

March 2018

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



THANK YOU and WELCOME!...page 3

PACE Race and Gladding McBean...page 11

The Official Magazine of Sun City Lincoln Hills

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**Board of Director’s Report
Thank You and Welcome!**

Ken Silverman, Vice President, Board of Directors

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

On behalf of all, I would like to extend a special thank you to John Snyder, Hank Lipschitz, and Michael Deal as they complete their term on our Board of Directors. They demonstrated a commitment to work together towards the common goal of living in an exemplary community. The Board of Directors spends a great deal of time and effort along with our committees to make sure our facilities are well maintained, our lifestyle reflects our residents’ needs, and our finances are diligently managed.

At the February meeting, three members were sworn into the Board of Directors: a second term for Hank Lipschitz with Joe Stewart and David Conner joining the Board. Along the way, we might not always agree, yet we respect each other’s point of view, and we get the added benefit of developing new friendships.

Following the Special Meeting of the Board, an organizational meeting was held where Board members vote for officers. This year our officers are:

- President, Marcia VanWagner
- Vice President, Ken Silverman
- Treasurer, Molly Seamons
- Secretary, Hank Lipschitz



The 2018 Board of Directors

Left to right: David Conner, Marcia VanWagner (President), Don De Santis, Molly Seamons (Treasurer), Joe Stewart, Ken Silverman (Vice President), and Hank Lipschitz (Secretary).

The following will act as Board liaisons to committees:

- Communications & Community Relations Committee (CCRC), Donald De Santis
- Clubs & Community Organizations Committee (CCOC), David Conner
- Properties, Joe Stewart
- Finance, Molly Seamons

Your Board of Directors looks forward to another productive year of serving you, our residents, and to continuing to do our part to maintain the excellence of this vibrant community.



Board of Directors recognition to the Elections Committee

*Pictured left to right (*Elections Committee member): Hank Lipschitz, Natalie Flynn*, Ken Silverman, Marcia VanWagner, Carol Larsen*, Al Roten*, Ed Chiosso*, Rita McPeake*, Don De Santis, Molly Seamons, Jim DeDeo*, Joe Stewart, Laila Glahn*, David Conner. (Not pictured: Patty Jackson-Browne*, Doris Petro*)*

Calendar of Events

March 15, 2018 - April 15, 2018

Date	Event	Page #
3/15	Branden and James.....	60
3/16	Sip and Paint.....	74
3/16	Veterans Club Speaker	53
3/17	Tennis St. Patrick's Day Tournament	51
3/19	Community Wildlife Forum	57
3/20	Managing Your Sleep Apnea	88
3/21	Garden Group - Flower Arranging Class ..	35
3/22	Astronomy Group - Telescope Interest	23
3/22-24	Tap - Dance! Dance! Dance!	59
3/23	Bird Group Walk.....	25
3/24	Pickleball Welcome Saturday.....	56
3/27	The Future of Energy.....	92
3/27	Fisherman's Wharf	67
3/28	Hijack the Aging Process	57
3/30	Advance Health Care Directives	93
3/31	Spring Egg Hunt	61
4/3	Duo Gadjo	60
4/3	Eye Contact - Keep Driving Now	34
4/6	Lincoln Hills Foundation.....	57
4/9	Fashion Show Model Call	59
4/12	Healing Power of Music	61
4/13	Fleetwood Mask	60
4/15	MS Walk	56



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the March edition of the COMPASS magazine! As I am typing this, the annual *It's the Lifestyle! Expo* is going on at Orchard Creek. The lodge is packed with representatives from the various clubs, organizations, and interested residents. Anyone wanting to know what "Active-Adult" living is all about would get a great education by walking down the hallways and through the ballroom. Lincoln Hills sets the standard for an active community. It was always a source of pride back in the day to attend Del Webb manager meetings and hear about how fast the homes were selling, and how well we were progressing. The people who pushed Del Webb to build in Lincoln had a vision. As the stewards of these efforts, it is incumbent upon us to recognize and respect past efforts and to do our best to ensure that we remain the finest active-adult community in California.

Speaking of remembering the past, the 20 year anniversary of our community is coming up, and we need volunteers to put together the programs and festivities required to celebrate this milestone event properly. If you are interested in assisting with this effort, contact me via email, or leave me a note at the Activities desk at Orchard Creek Lodge. Let's do everything we can to make this a special occasion, and to truly celebrate the beauty of our community.

I would like to recognize some unsung heroes who volunteer their time supporting Lincoln Hills. Klara Kleeman has been involved in committee and volunteer work for years and is one of those special people who make it a better place for others to enjoy. Name a committee or task force that has taken place over the last ten years, and there is a good chance that Klara has participated at some level. Her work with the room usage task force, as well as collating demographic information has assisted us greatly in understanding and managing our efforts. Let me not also forget to mention her beautiful pictures!

Pete Savoia is why this community was built. Active in softball for years, as well as serving on the Properties Committee, Pete remains active and engaged, and we are truly better for having him be part of our community. We owe a debt of gratitude to people like Klara, Pete, and many more who help make Lincoln Hills such an outstanding place to live.

Upcoming Association Meetings: March 15 – April 30

Golf Cart Registration	Thursday, March 15, April 5 & 19, 9:00 AM
Finance Committee Meeting	Monday, March 19, 9:00 AM
Board of Directors Executive Session	Monday, March 19, 11:00 AM
Board of Directors Meeting	Thursday, March 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, March 22, 10:30 AM
Board of Directors Executive Session	Thursday, March 22, 11:00 AM
ARC/Architectural Review Committee	Monday, March 26, 9:00 AM
Listening Post	Tuesday, March 27, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, April 3, 9:30 AM
Compliance Committee Meeting	Wednesday, April 4, 10:30 AM
Properties Committee Meeting	Thursday, April 5, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, April 6, 10:00 AM
ARC/Architectural Review Committee	Monday, April 9, 9:00 AM
CCRC/Communications & Community Relations	Tuesday, April 17, 9:30 AM
Finance Committee Meeting	Friday, April 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee	Monday, April 23, 9:00 AM
Listening Post	Tuesday, April 24, 11:00 AM
Board of Directors Meeting	Thursday, April 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 26, 10:30 AM
Board of Directors Executive Session	Thursday, April 26, 11:00 AM
<i>Meetings in Orchard Creek Lodge unless noted otherwise.</i>	

Elections Committee Report

Your Votes Were Counted

At 9:00 AM on Thursday, February 15, the Annual Meeting of Sun City Lincoln Hills Community Association was called to order, the business of which was opening, tabulating, and recording your secret votes for candidates to serve on our Board of Directors for the next two years.

The Inspector of Elections (IOE) brought the unopened 3332 valid ballots in packages of 100. There were 15 other ballots which were invalid as no signature was on the envelope and the IOE could not reach homeowners to get signatures. This total number of voting ballots is a little over 49% of possible votes for this election. It is noted that this is an above average turnout for a routine election which may be attributed to our first-time use of candidate videos. Each candidate was featured in a three-minute video: these were viewed an aggregate of 2000 times. Also, the two forum videos were viewed a total of 334 times. We strive to stimulate interest in our annual elections.

More than 30 volunteers immediately went into motion to open envelopes, separate outside envelopes from inner ballot envelopes (so that ballots could not be associated with homeowner's names), tally votes for candidates, return to IOE ballots which were invalid for any reason, verify tallied counts, and submit results to the IOE.

This process took a little under three hours, with results announced by President Silverman before noon. Election count ranking was:

Joe Stewart, Hank Lipschitz, David Conner, Denny Valentine, Michael Deal

All candidates were thanked for their willingness to serve on your governing board. Joe Stewart, Hank Lipschitz, and David Conner were sworn in by President Ken Silverman, and the Annual Meeting was adjourned.





**Finance Committee Report
2017 Lookback and Reserves Update**

Hans Fokkema, Finance Committee

2017 was a good year for our finances. In spite of a number of challenges, like the partial closing of the Kilaga Springs parking lot and the implementation of the new Northstar computer system, we still finished the year \$16,578 better than budgeted. The Community Enhancement Fund had a year-end balance of \$797,440, but we still need to repay \$1,410,082 that was borrowed from our reserves to pay for the Kilaga Springs solar installation. January 2018 showed total net expenses were \$4,110 better than budgeted.

The operating budget for 2018 has been kept very tight and is slightly lower than the 2017 budget in spite of several personnel cost increases that are mandated by the State. The \$3 increase in monthly homeowner dues for 2018 is the result of the reserve contribution increasing by \$3.65. In order to assure that our reserves are at the desired level, future contribution increases are expected.

Because reserves are an important component of our financial condition, a series of frequently asked questions and answers are now included on the SCLH website under the Resources tab. However, since not everyone accesses the website, it is probably worthwhile to include some of that

information here as well.

The Davis-Stirling Common Interest Development Act (California Civil Code sections 4000-6150) states that all homeowner associations in California are responsible for “repairing, replacing, and maintaining the common area and the major components thereof” and must establish a funding plan to perform those tasks for assets with a remaining useful life of less than 30 years. Our annual reserve study represents that plan and we are working with an outside professional firm (currently the Browning Reserve Group) to perform the annual reserve study.

Once every three years, Browning comes on-site to verify and inspect all the items in our reserve study (currently approximately 1150) and during the other two years, the study is updated based on information provided by Sun City Lincoln Hills (SCLH). The study included the amount of funding (i.e., homeowner contributions) that will be required. Upon completion, the reserve study is reviewed by the Finance Committee and approved by the Board of Directors, and that approval includes the proposed homeowner contribution for the next year. Any suggested homeowner contributions for following years that are included will only be considered when the next year’s study is completed.

Preliminary Statement of Operations YTD January 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$688,916	\$688,220	\$696	\$8,261,646
Administration (Expense)	(164,110)	(181,155)	17,045	(1,977,330)
The Spa at Kilaga Springs	(3,092)	(1,895)	(1,197)	15,010
Fitness	(28,134)	(41,580)	13,446	(479,280)
Activities	(61,662)	(64,535)	2,873	(509,370)
Rec. Center / Maintenance	(432,641)	(406,515)	(26,126)	(5,300,730)
Food & Beverage	(52,662)	(50,035)	(2,627)	(35,538)
Net Revenues (Expense)	(\$53,385)	(\$57,495)	\$4,110	(\$25,592)
CEF/FMA Rec'd YTD Jan 31, 2018	\$30,815	CEF/FMA Balance Jan 31, 2018		\$828,255

Listening Post Update – Chris O’Keefe, Executive Director

The February 26 Listening Post was again well attended, with the turnout approaching 100 residents. I am pleased with the direction the Listening Post has taken. Five years ago we could have held it in a phone booth. Today, we have moved from the Solarium to the Front Ballroom.

We touched on several topics, from upcoming projects to options for future fitness programming. I covered what we do as a team at our weekly operations meetings, and I showed a video that we had played at our most recent meeting. I also discussed the agenda that we use.

We provided a brief update on NorthStar and membership registration implementation; we noted that there were approximately 225 homes that still need to be registered. For those of you that have not yet signed up, and may need assistance, “in-home” registration will be made available again in March.

We then discussed the Food & Beverage budget, Bruce Baldwin, Director of Finance, provided insight on how the budget is developed, and that there is a “seasonality” to how the budget totals are established. January is typically a slow month for F&B, so we budget a net expense over revenue. In other months we forecast net revenue over expense.

This is driven by historical information, as well as expected event loads.

We wrapped up the meeting by announcing that we are going to investigate options for expanding the fitness programs, one option is building a new facility in front of the Orchard Creek Lodge. As the first step in this effort, we are holding workshops to elicit feedback from interested residents. This input from our residents is an important part in the gathering of information. This helps us to develop programs and plans that will meet the needs of current and future residents.

I want to thank everyone again who attended and to extend an invitation to attend the March Listening Post. It’s a good time for all involved, and it has become a great tool to assist us in leading the community forward.

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



Let us serve you with a view
Meridians
 Restaurant & Bar

Easter Greetings!

*Kristy Woodin,
 Director of Food & Beverage*

Easter is coming quickly this year, so let us do all the cooking! Make your reservations now before we sell out. For more information, please go to www.meridiansrestaurant.com or call 916-625-4040 to speak to a hostess.

On Wednesday, April 4, we start our test phase of Home Delivery. Expect to see a “Delivery Only Menu” available at the flyer stand in front of Meridians. This is a test phase, so the menu will have limited items. We will only be delivering on Wednesdays, Thursdays, and Fridays between the hours of 12:00 PM and 8:00 PM. All you have to do is call 916-625-4044, place your order, and we will bring it right to your door! After a *successful* test phase, we will extend days and hours.

Meridians Second Annual All You Can Eat Fish Fry is April 16, from 5:00 to 8:00 PM. Last year, 300 of you had a ton of fun and enjoyed fried

fish, coleslaw, hushpuppies, and more. Go to www.meridiansrestaurant.com to view menu and price. Please make reservations ASAP; we were sold out last year!

Don’t forget we have an award-winning catering department that is ready to make your anniversary party, birthday, et cetera, special! Catering Sales Manager Kathy Cameron is ready to help. Give her a call at 916-625-4043.

Sous Chef Chris Ruen’s Recipe for the month:

Kilaga Café Famous Egg Salad

- 9 hard-boiled eggs
- ½ Tbsp Chopped Parsley
- ¾ Tbsp Chopped Dill
- ¾ Cup Mayo
- ¾ Tbsp Yellow Mustard
- ¼ Tbsp Kosher Salt
- 1 tsp Pepper

Instructions for preparation:

Dice eggs and place in mixing bowl with all other ingredients. Lightly combine all ingredients until wet. The secret to this recipe is the texture of the eggs. Do not over-mix! Makes about 6 sandwiches.



Lifestyle News & Happenings
It's Spring, and It's Time to Enjoy the Sunshine!

Lavina Samoy, Lifestyle Manager

There is no better time to enjoy the outdoors with your neighbors and four-legged friends than springtime! Lincoln Hills has the best trails, parks, and sidewalks to enjoy daily exploration!

Calling all pet lovers! Join us for our very first **Pet Fair and Parade on Friday, April 27** at the Fitness Parking Lot, (OC) 9:00 AM to 1:00 PM. Visit with vendors and see the latest on pet supplies, gadgets, and services. Show off your furry friends at the **Pet Parade** beginning at 10:30 AM and win fun prizes. (Pick up your Parade Guidelines from the Lifestyle Desk.)

Our **Annual Parking Lot Sale is April 28**. It is the best way to clear out your clutter while making some money. Spaces are available for residents and their home-based business (page 56).

The **Spring Fashion Show: An Affair to Remember on May 3** is now on sale! This event sells out fast so gather your friends early to reserve a table. Meet new friends and share the joy of fashion by walking the runway as a model (page 60.)

Taking up new classes is also a great way to get out and meet new friends! Try the **Abstract Art Workshop,**

April 2 & 9, or start a new dance hobby. Beginner classes are offered in Line Dance (Intro to Line Dance), Dance For Life, Clogging and Hula.

Discover interesting things you can do in Sacramento! Three of the best shows for the **2018 Music Circus** are now available. We have great seats for **Gypsy, July 24; Mamma Mia!, August 8; and Little Shop of Horrors, August 21.** With convenient drop off and pick up right in front of the theater, nobody can beat our price (page 63). Learn about Sacramento's history with the **Old Sacramento Underground Tour** with a visit to the Sacramento History Museum, **May 24** (page 69). Enjoy lunch at the famous **Firehouse Restaurant in Old Sac** as part of the **UC Davis' Manetti-Shrem Museum of Art tour on April 26** (page 63). These and more day trips can be found beginning on page 63.

A shout out goes to the newest Association Club – **The Swimmers & Water Walkers.** Interested in joining? See their Club article on page 50 for contact information. Lastly, thanks to all the Clubs, Groups, and Organizations who participated at the recent It's the Lifestyle! Expo. You brighten Lincoln Hills and make living here sunshiny, year-round!



The Marketing Corner
SCLH Got a Taste of the Rainbow

Jeff Caponera, Communications and Marketing Manager

A lot happens in this little marketing corner.

In the middle of January, I received a call from a production company in Chicago who was referred to us by another community. They asked if we were willing to allow them to film a Skittles promotion here in Sun City Lincoln Hills.

I agreed and invited them out to take a tour of the community; I enlisted the help of Deborah McIlvain, the Director of Lifestyle, Wellfit, and Spa. We walked them through the facilities at both lodges and various locations around the community. They also toured a few other possible locations around Sacramento. It didn't take long for them to notify us that "Sun City Lincoln Hills was their favorite!"

After that, we were off to the races; we only had ten days to coordinate with various clubs and volunteers to get everything set up and ready to go.

The plan was to bring out their Skittles spokesperson *Marshawn Lynch, running back for the Oakland Raiders,* to help promote their NEW brand of Sweet Heat Spicy

Skittles. Marshawn would go around the community and participate in various activities. The idea behind the shoot was Lincoln Hills would provide the sweet and Marshawn Lynch would provide the spicy.

The day of the shoot, the weather could not have been any better. Our new friends from the snowy, windy city of Chicago were impressed. Marshawn and the production team started their day off with a game of pickleball with some residents. Making their way through a sea of custom golf carts, they did a quick walk through the community streets, ending at the Orchard Creek Lodge. There he participated in painting, dancing, yoga, and even a stop at the sports bar. A blind taste test with some residents was set up in the Secret Garden for the new Skittles flavors. The day ended with a small photo shoot where Marshawn was presented a check for his charity the "FAM1ST FAMILY FOUNDATION."

A big thank you to Deborah McIlvain, Lavina Samoy and ALL who helped to organize, volunteer and participate in the shoot. This brought terrific exposure to our wonderful community.





The Spa at Kilaga Springs Spring: A Time to Renew and Revive

Trudy Smith, Spa Manager

Spring is almost upon us, and with that, we love to have the renewal services that renew and revive.

We help with this renewing process in services we offer. I am writing again about the Hydrafacial treatment. This treatment delivers long-term skin health and can be tailored to meet the specific needs of all skin types. It offers instant, noticeable results with no downtime or irritation. We are in the process of training and will have a promotional launch party in early April. Keep your eyes and ears open for the date and time.

We are also having a March Makeover event with our Jane Iredale makeup line on March 16. You will receive a makeup application for \$20; this is a discount from the normal rate of \$45. Our talented makeup artists will match your foundation, blush, eyeshadow, and lip color. We will show you the best products for your skin type and techniques for application. At this all-day event, we will also offer 20% off makeup that

is purchased the day of the event. You can receive the 20% discount with or without the makeup application.

Every month I put the spotlight on one of the therapists. This month I am shining the light on Peggy Smyth. Peggy joined the Skin Care department several years ago. She came to us from the Napa Valley, working at some of the most highly esteemed resort spas. She has currently been performing skin care and waxing and is a fantastic makeup artist; we also discovered she is a massage therapist. We are pleased to add that to her repertoire of services. Peggy has received glowing reviews that can be found on the resident website under good news. She is a wonderful addition to the fantastic team we have here in the Spa.

I also want to commend the Sun City Photography Club for adding their exquisite photos to the walls of the Spa. The exhibit will be ongoing and is displayed in every room and corridor.

Please see this month's featured services on page 26. We hope to see you at the Spa!



WellFit News

Look What Some of Our Residents Are Up To!

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

If you come around OC Fitness Center, you might see Ray, an old-school Raiders fan, and former Marine. We usually talk football, but one day I asked about his kids. When he told me his son is 62, my mouth dropped. Talk about an inspiration!

I want to share this inspiration that is Ray.

1. How long have you been a resident of SCLH? Thirteen years. This was the best move I've ever made with my wife Kristie, to this cruise on land.

2. How old are you? How old do you feel? I turned 84 last October. I also passed my written driver's test which takes me to 89! I feel like a rejuvenated 60-year-old.

3. What has WellFit done for you? WellFit has given me not only exercise but the great friends that I've met over these 13 years. The friendships lift your attitude.

4. What classes/machines do you find most beneficial? My favorite exercises are swimming and water walking.

5. What is your #1 tip for aging gracefully? I am fortunate to have good genes because of my Irish heritage. Aging gracefully is attitude. I have

a wonderful partner (wife) and extended family of sons, daughter, grandkids and great grandkids.

6. What else do you do to continue good health? Good health is enhanced by the friendships we develop here at the gym, our softball activity, and golfing buddies. This is truly an everyday paradise for me.

7. Has Kristie helped keep you young or given you a lot of gray hairs? My wife Kristie, of 42 years, has kept me healthy with her education in nutrition. *(She does not tint my hair!)*

Don't forget to mark your calendars for this year's Lincoln PACE Race on May 5. Sign up to walk/run at lincolnpacerace.org, make a team, or just sign up and meet new people. For more information, please see our ad on page 14! We are also looking for volunteers; if you are interested, please call Jonathan Leung at 916-258-8289.



Move to Eskaton Village Roseville...



and life will be all about YOU!

Peace of mind ... an enhanced style of living ... new friends and a renewed sense of well-being. These are just some of the benefits of life at Eskaton Village Roseville. We invite you to tour to discover even more: heated indoor swimming pool, state-of-the-art fitness center, exercise classes and lifelong learning. Give us a call or go online for more!

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PACE Race and Gladding McBean

A Winning Hand

Richard Pearl, Roving Reporter

What do you get when you combine exercise and art? A fun race for all ages and an opportunity to partner with one of the most unique institutions in the world for the benefit of the Lincoln community and Placer County.

Promoting Ageless Commitment to Exercise (PACE) is a Sun City Lincoln Hills project to benefit the Leukemia & Lymphoma Society, the Alzheimer's Association, and Placer County schools. There's a 5K, 10K, and a Kids run, you can walk or run individually or as a team. Think of it as a day's exercise (May 5) with 1,000 best and new friends. You start with a run/walk and finish up with breakfast burritos, the beer garden, and a salsa dance contest.



Today, most of the terracotta work has been in replicating items for building restorations, and it's these architectural masterpieces that generate the most awe. If you see a terracotta ornament on a major building anywhere in this country—and in many cities around the world—there's a good chance it was designed and produced in Lincoln!

A walk through the architectural pottery area is to step into history. Finished pieces, unfinished pieces, and a fine coating of pottery dust throughout the cavernous third-floor craft-shop...you can almost see and hear the ghosts of past artisans (actually, the sounds and sights may be that of the present-day artisans).

So, when you've completed running (or walking) the PACE Race, pick up your specially produced keepsake, a Gladding McBean medallion, and head for the beer garden. For more information, contact: www.lincolnpacerace.org, or 916-625-4031.



Statue for the entrance of the Nueces County Courthouse
Corpus Christie, Texas

The PACE committee has as its major partner the local firm of Gladding McBean, LLC. It is hard to describe this company in only a few words. Gladding McBean was formed in 1875 and has been going strong for the last 143 years. The "meat and potatoes" side is the manufacture of clay pipes for sanitary sewers. Then there is the artistry in terracotta for architectural enhancement.

Terracotta, "burnt earth" in Italian, has been used since Roman times for architectural and statuary elements. Who would have guessed that right here in Lincoln is one of the best clay deposits in the world?

Tile for roofs, bathrooms, swimming pools, lawn pots, and decorations — they've all gone through the kilns at the Lincoln plant. The company played an important part in the rebuilding of San Francisco after the 1906 earthquake.





Sun City Lincoln Hills
Pet Fair
Orchard Creek Parking Lot

Friday,
April 27, 2018

9 AM - 1 PM

**Celebrate your pets
at our very first Lincoln Hills Pet Fair!**

Local vendors, pet services and fun activities will be available
for you and your pets. Don't miss it!

Refer interested vendors to Shelvie Smith: Shelvie.Smith@scihca.com | 916-625-4021



Monument Drive Has Been Un-Fowled!

Al Roten, Roving Reporter

We certainly live in an interesting community. In the January *COMPASS*, I reported that an uninvited guest had arrived in Shirley Rosinko's yard in the 1900 block of Monument Drive. He was an attractive, but unapproved, Japanese bantam or Chabo breed of rooster. As it was proven, he was also quite clever and elusive. He was also quite a good neighbor since he was silent—an unusual characteristic of a rooster.

After several attempts to capture him had failed, he remained happily sorting through Shirley's ground cover and feasting on an assortment of bugs. Now, fast forward a few weeks. Several neighbors contacted Shirley with advice and even more attempts at capture. Finally, Mary Harrington, who lives on Granite Falls Lane, called to say that her daughter, an animal lover, rescuer, and local rancher, would attempt to catch and relocate our visitor.

Mary's daughter showed up with a net and children to surround and capture Mister Rooster. Well, that was fun! He was again able to elude capture. But there was

a Plan B. A large cage and supply of chicken feed was delivered to Shirley's backyard. Then, over several days, strategically placed food was put nearer and

nearer to the cage. Finally, the food was in the cage. Shirley and her daughter had rigged a string to the open cage door and were quietly behind the patio door watching. Viola! The string was pulled, and the door clanged shut!

Mister Rooster is now happily at home with two other roosters and a flock of hens. As previously reported, he was silent while a resident of Monument Drive, but it seems that it was just because he had no one to talk to. He is now noisily welcoming each morning along with his new mates. At last report, he has found a large oak tree to sleep in at night.

So, this is a story with several happy endings. Monument Drive is again in conformance with pet rules; Shirley has

met several nice neighbors; a local ranch has increased its flock, and Mister Rooster has found a happy new home. But the mystery remains—where did he come from?



Garden Group

SPRING EVENTS

March 22/23~FLOWER SHOW~KS (1pm through 4pm the next day)

April 7~ PLANT SALE~ Sports Pavilion~9-11am

April 21/22~ROSE SHOW~OC Lobby (10am through 3pm next day)

April 26~HOME GARDEN TOUR~ (10am to 2pm) Maps (\$3) at OC Portico (10am-noon)

May 17~BLOSSOM THYME TEA & AUCTION~Secret Garden /Ballroom(11:30am-2pm)

General Meetings~4th Thurs monthly (Jan-Oct) KS

www.lhgardengroup.org



Promoting Ageless Commitment to Exercise!

Lincoln PACE Race

SUN CITY LINCOLN HILLS 10K/5K/KIDS RUN
LINCOLN, CA

SATURDAY, MAY 5, 2018 ★ 7:30am - 1pm

WALK, RUN, OR JUST HAVE FUN!

- ★ Proceeds benefit the Leukemia & Lymphoma Society, Placer County Schools & Alzheimer's Association
- ★ Race medallions created by world renowned Gladding, McBean
- ★ Salsa Contest & Breakfast Burritos
- ★ Beer Garden - Sponsor Booths - DJ
- ★ Petting Zoo for the kids

Post race breakfast included

SCHOOLS!

Register for the
★ **PACE RACE** ★
and \$5 goes back to your school!

How to Participate:

- ★ Create a team to walk or run
- ★ Volunteer to help
Email: Jonathan.Leung@sclhca.com



EVENT	EARLY REGISTRATION NOW THROUGH APRIL 15	GENERAL REGISTRATION APRIL 16 - MAY 5	RACE DAY (MAY 6) REGISTRATION
5k	\$40	\$45	\$50
10k	\$45	\$50	\$55
Kids Run	FREE	FREE	FREE

FOR MORE DETAILS: www.lincolnpacerace.org ★ 916-625-4031



Navigating Life Transitions, Part 1

Shirley Schultz, Health Reporter

The image of a small boat afloat in the ocean is quite analogous to an individual afloat on the sea of life filled with constant ups and downs, ebbs and tides, waves and troughs. This means one must plan and prepare for the predictable challenges ahead. Statistics have shown that about 10% of us will die rather suddenly, but that leaves about 90% of us who will deal with some longer drawn-out life-changing events before the end comes. There are many predictable challenges to aging made easier by learning what they are and preplanning for meeting them. Crises occur when proper preparations are not in place.

What follows are only a few of the topics that make up the tool chest for planning and preparing for predictable challenges to aging. Due to space limitations, this is not comprehensive, so look for further discussion in subsequent articles.

Financial Planning. The goal is for you not to outlive your money. Anticipating expected or unexpected health issues which may result in major lifestyle changes, sometimes costing thousands of dollars, what are your options and plans for that eventuality? A certified financial planner may help.

Legal Issues. Do you have an up-to-date Advance Health Care Directive? Have you given your Power of Attorney to someone to speak for you or manage your affairs if you cannot do so yourself? Have you given legal authority to someone else to be able to obtain and see your medical records? Do you have a will? Is your estate planning and organizing up to date? Proper legal documents are absolutely necessary to avoid crises.

Making Decisions for End of Life. We all want to say goodbye on our own terms. Although difficult, start by talking about it. Have you thought about options and choices for your own end of life? How do you communicate your decisions to your loved ones, and what do you need to do to have your decisions honored by them?

Look for opportunities to educate yourself about these topics and then take meaningful action for yourself. Consider taking Marcia Van Wagner's classes, "Let's Talk About Advance Health Care Directives" and "Getting Your Stuff Together: Organizing Your Estate" (see page 93). Begin this process right now, not when you are in crisis. As a friend's fortune cookie said, "Education will never be as expensive as ignorance."

The Lincoln Hills Community Chorus Presents in the Orchard Creek Ballroom

Movie Music Memories



After a highly acclaimed Holiday Concert, the Lincoln Hills Community Chorus is back with its Spring Concert. Remember when you walked out of a movie humming one of the songs - and years later when you heard that song, you thought about the movie, where you were, who you were with? This concert will bring back those memories! You will hear songs from *Singin' in the Rain*, *Grease*, *The Sound of Music*, *The Pink Panther*, *Breakfast at Tiffany's*, *42nd Street*, *Titanic*, *La La Land*, and more! Come join us in a musical trip to the movies you loved!

Special Appearance by the Lincoln High School Chorus

Sunday April 22 @ 2PM Monday April 23 @ 7PM Tuesday April 24 @ 7PM

General Seating: \$15 Premium Seating: \$20

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Everything You Want to Know About the Lincoln Police and Fire Services

Patricia Evans, Neighborhood Watch

Lincoln Police Chief Doug Lee and Fire Chief Bill Hack will explain the ways their departments protect you at the Neighborhood Watch Safety Symposium on Thursday, March 29, from 1:00 to 3:00 PM in the Orchard Creek Ballroom.

Imagine a world without police and fire/paramedic protection. We would be deprived of a comfort zone we take for granted. These professions demand courage combined with physical and psychological strength. Their actions are highly visible in the watchful and sometimes critical eye of the public.

These public servants need to be at their best when we are at our worst. They willingly step into harm's way to protect us or to stabilize and rescue when illness strikes. Their jobs include treating the disrespectful with respect, those frightened by illness with understanding, and the mentally challenged



Police Chief Doug Lee

with kindness. These professions are "one of the few left that still makes house calls."—author unknown.

The chiefs will emphasize crime and fire prevention, and ways residents can assist by being "the eyes and ears" of the Police and Fire Departments. Current home and auto break-ins, scams, and local crime statistics will be covered by Chief Lee. The Fire Department answers emergency medical calls to Lincoln Hills an average of two to three times daily. Chief Hack will share ways we are establishing partnerships with surrounding jurisdictions to maximize regional efficiency.

Please bring your questions and gratitude.

Turn to page 43 for information about the Neighborhood Watch card to keep your emergency numbers and prescription list handy in your wallet.

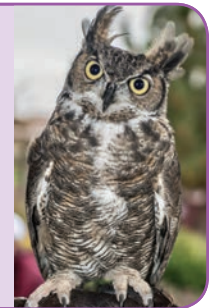
Contacts: Linda Minor, lindaminor@sbcglobal.net, 707-235-0778; Pauline Watson, frpawatson@sbcglobal.net, 916-543-8436.



Fire Chief Bill Hack


Did You Know?

Smoke-free parks and trails—good for our residents and good for our resident wildlife. As of March 1, smoking or vaping is prohibited in all our SCLH parks and on wildlife preserve trails. Additional benefits of the new rule are reduced litter and lower fire risk in the open space. The 2018 Trails Enhancement Project maps and signage will state "No Smoking or Vaping" in our preserves.



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“Movie Music Memories!”
LH Chorus Concert Coming in April!
Doug Brown, Resident Editor

“Moon River, wider than a mile...”
“Somewhere over the rainbow, way up high...”
“Raindrops on roses and whiskers on kittens...”

Songs have an uncanny way of sticking in our brains. Decades later, we can sing along with them as if we learned them yesterday. Put movie songs into the mix, and it’s a lock – we don’t need the bouncing ball of “Sing Along with Mitch” or a Karaoke video to recall every word!

On Sunday through Tuesday, April 22 through 24, those musical memories will reverberate across delighted audiences in our OC Ballroom as the Lincoln Hills Community Chorus treats you to some unforgettable movie songs – from classic movies like “42nd Street,” “The Wizard of Oz,” and “Singin’ in the Rain” all the way up to the recent Academy Award-winning “La La Land.”



Director **Paul Melkonian** reflected on this season’s theme of movie music: “From the classic movies like ‘The Sound of Music’ and ‘Casablanca’ to current movies like ‘La La Land,’ our audience will love hearing, remembering, and even singing along with these wonderful musical gems!”

With his MA degree in Music and almost three decades of choral directing and piano teaching, Paul has brought new zest and verve to the Chorus. And it shows...in a greatly improved quality of the Chorus under his direction.

The other half of a dynamic duo is piano accompanist **Nina Malone**, who has wowed Chorus singers with her nimble fingers, smiling face, and effervescent spirit. Her piano major at CSU Sacramento, piano teaching, and choral directing and accompanying experience over several decades all combine to give Nina a contagious passion that spreads across all 110+ Chorus voices. Nina admits, “As I was a high-school fan of ‘Grease,’ the choral medley of spirited songs from that movie is my favorite!”

Tickets are selling fast, so invite your family and make your purchases soon – in person at the Activity desks or online at the resident website. See page 59 for ticket details.

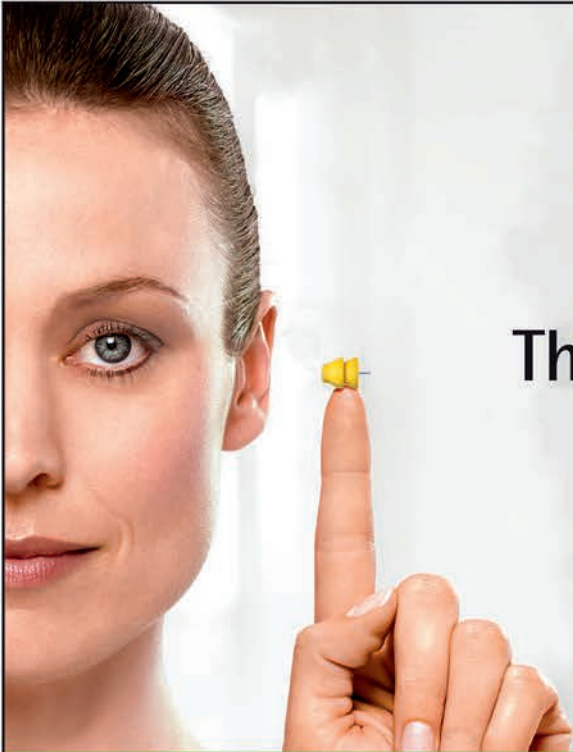


An added bonus: The Chorus is pleased to announce that this concert will feature a special appearance by our beloved **Lincoln High School Elite Choir**, as they prepare for their Pearl Harbor, Hawaii, tour in June! Their director **Cindy Hagman** is delighted with the excellence of this year’s elite singers, and promises a rousing choral performance! They will of course gratefully receive your donations toward their Pearl Harbor tour.



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Library News

Sandy Melnick, Library Volunteer

We are receiving returned sets of both CDs and DVDs with missing discs, we are asking for your cooperation. Please look in your cars and devices for any loose discs before returning borrowed materials. Remember that a missing disc makes a set worthless.

Are you aware that we have a good variety of large print books at the Kilaga Springs Library? The large print section is opposite the windows; you will find both novels and Reader Digest condensed books. There is also an enlarging machine at the entrance to the library on the right for anyone who needs help seeing the fine print.

My good read this month is *The Longest Ride* by Nicholas Sparks. This story is about a 91-year-old man who was married for 70 years. He relives his marriage while stranded in his car after an auto accident. A parallel story is also unfolding about a sorority girl who meets a cowboy. You wonder how these people will ever cross paths and at the end of the book, it all comes together. You can find this book in the hard-bound novel section.

Contacts: Sandy Melnick at 916-408-1035 for donations, Pam Combes at 530-613-4185 for investment materials, and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

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VOLUNTEER OPPORTUNITIES!

Committee Openings

There are several committees that need your volunteer time and expertise. Committees with openings include:

- Elections Committee
- Compliance Committee
- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)

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

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Club News

Alzheimer's-Dementia Caregiver's Support

Two encouraging developments in this battle against cognitive impairment are on the table. FDA said it could quickly approve a drug for people who haven't shown outward signs of Alzheimer's. It would fast-track approval of therapies based on subtle biological signals rather than proof they alleviate symptoms. If the therapy affects a biological marker of the disease – similar to how lowering blood pressure reduces the risk of a heart attack – it would be put on the market. Further trials could confirm that the biological change leads to a meaningful benefit.

Another federal program is the Family Caregiver's Act (RAISE). The new law directs the Department of Health and Human Services (HHS) to develop a national strategy to provide education and training, long-term services and supports, and financial stability and security for caregivers. This also would support for doctors spending more time with a patient to explore symptoms and treatments.
Contact: Jeff Andersen
 916-434-6009, 2jeffa@gmail.com



Amateur Radio

Did we meet you at the 2018 Lincoln Hills Club Expo? The Lincoln Hills Amateur Radio Group is a Lincoln Hills and Lincoln emergency communications group. We are available if there is a natural disaster or terrorist attack with our battery powered radios to provide backup communications. LHARG operates a repeater at 443.225 MHz with a PL code of 167 to support local emergency communications. We set up an amateur radio demonstration at the Club Exposition and answered your amateur radio questions. If we missed you and you are interested in amateur radio, please visit our website listed below or call our President Jim Darby or VP Claire Schloenvogt. They can help you get started toward obtaining an amateur radio license. LHARG meets every Monday night, 6:30 PM, at Lincoln Hills South Gatehouse. LHARG can help you get started on the process of obtaining your amateur radio license.

Contacts: Jim Darby 916-408-8599;
Clare Schloenvogt 916-253-9155
Website: www.lharg.us



Antiques Appreciation

On April 5 you will meet Mary and her beautiful antique beaded purses from Czechoslovakia, all made by hand

in the 1920's. It takes an amazing amount of work and patience to hand bead these beauties, and this is a rare treat to see so many in one collection. There are over forty of these purses, and no two are alike. You will remember Mary from the sewing machine program last year. She is a delightful and knowledgeable collector and presenter.

If you are a member and have a beaded purse you'd like to share; please bring it with you.

Meetings are in the Heights and Gable Rooms (OC), the first Monday of the month from 10:00 to 11:30 AM. Join us as we look at history and antiques with our great speakers and presentations. Visitors are always welcome. Join us at the Meridians for lunch following the meeting.

Contacts: Jo Quirarte 916-408-7140
Pat LePage 916-543-9564



Astronomy

Monday, March 19
 Cosmology Interest Group (CIG).

No meeting this month.

Thursday, March 22, Telescope Interest Group (TIG) Observing at the Model Airplane Site. Contact Bob Collins (bobpcoll@community.net) for more information.

Wednesday, April 4, LHAG General meeting 6:45 PM in the P-Hall (KS). Ron Yelton and Bill Weaver will give a presentation:



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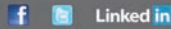
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Ballroom Dance

On March 10 the Multipurpose Room (KS) was awash in a sea of Kelly Green as spirited dancers celebrated St. Patrick's Day a wee bit early. Table covers and centerpieces echoed the "Everything Irish" theme. Club members enjoyed dancing to selected ballroom tunes while partaking in delicious desserts and refreshments. Our dance moves to the Ballroom (OC) where on Monday, April 30 from 6:00 to 9:00 PM we will enjoy an Ice Cream Social with an "April in Paris" theme.

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



want to learn or refresh ballroom dance steps while mingling with friendly people who love ballroom dancing. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. East Coast Swing lessons continue in March and in April, Belinda and Nancy will be instructing the Foxtrot.

Contacts: Sal Algeri 916-408-4752;

Olivia Eckert 916-749-9051



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

www.sclhresidents.com

PM at Joan Logue's home. The next support meeting will be April 11. 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 Buca di Beppo on Wednesday, March 21 at 11:30 AM. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the Compass, contact Joan.

Contact: Joan Logue

joanlogue@sbcglobal.net



Big History

The dinosaurs weren't the only casualties of extinction. Going back 540 million years ago, scientists believe there were five mass extinctions on Earth, each one responsible for wiping out at least half of the species on Earth at the time. The worst one, which occurred about 250 million years ago, took out more than 90 percent of the species.

The Big History Club will focus on these mass extinctions at its March 20 meeting, 6:30 PM in the Fine Arts Room (OC).

In April, the science-based history club will start to touch on early humans (recommended reading: Sapiens by Yuval Noah Harari. The club meets from 6:30 to 8:00 PM the first and third Tuesdays in the Fine Arts Room (OC) (doors open at 6:00 PM).

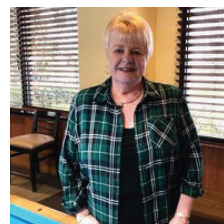
Contact: Sandi Dolbee 619-861-0734, sandidolbee@yahoo.com; **Website:**

www.bighistorysclh.com

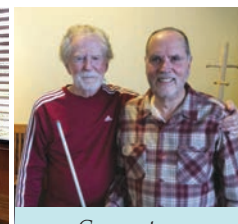


Billiards

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



Women's Tournament
Phyllis Papagiannis
with 5 wins



Cue Masters
Tournament 1st place
George Black, 2nd
place Tom Thornton

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

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



Bird

Friday, March 23 our group will enjoy a morning of birding along the Twelve Bridges Trail. We start with a walk around Coyote Pond and then continue down a paved trail to the Middle School. This walk always has a nice variety of birds.

Bobelaine Audubon Sanctuary has been closed since last year's flooding along the Feather River.

Left: Six boxes have been set up to attract the ducks.

Right: Joel Elliöff, Paul Mac Garvey, and Phil Robertson take on the job of cleaning out the Wood Duck Boxes.



After repairs to the levee and trails, it will re-opened in time for our April 6 outing. This riparian woodland is considered an important area for birds and other wildlife.

The April 9 general meeting will feature Laura Haller from the Sacramento National Wildlife Refuge. Each year we visit this wonderful refuge and now look forward to learning more about the management of its nearly 70,000 acres of wetlands, upland, and riparian habitats. Our monthly meetings

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are held in the P-Hall (KS) on the second Monday at 1:30 PM.

Contact: John Redmond
916-253-3511, jcred40@gmail.com
Website: www.lhbirders.org



Bocce Ball, Mad Hatters

If you are looking for an activity with minimal risk of personal injury we highly recommend Bocce. In the several years, we have been involved with our Bocce group we have never been made aware of anyone who had to have a knee replaced, a hip replaced or a broken bone fixed because they played Bocce with us. In ten years the only injuries we've seen were minor scrapes caused by tripping on the court edge. We freely admit that you will not get an aerobic workout with our group, but you will get a lightweight workout with light weights (two pounds), all the companionship you need for two hours, and fun in the sun. We do caution people with back problems to be careful picking up the balls, but devices are available to overcome that problem. Come get a no impact workout with us every Thursday morning at 10:00 AM.

Contacts: Paul Mac Garvey
916-543-2067, pmac1411@aol.com;
Bob Vincent 916-543-0543



Book, OC

This month we discuss, *The Devil in the White City*, by Erik Larson. The book is a tale of the 1893

World's Fair and the cunning serial killer who used the fair to lure his victims to their death.

Schedule for remainder 2018:

April 20 (Friday): *A Full Life*, by Jimmy Carter (Meet in Fine Arts Room OC)

May 17: *Snow Falling on Cedars*, by David Guterson

June 21: *Where'd You Go Bernadette*, by Maria Semple

July 19: *The Martian*, by Andy Weir

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson

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

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

December 20: Holiday Luncheon

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

Contact: Darlis Beale 916-408-0269

Website:
LHocbookgroup.blogspot.com/
Wiki: ocbookgroup.pbwiki.com/



Bosom Buddies

We were fortunate to have Dr. Yona Barash of Sutter Health return in March as our guest speaker. Dr. Barash, who performs many types of cancer surgeries – including but not limited to breast, stomach and bowels



Our February speaker was Nurse Navigator Sylvia Atieno of Sutter Health (second from left) with members Donna Weatherly, Dulcie Peck and Judy Stewart.



Another reason we enjoy our core group meetings – coffee cake baked by Susan Wright.

– talked about the latest innovations in cancer surgery and answered questions from the audience. A side note of interest on Dr. Barash is that he also is an attorney who passed the bar exam.

Our next meeting, April 12, promises to be a special one, so mark your calendar. Members and guests who'd like to have lunch at Meridians before the meeting should call Val Singer at 916-645-8553 for reservations and menu choices.

Bosom Buddies is funded by a generous grant from the Lincoln

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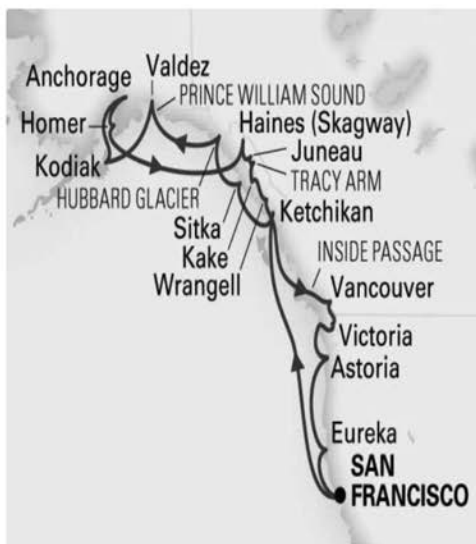
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Hills Foundation, which enables us to host speakers and to help support members undergoing cancer treatments. We meet the second Thursday of the month at 1:00 PM (OC).

Contacts: Marianne Smith 916-408-1818, Patty McCuen 916-408-4185, Val Singer 916-645-8553; Website: www.sclhresidents.com.



Bridge, Duplicate

Duplicate bridge is love at first deal for many players. For others, it's an acquired interest that takes time to develop. To find out how much enjoyment the game can offer, you need to give it a chance and play several times.

Meet Kay Kerenyi on the right. Kay is a very special volunteer and Board Member. Her committee makes our parties beautiful. Their decorating and planning is exceptional. Our members are always surprised at the ideas they put into action at our social events. Kay is pictured with one of her partners and former board member, Dede Ranahan.



Dede Ranahan and Kay Kerenyi

Our games are played at KS. Schedule: Wednesdays/Saturdays at 12:30 PM. Three sections with different levels of play. Friday

evenings at 5:00 PM. Table fees are \$2.00 per person. For a partner or questions, please visit our website and contact our Board members or partnership chairs at www.bridgewebs.com/lincolnhills.

Contact: Lynne White 916-253-9882, lynnwhite2000@yahoo.com www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for signup, or show up with a partner, Sierra Room (KS). You play if we have up to 28 couples. We are seated by 5:45 PM, standbys seated after that, and we finish by 8:30 PM. Watch for the special bridge brunch coming soon. See your host for details. Winners: January 25–First: Dee Cole/Ed Hartnett; second: Stan Mutnick/Harry Collings; third: Marlene Harner/Basil Molony; fourth: Rose/Joe Phelan with the high round of 1830. February 1–First: Jyoti/Viren Sitwala; second: Kelly/Neal O’Boyle; third: Edith Kesting/Erika Wolf with the high round of 2220; fourth: Jodi Deeley/Harry Collings. John Butler/Byron Hansen had a grand slam. February 8–First: Kay/Ben Newton; second: Janet Pinnell/Linda Theodore with the high round of 1570 and a grand slam ; third: Nancy Rice/Carol Mayeur; fourth: Nancy Turrini/Lydia King. February 15–First: Erika Wolf/Edith Kesting; second: Gay

Gladden/Reta Blanchard with the high round of 1630 ; third: Harry Collings/Jim Busey; fourth: Lydia King/Nancy Turrini.

Contact: First & Third Thursday: Kay & Ben Newton 916-408-1819 Second & Fourth Thursday: Dolores Marchand 916-408-0147, Judy Olson 916-408-1435



Bridge, Social

Join us on Fridays for Singles’ Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in March and April by contacting Pat Mullins at 408-202-1865. January 26 to February 23 Winners: First Place: Warren Sonnenburg, Joe Phelan, Ralph Madsen, Harry Collings, & Viren Sitwala. Second Place: Rita McPeake, John Woodbury, Carol Mayeur, Bob Fawcett, & Joe Phelan. Third Place: Dolores Marchand, Pat Mullins, Jerry Kluball (twice), & Judy Ganulin. Fourth Place: Rosanna Jensen, Alan Haselwood, Karen Bode, Warren Sonnenburg, & John Woodbury. Congratulations to the Grand Slam Winners: Ralph Madsen & Carol Mayeur on February 9th. Free Classes: Introduction to Bridge is on Wednesdays from 8:30 to 10:00 AM; Intermediate Bridge will continue on Wednesdays from 10:00 AM to 12:00 PM in the Card Room (OC). Teachers: Pat Mullins, John Woodbury & Alan

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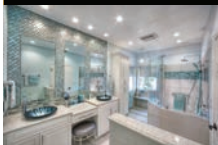
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Contact: Pat Mullins
408-202-1865, pam7nt@gmail.com



Bunco

In February, the Bunco group welcomed a new player Gail Emery. The Cards Room (OC) was full of fun and laughter with dice flying all over! Carolyn won Most Buncos with seven buncos. Congrats Carolyn that is a lot of buncos! The traveling bear is always a popular item down to the bitter end.

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

February Winners: Most Buncos - Carolyn Hughes; Most Wins - Pat Mc Gough, Most Losses - Linda Matthews; Traveler - Marsha Pimentel.

Next Bunco is Thursday, March 15.
Contact: Kathy Sasabuchi
916-209-3089, ksasabu@icloud.com



Ceramic Arts

Are you looking for something new to do? How about pottery? Be sure to check out class listings for Tuesday and Thursday

classes and sign up early as spaces fill up quickly. A class is the best way to get started in a new venture of working with clay, and we have a great time.

If you have a purchased piece of greenware you want to glaze, you can take it to Kilaga Springs on Sunday or Monday afternoons between 12:00 and 4:00 PM. Helpful people are always available to guide you.

CAG workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays 12:00 to 4:00 PM. Earthenware/Spanish Oils workshops at KS Sundays and Mondays 1:00 to 4:00 PM. Open studio available to all residents Fridays at OC from 12:00 to 4:00 PM; Sundays at KS 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contact: Mary Clark 916-502-1527
Website: sclhresidents.com



Chorus

Movies have long offered memorable music. You'll hear some of the best on April 22-24 in "Movie Music Memories."

Four of our selections won their movies Best Original Song Oscars: "Over the Rainbow" for "The Wizard of Oz" (1939), "Moon River" for "Breakfast at Tiffany's" (1961), "My Heart Will Go On" for "Titanic" (1997), and "City of Stars" for "La La Land" (2016). "As Time

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Movie Music Memories



"Goes By" might have done the same for "Casablanca" (1942) and "Singin' in the Rain" for the 1952 movie of that name, but those songs predated those films.

Most of us missed "The Sound of Music" and "Carousel" on Broadway but saw the film versions of these Rodgers and Hammerstein productions, so we're presenting "Climb Every Mountain," "My Favorite Things," and "You'll Never Walk Alone" as movie music too.

See page 59 for ticket information, and plan now to enjoy our "Movie Music Memories."

Contact: Suzanne Rosevold 916-587-3035; suzannechorus@gmail.com;
Website: lincolnhillschorus.org

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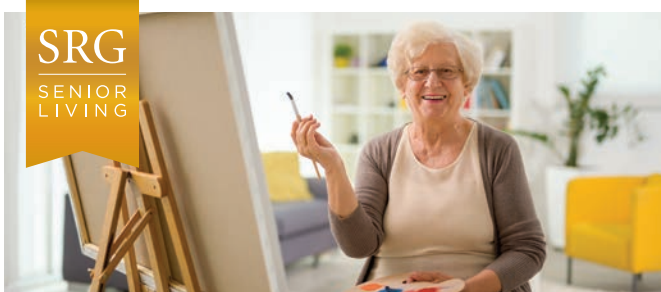
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Ken and Group Member in Lab

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Among the great services available to LHAUG Members are the Open Labs where our volunteer techies will help you to coexist with your Macs and iOS Devices. The labs are held three times each month in the Multimedia Room (OC). Dates and times are noted in the calendar on our web page, lhaug.org, and, if you subscribe to it, the calendar meetings and lab entries will appear on your own Mac or Device. Details on our site. **Contact: Vicki White, vickiawhite@me.com**
Website: lhaug.org

PC



The Changing Face of TV and Streaming Services, Wednesday,

April 11, P-Hall (KS) 6:30 PM

Terry Rooney presenter. In the last few months, large changes have happened in our choice of TV providers. Cable companies (Wave and ATT) no longer have the upper hand. We can now use our fast internet connections to stream many channels which were once only available on cable.

Five companies are now in this ballgame, and the rules are changing every week. Making a huge splash is Google's YouTube TV, available for \$35 per month and providing more than 60 channels including ESPN, Fox News, CNN, MSNBC, and dozens more, plus your local NBC, ABC, and CBS stations.

Also in the game are ATT's Direct TV, Hulu Live, Sony PS Vue, and Dish's Sling. This presentation will explain how you can easily become a "cord cutter" and save thousands of \$\$\$\$\$. No antenna required! **Contact: Terrance A Rooney 916-666-1026, tarooney@gmail.com**
Website: www.sclhcc.org



Country Couples

THANKS to everyone who stopped by our booth during the annual "It's the Lifestyle" event. Your interest is appreciated, and we hope to see you in class one day soon. Our volunteers are the glue to our club, so a big THANK YOU to Marsha & Larry Brigleb, Irene & Ivan Hesson,



Booth Volunteers: Larry & Marsha Brigleb, Laura & Gary Wermuth, Irene & Ivan Hesson, Nancy and Dave Millican

Nancy & Dave Millican, Laura & Gary Wermuth, for operating the booth.

Country Couples is a social club whose members love to dance. Over the years our members have started card groups, planned dinners, traveled, and have formed lifelong friendships. Members often refer to Country Couples as a second family. If you are seeking something new to try, want to meet new friends, or perhaps come back to see old friends, join our classes on MONDAY nights at Kilaga Springs; Saturday evening practices are included.

Contacts: Marsha Brigleb 916-434-5460; Irene Hesson 916-434-6804



Cribbage

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

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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 January were Howard Beaumont, week one, Jack Poshepny, week two, Frank Cuchetti, week three, Bill Mortensen, week four.

New players are always welcome!

Contacts: Larry O'Donnell
406-672-6493; **Ken VonDeylen**
916-599-6530



Cyclists

I know this is only March, but we need to plan ahead for two of our most popular cycling events of the year. During May, we have May is Bike Month and the Tour de Lincoln. May is Bike Month gives our club the opportunity to compete with other cycling clubs in the Sacramento area. Prior to May, there will be information on how to go on the website and become a member of our group, enter your miles each day and help us to show again that we are one of the top riding clubs in the Sacramento area. The 17th Annual Tour de Lincoln will be held on Saturday, May 12. This year the Tour will be organized

by the Rotary Club of Lincoln. For information about the ride, go to tourdelincoln.org. As in the past, volunteers are welcomed. To volunteer, call Jerry Johnson at 916-759-7518.

Contact: Steve Valeriote
916-408-5506, jillsteval@gmail.com
Website: www.LHcyclist.com



Eye Contact

Meeting, Fine Arts Room, (OC), Tuesday, April 3, 2:00 – 4:00 PM.

“Keep Driving Now – Be Driven in the Future” will be our topic. Senior Driver Ombudsman, Jerrod Sieberg, with the CA Department of Motor Vehicles will be our speaker. He will discuss drivers’ licenses and tests, I.D.s and self-driving cars. Bring your questions with you. Ample time will be allowed for Q&A. Following that our Group Discussion will focus on local transportation options.

Volunteer Needed: Eye Contact is seeking a volunteer willing to scan the internet on a monthly basis to look for vision-related articles suitable for our newsletter. We have a list of appropriate websites, but the volunteer would also be welcome to explore additional sites. Please contact Cathy at the number below if you are interested in helping us. The pay isn’t spectacular, but you will be touching people’s lives.
Contact: Cathy McGriff 916-408-0169,
cathy.mcgriff@yahoo.com

Fishing



I guessed wrong, the weather’s been so nice, many fishermen/women are out there now. Good for you! I’m still waiting for warmer weather, so call me chicken.

You see fishing is addictive and the nicer weather is drawing them out, definitely satisfying. I received a few pictures already of their intrepid adventure.



Henry’s fish Shad

Rob tying one on

Come to our meetings (speakers, BBQ’s, a Holiday dinner, coffee 2-3 times a week) which are held on the second Monday of the month at 7:00 PM in KS Lodge Hall. Start your journey to becoming a better angler. Become part of the addiction!

Some folks fish Fuller, Rancho, a local river or pond or some other favorite hole/river in another state.

You can “Google” great videos on fishing – just type “fishing” – you’ll be amazed at the videos available, pick any fishing subject.
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Garden

Springtime brings Field Trips, Flower Show, Plant Sale, Home Garden Tour, Rose Show, Classes, Lectures, and a "Blossom Thyme Tea and Auction" events to the Garden Group. Check the website (www.lhgardengroup.org) and your emails for more details on each.



Plant Sale - Marie Salers



UC Davis Arboretum

March 21: Flower Arranging Class. Contact: Arden, 916-408-4882.

March 22: General Meeting (2:00 PM, KS) features Ellen Zagory, Director of Public Horticulture for UC Davis Arboretum and Public Garden. What's new at the Arboretum! Learn about new pollinator and hummingbird gardens, and how to create a better garden. Non-member residents signed up for the SCLH Association to the Arboretum are welcome to attend.

Tea-Thyme social sign-ups are available at this meeting. Prior to meeting (1:00 to 1:30 PM) check-in for the Flower Show.

April 7: Plant Sale (Pavilion, 9:00 to 11:00 AM). Please bring your donated garden-related items to the Pavilion between 8:00 to 9:00 AM. Contact: Marie at 916-408-3895.

Contacts: Lorraine Immel 916-434-2918, limmel@gmail.com;
Website: lhgardengroup.org



Genealogy

On Monday, March 19 Kathryn Marshall will talk about the Path from Immigration to Naturalization.

"The Path from Passenger Lists to Naturalization Papers" follows a document trail that begins with genealogically rich passenger records, names precise destinations, and points to court records of your ancestor's journey toward citizenship. Naturalization papers, particularly after 1906, contain statements of the immigrant's birth date and place, "before and after" names, even details about the immigrant's family. Learn how to find these useful records and interpret what you find.

Meet at P-Hall (KS) at 6:30 PM. Members should come a bit early to sign in and get their ticket for the door prize which will be (3) 7" Fire Tablets with Alexa. Maybe Alexa will find your relatives.

Plan to stay after the meeting and gather across the hall for refreshments and a chance to network with others who share your interests.

Contact: Bob Ringo 916-543-5310, bobringo@starstream.net or Maureen Sausen 916-543-8594, schlgen@gmail.com; **Website:** lincolnhillsgenealogy.com



Golf

Ladies XVIII

In mid-February, 35 ladies teed it up on the Hills. The first flight was captured by Warren, as Green and Sanderson tied for second. Habecker claimed first place in flight two, followed by Sartor for second and Biswell, third. Flight three was topped by Chappellear, followed by Korenthal in second and Hur, third. Tilley was first in flight four, tallying

59 for low net, while Sween took second and Tamanti placed third, also winning the CTP.

Washington's birthday was a celebration for Sanderson, shooting 68, with a birdie on 16, for flight one. A 73 put Arts in second, one stroke ahead of Koropp. In flight two, Unger won with 71, stiffing her tee shot on Orchard's fourth, earning a birdie and the CTP. Lilienthal was second with 77; Hur, third, with 81. In flight three, Tamanti was first with 69; Knorr was second with 76, one better than Lewis.

Contact: Joyce Hults


Website: lhgxviii.com

Lincsters

Lincster Captains Alyce Stanwood and Marie Bossert held the first special Fifth Friday event, the G'Mother Tournament, on January 31. The G'Mother Champion was Ann Beede of Flight C who had a net score of 31. Other low net winners in this event were: Karen Bode, Flight A; Pat Dangerfield, Flight B; Linda Coolidge, Flight C; Henrietta Fujihara, Flight D. Winning the regular sweeps on January 31, along with the G'Mother winners, were: Sara Canon, Flight A; Julie Storer, Flight B; Ingela Butters, Flight D.

January 17 brought out 51 players. Sharing the first place sweeps in Flight A were Meredith Nelson and Connie Rocereto. Suzanne Lundberg took first place in Flight B; Clareen Bolton was first in Flight C, and Ingela Butters won Flight D.


A Valentine's Day Tournament was held on February 14, and the First General Meeting of the Lincsters will be held on March 31. **Contact:** Pat Shafer 916-408-7174, gdskd70@aol.com;
Website: lincsters.com



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Pete Saco presenting a \$500.00 check from the Men's Golf Club to the representatives of the Lincoln Hills HS boys and girls golf team.

Mens, golf

The February tournament winners, Tony Dipaola, Robert Williams, Gene Andrews, John Michel, Stan Perry, Joe Mcleod, Karl Williams, Jack Drinkard, Paul Apfel, Chuck Edmonds. Net score winners were Tom Horan, Ed Lazarek, Rick Yoshikawa, Paul Yeager, Sandy Merola, Ciro Estremo, Gil Lucas, Joe Mello, Bernie Damele, Al Olivieri. The March tournament will be played on March 20.

If you see your group is falling behind, hit your shot and get in the cart. Leave your clubs and/or club bag near your exit from the green. Write down scores on the next tee box. Line up your putt while your playing partners are lining up their putts. Hold long jokes or stories until the end of the round. Be thoughtful of others pace of play!

Contacts: *Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@aol.com; Doug Hinchey, doughinchey@gmail.com; Website: www.lhmgc.org*



Healthy Eating

March has been designated as National Nutrition Month by the Academy of Nutrition and Dietetics. The Academy's membership is made up of Dietitians and other qualified professionals that help us make informed food choices, develop sound eating habits and how to engage ourselves in appropriate physical activities. The Academy emphasizes eating fruits, vegetables, whole grains, legumes, whole grain cereals and



Thai food dish



Fruit platter

other foods with adequate fiber. For those on meat-based diets, which includes most Americans, the Academy recommends reducing the amount of meat in our diets and increasing our fiber intake.

The Healthy Eating Club meets on the fourth Monday of each month (except December) in P-Hall (KS) at 2:00 PM. Occasionally

our meetings will feature a guest speaker. Our March meeting is on the 26. Other club activities are announced to the membership via email. Our 2018 club fee is \$20, good for all members of your household.

Contact: *Don R. Rickgauer 916-253-3984, sclh13HealthyEating@gmail.com; Website: HealthyEatingClub.wildapricot.org*



Hiking & Walking

Spring is coming! Get outside and take notice of some favorite signs of Spring. Listen to the birds, look for new blooms, and hear the buzzing of bees. You don't have to go far to enjoy Spring's call. Take a walk on our neighborhood trail system. Regularly scheduled walks start at 8:00 AM on Wednesdays. Where to meet each week? First Wednesday meet at the end of Boulder Court, Second Wednesday meet at OC at the Fitness Center entrance circular benches, Third Wednesday meet at Sutter View Lane near Spring Valley, Fourth Wednesday meet at the Sports Plaza near the playground when there's a Fifth Wednesday



Walkers pose at Sports Plaza Trail

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Hikers enjoy the sunny but chilly day along the Lake Natoma Trail

check the website for a special trail walk. Each walk lasts about an hour. Attend the Hike Leaders Meeting March 29, Multipurpose Room (OC) at 6:30 PM.

Meet the hike leaders and members and see what social happenings are being planned. See you there!

Contacts: Hiking - Art McGrath 916-434-5540, lhikers@gmail.com, Walking - Debbie Schryver 916-666-1741, dshumhaven@earthlink.net; Website: www.lincolnhillshikers.org



Investors' Study

I'm sorry for any confusion from last month's Compass regarding our February speaker. I'll miss it again in March. Our March speaker was Gabi Santos of JP Morgan. To bring everything up-to-date, John Tousley of Goldman Sachs will be our speaker in April; Doug Cote (a perennial favorite) of Voya in May. Rachel Wilson of Morgan Stanley in June. That's quite an array of speakers plus Russ Abbott will continue to update his Playbook. We look

forward to the warmer weather but not the incipient drought conditions. Our April meeting will be Thursday, April 4 at 2:30 PM in P-Hall (KS). Join fellow members for coffee afterward.

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

Contact: John Noon 916-645-5600



Lavender Friends

Who was the first president born in a hospital? What's the national emblem of Ireland? For what film did Leonardo DiCaprio win the best actor Oscar?

Answers: Jimmy Carter, the harp and "The Revenant." These are some of the questions The Golden Girls tackle each week at Brain Freeze Trivia, held 6:00 PM Thursdays at the Meridian Sports Bar (OC). There are many teams that regularly participate, but The Golden Girls happens to be made up of Lavender Friends Club members. Indeed, more than a dozen members have rotated in and out since we formed the team about eight months ago (team max is six players). And, just recently, two members even helped another team as guest players!

Though not an official club event, it's a great way to get to know members better, have fun



One of our team members gets photo-bombed by the real Golden Girls

and give back (when the team wins, the winnings go to the wait staff – since they are the ones really breaking a sweat).

Lavender Friends represents the LGBT community here at Lincoln Hills. To read about more official activities, visit our website.

Contacts: Sandi Dolbee 916-587-3530, sandidolbee@yahoo.com; Website: www.lavenderfriends.com



Line Dance

The Steering Committee was so happy to talk to all the people who stopped by our booth at the LifeStyle annual club and community expo on February 27. We were able to answer questions about how to sign up for a line dance class. Line dance is a popular form of exercise that can help improve balance and coordination in older people. Better balance can reduce the risk of falls. So not only is line dance a fun form of exercise it is also beneficial. Our next social dance will be held in the Ballroom (OC) on March 11 from 1:00 to 4:00 PM. It is open to all line dancers taking classes at any level. These social dances are such a good

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time to interact with other dancers and enjoy an afternoon of fun.

**Contact: JoAnn Faria 916-434-6813
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 Noon. Winter 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.

**Contact: Bruce Castle 916-846-1500,
brucecastle101@gmail.com,
Marsha Ross 916-253-9551**



Mah Jongg, National



All are welcome to join us, playing this intellectually stimulating and exciting game!



Mah Jongg is an ancient game from China, using tiles in place of cards.

We meet Tuesday's in the Card

Room (OC) 12:15 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons on how to play, in her home. Call Fran so she can put you on the list for the next upcoming session.

Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!

**Contact: Patti Kingston 916-587-3056,
Marianne Morse,
designgalm@gmail.com**



Mixed Media Arts

We have a great program planned for our March 21 meeting. Member, Mona Mathias, will demonstrate the use of plumbers tape and copper electrical tape in combination with dimensional objects, paint, and ephemera to create book covers, box lids, picture frames or other surfaces. Written instructions, a small box to decorate, plumbers tape and electrical tape will be provided for the project.

Our April meeting will be a Special Art Journaling demonstration and "round robin group experience" led by Chris Fetter.

Our club provides a friendly, fun environment for creative expression using a variety of paints, textures, collage, papers and so much more to produce an impressive range of artistic projects. Come and join us! We meet the third

Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM.

**Contact: Frima Stewart 916-253-7659,
frimastewart@gmail.com**



Motorcycle

March is here, which means the official start of the RoadRunners 2018 riding season. Spring fever struck early with two impromptu rides in February. Road Captain John Marin led riders west to Woodland and West Sacramento with lunch at the Broderick Inn. Road Captain Dan Harlander led the group east through the foothills to the Dine and Dash restaurant in Colfax.

February also saw the Lady RoadRunners getting together for the monthly "Bingo in the Ballroom" put on by the Lincoln Hills Foundation. Thank you to Linda Smith for making the arrangements!

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



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Multimedia Room (OC) The next meeting will be on March 22.

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



Movie Lovers

If you are interested in discussing current movies with others, consider joining the Movie Lovers Group. We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We watch current trailers and vote on two movies to review in the coming month. In February we discussed I, Tonya and Phantom Thread. Both movies prompted stimulating discussion. We also enjoyed an Academy Awards party hosted by Carol and John Noon on March 4. Our next meeting is April 12. All residents are welcome.
Contact: Cliff Roe 916-409-2049, cliffroe@ix.netcom.com



Music

At the Music Group’s February meeting, we had some new participants perform. Many of them went right into the Le Open Mic Session on the 28. We detected overall improvement and even saw some performers smiling and enjoying themselves.

The March group meeting will be 6:30 to 8:30 PM at the usual meeting place Fine Arts Room (OC). Group songs will be “Goodnight

Sweetheart, Goodnight” and “Sweet Caroline.” The Blues Jam will be doing “Johnny Be Good.” Lead sheets can be found on the Music Group Webpage (remember the secret password is: music group.)

Le Open Mic has been scheduled to an earlier time frame 3:30 to 5:30 PM with signups at 3:00 PM. The next session will be on March 29 at P-Hall (KS).

The SCLH Ukulele Jam continues to meet Wednesdays, 1:00 to 3:00 PM, (OC Lodge). Open to SCLH residents. Contact Ron Peck at 916-409-0463 for information.
Contact: Don Smith 916-838-4691, Donsmith6704@frontier.com; Website: LincolnHillsMusicGroup.org



Needle Arts

Needle Arts general meetings are the second Tuesday of the month, P-Hall (KS) at 1:00 PM. The meetings have great speakers, a show and tell time, and updates on club news.

Visiting a Breakout Group is a great way to meet some wonderful people. Check out a list of groups and times on the Needle Arts Website.

Want to make a fun, quick Community Service project? Help make Scent Hearts for UC Davis Children’s Hospital Nic-U. The pattern and directions are on the Needle Arts Website. Drop off



*Kaleidoscope Scrappy Block Workshop
 February 10 led by Linda Garret*



*Community Service Leaders,
 Clareen Bolton and Bev Johnson*

the completed hearts in the small basket by the door inside the Sewing Room (OC).

Mercy Retreat, May 14 – May 18, save the dates (these are the correct days!).

Do you have sewing goods, knitting materials, or other items to donate? If so, contact President Shirli Lent at 916-645-8581 or email shirliknitter@gmail.com

For more information on the Needle Arts Group visit our website.

Contact: Jill Short 916-409-2481, jillann322@gmail.com; Website: www.sclhna.com

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Neighborhood Watch

“Expect the unexpected” is a saying we’ve heard over the years. We never thought we’d reach that age when the “unexpected” would be more likely to happen than not. But, we have, and being prepared is a good rule to follow.

Printable Medication Form - Makes two double-sided cards
1 - Print one side of paper 2 - Put back in printer and print other side

5 - Cut on lines

3 - Fold and crease

3 - Fold and crease

3 - Fold and crease

Example of Medication Record Card you can fill out and put inside your wallet.

Although we swear there isn’t room in our wallets for one more picture or credit card, we should find space for a card to provide vital information. If something happens to us when we are away from home and unable to supply necessary details, this card could provide family/neighbor contacts and other information. Also important to include is if there are pets and where they can be found. To get a card, call Personal Medication Record Cards and Vial of Life Coordinator Bobbie

Swenson at 916-543-6362 or check the Neighborhood Watch website.

Slip this paper/card into your wallet where it can be seen. Be prepared for the “unexpected.”
Contacts: Linda Minor 707-235-0778, Pauline Watson at 916-534-8436
Website: www.SCLHWatch.org



Painters

Sadly, we’ve lost a talented member with the death of Peter Gonis. His skill and artistic diversity went had-in-hand with his warm personality and enthusiasm. Our sympathies also go to Margot Comer on the loss of her husband, Gale.

Our Art & Craft Tour, scheduled for May 19 and 20, is seeking participants. For details contact Bill Szabo at 916-434-6667 or billszabo49@gmail.com. Registration will be held March 23 from 12:00 to 2:00 PM in the Fine Arts Room (OC).

We now have an open studio in the Fine Arts Room every fourth Monday from 6:00 to 8:30 PM. This offers, for a small fee, an opportunity to work alongside and become



Peter Gonis

better acquainted with fellow artists.

Our March 20 meeting in the Fine Arts Room (OC) at 2:00 PM will feature a demonstration of ink and watercolor application by David Peterson, a unique and entertaining artist.
Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

Our first “Open Lab” kicked off last month, and many found it a good time to meet with fellow members, finish projects and share ideas. Club president Dottie Macken gave a brief tutorial on tips for using embossing folders with the Cuddle Bug and Big Shot. This opportunity is being offered as a “three-month trial,” and if successful, will continue to be offered to our membership on



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Pat Johnson and Louise Seidenverg



Happy crafters display February's cards

the third Thursday of the month.

“Create-a-Card” is set for April’s meeting. Bring your card making kits, card bases with envelopes (optional), and we’ll provide diagrams, ribbon, art pieces, and more for building a design. More information to follow. No cost and no cut-off date.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested, come and check us out!

Contacts: Dottie Macken
916-543-6005,
justdottie@sbcglobal.net;
Margaret Hornsby 916-543-3804,
lovestampin50@gmail.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been

a long time since you played, we are happy to teach you the basics or refresh your memory, Pedro meets in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones at
916-543-3317, djonesea@att.net;
Doris DeRoss at 916-253-7164,
dorisdoross@gmail.com



Photography

At the February General Meeting, soft-taught photographer, Ed Rotberg, presented a collection of his spectacular images. He explained how he uses planning to help him get the shots that other photographers might miss.

The Photography Club was well represented for the 15th Annual Fine Arts Show and Sale. Eight members displayed 32 images. Congratulations go out to members Bob Baikauskas and Truman Holtzclaw for taking first and second place respectively with their stunning photographs.

Composition was the topic of the Club’s February Learning Workshop. After reviewing several composition ‘rules,’ participants were instructed to go out and test their new found knowledge while several experienced photographers remained available to provide one-on-one assistance



Photo by Bob Baikauskas

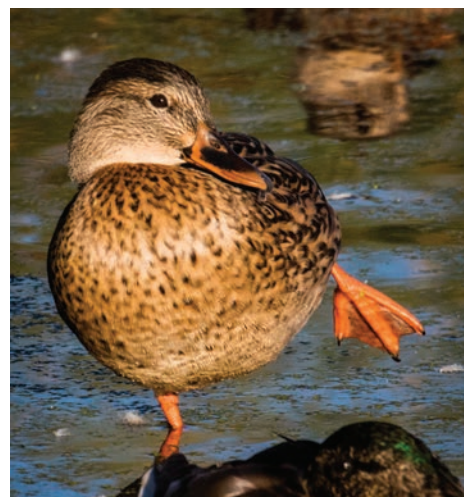


Photo by Margie Buhler

and constructive advice on how to improve on a particular photo. The Learning Initiative workshops are overwhelmingly popular with members of all skill levels. Mini-workshops are held on the third Tuesday of the month at 9:00 AM.
Contact: Diane Margetts
916-955-1809,
dmargett@yahoo.com;
Website: www.lhphotoclub.com

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Pickleball

Players Michele Murphy and Gail Bower and their pooches are common sights at our pickleball courts. What's not so common is what they represent. Michele is a volunteer puppy raiser with Canine Companions for Independence, who's "October II" is being trained as an assistance dog.

"I figured raising a puppy that could give a new life to someone would be an extremely rewarding experience. I feel blessed to have the opportunity," Michele explained. Gail's Golden Retriever "Buster" is a therapy dog. Through "Sutter Paws on Call," they regularly visit a hospital and preschool. There, Buster soothes and draws smiles. "Therapy dogs have been scientifically proven to help calm people of all ages in situations that can be stressful and difficult," Gail said. Want to learn pickleball?

A free Welcome Saturday introduction is 11:00 AM March 24.



Cal Meissen offers free introductions.

Lessons also on Wednesdays at 1:00 PM. No paddles or reservations required. Weather permitting.

Contact: Michael Gardner
916-834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com



Players

Our Players troupe is very excited about the 2018 venue of our upcoming Main Stage and Readers Theatre productions.

The first one on the slate is the hysterically funny play, "Bermuda Avenue Triangle." This play will be performed in the audience-friendly P-Hall (KS) and directed by Becky Nicholson. Show dates are June 7, 8, 9 and 10.

In August and October, we will follow up with yet two more crowd-pleasing Readers Theatre productions as we did in February with "The Nighttime Traveler" written and directed by Allan Lowe.

Our November show will be a blockbuster musical that audiences have raved about for decades. Stay tuned, more to come on this baby.

Players meet every second Monday at 4:00 PM in the P-Hall (KS).

Contact: Ron Hanson 916-434-7112,
racketron@yahoo.com;
Website: www.lhplayers.org



Poker

The Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in 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 Monday, Tuesday and Friday's – same times.

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

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

Contacts: Lynne Barsky
916-253-3730 or **Arnold Baker**
916-434-5412



RV

The first rally of the year was to Arizona where the group visited Mesa and Lake Havasu. In Mesa, they visited the Marketplace, took a boat ride on Canyon Lake, were entertained at the Arizona Opry and had some

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Boat trip on Canyon Lake



Waiting for Gunfight at Oatman, AZ

time to take in the many attractions. The next stop was Lake Havasu for a weekend Balloon Festival. Some of the group also enjoyed visiting Quartzite and the old western town of Oatman with its resident burros. Wagon-masters Linda and Doug Dern and Barbara and Bob Miller did a wonderful job of planning a fun-filled rally!

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies then we visit with shared appetizers. Residents with interest in RVing are welcome to visit, met new friends and discuss the joy of RV travel.

Contact: Dean Schumacher
 916-223-5182,
 schumacherdean@sbcglobal.net;
 Website:www.lhrvg.com



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

The teachers in our elementary schools are still asking for help, and they are looking for volunteers just like you! We have a large group of volunteers, but If you have time to spare and an interest in working with children in our Lincoln schools, you can begin in a classroom and grade level of your choice and with a schedule to accommodate your lifestyle. You need not have had teaching experience to participate.



Ms. Dunler's third grade class at Creekside Elementary School. The volunteer is Ruth Croul.



Visit our website at schoolssun-city.org. The website has information about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers. Contact a leader listed below who can answer your questions. Crystal Elledge (Elementary) 916-543-8617,

ceelledge@sbcglobal.net or Irma Mendez (Phoenix HS) at jmeidm@aol.com.

Contact: Patti Kingston
 916-587-3056



SCOOP

The "new and improved" SCOOP (now Sun City Organization of Pets) has started the year with a bang! Our speaker on February 6 spoke to us about a fabulous service she is establishing to bring home visits to Sun City! Dr. Kelly Chandler has had many years of experience and incorporates Western with Eastern techniques (including acupuncture and Chinese herbal treatments). This is great news, especially for some who may have difficulty getting their pets to the vet's office.

We followed up on our March 6 meeting with a speaker who lives right here in Lincoln Hills and had a wonderful story. Gail Bower observed that their current golden retriever, Buster, seemed to love everyone he met. This led her to join Pet Partners, and now they do



Michele Murphy with Dr. Kelly Chandler DMV

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therapy visits through Sutter.

SCOOP meets monthly, first Tuesday, at 11:00 AM in the Fine Arts Room (OC).

Contact: Michele Murphy, zumbalove57@gmail.com; Ginger Nickerson, gingerlee22@gmail.com



Scrabble

We welcome you to join our group of Scrabble players who meet every Monday afternoon at 1:00 PM in the Card Room (OC). You will usually find three or four tables of Scrabble set up with all the game materials provided. Anyone can join in - all skill levels welcome.

It's a great way to learn new words - from the sublime to the ridiculous! Come and try it out.

Contact: Anne McMaster 916-409-5408, wiltonanne@yahoo.com



Shanghai

Never played the card game of Shanghai. We will be glad to teach you.

We play every Thursday at 12:15 PM at the Card Room (OC).

Contact: Howard Beaumont 916-408-0395, hbeaumont@wavecable.com



Singles

What a cold February we had with no rain! Our Social on February 22 was

a White Elephant aka Re-gifting Event. Members had lots of fun exchanging and ended the evening playing a trivia game with nine winners getting \$10 gift cards.

We are entering March with a lot of wind and no rain. Cold enough to snow? On March 15 we will be dining out at Tahoe Joe's in Roseville. Our Social on March 22 will be at Kilaga Springs playing several Trivia Games with lots of winners. April 1 we will spend Easter with our friends and family. On April 8 we will have our Birthday Celebration in the Sports Bar. On April 12 at our General Meeting, we will have a speaker about the Highway 65 plans. On April 14 we have our 2nd Saturday Breakfast in the Sports Bar. We play Bocce Ball on Wednesdays and Golf on Fridays. Join the Singles Club for just \$15 a year. Call Maggie at 916-409-5348

Contact: Kathy Shaddox 916-209-3307, kathyshaddox@gmail.com



Ski

Below normal snow conditions in California have not stopped Club members from fanning out around the globe for ski escapades. For our next general membership meeting on Thursday, March 15, in the Multipurpose Room (OC), starting at 4:00 PM, there will be tales of



Left: Ric in Italy, Right: Ed at Squaw Valley

adventure on the slopes, complete with glorious pictures. Several members will share their recent experiences in locales including Mammoth, Montana, and Italy. Note the accompanying pictures of Ed Dillon charging into uncharted territory at Squaw Valley, whilst the more sensible Ric Havens tears into a scrumptious meal high in the Italian Dolomites. Members should watch for upcoming announcements on our annual season-end potluck party to be held in April. Contacts: Bill Smith or Mike Hilton at 916-258-2150, lhskiclub@gmail.com



Softball

Many of our beautiful trees are blooming, and that means the start of another great softball season is on the horizon.

Our first games this year will be played on April 4, while our "Opening Day" ceremonies will be held on Saturday, April 28 (better chance of good weather).

We invite everyone to join us in

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the pursuit of our national pastime, whether as a player, a volunteer or a fan.

To "test" your interest in softball, please come out to beautiful Del Webb Field for a fun Sunday morning practice or a batting practice session to be held the last two Wednesdays in March.

If you're thinking about joining us, call me or check out our website at lhssl.net. Among other items, the site includes a membership application and a calendar of events with the dates and times of practice sessions, our entire playing schedule and membership meetings.

Contact: Tom W. Brown
860-490-7799,
tomwalkerbrown@gmail.com;
Website: lhssl.net



Sports Car

Vic Kremesec, Tour Captain, has been extremely busy organizing our club's trips for this year. After our trip workshops from last month, many members have stepped up to organize the day and two-night trips. Steve and Ann Beede are leading twenty cars, up to Murphy's to celebrate Irish Days. The big day tour this month was to BMR, Bill McAnally Racing. Bill personally showed us the great garage he has and the NASCAR work that they do. The graphics process for the race cars kept the

guys all intrigued. All the women in the group could not believe how clean and orderly the shop was. "You could eat off the floor" was the saying of the day. Lunch at Skipolini's in Rockland followed the tour. If you own a sports car and want to join us, contact Tom Breckon.

Contact: Tom Breckon 916-434-6989,
Tom.Breckon@sbcglobal.net;
Website: lhsporcars.com



Sun City Squares

Sun City Squares is now open to all singles and couples for all position dancing. If you haven't danced in a long time, or if you have lost a partner, we are happy to help you learn again. Please come and join us and have a Great Time!

Sun City Squares meets at Kilaga Springs

* Monday from 1:00 to 3:00 PM for Plus level dancing

* Monday from 3:00 to 3:30 PM for Advanced level dancing

* Thursday from 1:00 to 3:00 PM for Advanced level dancing

Contact: Sandy Cleaver 916-409-0409,
slctravel@yahoo.com



Swimmers & Water Walkers

Please come with ideas and suggestions to make our new club great! Our first official meeting is March 19, in the Fine Arts Room

(OC) at 3:00 PM. We are open to suggestions for guest speakers who can educate us on improving our swimming capabilities and effective water walking techniques. Subscribe to our Yahoo Group, subscribe-lhswimmers@yahoo-groups.com.

Contacts: Suzan Hunt 916-408-4286,
Jean Ware 916-543-6791;
lhgroupurlswimmers@yahoo.com



Table Tennis

Thanks to the efforts and tenacity of Allan Kiosk, our lighting in the Table Tennis arena has been greatly enhanced. This was no small task as Allan spent several months tracking down the right people to achieve this upgrade. Allan is one of the original members and was instrumental in the design of our room.

Thanks Mary Akey for all your planning and hard work spearheading our special events during 2017. Every event went off flawlessly.

Thanks to Tim Frank for doing such a great job introducing our new members to the basics of Ping Pong. Tim offers free lessons for both new and experienced players. Contact Tim at timcfrank@gmail.com.

Please join us. No appointments are necessary. No dues.

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Tap Company

Dance! Dance! Dance! March 22, 23, 24! These are the dates we can see our very own Lincoln Hills residents dance! The show features a variety of dances with an international flair from Hawaii, Tahiti, and India. Other types of dances will be tapping, ballroom, clogging, country, belly, jazz and more! Teachers have taught. Choreographers have choreographed. Coaches have coached. Seamstresses are sewing. Accessorizers are accessorizing. Dancers are practicing, practicing, practicing. We hope to see you in the audience! Tickets are available at Orchard Creek and Kilaga Springs, as well as online purchasing now! Tickets are \$13 for general admission and \$18 for preferred seating. Please be aware



Back row, left to right: Jan, Susan, Danielle, Cherie; Front row: Marlene, Frima, Diane, Nancy, Freddie

of the code for the Saturday performances because the Compass has the same event code number for both the 2:00 PM and 7:00 PM show times. Make sure your ticket has the correct time on it. Thursday, the 22, and Friday, the 23 performances are at 7:00 PM.

Contacts: Natalie Grossner: 916-209-3804, natalie_g@msn.com; Freddie Dempster 916-253-9734, fredeedee@gmail.com



Tennis

Our first tournament, directed by Bob Sanguinet with help from Jim DeDeo and Miguel Cuevas, was held on Valentine's Day. This social and tennis event satisfied all. Good tennis, food, comradery. Pam Geernaert assisted by Bev Evans, Jan Boatwright and Cecelia Champion made the social aspect a huge success. Thanks went to all involved and prizes were awarded to the winners.

March brings Saint Patrick's Day with our tournament of that name. The tournament will be held on Saturday, March 17. If you are a Lincoln Hills resident but not a member of the Tennis Group, then become a member and sign-up to play in this exciting tournament. For forms: www.sclhtg.com. The play will be men's and women's doubles. The provided lunch will have the Irish theme. You do not need to be Irish to join in the fun – you just



Winners: 7.0 brackets: John Lees, Sally Sanguinet, Greg and Linda Burke, Mary Keaney, Jim Kiley



Winners: 6.5 & 6.0 brackets: Dale Schane, Carly Cassani, Steve Bringman, Sarah Solberg, Jan & Monti Boatwright

need to be a member of the Tennis Group.

Contact: Bob White, bobwhiteca@gmail.com; Website: www.sclhtg.com



Vaudeville

The Golden Revue Vaudeville Variety Show this year is July 6 and 7. I know it's a bit early to start advertising, but our auditions will happen Tuesday, April 17 and Thursday, April 19 at Kilaga from 6:00 to 8:00 PM. Anyone interested in auditioning, please email me at ykrause@yahoo.com and I will be happy to set up a time. There are so many talented people here in our community, and we would like to take advantage of that talent. This show is truly a variety show, so we are looking for all types of talent.

Contact: Yvonne Krause-Schenck 916-408-2040, ykrause@yahoo.com

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Veterans

The Veterans Group's annual St. Patrick's Day luncheon will be held in the Ballroom (OC) on Friday, March 16. Following the luncheon at 1:00 PM, the Ballroom will open to anyone interested in hearing our featured speaker, Louis Conter, one of the four remaining survivors of the sinking of the USS Arizona at Pearl Harbor.

At its meeting on January 17, the Veterans Group board of directors voted to extend free membership in the group to veterans of World War II. The Veterans Administration defines the World War II period as December 7, 1941, to December 31, 1946. Any Lincoln Hills resident who served in the military during that period is eligible for free membership.

Contacts: Wayne Gallant
916-543-4856,
wayne.gallant@sbcglobal.net



Water Volleyball

This month some of our members, wanting to advance and play competitive water volleyball, are involved in a peer ranking process. New rosters will be announced by the end of March. Those members ranked in the top 22 will be Level 6. The next members ranked 23-44 will be Level 5, and the 45-48 ranking positions are Level 4.

Water volleyball is a great sport for many residents since we offer different levels of play. Our newbies get evaluated and learn from our fabulous mentors. At KS we play evenings and Saturday mornings. Not to be confused with other fitness programs, this is not a drop-in activity.

Members need to stay on top of emails and regularly view our website to keep informed of our club news. Those interested in joining our club should contact our new player liaison, Rhonda.

See you in the water!
Contact: Rhonda George 907-242-3161,
sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

Coming soon in May is the annual Capital Woodcarvers Show held in Sacramento. Some of the members of the Woodcarving Club have either started or in the process of finishing carvings to be submitted. Others are looking for that plan or idea that will inspire a carving to be created and displayed. Entries are categorized by subject matter and skill level. Woodcarvers Club has been very successful in past years winning many awards in various levels from novice to advanced. This speaks highly of our group as there are many hundreds of submissions by various clubs and individuals.

Woodcarvers Club members have a large library of carving books, magazines and dvds for plans and ideas. We have carving tools that you can use.

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

Contacts: Dick Skelton 916-626-0895



Writers

There are many different kinds of writing we see and hear at the Writers Group meetings. It is fun to listen to all of them and give feedback to the writer to help them improve their final product. We give the kind of feedback the writer wants for the piece they just read: second, fourth, fifth Monday evenings, 6:30 PM, Ceramics Room (OC). Bring 12-15 copies of your writing so we can see it while you read. You will hear tales of inanimate objects brought to life, personal adventures and stories, poems of various styles, mystery tales, science fiction, foreign country life, holidays, non-fiction subjects, humorous tales, and poems. What are you writing about? Come share it with us at the next meeting. Hope to see you then!

Contacts: Jim Fulcomer,
916-543-9201, jfulcomer@mac.com;
Andy Dexter, 707-224-7508,
mcpodexter@gmail.com;
Freddie Dempster, 916-253-9734,
fredeedee@gmail.com

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Bulletin Board

2018 Tax Season is Here!

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2017 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online from www.irs.gov by entering Form 13614-c. The form is also available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB. Mark Burke at 916-878-6249.

Lincoln Hills Airport Co-op

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

Lincoln Library

The Lincoln Public Library invites residents of Lincoln Hills and the community to a unique conversation on Tuesday, April 3 at 7:00 PM with John Lescroart, author of 28 novels. His New York Times bestsellers include *The Ophelia Cut*, *The Keeper*, and *Fatal* plus his latest novel, *Poison*. Lescroart has a 20 book San Francisco based series and is known for legal, crime thrillers. He will answer questions and sign books at this unique free evening event being offered at the Twelve Bridges Library. Contact Jo Jones at 916 408-3955 or find out more at www.friendsofthelincoln-library.com.

Caregiver Support Group

The Lincoln Caregiver Support Group meets the third Thursday of

You're Invited to Attend:

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

- **Saturday, March 24, 10:00 AM** – RLG Lecture Series, P-Hall (KS)
- **Wednesday, March 28, 10:00 AM** – Cannabis Seminar, Solarium (OC)
- **Thursday, April 5, 10:00 AM** – Cannabis 101 for Seniors, Heights & Gables (OC)

each month, March 15 this month. We meet from 9:00 to 11:00 AM at the Twelve Bridges Lincoln Library. This is open to all who are caregivers of family, friends, or other loved ones. You must come in the back door employee's entrance. If you would like more information, please contact Brenda Cathey at 916-253-7537.

Cloggers

Welcome to spring from the Cloggers! We have some great workshops coming up to help us have even more fun with our lively, foot-stomping Irish-Appalachian dance. First up is the "Possum Trot Workshop" at the Courtyard by Marriot in Oxnard, March 23-24, and then, much closer to home, is the BIG clogging convention in Sacramento on April 27-28. See www.ncca-inc.com (Northern California Cloggers Association) for more information on these events. For information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804. We hope to see you there!

A Course In Miracles

We are an ongoing study group; we have our meetings on the first and third Monday afternoons at 2:00 PM at 2325 Longspur Loop. Please call Alexandra Smith at 916-409-5253 for details.

Club LaVita

A social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64

members who are split up into four groups of 16 people in each group. We meet on the third Thursday of every month in one of our members' home, except in January and June. If you are interested in learning about and experiencing different wines while also meeting great friends, our Wine Club is the place. For additional information, please contact Tony Dipaola at a.dipaola@sbcglobal.net.

CPR/AED/First Aid Training

The Lincoln Hills Foundation presents another CPR training on Thursday, April 12. Get an application on the website: lincolnhillsfoundation.org or call Joan Logue at 916-434-0749 for more information. The cost is subsidized by the Foundation, and you pay \$10 or \$20. Certification must be renewed every two years. The class is a lot of fun, and the skills you learn could save a life!

Lincoln Democratic Club

March 15 our speaker is Ellen Debach-Riley, representing the California Away Team. This is a group of passionate Democrat volunteers who leave safely Democratic places to go "away" to battleground elections and volunteer by canvassing for campaigns, standing on street corners and registering voters. In 2018 this group is working to flip CA-04 from red to blue. Meetings are held at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:30 PM with business meeting starting at 6:45 PM,

followed by the program. See our club website at <http://www.democraticclublincolnca.org/> or contact Fred Barnhart at lincolndems@gmail.com.

Glaucoma Support Group

On April 11 at 4:00 P.M., the Glaucoma Support Group will meet in the Multimedia Room (OC). Our meetings are open to all who are living with the diagnosis of Glaucoma. We will continue to share ways of managing our disease. Since Glaucoma is a chronic condition, we are always learning new ways to deal with its progression.

For more information, please contact Bonnie Dale at 916-543-2133 or Bjdale@aol.com.

Italian Club

"Western Night – Italian Style" kicks off March 19 for a stompin' good time at the Blue Goose Center in Loomis. This is sure to be a unique evening with great Italian grub, western-style dress, and fun activities. "All Things Emilia-Romagna" is planned for April 21 at (KS). Once again, we will feature one of Italy's 20 regions highlighting its history, customs, food, and facts. Check out the website for more information. If you are a Sun City resident of Italian heritage, consider joining our club. Check the Web at www.lhitalianclub.org for information. Contact Sandi Graham, membership, at 916-826-5711.

Parkinson's Group

Throughout the past years, I have referred to "Del Oro Caregivers Resource Center." Well, this month we have a chance to hear what they can do for you! Join us on Tuesday, March 20, for our next Parkinson's Support Group. We meet at Granite Springs Church on E. Joiner Parkway from 10:00 to 11:30 AM. For more

www.sclhresidents.com

information contact Brenda Cathey at 916-253-7537.

The Portuguese Social Club

If you live in Sun City Lincoln Hills and are of Portuguese descent and want to meet new friends who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck, Happy Hour, Holiday Party. There is always lots of food and much laughter and friendship. Contact Doreen Traxel at 916-543-4965 to find out more about our Portuguese Social Club.

Racquetball Group

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

Lincoln Hills Republican Club

Next meeting is Tuesday, March 27, 6:30 PM at P-Hall (KS). Speakers: Will Morebek and Rem Schertzinger Nevada Irrigation District. Presentation will include a history and description of NID and how the district benefits the community of Lincoln Hills. Everything you wanted to know about our water. Will Morebeck is President of NID Board and past President of Placer Grown. Rem Schertzinger is NID General Manager and has extensive experience in the water utility field.

Shalom Social Group

There is a great deal of activity in the Shalom Social Group these

days. Our annual Ice Cream Social was enjoyed by all who attended. Women Together, our women's group, had a lovely luncheon at Ettore's Bakery and Cafe. We are planning our Passover Seder. For the Seder we are updating the Haggadah (the book of prayers, ritual, and background that we follow for the Seder) that we have used for many years. The Shalom Social Group focuses on Jewish culture, but membership is open to everyone. For more information, please call Vida Morrison at 916-984-1043.

Shooting Group

With good weather, we meet on Tuesdays for Trap and 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 clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or joh-nnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

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

Community Perks



Coffee with the Mayor Thursday, March 22, 8:00 AM Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the City of Lincoln and to ask questions; the Mayor is happy to answer all resident concerns.



The Pickleball Club – “Welcome Saturday” Saturday, March 24, 11:00 AM, Pickleball Court—Free

Come enjoy the fun and free ways to learn the sport of Pickleball. Our first of 2018 introduction class returns after the winter break. No reservations or paddles required. Please wear a form of a tennis shoe. The introduction will be repeated at 11:00 AM April 28, June 23, September 22 and October 27. (No program in May, July or August.) Can't make Saturdays? No problem. On just about every Wednesday at 1:00 PM, weather permitting, Cal Meissen offers a free introduction. Paddles provided.



Listening Post Tuesday, March 27, 10:00 AM Solarium (OC)

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



Spring Garden Tour in April

Is this the year that your yard is ready to be shown on the Spring Garden Tour in April? If you are ready to show your yard, download a nomination form from the Garden Group website: www.lhgardengroup.org and send it in, or leave a message for Carol Thompson at 916-295-1912. Thank You!



2 Showings! KS at the Movies: Wonder (2017) Monday, April 2—1:30 PM Screening—Free Saturday, April 7—6:00 PM Screening, P-Hall (KS)—Free

Rated PG, 113 min, Family/Drama. Starring Julia Roberts, Owen Wilson, and Jacob Tremblay. Based on the New York Times bestseller, “Wonder” tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.



Multiple Sclerosis Walk Sunday, April 15, 8:00 AM, American River—Free

ALL are welcome to join our Multiple Sclerosis Group, the “Lincoln Trailmixers” in The MS Walk along the beautiful American River. Details of the Walk will be reviewed at the Tuesday, April 3, MS Meeting, 1:00 PM, Sierra Room (KS). Can't make the Meeting? Call Jeri Di Fiore at 916 408-7565. To donate: log onto “Walk MS Folsom 2018” Click “Donate” then “Team” and type Lincoln Trailmixers and Click “Donate” with the amount.



Trail Walk on the Wild Side Friday, April 20, 10:00 AM, Kingfisher/Fountain Hill Trails—Free

The Trails Enhancement Team invites you to “Walk on the Wild Side” and enjoy this lovely preserve area right in the middle of our community! Crossing the Kingfisher Bridge to join the Fountain Hill Trail, our guides will help us look for nature's spring bounty of wildflowers, birds, butterflies and other wildlife. Meet at the Kingfisher trailhead on Blue Heron Loop (between Song Sparrow and Warbler Ln.). Questions? Diane Marten at 916-409-2624.



KS Classic Movies on Saturday: The King's Speech (2010) Saturday, April 21—1:30 PM Screening, P-Hall (KS)—Free

Rated R, 118 min, Biography/Drama. Starring Colin Firth, Geoffrey Rush, and Helena Bonham Carter. The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.



Document Destruction Monday, April 23, 10:00 AM to 12:00 PM, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastic or cardboard. \$10 cash or check per average file box will now be payable to SCLH. Just look for the big Shred-It truck in the parking lot!



Lincoln Hills Pet Fair & Parade Friday, April 27, 9:00 AM to 1:00 PM, Fitness Center Parking Lot (OC)—Free

Celebrate your pets and join us for our first Pet Fair. We are also having a Pet Parade beginning at 10:30 AM for your chance to show off your furry friends and win fun prizes! Check out various local vendors and pet services. Sitters, groomers, trainers, vets and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Pick up the Parade Guidelines from the Lifestyle Desk. Interested vendors may contact Shelvie Smith (shelvie.smith@sclhca.com) to rent your space.



Annual Parking Lot Sale Saturday, April 28, 7:30 AM to 12:00 PM, Fitness Parking Lot (OC)—Free

Come by and see what is in store for you at our annual Parking Lot Sale! So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find! Bring your whole family! Interested in selling? See page 59.



Lincoln Hills Community Forums

How to Coexist with SCLH's Community Wildlife Monday, March 19, 2:00 PM, P-Hall (KS)—Free

Wild animals find ways to adapt in urban landscapes when their natural habitat is encroached upon or lost entirely. Many species of wildlife do not cause damage or harm by their presence. Gaylene Tupen, Wildlife Heritage Foundation Senior Wildlife Biologist with two experts, will explain how to coexist by focusing on the diversity & benefit of local wildlife, will recommend effective & humane solutions to prevent & respond to possible resident-wildlife conflicts, and answer your specific questions. Live educational birds will be presented. The forum will begin with a brief presentation by the Trails Enhancement Team.



Hijack the Aging Process Wednesday, March 28, 7:00 PM, P-Hall (KS)—Free

Sun City Lincoln Hills resident, Lee Belshin has always been interested in the relationship between humor and health. Many studies reveal that mirthful laughter stimulates the immune system helping to resist diseases. Come and learn what Lee has discovered: how humor, exercise, diet, and stress are all related to our wellbeing. Lee is the author of several books including *The Complete Prostate Book* which has been translated into several languages. At this forum, he will be introducing his recently published book titled *Hijack the Aging Process*.



The Lincoln Hills Foundation— Making Your Life Better Friday, April 6, 2:00 PM, P-Hall (KS)—Free

You may know us from Bingo, but our contribution to the community goes far beyond an afternoon's enjoyment. You may be a donor – thank you. We are proud that all



donations raised go toward serving our community. The Lincoln Hills Foundation's mission is to fund programs and services to seniors in Lincoln, services that you or a loved one may benefit from now or in the future. Join Jeff Anderson, President of LHF, and be inspired by stories from friends and neighbors about the impact we have had over our sixteen years and learn about the direction we are headed.

Joint Discomfort: How to Manage it Wednesday, April 25, 7:00 PM – Ballroom (OC)—Free

Dr. Chris Shin, professor of Physical Medicine and Rehabilitation at UC Davis Medical Center will discuss causes of joint pain, things one can do to alleviate joint pain, how and when to seek medical attention, and how to diagnose the cause and options for treatment. The focus will be mainly on nonsurgical treatments including safe complementary and alternative methods. Dr. Shin is an Associate Professor at UC Davis Medical Center. He obtained his M.D. degree from the UC Davis School of Medicine in 2001. He is board certified in Physical Medicine and Rehabilitation and Electro-diagnostic Medicine.



Snake Forum: Who You Callin' Ovoviviparous? Tuesday, May 8, 2:00 PM – P-Hall (KS)—Free

March in Lincoln Hills means the return of our slithery friends, as the various local snakes come out of their dens and prepare to carry on their lives among us. This annual event brings fear to many, and if you are one of those individuals, or if you would like to know more about these wonderful creatures, you are in luck. Dave Rich and John Parks, DVM, will present their highly acclaimed forum on snakes. Join your friends and neighbors as they explain the important role snakes play in our lives; how to identify the various snakes that reside here and where they can be found; the difference between oviparous and ovoviviparous snakes; and what to do if you or your pet are bitten by a rattlesnake. If you have questions, they have answers. And you might just leave with a little more knowledge and a little less fear.



Upcoming Events

- **Using Your Medications Safely**, Wednesday, May 23, 7:00 PM, Ballroom (OC)—Free
- **From Day to Day: One Man's Diary of Survival in Nazi Concentration Camps**, Thursday, June 14, 2:00 PM, P-Hall (KS)—Free
- **Extend Your Health to Extend Your Life**, Wednesday, June 27, 7:00 PM, P-Hall (KS)—Free



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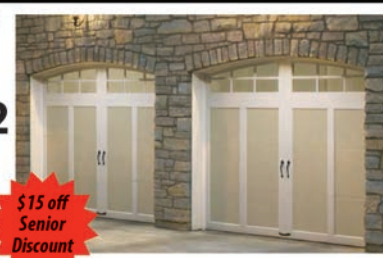
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Entertainment

—Club Performances—



The Lincoln Hills Tap Company presents:
Dance! Dance! Dance!
Thursday, March 22, 7:00 PM Show — **LSE44-01**
Friday, March 23, 7:00 PM Show — **LSE45-01**
Saturday, March 24, 2:00 PM Show — **LSE46-01**
Saturday, March 24, 7:00 PM Show — **LSE46-01**
Ballroom (OC)

The Lincoln Hills Tap Company is excited about presenting this year's show! Yvonne Krause-Schenk directs a wonderful variety of dance and dancers. Close to twenty people have choreographed and coached the dancers. They have been learning new steps – just for you! Don't miss this fun event! In addition to Tap Dancers, this show will include Country, Premier, Men, Tahitian, Hula, Bollywood, Jazz, Clogging, Belly Dancing, Line, Ballroom, and Black & White. What is this last one? Come and find out! Over 60 of your friends and neighbors will be on stage. **Premium Reserved Seating: \$18.** General Admission: \$13.



LH Community Chorus presents:
Movie Music Memories!
Sunday, April 22, 2:00 PM Show — **LSE54-02**
Monday, April 23, 7:00 PM Show — **LSE55-02**
Tuesday, April 24, 7:00 PM Show — **LSE56-02**
Ballroom (OC)

Join the LH Community Chorus as they sing songs from the movies. You will hear the "Pink Panther Theme" song, songs from "Grease," "42nd Street," and "La La Land's" "City of Stars" plus many others. Take a stroll down memory lane. As always the Chorus appreciates your support! **Premium Reserved Seating: \$20.** General Admission: \$15.

—Comedy—



KS Comedy Night:
Jeff Applebaum
Friday, May 25,
6:00 PM Show — **LSE103-03**
8:00 PM Show — **LSE125-03**
P-Hall (KS)

A native New Yorker, Jeff made his national TV debut on CBS as a comedian on the "Late Late Show with Craig Ferguson." He has also appeared on Comics Unleashed, ABC-TV, "America's Got Talent" on NBC and opened for and performed with comic legends Robert Klein, Mort Sahl, Robin Williams, Dana Carvey, Elayne Boosler, and more. Jeff plays the role of Joey Bishop in "The Rat Pack Tribute" and appears in the blockbuster film "The Pursuit of Happyness," starring Will Smith. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

—Community Event—



Annual Parking Lot Sale
Saturday, April 28,
7:30 AM to 12:00 PM
— **LSR22-02**
Fitness Center Parking Lot (OC)

Don't miss your chance to participate in the Annual Parking Lot Sale; shop or sell! The event brings buyers from the community and neighboring cities. Residents who are interested in selling are limited to two spaces per household. One six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth: \$29 per space. Home or local businesses: \$50 (limited number of spaces available).** Registration is limited to in-person at the Activities Desk.

—Fashion Event—



Fashion Show — Model Call
April 9 Submission Deadline

Calling all ladies interested in modeling and having fun! We need models of *all* ages and sizes to walk the runway for our Spring Fashion Show on May 3. Modeling is a great way to make new friends and meet new people! Models will be required to visit the

fashion store within the two weeks prior to the show and attend the rehearsal the day before the show. Please pick up and return completed information sheet at the Lifestyle Desks attention Deborah Meyer, Entertainment Coordinator.

**An Affair to Remember
Spring Fashion Show Luncheon
Thursday, May 3, 11:00 AM — LSE71-03
Ballroom (OC)**

Check out the latest fashion trends to help you plan for those upcoming trips and freshen up your wardrobe. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shops and established fashion stores modeled on the runway by your friends and neighbors. Chef Ian has prepared a delicious luncheon plus dessert to compliment the occasion (Check the Lifestyle Desk for complete menu). Mimosas are available for individual purchase. Buying a table with friends? Provide a list of guests with their food choices upon registration. Doors open at 11:00 AM; Lunch at 11:30 AM with Show at 12:30 PM. General admission: \$33. *Everyone is welcome to shop from beauty and fashion vendors in the Pre-Function Area from 10:30 AM to 2:30 PM.*

—Concerts—



**Branden and James from Bach to the Beatles
A Cello/Vocal & Piano Duo
Thursday, March 15, 7:00 PM,
Ballroom (OC) — LSE31-01**

Recommended by several residents, Branden & James put on a show playing classical covers of pop songs such as The Beatles, Elton John, Simon & Garfunkel to Andrea Bocelli, Broadway hits, and the Great American Songbook, as well as more current songs from Adele to Sam Smith. Branden was a finalist on America's Got Talent, and his grandfather toured with Johnny Cash and Elvis Presley. These two top talents will come together to entertain you with beautiful music and great stories. **Premium Reserved Seating: \$24.** General Admission: \$20.



**Duo Gadjo: An Evening in Paris
The Great American Songbook
with a French Accent
Tuesday, April 3, 7:00 PM, P-Hall
(KS) — LSE97-02**

Duo Gadjo's music is inspired by the sounds of the 20's and 30's when jazz was the thing, and Paris was the place to be. Their 'French Cafe' style and repertoire spans from Bal-Musette to Edith Piaf, and Serge Gainsbourg, but also includes selections from the Great American Songbook. They accompany themselves on guitars and the Melodica, but the real feature is Isabelle Fontaine's sultry vocals. Hear "La Vie En Rose," "It Had to Be You," "Night and Day," "C'est Si Bon" and many more favorites. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$21.**



**Fleetwood Mask: The Ultimate
Tribute to Fleetwood Mac
Friday, April 13, 7:00 PM,
Ballroom (OC) — LSE100-02**

Returning to Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular line-up featuring Lindsey, Stevie, and Christine. Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in their live performances. Mick believes that the music of Fleetwood Mac will live on through the authentic performances of Fleetwood Mask. **Premium Reserved Seating, \$24.** General Admission: \$21.

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Amanda King: "A Salute to Ella" Friday, April 20, 7:00 PM, P-Hall (KS) — LSE101-02

Before she was the First Lady of Song, Ella Fitzgerald was a young girl with a dream and determination. Noted jazz/cabaret chanteuse Amanda King, a vivacious and captivating entertainer, shares Ella's origins, inspiration and early music in a swingin' evening of song and history celebrating the Legend. The show will feature many of Ella's classic songs including "Bei Mir Bist Du Schoen," "Take the A Train," "Mack The Knife," "Someone To Watch Over Me," and many more favorites. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**



You've Got A Friend: The Carole King Songbook Performed by The Rythm Method 4 Tuesday, May 8, 7:00 PM, Ballroom (OC) — LSE85-03

A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also honor songs from her best-selling, 4-time Grammy Award-winning album *Tapestry*, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend. The Rythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Premium Reserved Seating: \$24.** General Admission: \$21.



Richard Glazier: Great Music from the Stage and Screen Tuesday, May 15, 7:00 PM, Ballroom (OC) — LSE91-03

Join award-winning pianist and master storyteller Richard Glazier on a musical tour of Broadway and Hollywood, featuring sensational songs written by masters from George Gershwin to Leonard Bernstein. Glazier is famous for combining fascinating stories, hilarious anecdotes, and unforgettable performances. The program includes "Hooray for Hollywood," "Singin' in the Rain," "Pure Imagination" from *Willy Wonka and the Chocolate Factory*, "Theme from *Auntie Mame*,"

"People" from *Funny Girl*, and Medleys from the immortal Broadway shows. Glazier concludes the show with his signature piece the *Rhapsody in Blue*. He will be joined by special guest singer Nancy Agee. **Premium Reserved Seating: \$19.** General Admission: \$16.

—Grandkids Event—



Spring Egg Hunt Saturday, March 31, Outdoor Amphitheater Terrace

— LSE98-01

An eggciting time for all the kids and kids at heart! Bring your grandchildren to the outdoor Amphitheater terrace to enjoy traditional egg hunt with a visit from the Easter Bunny! Fun prizes and activities await your grandchildren. Don't forget your cameras for photos and a basket for collecting eggs. Sign up your grandchildren, toddler to ten years only. Age required during registration with hunt divided into age groups: **One to four-years-old; Five to seven-years-old; and Eight to ten-years-old.** The youngest group begins the hunt sharply at 10:30 AM. Wristbands required. Event hours: 10:00 AM to Noon. General Admission: \$12 per child. *The event may be canceled due to rain.*

—Presentation—



The Healing Power of Music With Gayle Cohen Thursday, April 12, 2:00 PM, P-Hall (KS) — LSE118-02

Join Gayle Cohen, vocalist, and keynote speaker, on this one-of-a-kind, autobiographical and musically interactive journey through her 35-year career. She will share first-hand experiences and teach how Music is used to lift and heal Body, Mind, and Spirit. Topics include everyday stress, loss of spouse or friend, divorce, chronic illness, terminal illness, ADHD, fear and confidence issues, memory difficulties, addictions, and more. Throughout the presentation, Gayle will also sing some of your favorite songs as she demonstrates the subject matter through melody and lyrics. **Reserved Seating: \$16.**

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



Day Trips

—Casino/Races—



Feather Falls Casino **Wednesday, April 18** — **LST117-02**

Enjoy a nice spring day with a trip to Oroville about 70 miles north of Lincoln for a four-hour visit. Many gaming options available with \$10 cash back. An 11,000 square foot smoke-free gaming area is available with over 300 machines for your clean-air enjoyment! Lunch on your own at the buffet or Feather Falls Brewing Company. Additional promotions may become available by trip date. Wheels roll from OC at 9:00 AM, return ~ 4:00 PM. \$18.



Cache Creek Casino **Wednesday, May 30** — **LST123-03**

We are returning by popular request to Cache Creek Casino just outside the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure to bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to receive an additional \$20 in bonus play. Receive \$10 in gaming credits or \$20 match play and \$5 food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Spend four hours at the casino. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM. \$27.

—Museums—



Manetti-Shrem **Museum of Art** **at U.C. Davis** **with Lunch at The** **Firehouse in Old** **Sacramento** **Thursday, April 26** — **LST124-03**

Join Katrina for a visit to the new museum located in U.C. Davis. Enjoy a docent-led tour of the museum's fine arts collections

with a major exhibition of early works by Wayne Thiebaud, one of Northern California's best known and most accomplished artists. Wayne Thiebaud: 1958-1968 covers a pivotal period of Thiebaud's practice from obscurity to national prominence. The exhibition features more than 60 paintings, including several rarely exhibited works. Includes lunch at Old Sacramento's The Firehouse Restaurant prior to the museum. Provide lunch choice upon registration: *Baked Organic Chicken, Grilled Pork Loin, Chef's Seafood of the Day or Vegetarian Polenta with Chocolate Mousse Cake and beverage.* Complete menu available at Lifestyle Desk. Wheels roll from OC at 12:00 PM, return ~ 6:00 PM. \$74.

—Performances—

2018 Music Circus

Enjoy three wonderful shows from this year's season at the air-conditioned Wells Fargo Pavilion in Sacramento presented in "Theatre in the Round." Two are brand new to Music Circus and sure to be hits! All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Enjoy the convenience of being dropped off right at the entrance gate! Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$101 each show.



Gypsy **Tuesday, July 24 — LST120-03**

This landmark show, with a celebrated score by Jule Styne and Stephen Sondheim, is based on the life of burlesque queen Gypsy Rose Lee. A singularly-focused mother takes her daughter on a cross-country adventure in pursuit of fame and fortune on the dying Vaudeville circuit. With "You Gotta Get a Gimmick," "Let Me Entertain You" and the show-stopping "Everything's Coming Up Roses."



Mamma Mia! **Wednesday, August 8** — **LST121-03**

On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to an island paradise. Featuring over 20 ABBA songs, including the hits "Dancing Queen" and "Take a Chance on Me," this high-spirited, feel-good international sensation will have you singing and dancing in the aisles. Music Circus premiere.

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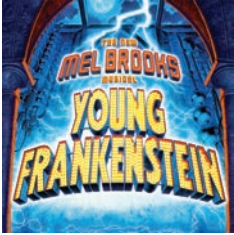
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Little Shop of Horrors
Tuesday, August 21
 — **LST122-03**

Nerdy floral shop worker Seymour would do or give

anything to gain the love of the object of his affection, Audrey. The depth of his desire is tested when a strange and precarious addition to his floral shop brings him sudden and unprecedented popularity. This hit musical, based on the campy 1960s cult horror film, features music by Alan Menken. Music Circus premiere.



Young Frankenstein
Directed by Ray Ashton
Auburn State Theater,
Sunday, April 15 — LST106-01

The comedy genius Mel Brooks adapted his legendarily funny film Young Frankenstein into a brilliant stage creation. Resident favorite Ray Ashton directs this production at the intimate Auburn State Theater. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania and finds himself in the mad scientist shoes of his ancestors. "It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. The monster escapes and hilarity continuously abounds. Young Frankenstein has all the panache of the screen sensation with a little extra theatrical flair added. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. \$48.



Les Misérables
Orpheum Theater,
San Francisco
Wednesday, August 15
 — **LST111-02**

Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon, LES MISÉRABLES, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, LES MISÉRABLES tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit featuring the beloved songs, "I Dreamed A Dream," "On My Own," and more. With its glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo, this new production has left everyone awestruck. Matinee performance with

Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



The Phantom of the Opera
Orpheum Theater,
San Francisco
Thursday, September 6
 — **LST112-02**

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera makes a triumphant return to San Francisco. Critics are raving that this breathtaking production is "bigger and better than ever before" featuring scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production boasts many exciting special effects including the show's legendary chandelier. Performed by a cast and orchestra of 52, this Phantom is one of the largest productions now on tour. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



Waitress
Golden Gate Theater,
San Francisco
Wednesday,
November 7 — LST94-12

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles ("Brave," "Love Song"), a book by acclaimed screenwriter Jessie Nelson and direction by Tony Award® winner Diane Paulus. Inspired by Adrienne Shelly's beloved film, WAITRESS tells the story of Jenna – a waitress and expert pie maker who dreams of a way out of her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the Show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$135.

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—Sports—

Oakland A's

Oakland A's vs. Houston Astros
Wednesday, May 9,
— LST99-12

Special deal for A's and the World Champion Houston Astros! Enjoy an included an all-you-can-eat private BBQ Buffet with soft drinks. Day game in field level seats with shade in Sections 101-102. The bus drops off near the gate by our seat locations. Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 7:15 PM. \$104.



Oakland A's vs. San Francisco Giants
Sunday, July 22 — LST103-01

Upgraded seats in Plaza Level right behind dugout overlooking 1st base Section 210. The bus drops off near gate by our seat locations. Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM. BBQ buffet not included. \$99.

San Francisco Giants



San Francisco Giants 2018

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room and extra comforts; flat-screen TVs; access to the memorabilia displays and shorter food and restroom lines. 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. Take a nice stroll over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access (bus drops off on the Third base side where seats are located.). No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium available at Activities desk. Seats located in Club Sections 230 & 231. See individual games for game time, departure and pricing.

Giants vs. Washington Nationals
Wednesday, April 25 —
LST100-01

Wheels Roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. \$121. (This trip includes a rest stop on return due to weekday traffic.)



Giants vs. St. Louis Cardinals
Sunday, July 8 — LST101-01

Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM. \$154.



Giants vs. Los Angeles Dodgers
Sunday, September 30 —
LST102-01

Wheels Roll from OC at 8:15 AM for a 12:05 PM game time and return ~ 6:00 PM. \$154.



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San Francisco for the Day
Fisherman's Wharf –
Tuesday, March 27
— LST114-02

Enjoy a lovely day trip to the city by the bay without worrying about traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the vibrant Fisherman's Wharf for a day to do as you wish. Cable & streetcars are nearby to take you on an adventure. Visit Pier 39 or Ghirardelli Square. Lunch on your own. Rest stop on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM. \$46.



Easter Brunch

Sunday April 1
10am - 3pm

\$33 (plus tax and service charge)
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San Joaquin Asparagus Festival
Friday, April 20 — LST115-02

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun. Enjoy asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and more! Enjoy many types of asparagus dishes including, deep-fried asparagus, asparagus ice cream, corn dogs, and more! The event is held at the San Joaquin County Fairgrounds (Stockton) with indoor and outdoor venues. We will arrive at the event opening and stay for four hours. Wheels roll from OC at 8:30 AM, return ~ 4:00 PM. \$38 (includes admission; food and drink on your own.)



Beale AFB Open House and Air Show
Saturday, April 28 —
LST109-02

Visit our nearby Beale Air Force Base for their open house & airshow. Special

appearance by the USAF'S F-22 Raptor, the world's only operational stealth fifth-generation fighter. There will be jet demonstrations from the Patriot Jet Team featuring former members of the Blue Angels, Thunderbirds & Canadian Snowbirds. Enjoy static displays of many types of aircraft including the U-2 and talk to the ground support crew and pilots! This trip leaves from KS due to the Parking Lot Sale. Foam earplugs and bottled water will be provided. Lunch on your own. Tour of the base not included. Wheels roll from KS at 9:00 AM, return ~6:00 PM. \$35.



Lodi Street Faire
Sunday, May 6
— LST113-02

A popular event for residents! This event attracts vendors from throughout California

and takes up a 10-square block area of downtown Lodi. More than 600 vendors participate in this biannual event, selling antiques, arts & crafts and commercial items. Choose from 25 food vendors

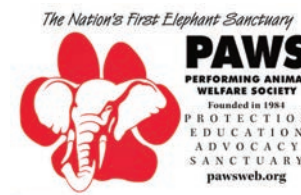
offering everything from hamburgers to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. You will have four hours to spend to shop, lunch (on your own) and explore downtown Lodi. Wheels roll from OC at 8:00 AM, return ~ 3:00 PM. \$30.



CHP Training Academy & Museum Tour
Thursday, May 10 — LST125-03

Join us on our first tour

of the California Highway Patrol (CHP) Training Academy! The live-in academy is the CHP training facility for the whole state and sits on 457 acres with 168 dorm rooms that can house 500 students. Take a walk (under a mile) with a knowledgeable tour guide and learn how the CHP has become one of the world's premier law enforcement agencies. View the cadets in training and the CHP Museum showcasing how CHP's rich history has evolved. Included lunch afterward at Old Sacramento's Rio City Café on the river. Lunch choices: *Hamburger, Grilled Salmon, Grilled Chicken Salad, Vegetarian Quinoa Sandwich, includes soft drink and dessert.* Complete menu descriptions at Lifestyle Desk. Wheels roll from OC at 9:00 AM, return ~ 3:00 PM. \$72.



Performing Animal Welfare Society Open House
Saturday, May 12
— LST126-03

Join us on a very special visit to the Performing Animal Welfare Animal Sanctuary (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful

and natural habitats, free from fear, chains, and harsh confinement. PAWS animals are not bred, traded, sold, rented or forced to perform in any way. Groups arrive one hour before the general public for this special open house. Tour starts at the ARK 2000 facility to visit the bear, lion, tiger, leopard and elephant habitats. PAWS staff and volunteers will be on hand to answer questions. *Wear comfortable shoes due to habitats' uneven grounds.* Visit the gift tables for souvenirs shopping. Meridians box lunch included choice of *Turkey on wheat, or Ham on Wheat, or Vegetarian Wrap. Comes with fruit, bottled water, and dessert.* Trip size is limited to 33 people. Wheels roll from OC at 7:45 AM, return ~ 3:45 PM. \$97.

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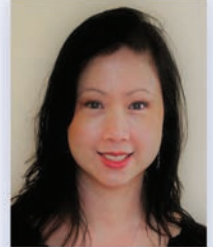
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**California Academy of Sciences
Golden Gate Park, San Francisco
Wednesday, May 16 — LST127-03**

Join your LH Big History Club to the California Academy of Sciences in Golden Gate Park. View the whole universe under one roof – an aquarium, a planetarium, a natural history museum and more! The 412,000 square foot structure is not only physically impressive, but has the greenest museum on the planet, with a 2 ½ acre Living Roof, an expansive solar canopy, an extensive water reclamation system, and walls insulated with recycled blue jeans. Your admission includes access to all museum and aquarium exhibits. The attraction includes daily programs and activities, including dive shows, penguin feedings, and more. See the world's deepest coral reef exhibit, climb into the canopy of the 4-story tropical rainforest, and experience a new exhibit on earthquakes. Lunch on your own at the Academy Café or The Terrace Restaurant. Everyone welcome. Wheels roll from OC at 8:30 AM ~ return 8:15 PM. \$80.



**Old Sacramento Underground Tour
Thursday, May 24 — LST128-03**

Join Katrina, your Trip Coordinator, and Sacramento native, on a historical underground tour of Old Sacramento! Enjoy an “in-character” docent-led under-ground tour, a half-mile guided historical walking tour lasting approximately one hour with personal listening devices. (Be aware—low ceilings and uneven walking surfaces). Also, visit the Sacramento History Museum showcasing Sacramento's rich and diverse history and its unique place in California's history and Nation. Lunch and free time on your own in Old Sacramento. On your own options could be the California State Railroad Museum or the Wells Fargo Museum. Wheels roll from OC at 8:30 AM, return ~ 2:30 PM. \$48.



**Federal Reserve Bank of
San Francisco Tour
Tuesday, June 19 — LST129-03**

Join Katrina to visit the Federal Reserve Bank of San Francisco. Tour through the cash operations area and learn about the Federal's role in monetary policy, supervising and regulating banks. The center also features one of the most comprehensive

collections of historical U.S. currency in the country. Enjoy an included boxed lunch at Boudin Bakery prior to the tour. Provide lunch choice upon registration: *Artisan Ham & Brie on Rosemary Focaccia*, *Turkey Avocado on multigrain*, *Roast Beef on sliced sourdough* or *California Veggie on multi-grain*. Includes iced tea and coffee. View menu at Lifestyle Desk. Tour is limited to 30 people and requires 90 minutes of standing with limited accessibility. Each enrollee must provide government-issued photo identification (e.g., passport, driver's license, or state-issued identification card) that matches their membership. Due to security requirements, only in-person registration allowed, not open to Online enrollment. Wheels roll from OC at 8:00 AM, return ~ 5:45 PM. \$102.



**USS Potomac –
Islands and Lighthouses of
the Bay Cruise
Thursday, July 19
— LST119-03**

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. We will be taking a special fully narrated three-hour “Islands and Lighthouses of the Bay” cruise. Box lunch included (choose onboard). Includes coffee, tea, and water. Wheels roll from OC at 7:30 AM, return ~ 4:30 PM. \$130.

Sold Out Trips

Trip • Date • Departure Time

List below shows trips up to May.

- Jackson Rancheria Casino
Thursday, March 22 • 9:00 AM
- Sacramento Kings vs. Boston Celtics
Sunday, March 25 • 1:30 PM
- Taste of Calaveras
Saturday, April 7 • 9:30 AM
- Ventura & Coastal Train Excursion
Sunday, April 8 • 8:00 AM
- UC Davis Teaching Nursery and Arboretum
Monday, April 16 • 8:45 AM
- Redwoods/Eureka
Sunday, April 29 • 8:00 AM
- An American in Paris
Tuesday, May 22 • 6:45 PM

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



Classes

Vacation Drop-In

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

Art

—Announcement—



Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Drawing—



Mixed Media Art Journaling

Tuesdays, April 10 & 24 — LSC894-03

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

Learn how to visually and artistically record your days and express yourself while exploring color

theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, and Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

—Oils, Pastels & Acrylics—



Oil and Acrylic Painting: Intermediate/Advanced Wednesdays, April 4-25

— LSC598-03

9:00 to 11:30 AM (OC). \$52 (four sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some

congenial company and tips to improve? Receive expert guidance in creating original paintings of your subject choice from landscape, still life, portrait or a clothed figure. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years painting experience. See her website at www.artistmarilynrose.com. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Intermediate-Advanced Class from the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



Oil and Acrylic Painting: Beginner/Refresher Wednesdays, April 4-25

— LSC599-03

1:30 to 4:00 PM (OC). \$52 (four sessions). Instructor: **Marilyn Rose**. Have you

always wanted to try painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling, followed by simple form creation. Plenty of discussion, demonstrations, and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work mostly on their own with minimal guidance. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Beginning Class from the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



Pastels for All Levels with Michael Mikolon
Mondays, April 2-30 — LSC604-03

9:30 AM to 12:00 PM (OC). \$65 (five sessions). Instructor: *Michael Mikolon*. Learn to paint with pastels. Open to all levels, beginner through advanced.

Each class will begin with a demonstration showing different pastel techniques. Receive individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! *About the Instructor:* Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).



Sip and Paint
"Jacaranda Lane," Friday, March 16 — LSC529-02
"Spring Garden" Friday, April 27 — LSC906-03

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*.

Relax and enjoy cheese and wine while painting. This fun class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, use media, brush stroke, and pallet knife techniques. All supplies are included and ready for you. Canvases are under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

—Watercolor—



Abstract Art Workshop
Mondays April 2 & 9
— LSC1055-03

1:30 to 4:00 PM (OC) \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept

to finished painting in this two-day workshop. Through live demonstrations and discussions, we will demystify painting abstract art. Learn to add texture and life to an abstract piece. Compose and create a unique design, with individually selected color palette, interesting texture, value contrast, and balance in positive and negative space. The first session focuses on composition and design and the second session finishes the painting. The instructor will use watercolor, but students may work in acrylic or pastel. Bring own art supplies. Some painting experience helpful. For questions or recommendations on materials, contact the instructor at 916-209-3643 or watercolorist55@gmail.com.

Watercolor Painting with Michael Mikolon

Artist Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, developing your sense of color, color theory and mixing fresh/vibrant color with the

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use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

Thursdays, April 5-26 — LSC629-03

1:00 to 4:00 PM (OC). \$60 (four sessions).

Instructor: *Michael Mikolon*

Wednesdays, April 4-25 — LSC648-03

5:30 to 8:30 PM (OC). \$60 (four sessions).

Instructor: *Michael Mikolon*

Ceramics

—Pottery—



Beginning/Intermediate Ceramics

Tuesdays, April 3-24 — LSC671-03

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and continuing students who want to

continue to develop their skills. This course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics

Tuesdays, April 3-24

— LSC775-03

9:00 AM to 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

craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.



Ceramics for All Levels

Thursdays, April 5-26

— LSC799-03

1:00 to 4:00 PM (OC). \$54 (four sessions.) Instructor: *Taylor Jackson*. This class is for all levels

of ceramics, beginners to advanced. Students are encouraged to explore many of the creative and functional approaches to handling built and wheel thrown ceramics. The class is tailored to each person's interests and personal expression. Each class includes assignments, demonstrations, and individual instruction. New students are asked to bring clay and will be provided a materials list at the first class.

Crafts

—Card Making—



Intro to Card Making 101—Level 1

Fridays, April 13-27 — LSC883-03

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

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach

all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

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Card Making Level 2—Intermediate**Mondays, April 9-23 — LSC859-03**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space.. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced**Wednesdays, April 11-25 — LSC872-03**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 offering more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

—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, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

**Beginning Clogging****Tuesdays, April 3-24 — LSC600-03**

10:00 to 11:00 AM (KS). \$28 (four sessions). Instructor: *Janice Hanzel*. Brand New Beginners Class begins in May. This is a low impact, revamped

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

Easy-to-Intermediate Clogging**Tuesdays, April 3-24 — LSC601-03**

11:00 AM to 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 will also learn new dances, easy to Intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging**Tuesdays, April 3-24 — LSC621-03**

12:00 to 1:00 PM (KS). \$28 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with 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 will 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, April 2-23 — LSC612-03**

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

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Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, April 2-23 — LSC793-03

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Traveling Swing" and a 2-step cluster.

Country Line Dancing

Fridays, April 6-27 — LSC688-03

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

—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, the class begins with warming exercises. Gentle

stretching awakens the body as we move on to balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves. We will move to the center floor for stretching, balancing and timing through basic dance steps and patterns. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. Join this friendly non-competitive atmosphere, where dance is fun, energizing, and empowering.

Beginning Dance for Life

Thursdays, April 5-26 — LSW13-03

5:00 to 6:30 PM (OC). \$50 (four sessions). Instructor: *Dolly Schumacher*.

Dance for Life Intermediate

Fridays, April 6-27 — LSW26-03

2:15 to 3:45 PM (OC). \$50 (four sessions). For the dancer who loves to perform! Instructor: *Dolly Schumacher*.

—Hula—

Hula Basics

Thursdays, April 19 & 26

— LSC1067-03

12:00 to 1:00 PM (KS). \$16 (two sessions). Instructor: *Pam Akina*. Learn and practice basic hand and foot motions which are foundational



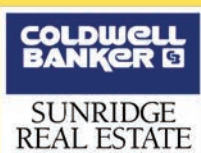
to hula. Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information is taught. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class at pamahoa@hulapono.com or 916-521-0474.

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Hula Intermediate

Thursdays, April 19 & 26 — LSC1068-03

1:00 to 2:00 PM (KS). \$16 (two sessions). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students.

Vacation drop-in: HULA — \$14 per session.

—Jazz—

Jazz Class for the Beginner

Thursdays, April 5-26 — LSC653-03

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at 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, April 3-24 — LSC752-03

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

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

Intro to Line Dance

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

line dance classes in the future.

• **Mondays, March 5-April 30 — LSC550-02**

4:00 to 5:00 PM (KS). \$54 (nine sessions).

Instructor: *Audrey Fish*

• **Thursdays, March 1-April 26 — LSC551-02**

9:00 to 10:00 AM (KS). \$54 (nine sessions).

Instructor: *Yvonne Krause-Schenck*

Easy Beginner

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

• **Thursdays, April 5-26 — LSC734-03**

10:00 to 11:00 AM (KS). \$24 (four sessions).

Instructor: *Yvonne Krause-Schenck*

New day and time!

• **Fridays, April 6-27 — LSC1036-03**

2:00 to 3:00 PM (KS) \$24 (four sessions).

Instructor: *Sandy Gard o*

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Line Dance I—Beginner

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

- **Mondays, April 2-30 — LSC709-03**
9:00 to 10:00 AM (KS). \$30 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, April 5-26 — LSC732-03**
2:30 to 3:30 PM (KS). \$24 (four sessions).
Instructor: *Audrey Fish*

Line Dance II—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos

will be taught reflecting different timing and styling. High Beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, April 2-30 — LSC605-03**
5:00 to 6:00 PM (KS). \$30 (five sessions).
Instructor: *Audrey Fish*
- **Wednesdays, April 4-25 — LSC647-03**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Sandy Gard* o

Line Dance III—Easy Intermediate Class

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

- **Wednesdays, April 5-24 — LSC1004-03**
10:00 to 11:00 AM (KS). \$24 (four sessions).
Instructor: *Sandy Gard* o

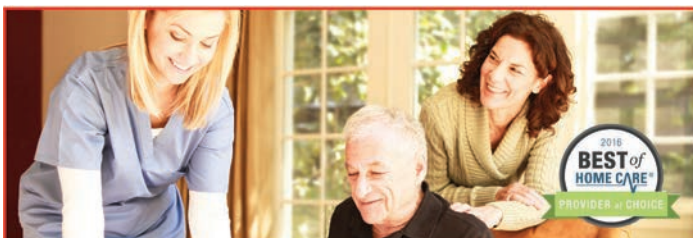
Line Dance IV—Intermediate/Advanced Class

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

- **Thursdays, April 5-26 — LSC630-03**
3:30 to 4:30 PM (KS). \$24 (four sessions).
Instructor: *Audrey Fish*

Line Dance Instructors

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



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- **Sandy Gardetto**

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



- **Yvonne Krause-Schenck**

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



—Tap—

Tap Classes with Alyson

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

Beginning Tap

Mondays, April 2-30 — LSC794-03

12:00 to 1:00 PM (KS). \$45 (five sessions). If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog and the "Shim Sham."

Choreography for Fun 1 & 2

Mondays, April 2-30 — LSC780-03

11:00 AM to 12:00 PM (KS). \$45 (five sessions). Instructor: *Alyson Meador*. Class covers choreographed numbers. Students for this class are not expected to perform on stage.

Choreography

Thursdays, April 5-26 — LSC800-03

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: *Alyson Meador*. This class prepares students for stage performances.

Technique

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

- **Tuesdays, April 3-24 — LSC942-03**

10:00 to 11:00 AM (KS). \$36 (four sessions).

- **Thursdays, April 5-26 — LSC848-03**

10:00 to 11:00 AM (KS). \$36 (four sessions).

- **Mondays, April 2-30 — LSC762-03**

10:00 to 11:00 AM (KS). \$45 (five sessions).

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Glass Art



Fused Glass Jewelry

Monday, April 16 — LSC765-03

9:30 AM to 12:00 PM (KS).

\$25. Supply fee: \$10 payable to

instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects like plates, vases or wall art. A new project is introduced every month. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four pieces of jewelry, one plate, or another similarly sized project. Larger projects are available for an additional supply fee.

Stained Glass

Mondays, April 2-23 — LSC817-03

1:00 to 4:00 PM (KS). \$58. (four sessions). Supply fee:

\$10 payable to instructor. Instructor: *Jim Fernandez*.

Requirements: No open toe shoes. Short pants are okay. 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. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, to recommend a project for the student. Lead glass technique is now available. About the Instructor: Jim Fernandez has 27 years of stained glass experience.

Movies



The Art of Gene Kelly

Wednesdays, February 28-March 21

— **LSC495-01**

1:00 to 4:00 PM (KS). \$30 (four sessions).

Instructor: *Ray Ashton*. In our second course of 2018, discover the life and times of one of the greatest stars of the Golden Age of movie musicals...Gene

Kelly. It is only fitting that we follow the elegant Fred Astaire with four musicals by this athletic and innovative artist. We will discover his unlikely career as our journey takes a look at four of Mr. Kelly's films: "Singin' In the Rain," "On the Town," "An American in Paris," and "Take Me Out to the Ballgame."

If It's Spring, It Must Be Baseball!

Wednesdays, April 25-May 16 — LSC597-02

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: *Ray Ashton*. We are in store for four great movies about the great American pastime. The magical "Field of Dreams," the kid's perspective of legends in "The Sandlot," a baseball movie from an adult perspective in "Bull Durham," and the inspiring story of Jackie Robinson in "42." So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th-century game and why it gives us such great movies.



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Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or as stated in the description. The instructor will move the student to the next level based on skills evaluation.



Guitar 1A—Beginner Level

Wednesdays, April 4-25 — **LSC880-03**

8:00 to 10:00 AM (KS). \$48 (four sessions).

Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students.



Guitar 1B— Continuing Beginner Level

Mondays, April 2-30

— **LSC953-03**

8:00 to 10:00 AM (OC). \$60 (five sessions). Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students.

Guitar 2B—Entry to Intermediate Level

Wednesdays, April 4-25 — **LSC901-03**

10:15 AM to 12:15 PM (KS). \$48 (four sessions).

Instructor: **Bill Sveglini**. **Advisory:** Class is currently closed to new students.

Guitar 3—Intermediate

Thursdays, April 5-26 — **LSC923-03**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor:

Bill Sveglini. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

Guitar 4—Advanced

Thursdays, April 5-26 — **LSC1000-03**

10:00 AM to 12:00 PM (OC). \$36 (three sessions, no class April 19). Instructor: **Bill Sveglini**. **Prerequisite:**

Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.



Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, April 3-24

— **LSC914-03**

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: **Darrell Effinger**. No prior music knowledge or good singing voice necessary! Emphasis is on play-

ing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, and others. Basic music theory will be shown, not emphasized. Information on how to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.

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Folk Guitar for Fun Folks 102**Intermediate Class****Tuesdays, April 3-24 — LSC1037-03**

2:00 to 3:00 PM (KS). \$36 (four sessions). Instructor: *Darrell nger*. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

—Voice—

**Singer Vocal Boot Camp Continuation****Fridays, April 6-27 — LSC950-03**

10:30 AM to 12:30 PM (KS). \$36 (three sessions No Class April 17). Instructor: *Bill Sveglini*. This class will continue to sing special SAT and

SATB arrangements that have been written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.

Personal Improvement**Two-day class!****AARP Driver Safety Training****Wednesday & Thursday, May 16 & 17 — LSC735-03**

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). 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, and common sense ways to drive more safely. Course instruction uses videos, 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 to receive the discounted rate. Bring a valid driver’s license to class to receive a Certificate of Completion. This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test.

Creative Writing & Storytelling**Wednesdays, April 4-25 — LSC1059-03**

1:00 to 3:00 PM (KS). \$58 (four sessions). Instructor: *Robert Chang*. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class, you will learn storytelling techniques that will help you write stories that are not only entertaining but also have emotional and intellectual resonance. You will learn various writing techniques that make your prose more vivid and expressive, creating an immersive experience for your readers.

Sewing

—Certification—

**Bernina Serger Certification****Monday, April 9 — LSC694-03**

1:00 to 2:00 PM (OC). \$15. Instructor: *Sylvia Feldman*. All supplies provided except scissors and tweezers. Class size

is limited to three.

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Bernina Sewing Machine Certification**Monday, April 9 — LSC707-03**

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

Janome Sewing Machine Certification**Monday, April 9 — LSC1025-03**

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

—Quilting—**Mystery Quilt V****Fridays, May 11 & 18 — LSC727-03**

1:00 to 4:00 PM (OC) \$40 (two sessions) Supply Fee: \$10 payable to instructor. Instructor: *Be y Kisbey*. Prerequisite: Must be able to sew an accurate 1/4" seam allowance and know how to safely use a rotary cutter. Join 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 mystery and will end up with a completed quilt top. You will be given only fabric, and cutting requirements at registration, some sewing will be done in class and 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! **NOTE: Be sure to get the pattern requirements and the supply sheet at registration. You are required to have your fabric chosen and cut before class.**

Technology**—PC—****Windows 10 Basics****Monday & Tuesday, April 9 & 10 — LSC585-02**

1:00 to 3:30 PM (OC). \$45 (two sessions). Supply Fee: \$7. Instructor: *Rita Wronkiewicz*. If you are new to Windows 10 or you do not feel you've mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

Tips and Tricks for Beginning PC Users**Monday, April 2— LSC1060-03**


1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right-clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you do not. Computer tips and tricks can fill a book. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.

More Tips and Tricks for Beginning PC Users**Wednesday, April 4 — LSC1061-03**


1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. **Prerequisites:** Basic computer skills. In this class, you will learn over 50 additional PC tips and tricks that were not covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

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Amazon Echo Dot
Monday, April 23 — LSC1062-03

1:00 to 3:30 PM (OC). \$20. Instructor: **Bob Ringo**. The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. Many of you received a Dot as a Christmas gift. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to your voice commands. In this class, you will learn how simple it is to set up the Dot plus new “tricks” that make the Dot more fun to use. Whether you are thinking about buying a Dot or you want to use the one you already own more effectively, this class is for you.

—Smart Phones and Tablets/Mac—

Android Smart Phones Basics

Monday, March 19 — Sold Out

Or Monday, April 2— LSC1063-03

1:00 to 4:00 PM (OC). \$45. Instructor: **Len Carniato**. **Prerequisite:** Gmail account. In this BASICS seminar, learn to master your SmartPhone from any carrier. On our large screen display, we will focus on how to navigate screens, manage phone calls, organize your contacts, text messaging, email, use the internet,

share photos, and more. This seminar will get you off to a great start. Remember, SmartPhones are the future, so join us for a fun and educational session!

Getting More from Your Android Phone

Tuesday, March 20 — LSC589-02

1:00 to 4:00 PM (OC). \$45. Instructor: **Len Carniato**. A follow up to the Android Basic class. Get much more from your Smartphone: Manage your “Apps”, Video Calls, Sync to your PC, Organize photos and more.



iPhone Basics Workshop

Wednesday, April 11 — LSC590-02

9:00 AM to 12:00 PM (OC). \$30. Supply Fee: \$5 paid to instructor. Instructor: **Andy Petro**. **Prerequisite:** You must have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X;** and you must be on **iOS 11.2.5 or higher**. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. Questions about the class? Call Andy at 916-474-1544.

iPhone Advanced Workshop

Friday, April 13 — LSC591-02

9:00 AM to 12:00 PM (OC). \$30. Supply Fee: \$5 paid to instructor. Instructor: **Andy Petro**. **Prerequisite:** You must know the basics of your iPhone, have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X;** and you must be on **iOS 11.2.5 or higher**. Bring your (fully charged) iPhone to the workshop. You will go beyond the basics. You will discover how to use apps in location-finders, weather, photography, communications and more. Learn many tips and tricks that make your iPhone fun and easy to use. If you have any other specific questions about the class call Andy at 916-474-1544.

Digital Photography 101

Thursdays, April 5-26 — LSC1065-03

9:00 to 11:00 AM (OC). \$58 (four sessions). Instructor: **Robert Chang**. Have you ever wanted to take better photos but never learned photography or how to use all those controls on your digital camera? Learn to operate the essential features of modern digital cameras, regardless if it is a small compact, professional DSLR, or a smartphone camera app. Learn photography principles, good composition, effective camera angles and focal lengths, interesting lighting, color theory and



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simple digital photo editing techniques. Bring your camera including mobile devices with built-in cameras such as a smartphone and tablets.



Digital Drawing and Painting Mondays, April 2-23

— LSC1066-03

9:00 to 11:00 AM (OC). \$58 (four sessions). Instructor: **Robert Chang**.

Prerequisite: Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you will learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Supply list available at the Lifestyle Desk.

Facebook 101

Saturdays, April 14 & 21 — LSC986-03

9:00 to 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. Class size is limited, sign-up early to reserve your space.

Chromebook

Thursday, April 26 — LSC1064-03

1:00 to 4:00 PM (OC). \$40. Instructor: **Len Carniato**. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There is a new and better-suited alternative—the "Chromebook." Chromebooks are simple and fast computers, so if you are thinking of replacing a laptop, you really should take a look. If you already have a Chromebook, come and learn more. Although incredibly affordable, a Chromebook will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, [or your Windows Laptop with Chrome] if you do not yet have a Chromebook, to learn its many capabilities.

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WellFit Orientations

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- **Thursday, March 21**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Wednesday, April 11**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, April 24**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Wednesday, March 20**
1:00 to 2:00 PM, Fitness Floor (KS)
- **Tuesday, April 10**
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, April 24**
2:00 to 3:00 PM, Fitness Floor (KS)

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Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

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



Arthritis
Tuesdays, April 3-24
Wednesdays, April 4-25
Thursdays, April 5-26
Fridays, April 6-27

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

Dream a Little Dream—Managing your Sleep Apnea and Other Sleep Issues—Exploring CPAP Machines and Masks

Tuesday, March 20

1:00 to 2:30 PM, Multipurpose Room (OC) \$20. Instructor: *Victoria Florentine*, RRT, Respiratory Care Practitioner. This class is open to anyone who has experienced sleep apnea or other sleep disorders. This class will explore the ever-evolving options available for CPAP devices, humidification systems, masks and other interfaces and accessories. This is a hands-on workshop. Residents will have the opportunity to view and experience a variety of machines and interfaces in a controlled setting.

Lessons

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April 9 & 10

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Tennis Lessons

Sundays, April 8-May 13

Beginner: 8:00 to 8:50 AM

Intermediate: 9:00 to 9:50 AM

Advanced: 10:00 to 10:50 AM

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

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Mindfulness Weekend Retreat—Living an Extraordinary Life
Saturday, April 21

9:00 AM to 12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor: *Michelle Jamieson*. We often miss seeing the extraordinary aspects of life while we are tending to the ordinary business of living because we are not fully present. Also, our expectations of how things are don't allow us to see things as they really are, denying us our full experience of life. Practice paying attention to the moment and adopting a beginner's mind so you can enjoy your life to the fullest!



Mindfulness—Learning to Live Mindfully—Step by Step: Beginners Mind
Wednesdays, April 4-25

4:00 to 5:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: *Michelle Jamieson*. Each moment of our lives is incredibly rich, but we often take them

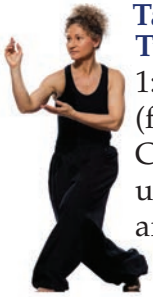
for granted, allowing what we “know” to prevent us from experiencing life as it actually is. Practicing letting go of expectations opens up the possibility of developing a beginner's mind as if we are seeing things for the first time. Find ways to rekindle a love of life and see the extraordinary in the ordinary once more.

Mindful Movement
Mondays, April 2-23

4:00 to 5:00 PM, Aerobics Room (OC). \$44. Instructor *Michelle Jamieson*. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present moment is known as mindfulness, and mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits of mindful movement include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies support these findings and show that regular practice of mindful movement can have a positive impact on one's life.

Establishing a Meditation Practice Mondays, April 2-23

5:00 to 6:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor *Michelle Jamieson*. The path of Meditation involves a slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our life to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



Tai Chi—Qigong Introductory Class Tuesdays, April 3-24

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath to improve one's health and vitality. The series of mindful movements that are synched with the breath is confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

Tai Chi Qigong L1 Tuesdays, April 3-24

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (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 offer harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2 Tuesdays, April 3-24

3:00 to 4:00 PM, Aerobics Room (KS). \$44 (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. 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.

Laughter Yoga Thursdays, April 5-26

1:00 to 2:00 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: *Linda Kalb Hamm*. Let's gather together to laugh for no reason, get an easy aerobic work-out, reduce stress and anxiety, add more joy to life, enhance our mental and physical well-being and unify our world through laughter! This is not your traditional bendy, stretchy yoga, so no mats poses. This hour-long laughter session begins with gentle stretching, clapping, chanting and breathing warm-ups. Then we begin our "laughter exercises" which use

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playful acting and visualization methods to keep us laughing with one another. We end with our “laughter meditation” which allows us to enjoy the spontaneous flow of laughter.

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The Future of Energy with Russ Abbott Tuesday, March 27

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: **Russ Abbo** . Whether it be the gas tank, one’s portfolio, or basic inflation, Oil has always been an often-discussed and critical topic. In 2020 it is predicted by some that the United States will be not only the largest producer of the commodity but also a net exporter. Fracking, electric and, potentially, autonomous vehicles, as well as deregulation, are all leading to an oversupply of Oil and will have significant repercussions for the economy in the years ahead. Come learn about this fascinating trend and how you can prepare.

What’s Ahead for Interest Rates and Inflation with Russ Abbott Tuesday, April 24

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: **Russ Abbo** . Now that rates seem to have potentially bottomed in the US and maybe throughout the world, where do they go from here and what’s an investor to do? How will this affect the economy let alone the bond and stock market? Come to this timely class for valuable information.

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 Tuesdays, March 27-April 24

1:00 to 2:30 PM, Multipurpose Room (OC). \$129 (5 sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner.

Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

New! 5 Weeks to Wellness Tuesday, May 15-June 12

1:00 to 2:30 PM, Multipurpose Room (OC) \$150 (five sessions). Instructor: **Audrey Gould**. This 5-week Nutrition and Wellness program offers insight and guidance answering the most common health concerns that have been asked by Lincoln Hills residents. These topics include nutrition as it relates to gut health, bone health, heart health, hormones, energy, and detoxification. This series provides a high-level overview of several health topics that will empower you with the information and enable you to improve your health and energy. During these workshops, we will discuss both foundational nutrition and preventative wellness.



Restorative Wellness – Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

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A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

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

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.

Let's Talk About Advance Health Care Directives Friday, March 30

9:00 AM to 12:00 PM, Oaks and Gables Rooms (OC). \$30. Instructor: *Marcia Van Wagner*. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.

Getting Your Stuff Together: Organizing Your Estate Thursday & Friday, April 12 & 13

9:00 AM to 12:00 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. 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.

Memory: The Long and Short of It Thursday & Friday, March 29 & 30

9:30 to 11:30 AM, Cards 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.

Brain Gain I: 2.0 (New, by Popular Request!) Wednesday & Thursday, April 11 & 12

9:30 to 11:30 AM, Solarium (OC) \$30. Instructor: *Alice Jacobs*. For those who have wanted to take the Brain Gain I series, but could not commit to the entire series—this workshop is formatted for you! Condensed into only two meetings, we will cover

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basic brain anatomy, foundations of the memory process, plus fun, interactive brain “neurobics” that will engage you and your brain. Come join the fun, learn about brain health-enhancing research, and grow new brain cells without sacrificing any of your other schedule commitments. Repeaters welcome.



Beginning Sudoku Tuesday, March 27

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Come learn the basics of Sudoku, one of the most popular puzzles in America today.

Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor’s own Box Rule of Two strategies will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

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

- Four-class membership package \$80 per month
- Eight-class membership package \$135 per month
- Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete a Introductory Reformer Session (see below). These packages are not available online. Private Reformer Training is available. See class grid on pg 105 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1 Continuous Dates

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

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Carol Zortman at 916-625-4032.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
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Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

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. Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.



SGT—Pace Race Prep Fridays, March 23-April 27

8:00 to 9:00 AM, Kilaga Springs (KS). \$70 (six sessions). Instructor: *Milly Nuñez*. Have you ever wanted to complete a 10K/5K successfully? Participants will follow a guided training schedule with the coaching of an experienced coach and runner, Milly Nuñez. Whether you want to “walk, run, or just have fun” this group will give you the confidence and endurance you need to succeed. Our goal is to have you ready to participate and complete the Lincoln PACE Race on Saturday, May 5.

SGT—Parkinson’s Indoor Cycling Wednesdays, April 4-25

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). 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 the 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

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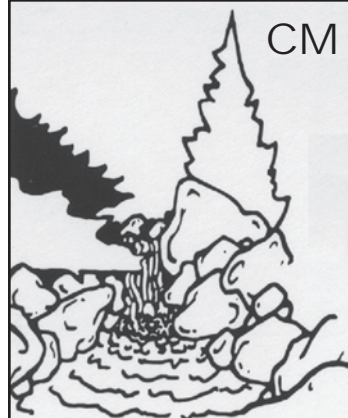


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exercise program that includes “forced exercise” (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. Feel free to contact Jeannette Mortensen with questions at 916-408-4825 or jeannette.mortensen@sclhca.com.



**SGT—ParkinsonWise Combo
Fridays, April 6-27**

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson’s Cycle class, but don’t think you could do an entire hour of cycling? Try this class

to change it up. Trainer and instructor Milly Nuñez will combine content from Parkinson’s Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

**SGT—ParkinsonWise
Thursdays, April 5-26**

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



**SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays, April 2-25**

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

this class and not only will you finish the class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes the correct settings and weights

appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

**SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays, April 3-26**

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



**SGT—“Fun”ctional Fitness L3
Tuesdays & Thursdays,
April 10-May 3**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Gr n*. 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—Progressive Bootcamp L2/3
Mondays & Wednesdays, April 2-25**

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. This class is available for the SGT Drop-in Pass.

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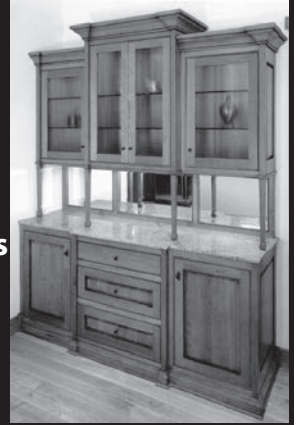
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SGT—Morning Burst Group Training L2

Mondays & Wednesdays, April 2-25

7:15 to 8:15 AM, Aerobics Room (KS).

\$135 (eight sessions). Instructor: *Milly Nuñez*.

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



SGT—TRX L2

Tuesdays & Thursdays, April 3-26

5:30 to 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, April 6-27

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four

sessions). Instructor: *Danielle Lawlor*. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. This class is available for the SGT Drop-in Pass.

SGT—Healthy Back L1

Mondays & Wednesdays, April 2-25

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135

(eight sessions). Instructor: *Jared Young*.

This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. The 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, April 2-25

2:00 to 3:00 PM, Aerobics Room (OC).

\$135 (eight sessions). Instructor: *Danielle Lawlor*.

Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

Punch Pass Class

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

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OC WellFit Class Schedule April 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3- Jen	Step for All L2- Kim	Strictly Strength L3- Jen	Step for All L2- Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Amy/Sara	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Jennifer	Strictly Strength L2 - Valerie		Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola		
12:00	Yoga Stretch L1- Julie	12:15-1:15pm Rest Meditation and Yoga L1 - Iram	Arthritis L1/2 - Linda	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	Laughter Yoga L1 - Linda K	Basic Chair L1-Kathryn		
2:00	SGT- Balance & Fall Prevention L1- Danielle		SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living Exercise L2 - Milly (completion of Healthy Living Session required)	Healthy Living Exercise L2 - Milly (completion of Healthy Living Session required)		Healthy Living Exercise L2 - Julie (completion of Healthy Living Session required)	Activities		
4:00						SCLH Booking	
5:00	Mindful Movement L1-3 - Michelle	Activities	Mindfulness L1 - Michelle				
6:00	Meditation techniques L1 - Michelle						
			Mixed Levels Yoga L1-3- Jennifer	Activities			
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule April 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
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		
7:30	SGT - Morning Bootcamp L2 - Milly						
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Jeanette	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Rodina	Strictly Strength L2 - Jeri	
10:30	Plates 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		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00			SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	1:00pm Tai Chi Intro - Pell		1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			
2:30	SGT - TRX Strength and Stretch Combo L2 - Kathryn	2:00pm Tai Chi L1 - Pell	SGT - TRX Strength and Stretch Combo L2 - Kathryn				
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	3:00pm Tai Chi L2 - Pell					
5:30		Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie			
6:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule April 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- <i>Jeanette</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Aqua Fitness L2- <i>Kayla</i>		Aqua Fitness L2- <i>Kayla</i>		Aqua Fitness L3 - <i>Jennifer</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3-Kayla		
10:30	H20 Bootcamp L3- <i>Jennifer</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H20 Bootcamp L3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>		Aqua Pilates L1- <i>Danielle</i>		Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	H20 Bootcamp L3 <i>Jeanette</i>		H20 Bootcamp L3- <i>Marla</i>				
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

Pilates Reformer WellFit Class Schedule April 1-30, 2018

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

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COMPASS — A monthly magazine established August 1999

COMPASS Editor: Theresa Renken 916-625-4014

Resident Editor: Doug Brown **Resident Writers:** Pat Evans, Joan Logue, Nina Mazzo, Richard Pearl, Al Roten, Shirley Schultz **Layout/Design and Printing:** Fruitridge Printing

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