbon Street! Concert 7:00 PM. P-Hall (KS). **Reserved Seating, \$15.**



Cornet Chop Suey
Thursday, May 25 — 5525-03



The Cornet Chop Suey Jazz Band has enjoyed a meteoric rise in popularity since its arrival on the jazz scene in 2001. The band's unique front line with Brian Casserly on trumpet, Tom Tucker on cornet, Jerry Epperson on reeds and Brett Stamps on trombone is driven by a powerful rhythm section consisting of Paul Reid on piano, Jay Hungerford on bass and John Gillick on drums. Best known for a wide variety of styles, Cornet Chop Suey applies its own exciting style to traditional jazz, swing, blues and "big production" numbers. Every performance by Cornet Chop Suey is a high-energy presentation and is always a memorable experience for the audience. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22. General admission, \$19.**



Summer Concert Series
Rock Baby Rock: A 50s & 60s Rock & Roll Concert
with Lance Lipinsky & The Lovers
Friday, June 2 — 5017-4A

Starring original Chicago cast member Lance Lipinsky of the Tony award winning *Million Dollar Quartet*, the concert celebrates the 1950s & 60s birth of the rock & roll era of Buddy Holly, Jerry Lee Lewis, Chuck Berry & more! Preserving the original authentic sound of the era, combined with high energy showmanship, Lance explores the melting pot of styles that created pop music's most innovative sounds. With Jerry Lee Lewis piano rhythms and Presley inspired swagger in his own persona, Lance and his band, *The Lovers*, create show-stopping live entertainment that will have the audience on their feet! Lance was recently featured in the new HBO series "Vinyl" directed by Mick Jagger and Martin Scorsese. General admission \$23.



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Summer Concert Series
Abbacadabra
The Ultimate ABBA Tribute
Friday, June 30 — 5017-4C

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Roseville Community Concert Band
Happy Birthday USA!
Tuesday, July 4 — 5504-05

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



Continued on page 57

Shari McGrail

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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 — 5017-4D

Called the world's most authentic tribute to the Rolling Stones, Mick Adams & The Stones has been selected and performed for AXS TV's 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 — 5017-4E

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.



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Off to the Races—Golden Gate Fields
Thursday, June 15 — 170017-04

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or dress pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: complimentary racing program, admission, sumptuous buffet lunch served from 11:30 AM-3:00 PM. Leave OC at 10:00 AM, return ~ 7:00 PM. \$81.



Reno Silver Legacy
Thursday, June 22 — 170817-04

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 — 170717-05

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.



—Museum—

Art, Fashion, and Rock & Roll: What's Not to Love?
de Young Museum, San Francisco
Wednesday, August 16 — 176717-05

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:*



Continued on page 58

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—

A Night with Janis Joplin— Geary Theater, San Francisco Wednesday, June 21 — 183017-04

Like a comet that burns far too brightly to last, Janis Joplin exploded onto the music scene in 1967 and, almost overnight, became the queen of rock 'n' roll. The unmistakable voice, laced with raw emotion and Southern Comfort, made her a must-see headliner from Monterey to Woodstock. Share an afternoon with the woman and her influences in the hit Broadway musical, *A Night with Janis Joplin*. Fueled by such unforgettable songs as “Me and Bobby McGee,” “Piece of My Heart,” “Mercedes Benz,” “Cry Baby,” and “Summertime,” a remarkable cast, and breakout performances, *A Night with Janis Joplin* is a musical journey celebrating Janis and her biggest musical influences—icons like Aretha Franklin, Etta James, Odetta, Nina Simone, and Bessie Smith, who inspired one of rock 'n' roll's greatest legends. This is the perfect way to celebrate the 50th Anniversary of San Francisco's Summer of Love. Matinee performance, dinner on your own in Union Square after the show. Bring your own lunch to eat en route to the theater. Mezzanine seating, theater has elevators. Leave OC 10:45 AM, return ~ 9:45 PM. \$98.




Cooking with the Calamari Sisters! 24th Street Theater, Sacramento Thursday, July 6 — 181217-04

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.



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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Roman Holiday
Golden Gate Theater, San Francisco
Saturday, June 10 — 180417-02

A runaway princess. A dashing reporter. A Roman holiday neither one will ever forget. Based on the classic Academy Award-winning film and featuring such unforgettable Cole Porter songs as “Night and Day,” “Ev’ry Time We Say Goodbye,” and “Easy to Love,” Roman Holiday comes to San Francisco in the pre-Broadway premiere of the musical sure to steal your heart. In the midst of a whirlwind tour of European capitals, a young princess yearns to experience life—to explore the world beyond diplomatic dinners and Royal balls. Enter an American reporter, who almost overnight goes from covering the royal family to covering up her great escape. And in the span of 24 unforgettable hours, they discover the magic of Rome, the promise of love, and a secret they will share forever. 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. \$129.



The Curious Incident of the Dog in the Night-Time
Golden Gate Theater, San Francisco
Saturday, July 22 — 180817-03

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.



André Rieu at Golden One Center
Wednesday, October 25 — 184217-5A/5B

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. We’ve chosen three exciting shows that we believe will be of interest to you. These Broadway musicals are performed in a “Theatre in the Round” at the air-conditioned Wells Fargo Pavilion in Sacramento. All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Leave OC at 6:15 PM, return ~ 11:00 PM. \$98 each show.



On The Town

Wednesday, July 12 — 181817-3A

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 — 181817-3B

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 — 181817-3C

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. Speakers listed below.

\$639 Platinum Seating — 185517-05

\$573 Gold Seating — 185617-05

\$440 Silver Seating — 185717-05

\$339 Bronze Seating — 185817-05



Read about this season's phenomenal speakers:

- **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 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 — 182017-05

Beautiful—The Carole King Musical tells the Tony® and
Continued on page 64





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Something Rotten!

Tuesday, January 2, 2018 — 182117-05

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 — 182217-05

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 — 182317-05

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.

An American in Paris

Tuesday, May 22, 2018 — 182417-05

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 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season! \$95.



—Sports—

River Cats vs. Fresno Grizzlies

Thursday, June 8 — 186517-04

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Senate Box seating. Depart OC at 5:45 PM, ~ return 11:30 PM. \$49.



San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room with extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on third base side where seats are located.) Portions of club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium will be with your receipt.* Seats located in Club Section 230. All games depart OC 8:45 AM, return ~ 8:00 PM. There will be a rest stop on the way home. All game start times are 12:45 PM. See individual games below for price.



Continued on page 67

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- **Giants vs. Kansas City Royals**
Wednesday, June 14 — 186017-1C
\$154.
- **Giants vs. Cleveland Indians**
Wednesday, July 19 — 186017-1D
\$154.
- **Giants vs. World Series Champion Chicago Cubs**
Wednesday, August 9 — 186017-1E
\$192.

—Tours/Leisure—

San Francisco for the Day

Tuesday, June 27 — 179917-04

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 — 187517-05

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.



popular rafting adventure in the Western US on its 20-mile course through California's historic Gold Country. Located in California's El Dorado County, the American River flows through a beautiful gorge in a wilderness setting. No experience is necessary to enjoy the adventure of rafting on the world-class American River. If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey 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. **Deadline to meet minimum count is Friday, June 9.**



Strauss Festival—Elk Grove Regional Park

Sunday, July 30 — 171717-05

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.

*Strauss Festival
of Elk Grove*



South Fork American River Rapids Rafting

Tuesday, July 11 — 189017-04

The South Fork of the American River has become the most

USS Potomac—Bridges of the Bay Cruise

Thursday, August 3 — 194517-04

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

Continued on page 69



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Filipino Pistahan Festival Yerba Buena Gardens, San Francisco Sunday, August 13 — 188217-05

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.



—Overnight/Extended Travel—

Two Night Stay!

Native American and Old West Tour Sunday, July 23-Tuesday, July 25 — 197217-04

Join Katrina, your Trip Coordinator, to learn about Native American 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.

Overnight! Revvin' it up in Reno Hot August Nights

Wednesday, August 9 to Thursday, August 10 — 196017-05

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.



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Sold Out Trips

Trip • Date • Departure Time

- **SF Giants vs. LA Dodgers**
Wednesday, May 17 • 8:45 AM — 186017-1B
- **California Academy of Sciences**
Monday, May 22 • 8:30 AM — 178017-03
- **Phantom of the Opera**
Tuesday, May 23 • 6:45 PM — 1793-06E & EE

- **Cache Creek Casino**
Wednesday, May 31 • 9:30 AM — 170917-03
- **Hamilton**
Wednesday, June 7 • 10:45 AM — 180017-01
- **Sequoia and Kings Canyon National Parks**
Sunday, June 11 • 9:00 AM — 196217-03

Activities Department Classes



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 Barry Jamison and LH Students Opens Friday, May 19

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 Barry Jamison and community art students. Focus is on Pastels and Oils. Pieces will remain on display until July 20 and can be viewed anytime an art class is in session.



—Drawing—

Beginner Drawing

Thursdays, June 1-29 — 132217-05

6:00-8:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at 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, June 13 & 27 — 143117-05

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, June 7-28

9:00-11:30 AM Class — 113117-05

Or 1:30-4:00 PM Class — 113217-05

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions)
Continued on page 72

sions). 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.



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

**Painting Pastels or Oils with Barry
Mondays, June 5-26 — 105117-05**

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. About the Instructor: Barry is an award-winning artist, 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.



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

**Sip and Paint "Sailing"
Friday, May 26 — 122117-04
Or "Hummingbirds"
Friday, June 23 — 122217-05**

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. Watch Unni perform an art demonstration during the Farmers Market Opening on May 24.



—Watercolor—

**Beginning Watercolor Painting
Thursdays, June 1-29 — 131117-05**

1:00-4:00 PM (OC). \$75 (five 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, June 6-27 — 212117-05**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.



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

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Advanced Ceramics**Tuesdays, June 6-27 — 212217-05**

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

**Crafts****—Card Making—**

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

—Craft Corner—**Make and Take Wood Signs****Tuesday, June 20 — 302017-05**

9:00-11:00 AM (KS). \$26. Instructor: Jennifer Forsyth. If you've been looking for a sign, this is the class for you! Each participant will create a 4"x 24" wood sign using vinyl lettering and acrylic paint. No special artistic talent required! This is a quick, fun and easy way to explore a unique art medium. Participants will choose their sign phrase and paint color at the class. 50+ different phrases and different colors to choose from! Jennifer Forsyth, The Sign Gal, will provide all of the necessary materials at the class along with easy instruction to complete your sign. Start off the hot Summer season with a cool sign Questions? Contact Jennifer @ 707-372-2519.

**—Cooking—****Cooking with Chef Ian—Summer Essentials: BBQ, Fruits and More****Tuesday, June 20 — 322117-05**

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, June 1-29 — 420117-05**

6:30-7:30 PM (KS). \$40 (five 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, June 6-27 — 332117-05**

10:00-11:00 AM (KS). \$21 (three sessions; no class June 20). 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, June 6-27 — 332217-05**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. 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, June 6-27 — 332317-05**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. 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, June 5-26 — 344217-05

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, June 5-26 — 344417-05

6:00-7:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed 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. New dances for the month to be determined.

Country Line Dancing

Fridays, June 2-30 — 346117-05

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

"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, June 1-29 — 353517-05

5:00-6:30 PM, (OC). \$60 (five sessions).
Instructor: Dolly Schumacher.

Dance for Life Intermediate

Fridays, June 2-30 — 354717-05

2:15-3:45 PM OC. \$60 (five sessions).
Instructor: Dolly Schumacher.

—Hula—

Hula Basics

Thursdays, June 1-29 — 390117-05

12:00-1:00 PM (KS). \$40 (five 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, June 1-29 — 390217-05

1:00-2:15 PM (KS). \$50 (five 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, June 15-29 — 353017-05

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, June 13-27 — 353117-05

1:00-2:00 PM (KS). \$24 (three sessions). Instructor: Melanie Greenwood. Not open to new students. At this time this class

Continued on page 79

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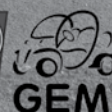


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is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.
Vacation drop-in: JAZZ2 — \$13 per session.

—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.

Line Dance I—Beginner

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, June 5-26 — 370117-05**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, June 1-29 — 360117-05**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Tuesdays, June 6-27 — 380117-05**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto



Line Dance II—High Beginner/Improver Class

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, June 5-26 — 360217-05**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish
- **Wednesdays, June 7-28 — 380217-05**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto
- **Thursdays, June 1-29 — 370417-05**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck

Easy Intermediate Class

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, June 7-28 — 380317-05**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

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, June 1-29 — 360317-05**
3:30-4:30 PM (KS). \$30 (five 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

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



Continued on page 81



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New Schedule Added!

Tap Choreography Fun Class I & II

Class open to new students. Learn a routine just for fun! This class is designed to teach tap dancers how to learn and retain choreography. Have fun bonding with teammates as you work through the challenges of learning a routine. This class is ideal for people who love the challenge of learning a routine but do not want to perform on stage. Class will run in segments of 10 to 12 weeks, depending on the routine, with a fresh start every new segment. Open to all skill levels.

Thursdays, June 1-29 — 410617-05

10:00 -11:00 AM (KS). \$40 (five sessions).

Instructor: Alyson Meador

Mondays, June 5-26 — 410417-05

11:00 AM-12:00 PM (KS). \$32 (four sessions).

Instructor: Alyson Meador.

Technique Classes

• **Mondays, June 5-26 — 410517-05**

10:00-11:00 AM (KS). \$32 (four sessions).

• **Tuesdays, June 6-27 — 410217-05**

10:00-11:00 AM (KS). \$32 (four sessions).

• **Thursdays, June 1-29 — 410817-05**

11:00 AM-12:00 PM. (KS) \$40 (five sessions).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, June 5 — GLASS

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

Fused Glass Jewelry

Monday, June 19 — 495117-05

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. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. 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 to five pieces of jewelry.



Stained Glass

Mondays, June 5-26 — 494117-05

1:00-4:00 PM (KS). \$44 (three sessions; no class June 12). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. About the Instructor: Jim Fernandez has 27 years of stained glass experience.



Money Matters

Money Matters classes are now listed in the WellFit section, see page 90. 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, June 7-28 — 535117-05

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, June 5-26 — 535717-05

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B — Entry to Intermediate Level

Wednesdays, June 7-28 — 535217-05

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students.

Continued on page 82

Prerequisite: Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3 — Intermediate
Thursdays, June 1-29 — 535317-05

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.



Guitar 4 — Advanced
Thursdays, June 1-29 — 535417-05

10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101
Beginner Class

Tuesdays, June 6-27 — 536217-05
 1:00-2:00 PM (KS). \$35 (four 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, June 6-27 — 536317-05

2:00-3:00 PM (KS). \$35 (four 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, June 2-30 — 537217-05

10:30 AM-12:30 PM (KS). \$55 (five 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 — 481017-05

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.



Additional Personal Improvement classes are listed on page 90.

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Sewing

—Certification—

Bernina Serger Certification

Monday, June 12 — 591117-05

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

Bernina Sewing Machine Certification

Monday, June 12 — 592117-05

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



Janome Sewing Machine Certification

Monday, June 12 — 593117-05

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

—Quilting—

Finishing Your Quilt

Fridays, May 19 & June 2 — 596617-03

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Betty Kisbey. **Prerequisite: Must have taken a beginning quilting class and have a quilt top that is not larger than 50" x 50".** You have made a quilt top so let's put it all together and get the quilting and binding done so you have a finished quilt. Bring a small quilt top (not larger than 50"x50") that is ready to be quilted, batting, backing, and binding material to class and learn how to do basic machine quilting and binding. Discussion will be on preparation of quilt top for quilting, measuring for the backing and batting, types of batting, basic machine quilting techniques, and the procedure for binding the quilt. The student will be expected to complete some of the various activities as homework.

Mystery Quilting Class II

Fridays June 9 & 16 — 596217-05

1:00-4:00 PM (OC). \$35 (two sessions) plus \$10 pattern fee payable to instructor. Instructor: Betty Kisbey. Join in on the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Please select your fabric and complete the pre-cutting requirements before class. Be sure to get supply list and



the precutting instruction when you register.

Technology

—PC—

Backing Up Your PC

Wednesday, May 17 — 292117-04

9:30 AM -12:00 PM (OC). \$35. Instructor: Rita Wronkiewicz. Do you have irreplaceable data (e.g., financial data, photos, important documents, music, etc.) on your PC? Are you backing it up regularly? Did you confirm that your backups correctly saved your data? If you do have data that is important to you and you answer "no" to the other questions, then this is the course for you. This class will review the backup options built into Windows 7 and 10 - showing you how to set it up correctly and confirm that it's working. It will also explore two Cloud options that are available: One Drive and Google Drive. Bring flash drive or backup drive if available.



Organizing Your Windows Information Files & Folders

Friday, May 19 — 283117-04

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$20. **Prerequisite:** Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!



Windows 10 Basics

Tuesday & Wednesday, June 13 & 14 — 295117-05

9:30 AM-12:00 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. If you are new to Windows 10 or you just don't feel you've mastered the basics, this class will give you the confidence to use it more effectively and even appreciate its new format and features. Windows 10 is so customizable that Rita can even show you how to set your system up so it is more like the Windows 7 system you knew and loved! Bring your Win 10 device with you if it portable. Handout reinforces class work. Questions? Call Rita at 543-6962.

YouTube

Thursday, June 15 — 286317-05

9:30 AM-12:00 PM (OC). \$20. Instructor: Bob Ringo. Google-

Continued on page 86



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your iPhone? Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possessions? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.

—Social Media—

Facebook 101
Saturdays, June 10 & 24 — 272117-05

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. 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.



—Smart Phones and Tablets/Mac—

iPhone Basics Workshop
Wednesday, June 14 — 262217-05

9:00 AM -12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone 7, or iPhone 7 Plus; and you must be on iOS 10.3.1 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of



WellFit Classes

WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers Starting May 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Wednesday, May 17 — 700100-OA**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, May 24 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, June 7 — 700100-O3**
2:00-3:00 PM, Fitness Floor (OC)
- **Friday, June 23 — 700100-O4**
11:00-12:00 PM, Fitness Floor (OC)
- **Wednesday, May 17 — 700100-K2**
2:00-3:00 PM, Fitness Floor (KS)

- **Wednesday, June 21 — 700100-K3**
1:00-2:00 PM, Fitness Floor (KS)

**Disease Prevention & Management
Session-Based Classes**

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

Arthritis

- Tuesdays, June 6-27 — 801100-6A**
- Thursdays, June 8-29 — 801100-6C**
- Fridays, June 9-30 — 801100-6D**

Fridays, 12:00-1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. 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.



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Pre-Enrollment Assessment Healthy Living with Exercise

Continuous Dates — 881000-05

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Healthy Living with Exercise—Part Two Mondays and Wednesdays, June 25-28 — 878000-06

3:00-4:00 PM, Aerobics Room (OC). 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

Programs that provide learning the mental and physical

Nordic Pole Walking

Monday & Wednesday, June 5 & 7— 750000-06

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Pro Tennis Lessons

Sundays, June 4-July 9

Beginner 8:00-8:50 AM — 790700-03

Intermediate 9:00-9:50 AM — 790600-03

Advanced 10:00-10:50 AM — 790500-03

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



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Mindfulness 101

Thursday, June 1-22 — 820000-04

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. Just as exercising our muscles strengthens our body, training the mind makes it more resilient, improves focus and attention, and assists in working with emotions to maneuver more easily through life. Studies have proven numerous benefits of “Mindfulness,” including reduced stress and anxiety, greater self-awareness, increased calm and relaxation, improved sleep, and the development of pain management skills. Come and learn what Mindfulness is and discover ways to introduce it into your life! Michelle Jamieson leads Mindfulness-Based Stress Reduction (MBSR) and other mindfulness programs for adults, teens, and children. Prior to joining the Integrative Medicine Team at Sutter Health, Michelle led MBSR and wellness programs at the Mayo Clinic. Register at Activities/WellFit Desks or online.

Tai Chi Qigong L1

Tuesdays, June 6-27 — 730100-06

Saturdays, June 3-24 — 730100-6A

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four 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

Continued on page 90

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Tai Chi Qigong L2

Tuesdays, June 6-27 — 730300-6A

Saturdays, June 3-24 — 730300-06

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four 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.

The Political and Financial Direction of the United States

Tuesday May 23 — 871000-05

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Change can be good, but worrisome at the same time. Politically and financially the US is changing, both domestically and abroad. While many of these changes are needed and timely, many could come with costs. Whether it be tariffs, taxes, or world order, our futures might look vastly different than before. Come learn how these changes might affect you and your loved ones.

Financial Planning Basics

Tuesday, June 27 — 871000-06

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

(KS) \$5. Instructor: Russ Abbott. 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.

Re-Start—Your Health in Just Five Weeks

Mondays, June 5-July 3 — 862000-06

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

Getting Your Stuff Together: Organizing Your Estate

Tuesday & Wednesday, May 23 & 24 — 863000-3A

10:00 AM-1:00 PM, Oaks & Gables (OC).

\$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner.

The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



New! Lavender Basics — Growing and Using

Thursday, June 8 — 861000-LV

10:00 AM-12:00 PM, Fine Arts (OC). \$25. Instructor: Renee Charleston. Lavender is one of the most popular and long lasting fragrances in the world. It is an easy to grow plant in our area with a wide variety of sizes, colors, shapes and blooming habits. In addition to its wonderful fragrance, it can also be used medicinally, in aromatherapy, in household products and for culinary use. Renee Charleston has been a lavender farmer in Colfax for over ten years. She will be sharing her experience in growing lavender, choosing varieties, and using lavender in a variety of ways.



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Back by Popular Demand!**Memory: The Long and Short of It****Thursday, June 22 & 29 — 877400-06**

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 — 835110-A6**

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a **prerequisite** for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

**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 trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength.” Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
 - **Clinical Training:** One client and one trainer. One hour session cost is \$60, half hour session \$40.
 - **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- 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, June 7-30 — 835132-A6

12:30-1:30 PM, Aerobics Room (KS). \$135. 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, May 31-June 26 — 835800-A6

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, May 31-June 26 — 835500-A6

Tuesdays & Thursdays, June 6-29 — 835500-B6

Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Are the new machines at Kilaga 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. Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: Marilyn Harder. Starting a new experience may seem a little overwhelming. That’s why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center.



Whether you choose to take this class at the Kilaga Springs or the Orchard Creek Fitness Center by the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays, May 30-June 22 — 835600-A6

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. 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, May 31-June 26 — 835400-A6

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.*

SGT— Morning Burst Group Training L2

Mondays & Wednesdays, May 31-June 26 — 835310-A6

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, May 30-June 22 — 835211-A6

5:30-6:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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, June 2-30 — 835200-A5

7:15-8:15 AM, Aerobics Room (KS). \$85 (five 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, June 5-28 — 835700-A6

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 education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT— Balance & Fall Prevention L1/L2

Mondays & Wednesdays, May 31-June 26 — 835710-A6

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.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. 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@schca.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

benefits of a workout designed just for you!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **IRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

- **Low Impact 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

Continued on page 96

combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

- **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 L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting

an outstanding 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 June 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Theresa		Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
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 June 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2 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		Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule June 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	Yin Yoga L1-3 - Marilyn	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			
5:00	Zumba L3 - Summer			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.							

KS WellFit Class Schedule June 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TGIF TRX L2- Danielle	New Location! 8:00am Low Impact L3- Jeri	
8:00							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30	SGT - Healthy Back L1- Marilyn		SGT - Healthy Back L1- Marilyn		WaiDan Gong L1- Joan		
12:00		12:00pm SGT- Functional Fit L2- Deanne		12:00pm SGT- Functional Fit L2- Deanne			
12:30	45 minutes Mixed Functional Movement L1/2 - Valerie		12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		
1:30	Yoga Basics L1- Ursula	Tai Chi Qigong L1- Peli					
2:30	SGT- TRX Interval L3- Mike		SGT - TRX Interval L3- Mike				
3:30		(2:45-3:45) Tai Chi Qigong L2 - Peli					
4:00		Yoga for Osteo L1 - Julie	SGT- Pace Race Training- Danielle		SGT- TRX L1- Milly		
4:30	SGT- Bootcamp L3- Mike	New! SGT - TRX L2- Danielle	SGT- Bootcamp L3- Mike	New! SGT - TRX L2- Danielle	Yoga for Osteo L1 - Julie		
5:30							
6:30							
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.							



Hiking the Inca Trail into Machu Picchu

Monday, May 15 — Free

2:00 PM, P-Hall (KS). In 1911, Yale professor Hiram Bingham electrified the world by locating Machu Picchu, the “Lost City of the Incas.” His discovery opened the door to a century of scholarship and tourism, and Machu Picchu became one of the premier archaeological sites in the world. Bob Leow has visited and studied this site multiple times, including two hiking treks via the Inca Trail. He will present an illustrated talk on the history of the Inca Empire and the past and present of this extraordinary place.



Managing Your Blood Sugar Naturally

Wednesday, May 31 — Free

7:00 PM, P-Hall (KS). Carbs, carbs, carbs! There is so much confusion and controversy about fats and sugars. In this presentation, Audrey Gould will help set the record straight, and give you powerful information to help you feel better while reversing chronic disease. When reducing hidden sources of sugar and other dangerous carbs, your body becomes a lean, mean, fat burning machine! In the second segment, AnnaMarie Esteves will share how “Healthy Living” participation has shown a demonstrated drop in residents’ A1C levels and how the benefits of exercise can reduce the symptoms of chronic disease while potentially reducing medication.



Myths vs. Reality in Our Criminal Justice System: A View from the Trenches

Thursday, June 8 — Free

2:00 PM, P-Hall (KS). Do you believe that crime is on the rise in America? How about DNA evidence being foolproof? Views of America’s justice system are filled with misconceptions.

John Panneton, a former federal prosecutor, criminal defense attorney and a Professor at California State University, Sacramento, will share personal experiences from 40 years of legal practice to dispel a few of these unfounded beliefs. The presentation will also cover research on the scope and nature of America’s “crime problem.” In addition, the various types of evidence used to convict a defendant will be analyzed including references to expert testimony and eyewitness identification.



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.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Inca Trail Presentation Monday, May 15, 2:00 PM, P-Hall (KS) • Managing Your Blood Sugar Naturally Wednesday, May 31, 7:00 PM, P-Hall (KS) • Myths vs. Reality in Our Criminal Justice System Thursday, June 8, 2:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • Seniors First: Services Seniors Should Know About Tuesday, June 20, 2:00 PM, P-Hall (KS) • What’s Up with Movement Disorders? Wednesday, June 28, 7:00 PM, Ballroom (OC) • Bowenwork for Life—Is Bowen Right for You? Friday, July 7, 7:00 PM, P-Hall (KS)
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Watch for more Community Forums in upcoming issues of the *COMPASS*, on our website and *eNews*.

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Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

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-The Spa at Kilaga Springs-

408-4290

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Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:00 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

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