

JUNE 2020

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



Order on the Courts **15**

Cruising the Neighborhood at 100 **19**

*The Official Magazine of Sun City Lincoln Hills*

# Calendar of Events

June 18 - July 17

**Subject to change.  
Please see eNews  
for updated times  
and dates.**

Date	Event	Page #
6/18	Produce with a Purpose.....	83
6/19	Kyle Martin at the Grammys .....	55
6/23	Hard Rock Casino .....	59
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7/17	Card Making .....	71

Upcoming Association Meetings: June 15 – July 31	
Listening Post	Wednesday, June 17, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Wednesday, June 18, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, June 22, 9:00 AM
Board of Directors Meeting	Thursday, June 25, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, June 25, 11:30 AM
Compliance Committee Meeting	Wednesday, July 1, 9:00 AM
Properties Committee Meeting	Thursday, July 2, 9:00 AM, P-Hall (KS)
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, July 7, 9:30 AM
Elections Committee Meeting	Friday, July 10, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, July 13, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, July 14, 10:00 AM
Listening Post	Wednesday, July 15, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, July 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, July 23, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, July 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, July 27, 9:00 AM
<i>Meetings subject to change. Visit <a href="http://sclhresidents.com">sclhresidents.com</a> for the most up to date information.</i>	

## VOLUNTEER OPPORTUNITIES!

**Compass insert stuffing party** – Those inserts don’t stuff themselves! On the 14 of every month, a group of volunteers gather at Orchard Creek Lodge to collate and stuff inserts into the *Compass*. Come hang out and join the party at 11:30 AM! No need to register just stop by and join in on the fun!

**Compass distribution** – You have seen your neighbors handing out the *Compass* each month from the 15 to the 17 in both lodges, why not join in? Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com).

### Committee Openings

Below are Committees that need your volunteer time and expertise.

Committees with openings include:

- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)
- Elections Committee

Committee applications are available at the Lifestyle desks (OC/KS) and online ([sclhresidents.com](http://sclhresidents.com)>Library>Forms>Resident Forms).

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**On the Cover**  
*Quiet reflection at  
the new Vista View –  
photo by David Wright.*



## Board of Directors' Report

*Kathy Shaddox, Director*

Did you find ways to enjoy the stay-at-home order? Maybe we all did the first week! We all watched too much TV, cooked more meals, had our own happy hour, and maybe gained a little weight. Then we decided it was time to take long walks, a great way to see and wave to our neighbors from a distance.

On May 9, I went out on my deck, and much to my surprise, I spotted a decapitated rabbit lying on a dead rat. My terrific neighbor came right over and put it in the trash.

The next day I found three dead rabbits and contacted Animal Control who came, removed them, and told me to call the Fish and Wildlife Department. Dave came out with his dog. What a great guy! He kept coming back daily and said he thought it might be a fox. What service from the county.

On Mother's Day, I woke up to see the mother gray fox with five little kits playing. How cute is that!

But my little dog was not happy as she couldn't play in the yard since the fox was too protective of

her babies. Hopefully, they will move out by the time you read this. Residents started to appreciate what they have and learned to invent new ways to pass the time. My trivia pals came over, and with social distancing, we played trivia. My "Let's Dance" pal started a Zoom bingo game daily.

I am sure that when this is all over, some of our residents will have many tales to tell of new experiences as we sheltered in place.

As a SCLH Board member, I kept busy with many Zoom meetings since we all know business as usual must take place.

The most important thing for us to remember is that we are living in one of the most beautiful communities in California. I know that I really missed all the socializing that I did here for ten years. Yet, I knew, in order to be sure we were all safe, I hung out in my home and yard.

We are beginning to open up our facilities, and when we are back to normal, we will all have learned how important it was to ensure the health of our family, friends, neighbors, and ourselves. Now let's just have fun!

*Independence Day Holiday Hours*  
**SATURDAY, JULY 4**

Administration & Membership – Closed | Lifestyle Desk – Closed | WellFit OC/KS – TBD  
 Meridians Restaurant – 11:00 AM - 3:00 PM | Kilaga Café – Closed | Spa at Kilaga Springs – Closed

\*\*Administration & Membership is also closed Friday, July 3 in observance of the holiday.



## From the Executive Director's Desk

*Chris O'Keefe, Executive Director, SCLH Community Association*

Welcome to the June edition of the *Compass* Magazine! Face masks and gloves required! June will mark the fourth month for COVID-19 restrictions. While it has produced its share of challenges, there are also opportunities that have been identified that will help to improve our operation once we get back to "normal," whatever that looks like.

Some things are small – the ability to pick up the *Compass* at the front of the Orchard Creek Lodge has been very well received, and we are looking to continue this during months with favorable weather. Some are larger opportunities – our WellFit and Lifestyle teams are exploring the feasibility of streaming exercise classes, entertainment, craft, and knowledge-based classes to our residents, and hopefully reaching new audiences in the community.

The closure has also allowed the F&B team the opportunity to review all aspects of the operation, and make changes where appropriate. This includes a new menu, training, and new staffing guidelines. We are incredibly lucky to have Chef MJ overseeing the department. He has brought new energy to the team, and the results show in the number of positive comments we have received from the delivery

and curbside services they offer. Due to the positive feedback we have received, we anticipate continuing the curbside service after we are fully open.

Another opportunity that has worked in our favor is the ability to take advantage of the knowledge and expertise of some of our residents. In the case of the COVID-19 task force, this has been especially true. Our resident volunteers have helped staff navigate

through all of the guidelines, restrictions, and orders that have come down from the state, county, and city. Their efforts have enabled us to be out front in terms of communications, and their guidance has helped to ensure that our actions have been prudent, and in the best

interests of the entire community. We owe these fine folks a debt of gratitude.

This epidemic has also provided an opportunity for Lincoln Hills to show its best face to the greater Lincoln area. Your support of local charities and businesses has been greatly appreciated, and the goodwill your efforts have provided, speaks to the care and compassion that lives within each of you. At a time when the community needed help, you stepped up and delivered. We are not out of the woods yet, but we won't let this beat us.





## Architectural Review Committee

### What a Year This Has Been

*Carole Dummett, Chair*

We have a few updates for the previous month. The entire committee was unable to meet, but a few of us managed to review applications on a weekly basis to accommodate the homeowners.

We established a DocuSign Account, which enabled us to review paint applications online with a quick turnaround time. This is a great asset for the homeowners and ARC. We can also process Compliance Reviews, Site Visits, and Notice of Completions using this service. A special thank you to the Association for setting this up, allowing us to do a better job for committee members and homeowners.

Our Board of Directors is in the process of discussing and adopting two Resolutions; one revising criteria for handrails on driveways and the other allowing lava rock in rear yards.

The ARC will respond accordingly and keep the homeowners informed through eNews and future *Compass* articles.

We need to touch on a wood fence issue that continues to surface for both ARC and Compliance. The fencing requirements for all lots were established in

the General Development Plan Ordinance 691B. This community is now 20 years old, and many of the fences have deteriorated and faded. The wood fence paint color is SW7513 Sanderling, which was updated by Sherwin Williams several years ago to comply with new government guidelines; however, the color itself remains the same. All fence fading requires painting to the current standards and colors, so please do not attempt to match a faded color as this could result in a non-compliance issue.

Our community has remained a safe haven during these trying times. A special thank you goes out to our wonderful staff, committee members, and residents who have all exercised patience and willingness to work with us under challenging conditions. You are all the best!

We are looking forward to our regular meetings and, once again, assisting residents and their contractors. Who knows? This article was written mid-May so just maybe we are already reuniting.

Don't forget, we have openings for committee members. Please give us a try.

Take care and be well. The best is yet to come.



## Communications & Community Relations Committee

### Committee Welcomes New Members

*Kent Noard, Chair*

As mentioned in last month's article, we added three new members to the committee in May. Peter Beckett and Klara Kleman are returning to the committee after some time away. Both served on the committee previously and are back to help.

We also welcomed Mike Schultz to the committee. Mike has an extensive background in public service, private business (including more than a decade in radio broadcasting), and volunteerism. He has already hit the ground running with ideas for committee projects.

Approved by the committee, and, at this writing, pending approval by the Board, is Fred Barnhart. Fred also brings an extensive background to the committee with his career in sales.

Not including me as chair, the committee now has six members. There are two open slots on the committee, and we have one member terming out at the end of July, so, eventually, we have room for three more members.

The committee continues to oversee the communications and community issues through the use of staff relations and task forces. Due to the Covid-19 shutdowns, such activities such as Community Forums, New Resident Orientation, and the Community

Ambassador Program are currently on hold until the clubhouses and meeting rooms become available to safely start meeting in person again.

In the meantime, the Video Services Group, the task force headed by Peter Beckett, has really stepped up to allow the community to be part of the meetings that they aren't currently able to attend in person. This includes Zoom meetings of the Board of Directors meetings, committee meetings, Listening Post, and other activities within the community.

Partly as a result of our success with the Zoom meetings, the committee has set up a task force to determine the possibility of expanding the availability of live-streaming content within the community. We are a long way from initiating this but we look forward to the possibility of allowing more access to events by those of you in the community that are not able to attend in person either because you are not physically able to do so, you are out of town at the time of the event, or it's just too hot or cold to attend in person.

If you are interested in participating in the communication process and the community relations programs that are currently in place, please submit an application to join us in this very important work.



## Compliance Committee / Community Standards Essential Maintenance – You Are Not Alone

*David Mateer, Chair*

Maintaining our community is an on-going process. There always seems to be more things to take care of. This is more challenging this year than usual, to say the least. Some maintenance items people can take care of themselves. However, other items need the assistance of others to get things accomplished.

If you are the do-it-yourself type, taking care of some of these maintenance items can be performed while we are spending additional time at home these days. It can provide a change of routine to get outside for a while.

Should you need assistance with some maintenance items, some additional challenges exist these days. You likely have noticed that landscapers and painters have continued to perform work in our community. They are considered essential workers due to the services they provide. Many of us already have a landscaper or know someone who can offer a recommendation for getting the help we need with maintaining our yards. Painting can be a little more involved. Most of us do not have a painter “on call”. Several companies advertise in the *Compass*, you may have a friend with a referral and Neighbors InDeed offers an Information and Referral service which may be helpful.



However you get things done, it is important that you consider your health and take care of yourself. Limited contact with others and social distancing are still the recommendations of the day. We are all adjusting to doing more on the phone and via email. Similarly, the companies who provide services to our residents are also adjusting their practices. Working with these companies can be done over the phone, and they can provide written estimates via email.

Fortunately for those in need of some painting, the ARC and Community Standards has done a fantastic job of having information on our color palettes and forms on the Association website. If you are painting more than 50 percent of the home (whole house repaint) or changing any colors, the forms for the required approval are on the website. Even though the lodges have been closed, Community Standards and the ARC have also adjusted their operations to support our community.

Again, it is important that you consider your health first and take care of yourself. Thanks.



## Neighbors InDeed

### Alerts & Reminders Around the House

*Pat Togstad*

Most equipment around our houses have been designed to warn or remind us when they need a battery, a filter, etc. Sadly, some only have a 10-year life span, which they will also remind us. Annoying, right?

**Smoke Alarms** are potential lifesavers, but their alerts are the most irritating. The “CHIRPING” (once a minute) is constant. It usually means they need new batteries or are at their end-of-life. The worst part is that this frequently happens in the middle of the night or during a weekend (when our volunteers are off). If you don’t climb ladders or have new batteries, you may need to sleep in another room. Leave your name and request on our 24-hour message center at 916-223-2763. We will call you back Monday – Friday between 9:00 AM to 5:00 PM to arrange service.

**Carbon Monoxide (CO) Alarm** alerts can also drive us up the wall. The “CHIRPING” can be one to five times/minute. Once means batteries, five means end-of-life (code sheet = back of unit). We recommend the First Alert plug-in type with a backup battery. If you have this type, you can unplug it and change the battery or buy a new unit.

If you hear “CHIRPING,” don’t assume it’s the smoke alarm. Remember, the smoke alarm will chirp once a minute, not multiple times a minute. Also, the CO is very sneaky and can sound like it’s coming from the ceiling, so unplug it and remove the battery to see if the noise stops. If you cannot get the battery out, take it to the garage and put it in the car to see if the noise stops in the house. Don’t let it keep you awake all weekend.

**Furnace Filter** - Some thermostats have a red light that comes on for a filter change. This does not mean something is wrong. It’s only a reminder that lets you know it has been “x” number of months, and the filter may need to be changed (see furnace manual).

**Refrigerator Filter** alerts are very similar to above. The light comes on to remind you to change every “x” number of months (see manual). We can change the filter for you, as long as it can be done without moving the refrigerator away from the wall.

Thankfully, those last two reminders don’t beep, buzz, ring, or chirp...just a bothersome red or yellow light keeps telling you to do something. AAAH, what a relief.

*Let us serve you with a view*

# Meridians

Restaurant & Bar

**Love, Exciting and New... Come Aboard...  
We're Expecting You....**

*Food & Beverage Team*

Although we have passed Valentine's Day and missed out on a few other holidays, we would love for you to come by and see some excitement in Meridians. We've been able to proceed with a six-foot distancing. Social distancing has become the law of the land. While reservations will be highly recommended, we will do our best to seat and serve you as fast as we can. Meanwhile, we've painted, we've cleaned and sanitized, we've even brought new offerings and old favorites. Come make a reservation at Meridians, and enjoy a great view, with great service, and great cuisine.

Food and Beverage has reopened slowly, and while Meridians' hours are limited currently, we have been planning several opportunities within the upcoming month. From online food pairings and beer dinners, to live outdoor pop up happy hours, we are looking to keep our social distancing with fun and active service and food. Daily and Weekly Specials abound, we will start featuring local seasonal produce, as well as cooking up various regional cuisines.

Curbside and to go is not going away. In fact, with the success of our program, we are looking to ensure we find ways to give those who would love to enjoy our food at home, a chance to receive online specials just for those who can call in their order. Keep an eye out on our website for details.

Kilaga Springs Café is taking this current time to adjust operations. While we are maintaining the cleanliness and space, our Kilaga Springs Café Supervisor Chris Ruen is doing a bit of Research and Development for upcoming offerings within the café. Although he won't be able to serve hand-crafted, made to order panini's and salads, he is creating a grab-n-go menu to pair with well-known wines, local craft beers, and even coffee beverages. Charcuterie and cheese boxes, rustic sandwiches, creative sides, and even fresh healthful minded treats are currently under development.

As for our Sports Bar, it has received a touch-up. During our time away, we were able to brighten the bar with subtle décor and lighter paint colors. Pictures from our Photography Club (thank you Klara Kleman and all of our photographers) depict our resident's sports activities. From softball, and pickleball, to swimming, and even hitting the links; it showcases Lincoln Hills' love of sports and activities.

## Chef's Recipe of the Month:

### Bread and Butter Pickles

#### Ingredients

- 10 pickling cucumbers, sliced
- 2 onions, thinly sliced
- 1 red bell peppers, diced
- 1-2 cloves garlic, chopped
- 1/4 cup salt
- 1.5 cups cider vinegar
- 2.5 cups white sugar
- 3 teaspoons mustard seed
- 1 teaspoon celery seed
- 1/4 teaspoon whole cloves
- 2 teaspoons ground turmeric

#### Directions

- In a large bowl, mix together cucumbers, onions, peppers, garlic, and salt. Allow to stand approximately 3 hours.
- In a large saucepan, mix the cider vinegar, white sugar, and spices. Bring to a boil.
- Drain all liquid from the cucumber mixture. Pour the boiling vinegar mixture over the cucumber mixture and remove from heat.
- Transfer to a freshly washed and sanitized container. Seal and chill in the refrigerator until serving.







## Lifestyle News & Happenings

### Slow, Steady and Safe

Lavina Samoy, Lifestyle Manager

A lot of you are wondering when our Summer Amphitheater Concert Series will begin. Usually, the exciting series would be underway at this point. However, the County Health Department has not determined when mass gatherings are safe, so please remain patient and optimistic.

But don't fret! We have come up with some fun events to slowly and safely bring back lifestyle to you!

**Farmers Market** opened June 3 and will continue to deliver fresh produce right to your community **every Wednesday at the OC Parking Lot from 8:00 AM until Noon** with some of your favorite merchants. Please expect changes in how business will be delivered, like a designated entrance and exit for customers, touchless purchase and physical distancing, etc. Guidelines will be posted...

On **June 22, from 9:00 AM to Noon, Shred It truck** will be by the **OC Fitness Parking Lot** for the destruction of your confidential documents. Procedures will be slightly different from the past. A collection box will be available for your payment. *Place your payment in an envelope with your full name, payment, and # of boxes, \$10/banker's box. If you need help unloading your items, please place your items in the trunk.*

Virtual events are coming right into your homes.

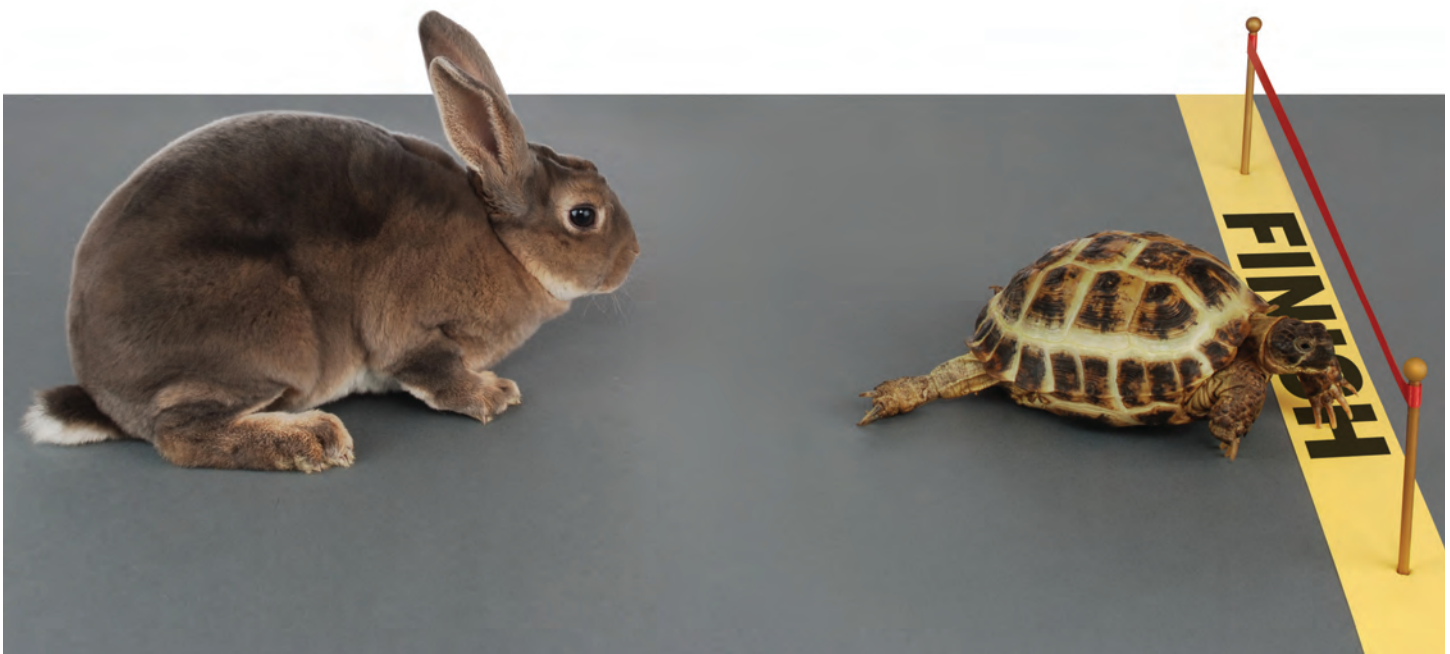
**Kyle Martin**, known for his Billy Joel Tribute shows, will stream live from his home studio performing popular **Grammy winning and nominated songs on June 19!** Kyle's warm personality and exceptional voice and piano playing will surely entertain you. His one-hour concert will be interactive and incorporate fun into the show. Only \$10 per household (details, page 55)

**Ray Ashton** brings his class **If It's Summer It Must be Baseball! Starting July 8 to 29 at 1:00 PM.** Ray will discuss and trace the history of baseball, incorporating famous baseball movies in his presentation. Since live baseball games are out, why not try this? \$40 per household for all four sessions (details, page 67).

A fun craft class is coming your way on **June 23 at 10:00 AM, Krafting with Karla & Lavina!** Yes you heard it right, we will be teaching you easy fun vinyl art displays. The first craft will be perfect for the July 4th celebration. Projects will be available on display and for purchase at the Farmers Market (details, page 67)

Please support these events so we can continue to bring you more classes and entertainment while keeping you healthy and safe.

As Aesop's famous fable *Tortoise and the Hare* taught us, slow and steady wins the race. For us, it's slow, steady, and safe is the way to win!





**The Communications Corner**  
**eNews**

*Jeff Caponera, Communications and IT Manager*

Hello, Lincoln Hills! It's June already; this year is moving along fast. Even though we are not open currently, we have been busy behind the scenes during these unusual circumstances due to COVID-19.

We know that you all are looking forward to life returning to normal, or at least some version of it. Hopefully, that happens sooner rather than later.

In the meantime, all those moving vans driving into Lincoln Hills are bringing new residents into the community. I have spoken to some on the phone or via email and they have been signed up for eNews. ENews is a digital newsletter on the happenings within the community and beyond, sent directly to your email inbox. I always explain how important it is to sign up for eNews, that it is the primary source of communication from the Association to you the residents.

During "normal times," eNews comes out four to five days a week; the *Compass* comes out once a month; the best way for you to stay up to date with everything going on in your community is

to receive eNews. We have daily newsletters from each department:

- Monday – WellFit and Kilaga Springs Spa
- Tuesday – Food and Beverage
- Thursday – Lifestyle, Trips, and Entertainment
- Sunday – Full Association news

If you do not want a lot of emails, you can sign up for the Sunday eNews, which is a general recap of the week's eNews, along with new information.

Currently, we are only sending out two eNews, five times a week.

Monday, Wednesday and Friday – Community and beyond eNews

- Tuesday – Food and Beverage
- Sunday – Full Association eNews, which includes Fitness, Spa, Lifestyle, and Food and Beverage

It's easy to sign up; you can scan the QR code below, by opening the camera on your smartphone or tablet, and pointing it at the code, this directs you to the sign-up page. I hope this is helpful, and if you have any questions, please feel free to reach out to me at [help.desk@sclhca.com](mailto:help.desk@sclhca.com).



## Sign up for eNews

The eNews is the best way to get the most current and up to date information. Signing up couldn't be any easier!

1. Scan the QR Code to the left.
2. Enter your email address and choose which emails you would like to receive.



### Living Trusts \$695 Complete

**Vic DiMattia, Attorney at Law Ca. Bar #129382**

Mr. DiMattia has created thousands of Living Trusts over the past 25 years and is a prior Sun City Lincoln Hills resident.

Documents include:

- Revocable Living Trust
- Transfer of Home into Trust
- Health Care Directive
- Durable Power of Attorney
- Notary Service
- Community Property Agreement
- Pour-over Will
- Home appointment available

Please call **800-775-2698** or **916-824-1700** for a free consultation.



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## The Spa at Kilaga Springs Comeback

*Trudy Smith, Spa Manager*

The Spa is ready for your return. We have expert team members on staff to reinforce your health and wellness. The Spa has always had sanitation at the forefront and continues to execute even more steps to ensure your safety and the safety of the staff. The Spa Concierge will review all the steps prior to your arrival.

In our retail Boutique we have been selling retail curbside, which has been a huge success. Upon reopening, the Spa will continue to do curbside for your convenience. We had offered 20% off all retail, and we will continue that discount through July 15. We have a large variety of wonderful supportive products for Mind, Body, and Spirit. From our CBD to help calm the nerves and soothe aches and pain, to Sonoma lavender neck wraps and booties that can be heated for relaxation. Our skincare lines of Hydropeptide and Image have value kits and new products to try, and Jane Iredale makeup, the healthy makeup line is always a favorite.

In our Skincare Department we are featuring Hydrafacial services. Hydrafacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract, and hydrate skin, and the spiral design

delivers painless extractions. Hydrafacial addresses fine lines and wrinkles, Elasticity and firmness, even tone and vibrancy, skin texture, and brown spots. That's our Signature Facial normally \$179, featured price \$149. Tailor the facial with Hydrafacial super serums to address specific concerns. We are finalizing with the LED light treatment to maximize the serums into your skin. Our Deluxe Hydrafacial delivers amazing results for any skin type. Normally \$239, featured price \$209.

In our Massage department, we are featuring enhancements. We are offering complimentary enhancements with any 60 or 90-minute massage. These enhancements can take your massage results to the next level. Add hot stones for deep penetrating heat to relax the muscles without the pressure. Other enhancements are Sports or deep tissue for intense full-body deep tissue concentrating on the deep layers of muscle and fascia or a Radiant Hand treatment that polishes, rejuvenates, hydrates, and soothes with plant and nut-based exfoliants and shea butter.

We would love to see you in the Spa. We are open to the public, so bring your friends. Please call the Spa Concierge at 916-408-4290.





**WellFit News**

**How WellFit is Changing with Times and Tips to Strengthen the Immune System Naturally and Counter Chronic Inflammation**

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Studies show links between certain lifestyle behaviors and how they can affect chronic inflammation. The use of these practices may reduce inflammation and enhance your quality of life.

1. *Dental hygiene and regular checkups* –Something as basic as regular checkups and good oral hygiene practices are important in addressing inflammation. They can help to evaluate issues related to heart disease, type 2 diabetes, and other chronic conditions.

2. *Hydration* – Since water is a main component of the body and an essential nutrient for life, maintaining adequate hydration is essential to good health. Studies show that dehydration can increase inflammation. Dehydration may contribute to the development of arthritis, bowel disease, and increases oxidative stress. So drink your water, green tea, and eat fruits and vegetables daily.

3. *Sleep* – Sleep and the immune system are closely related. The National Sleep Foundation recommends establishing consistent sleep and wake times; relaxing sleep routines or rituals; avoiding stimulants before bedtime; creating a quiet, dark and comfortable sleep setting; keeping the bedroom cool; and adequate exposure to natural light.



4. *Physical activity* – Studies also suggest that sedentary behavior is associated with higher inflammation levels, and prolonged inactivity increase the risk of death. An increase in physical activity, daily steps, and moderate to vigorous activity were all associated with lower inflammatory levels.

During these time when everything has changed for all of us, and it is hard to stick to our routines. WellFit is changing with the times also. We have created Virtual live-streaming classes to keep you active and motivated. Classes are currently scheduled for Monday, Wednesday, and Friday at 9:00 AM. The cost is the same, just \$4.50. You can access these classes on your home computer, tablet, or phone via Zoom. To pay for the classes, you need to download the MindBody app on your phone or access their site on the internet: <https://clients.mindbodyonline.com/launch>. Create your account and pay for your class. You

will be emailed the meeting id and password after you have booked the class. For questions or help you can email Jeannette Pyle at [Jeannette.pyle@scilhca.com](mailto:Jeannette.pyle@scilhca.com).

Check out our ad on page 78 for what to expect when we can finally open our doors, if you have any questions, please don't hesitate to reach out to me as well at [Deborah.mcilvain@scilhca.com](mailto:Deborah.mcilvain@scilhca.com)



**Kam's Upholstery & Furniture**

<p><b>RESIDENTIAL</b>                  Living room furnishings                  Headboards, Outdoor furniture                  Antique restoration                  Executing the creative vision of our customers</p>	<p><b>COMMERCIAL</b>                  Restaurants                  Hotel                  Office</p>
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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

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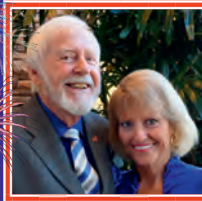
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Tennis anyone?

## Order On The Courts

*David Wright, Roving Reporter*



The new croquet lawn  
is ready for play

As we awaken from a dream narrated by Rod Serling, we emerge from the Great Lincoln Hills Lockdown to reunite with our active adult lifestyle. But soon, a visit to the Sports Plaza may lead us to believe we are still living in *The Twilight Zone*. Bocce ball playing in the afternoon shade? Pickleball players exchanging virtual hugs with tennis players? Ample parking for all vehicles? Along with the modified rules of society to

accommodate the “new normal,” comes a modified Sports Plaza to accommodate the new needs of a dynamic community.

Originally designed for the staple sports popular in 1999, the Sports Plaza has struggled recently with overuse in some areas and underuse in others. Blazing summer sun limited playing times. Frequent clashes between pickleballers waiting for an open court, and tennis players having their pick of available courts, sometimes became heated. Parking overflowed to residential streets, creating traffic hazards. Meanwhile, in the back of the Picnic Pavilion, the “grassy knoll” intended for lawn games, had become an impromptu dog park. The horseshoe pits tucked away in the far corner of the plaza became a place for practicing solitude long before anyone had ever heard of “social-distancing.”

An update of the Sports Plaza was sorely needed, and community leaders stepped

up—implementing a plan that, despite the quarantine delay, should be completed by year’s end. Two tennis courts will be repurposed into six additional pickleball courts, alleviating the long wait times. The grassy knoll will be replaced with two multi-purpose tennis courts, allowing for other court sports when not being used for tennis. Basketball, shuffleboard, volleyball, pop tennis, or even ball hockey may become familiar sights. Shade structures will be added to the bocce courts, permitting play through summer afternoons. An expanded parking lot will spawn numerous additional spaces. Already finished, the transformation of the horseshoe pit into a fenced-in lawn facilitates croquet, corn hole, badminton, and lawn darts. The newly-constructed Vista View beside the Nisenan grinding rocks creates a place for quiet reflection.

In the coming years, as Gen Xers begin to influence decisions, further enhancements will address their interests. Perhaps there will be a flag football field, a rock-climbing wall, and a skateboard ramp—complete with a dedicated ambulance loading zone. Whatever the current trend, Lincoln Hills will adapt to keep this community active, and our prized Sports Plaza will remain the centerpiece—combining good sports with good sportsmanship.



Bocce awaits its shade structure



## The “Safe and Effective” Rule

*Shirley Schultz, Roving Reporter*



Verified by USP for quality and purity standards.

Anything used for medicinal purposes should strive to meet the gold standard: Is it safe, and is it effective? Many have become laser-focused on this aspect of prescription medicines in recent months as our country and the world battle the COVID-19 virus. This article will, however, focus on those “medicines” used for a variety of conditions outside the traditional medical model such as nutritional supplements and other over-the-counter preparations.

Every time you buy a container of vitamins, CBD oil, Blue Emu cream, or whatever, how do you know if it is effective and safe for you? Do you even know for sure what is in it? To simplify your decision-making process about what products to use, remember there are four possibilities:

- Is it safe and effective? (try it)
- Is it safe but not effective? (waste of money)
- Is it effective but not safe? (probably a bad decision)
- Is it neither effective nor safe? (waste of money, bad decision, and stupid)



The reason it is so difficult to know with certainty about safety and effectiveness in the supplement market is that these products are not regulated, and there are no universal standards for scientific proof of efficacy and safety. Testimonials are often the “proof” relied upon to sell supplements or medicinal products, and it can be nearly impossible to find out what the quality control is for the product’s manufacture. USP (United States Pharmacopeia) is likely the oldest and best standard for nutritional supplement manufacturers in the US, but it is used only on a voluntary basis. It verifies as accurate what the label says the ingredients and potency are. All nutritional supplements are required to have the label, which states, “These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.”



Cannabis is an excellent example of unregulated medicine. Dr. Jahan Marcu, Ph.D., co-founder of the International Research Center on Cannabis and Health, will be doing a ZOOM presentation, “Demystifying Medical Cannabis and Hemp” on June 29 (see page 50). Since this was rescheduled from March, an article on the topic appeared in the March *Compass* issue. Dr. Marcu has worked extensively to help set worldwide standards for the cannabis industry in terms of quality control and safety through science-based education.





Left to Right: Dr. Barbara Branch, Training Coordinator and Linda Minor, Executive Director

inquire about joining our team.

Volunteering is part of who we are as Americans, and with our desire to help others, it is always prudent to have guidance. Neighborhood Watch offers this helpful information to assist in training new volunteers. New residents benefit from the online "Welcome Packet" in receiving information about the services available in our Lincoln Hills community. These new videos are available to everyone.

We may not be able to gather for group training sessions or sign up as a new resident to obtain community services information, so stay safe at home for now and log in to [sclhwatch.org](http://sclhwatch.org). Neighborhood Watch strives to bring helpful information to everyone. View the three new videos, with many more to come. New volunteers or new residents, we are ready for you!

## New Resident? New Volunteer? We Are Ready For You!

*Teresa Tanin, Neighborhood Watch*

Are you "Zooming," using "Go to Meeting," "Google Meet," or "FaceTime"?

Then you are ready to view three new videos for 2020: The Virtual Welcome Packet Presentation, Mailbox Captain's "Resident Contact Information Report" Training, and Village

Coordinators' Training. Visit the Neighborhood Watch website, [sclhwatch.org](http://sclhwatch.org), and go to "Tutorials" from the menu bar. You can learn from home and submit questions or email comments to [trainingcoordinator@sclhwatch.org](mailto:trainingcoordinator@sclhwatch.org). By clicking on "Want to Volunteer?" you can



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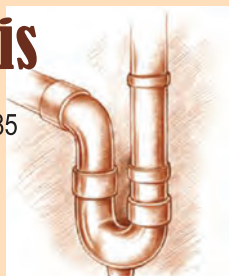
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Steve Pizzo

## Cruising the Neighborhood at 100

*Al Roten, Roving Reporter*

No, this is not about a crazy driver racing through our streets! It is about a delightful neighbor who takes daily afternoon walks. He celebrates his 100th birthday on May 31. Let me introduce Steve Pizzo.

Steve was born in North Beach, San Francisco in a quite different time. For those of our neighbors who know San Francisco well, Steve went to Francisco Junior High School, then graduated from Sacred Heart College. As a youngster, Steve went to work in his father's restaurant, "The Lighthouse," also known as "Tom, Tom, & Joe's" on the pier. He continued that work until drafted into the Army during

World War II where he was assigned to the Army Transportation Service and served as a cook on a ship as they shuttled up and down the Aleutian Islands for more than two years. His sweetheart, Celeste, awaited his return to marry—for the next 50 happy years until illness took her away.

After Army service, Steve joined the U. S. Postal Service as a carrier for more than 30 years. He walked countless miles faithfully delivering mail. Through his lifetime, Steve developed a passion for music, dancing, and friendships. He enjoyed bowling until diminished vision made bowling impossible. He is an

accomplished accordionist, forming a group named "Tritones and Johnny Noel," playing throughout the San Francisco area. Steve also really likes to dance, especially jitterbug and swing. His eyes light up when talking about good party times with dancing and friends. Steve is a very social person, happy to make friends with whomever he meets.

At the age of 79, Steve, while in a bowling league, met the second love of his life, Violet Petersen. Steve and Violet moved from the North Bay Area to Lincoln Hills in 2002. Violet was locally featured several years ago as she turned 100. Several months ago, Violet passed away at 104. Steve has made many wonderful friends here in Lincoln Hills. Steve is close to Violet's sister, Connie, who also lives here. Violet's children have become Steve's devoted family and support. Daughter, Diane Wheeler, comes to be with Steve every afternoon for walks, dinner, and general support.

As Diane says, "There is no slowing my dad down!" We are most fortunate to have wonderful neighbors like Steve Pizzo here in our outstanding community.

If you encounter Steve on his afternoon walks, be sure to greet him with a hearty "Happy Birthday."



Steve &amp; Violet

## In Memoriam



### Joyce Bisbee

Joyce grew up in Plymouth, England. She graduated with a degree in business with secretarial skills. Joyce came to America as a WWII bride and lived in Massachusetts/Cape Cod and later in California, where she met and married Warren Bisbee 48 years ago. She went on to be an Administrative Assistant to two CEOs of Silicon Valley high tech companies. Joyce enjoyed cooking, travel, and Impressionistic Oil Painting. Active in the fine arts, she developed a childhood interest in painting after moving here. She was a long time president and board member of the Painter's Club and chairperson of the annual fine arts show for 16 years. She leaves her loving husband Warren, four children, ten grandchildren, and nine great-grandchildren.



### Maxine Cook

Born and raised in Wakonda, South Dakota, Maxine graduated as an RN from college in Iowa. She worked as a public health nurse in Washington, DC, and also lived in Chicago and San Francisco. She was married to Robert D. Cook. They had two children and three grandchildren. Maxine helped start the Needle Arts Club here, and she was active in bridge and bunco groups. She enjoyed the speaker series and the computer club. She loved to exercise, travel, sew, garden, and go to the theater. Maxine is especially missed by her family and many friends.



### Dale Hendren

A "Cheesehead," Dale was born and raised in Wisconsin. As a teen, his family relocated to Hanford, California, where he graduated from high school and lettered in several sports. At the end of the Korean War, he served in the U.S. Army stationed in Germany. He was able to return to Germany years later. Then he earned a degree in Industrial Engineering at San Jose State. Dale married and raised three daughters while spending his career in upper management with Safeway Stores in San Francisco. In 2004 he moved here where he began many adventures like Reader's Theater, modeling in a fashion show, umpiring men's softball, working out at the fitness centers, taking dance classes, joining the Singles Club, and winning lots of costume contests. He loved Meridians, especially the fun holiday dinners. Dale is missed by family and many, many friends.



### Harry Robbins

After living in Moraga, California for 24 years, Harry and his wife moved here in 2000. He was born in the Pittsburgh, Pennsylvania area and was a graduate of Penn State University. He became a CPA and worked for Haskins and Sells in their Pittsburgh and Denver offices. He later started his own business, Audit World, in 1984. Harry became the first co-chair of the Homeowner's Finance Committee and loved playing golf. He enjoyed the computer and genealogy groups as well. He is sadly missed by his wife, Audrey of 56 years, two sons, one daughter, and four grandchildren.

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

## Library News

For the time being (and of this writing), both libraries are closed. We hope that in the near future all the lodges will be open and everything will return to normal.

Right now, please keep all your borrowed books and donations in your home. We do not have any way to shelve or process books. We know that everyone wants to read a good book, so we suggest you reread one of your favorites.

All the library volunteers look forward to the time when our libraries will be open again, and we are up and running.

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**Amateur Radio**

Although we have suspended in-person meetings at our South Lincoln Hills Entry Facility in compliance with CDC Guidelines, we continue to hold our weekly Monday evening Nets. If the Sports Pavilion is open, we will be holding the Annual Field Day event on Saturday, June 27, at 11:00 AM ending Sunday, June 28, at 2:00 PM. Social distancing will be in practice, so please stop by and say hello. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. *Contact: Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com Website: lharg.us*



While Lincoln Hills has temporarily limited activities, we will be featuring individuals from our membership in our monthly articles. This month meet Ernie and Sharon Micheli. Sharon was a Licensed Practical Nurse (LVN), grew up in Roseville, and migrated to Mt. Shasta. Ernie

**Ballroom Dance**



was an educator teaching at a small high school. During a harsh Mt. Shasta winter, they decided to move to Lincoln Hills in 2017. They have loved their time here and especially enjoyed the Ballroom Dance Club. While dancing at a recent wedding reception, Sharon kindly leaned in and whispered to him, "Ernie, you're dancing in circles." Out to prove you can teach an "old dog" new tricks, they signed up for ballroom dance. Ernie and Sharon have truly appreciated the excellent instruction provided by Sal and Ruth Algeri. *Contact: Ruth Algeri 916-408-4752*



*Ernie and Sharon Micheli*

**Big History**



Until KS reopens, we are meeting via Zoom at our regular times, the first and third Monday of each month at 10:00 AM. On June 15, member Marggi Holtz will tell us about the Silk Road, a network of trade routes connecting East and West. Travel on these routes occurred from the second century BCE all the way to the 18th century and had a huge impact on the economies, cultures, religions, and political

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relationships of countries and empires stretching from China to Eastern Europe.

At present, we do not expect to meet on July 6 due to the Fourth of July weekend, but we will continue to email updates regarding our future schedule.

*Contact: David Lewis 916-626-2795, stuff619@gmail.com*



**Billiards**

Until we are able to resume our billiards activities, I'm enclosing a picture of our new Brunswick Gold Crown V1 tables at KS. I also want to give an update on the four tables at OC. Two of the four tables are there and partially installed, carpet cleaned, new stainless steel lights are installed.



*New Brunswick pool tables at KS*

When Valley Billiards are given the okay to resume doing business because of the Coronavirus

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# Second Annual Amateur Radio Group



## Field Day 2020

**When:** Saturday June 27, 11:00 AM to Sunday June 28, 2:00 PM

**Where:** Lincoln Hills Sports Pavilion

**Why:** The objective of Field Day is to contact as many Field Day radio stations as possible on all amateur bands and to learn how to operate under temporary/emergency situations in less than optimal conditions.

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situation, they will deliver the other two tables and complete the installation. Until then, I miss seeing all of you! Stay safe!! Stay healthy!!

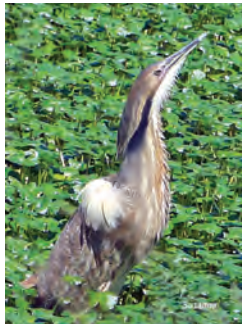
Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



**Bird**

As Placer County begins to open up, the bird group is looking forward to gradually resuming our activities. A general meeting is now tentatively scheduled for Monday, July 13, 1:30 PM, P-Hall (KS). The guest speaker will be Angela Thompson, owner of Wild Birds Unlimited in Roseville.

Well, it's final! The results of the shelter-in-place bird count have been announced. Suzanne Hutchinsen is our winner, with 90 species. Linda Morley is in second place with 84 species and Ruth Baylis in third place with 75 species. Congratulations to all three. Many of our members were out on the trails spotting birds for the count, and with everyone's good effort, a total of 107 different species were



American Bittern displaying his shoulder feathers. Photographed by Suzanne Hutchinsen.

seen here in Lincoln Hills, an excellent total!

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com Website: www.lhbirders.org



**Bocce Ball, Mad Hatters**

The Sports Plaza is open with new social distancing rules designed to prevent the spread of COVID-19. The new rules for Bocce are posted at the courts. They include resident play only, no guests or visitors. Maintaining at least six feet of social distancing. Use every other court with only four people on a court. Masks are highly recommended, and gloves are required.



New Equipment Requirements

Association Bocce sets will not be available. You must bring your own balls, chairs (avoid using the benches), gloves and sanitizer. Physical contact is discouraged, so no handshaking or fist bumps. These and other rules are current as of May 20 but may change by the time you read this. Again, these rules are posted at the courts.

Contact: Paul Mac Garvey 916-543-2067, pmac1411@aol.com Website: https://sclhresidents.com/group/pages/bocce-ball-group



**Book, OC**

Changes, changes, changes! Instead of *Year One* (dealing with a pandemic aftermath), June's book is *Where the Crawdads Sing*, the story of a mysterious "Marsh Girl" accused and tried for murder. A best-selling, beautifully written novel.

We anticipate our June meeting will be via Zoom. Details will go out before. If times are back to normal, we will meet at regular time and place. Newcomers are always welcome each third Thursday, in the Multipurpose Room (OC) at 1:00 PM. If you not a member yet and wish to attend virtual meetings, email your info to the address below.

Future selections are: July 16 – *And Then There Were None* by Agatha Christie. August 20 – *Small Great Things* by Jodi Picoult.

Contact: catsickle@gmail.com Website: LHocbookgoup.blogspot.com



**Bridge, Duplicate**

We have been closed since the middle of March. Hopefully, by the time you read this article, KS will be open, and we will resume our scheduled games. In the meantime, many members are playing bridge online. ACBL.com has a section called "New Bridge" with instructional hands. "Just

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Play Bridge” offers many practice hands at different levels. Bridge Base Online (BBO) has Solitaire, Social, and Duplicate Bridge. Duplicate Bridge offers ACBL masterpoints. Sacramento, Folsom, and Shingle Springs, as well as Bridge Works, are offering games five days a week for a fee. For information contact: <https://www.bridgewebs.com/sacramentocenter/>.

Contact: Patricia Morgan

916 543-0263,

Patmorgan2260@hotmail.com



### Bridge, Partners

Bridge was canceled.

The Community Association has issued the following requirements via email.

Bridge requires card tables for play, and thus cannot meet and play at the lodges. A card table has a 3' distance across and about 1-1.5' distance for folks seating around the table and does not meet six-foot spacing requirements. The Card Room (OC) will be temporarily closed and card tables at the Living Room (KS) will be removed until physical distancing has been lifted by the County. The Association adheres to State and County directives on required six-foot spacing. We will advise you once we are able to

accommodate card games at KS. We anticipate the Lifestyle Desk to be closed throughout May. Both lodges remain closed until further notice.



### Bridge, Social

When KS opens up again, we will welcome Social Bridge Players to join us every Friday. We meet in the Sierra Room opposite the Billiards at 12:15 to 4:00 PM. Call in your reservations. In May and June, you would call Linda McDermott at 916-295-6769 or John Butler at 541-536-4685. But if the lodge isn't open until July or August, you would make reservations with Bob Belknap at 949-683-0447 or Eleanor Amar at 916-209-3505 or Pat Mullins (contact below).

Our Free bridge class will resume when OC is open. We meet in the Card Room (OC) from 8:30 to 10:00 AM for beginners and 10:00 AM until Noon for Intermediates. No reservations needed.

Contact: Pat Mullins 408-202-1865, [pam7nt@gmail.com](mailto:pam7nt@gmail.com)



### Ceramic Arts

We're all looking forward to getting back to our favorite activities. As soon as it's safe, we'll be enjoying

ourselves getting muddy and making art.

Our Spring Meeting was pushed out to June 24 from 10:00 AM to Noon and will be held in P-Hall (KS). This location should allow people to attend with adequate room for social distancing.

In the meantime, email messages will be sent to CAG members with current updates and information.

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

### Computers

#### Apple Users



Upcoming seminars will cover Apple Books and photo apps. With Apple Books, you can find something good to read no matter where you are. Helen Rains will take you on a tour of Apple Books, showing how to sample, get, organize, read, and annotate books. Helen will also demonstrate how to access free books using public library apps.

You can take your photos from good to great using several photo editing programs. Vicki White will demonstrate several of these apps, some from within Photos and others that are stand-alone apps.

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Check our website for the latest information on these and other upcoming seminars. And we hope you enjoy the new lhaug.org design. The website improvements were spearheaded by web director Vicki White.

Contact: Helen Rains 916-408-4505, helen.lhaug@icloud.com  
Website: www.lhaug.org

**Computers**

**PC**



Still without P-Hall (KS) or Computer Room (OC) for Walk-in Clinic. However, with restrictions, they may open soon. Meanwhile, continue sending questions regarding your phone, tablet, laptop, or desktop to our website, and the experts will try to answer them. Prize winners will be picked from among those submitting the questions. 'Win 10' continues with small updates, and we have had no problems to date. We recommend you watch the past-recorded presentations on our website as the information is still very good. Upcoming talks either in person, on Zoom, or Google Meet are being developed, and notifications will be sent to the membership as available.

Continue to respect the guidelines for COVID-19 pandemic and stay healthy. Thanks for your help during these tough times.

Contact: Norman Seidenverg 916-209-3894, sclhcc@gmail.com  
Website: www.sclhcc.org



**Country Couples**

"I think when the dust settles, we will realize how very little we need, how very much we have, and the true value of human connection." This quote really makes you stop to think about just how much we do have. We are secure in our nice homes and yards in a safe environment, wonderful trails, and landscaping throughout the complex, an HOA that keeps us informed and cares about our well-being, stores, and take-out restaurants close by. The human connection will be back soon.

Interested in connecting with some humans who like Country music and dancing? Once things open up, Beginner Country Couples lessons are 7:00 PM Mondays at KS. For more info, go to our website or contact us.

Contact: Kathy Lopez 916-434-5617  
Website: www.sclhcc.com



**Cyclists**

Here we are in late May. Most members of our group are still riding and finding

restrooms and coffee shops that remain open. We are still riding in small groups of one to four, but are continuing to ride Monday, Wednesday and Friday. As we ride the backroads of Placer County, we meet up with other groups of riders doing the same—getting exercise and enjoying the outdoors. We stop and share information about which restrooms (with toilet paper) and coffee shops are still open. The traffic has been greatly reduced, allowing for safer cycling. Our cycling group has been active in the "May is Bike Month" competition. At this writing, out of more than 200 Sacramento area groups, we are in sixth place.

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



**Euchre**

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game, so you will feel comfortable. All are welcome, but please contact us so that we can get a proper

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Contact: Audrey and Clyde McFadden  
916-408-3616,  
audreyjmcfadden@gmail.com



**Fishing**

I was wrong last *Compass* report, when I stated “fishing came to a standstill for folks in Lincoln Hills. A few brave (?) folks I know have gone out to places like Collins, Stampede, Bullard’s Bar, Rock Creek/Bear River, and Camp Far West for some fishing. Yes, they caught a few. Good for them.



Look at these Bass!

Hint: Match the hatch. Ask the angler who’s on the water - “what’s biting?” Most anglers are friendly enough to share. Coffee for the fishing folks has been suspended for a bit. I know a few are sneaking off to a parking lot. Our general meetings are temporarily suspended. Maybe June 1 is a magic date? Join our club-

contact Ralph at [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net).

Contact: Ralph Tonseth 559-860-9104,  
[hsandigo@icloud.com](mailto:hsandigo@icloud.com)



**Food Adventures**

As our local restaurants plan on reopening, we can all look forward to again enjoying some of our favorite places for take-out or perhaps even dining out. Here are a few smaller restaurants that would really appreciate your business in these difficult times: Rum Thai, 880 Sterling Parkway, Lincoln (Raley’s Shopping Center); Wally’s Cafe, 2110 Sunset Blvd., Rocklin; and El Mariachi Taqueria, 1240 Sunset Blvd. Rocklin. These and other small restaurants struggle to keep going, and our support will make the difference! The Farmers Markets are a great way to buy fresh produce and also support local farmers too: Fountains in Roseville 8:00 AM to 1:00 PM, Auburn downtown Saturday 8:00 AM to Noon, and our own Farmers Market that opens on June 3 from 8:00 AM to Noon.

Contact: Pam Abad 916-409-5679,  
[sclhfoodadventuresclub@gmail.com](mailto:sclhfoodadventuresclub@gmail.com)



**Garden**

If you are concerned about running your AC so much in the coming months,

consider these tree statistics from Green Acres Nursery:

When properly planted and cared for, shade trees can reduce home energy costs by up to 40%.

Healthy mature trees increase a property’s value by an average of 10% and give the neighborhoods an established look. Trees cool the air by reducing water vapor and offering shade. Trees purify the air we breathe by taking in carbon dioxide and releasing oxygen.



Shade Tree Benefits

The Garden Group has still not been given the go-ahead to use the facilities at the Association’s properties as of this date, but when they do, we will inform you if we will be able to have a June 25 General Meeting.

Contact: Lorraine Immel 916-434-2918,  
[lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com),  
Website: [lhgardengroup.org](http://lhgardengroup.org)



**Genealogy**

Our May 18, speaker session with Kathryn Marshall was canceled. Kathryn sent us a PowerPoint of her talk, which we shared with our members. The June 15 speaker has also been canceled. Stay tuned for the time

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when we can resume coaching, speakers, workshops, and Boot Camp. Maureen Sausen has kept the membership supplied with links to genealogical resources. We are developing a virtual "Ask the Experts" session. Members will be invited when the plans are finalized. Some members are creating videos that will be shared with members when they are finished. In the meantime, it's a good time to keep up your genealogy research. As one of our members signs her emails, "It's all relative."

Contact: *Barbara L. Branch*  
916-543-8219, *drbabsie@gmail.com*  
Website: <https://www.suncitylhgc.com/>



**Golf**

**Ladies XVIII**

Although we are in our third month on hold from club golf, many members are playing Lincoln Hills courses since their reopen in mid-April. A fair number are using their own carts to satisfy county distancing requirements. Golfers appreciate the sport, being in the fresh air and sunshine, and being able to re-establish their social connections. And, now the professional golf tour is on again, providing something to watch on television. There is some transference with watching the pros, listening to the analysts and using their tips in one's own game. While a few of

our special events were canceled, Captain, Julie Storer, has scheduled a general meeting on July 9, which will provide an abbreviated schedule.

**Golf Men's**

The good news is people are playing golf, and the driving range is open. However, the Men's Club has suspended tournaments. Check our website for when tournament play resumes. Those in the Men's Club will be updated via the club Linkletter or email from our tournament director.

Contact: *Bob Schoenherr*  
408 838-5340,  
*schoenherrbob@gmail.com*  
Website: *mgclh.club*



**Hiking & Walking**

Are you exploring the fitness and wildlife preserve trails of Lincoln Hills? There are 26 miles and 18 marked trails.



*Beautiful Mallard Pond Trail*

The Walking and Hiking Groups have temporarily suspended their schedules. Check the Lincoln Hills Hikers website for upcoming hikes

in June. Weather and the status of COVID-19 will determine what events will take place.

Contact: *LHHikers@gmail.com*  
Website: *www.lincolnhillshikers.org*



**Investors' Study**

There is no meeting in July due to the usual summer break. The next meeting will be on August 6. Look for more information in the July Compass. Contact Norm Quatrain at 916-645-4675, if you are interested in the Active Investors sub-group. Contact Carl Sulzer for questions on the Investors' Study.

Contact: *Carl Sulzer 916-462-0986,*  
*CarlSulzer@gmail.com*



**Lavender Friends**

Our club recently applauded our own Nancy Calcese, who was profiled by an organization documenting the stories of the Red Cross "Donut Dollies," who served our troops in Korean and Vietnam.



*Nancy Calcese with soldiers in Vietnam*

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Nancy was fresh out of Florida State University in Tallahassee when she signed up with the Red Cross' Supplemental Recreation Activities Overseas program. She was sent to Korea, where she served from 1969 to 1970. After she returned home, the Red Cross asked her to go to Vietnam to be its Assistant Director from 1971 to 1972. Get this: she was the last Donut Dollie to leave Vietnam. You can read hers and other stories at donutdollies.com. Lavender Friends represents the LGBT community here.  
 Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com  
 Website: lavenderfriends.com



**Mah Jongg, Chinese**

If you're looking for a way to start the week off with some lighthearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's an easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years! We are already equipped with everything to play the game, so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00

AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon!  
 Contact: Randy Fong, randy888@pacbell.net



**Mah Jongg, National**

Greetings, it has now been three months since we sat at our game tables, building the walls, doing the Charleston and drawing and discarding tiles in hopes our hand develops so we can call, "Mah Jongg."

When we do get back on schedule, we play every Tuesday from 12:15 to 4:00 PM in the Card Room (OC). In the meantime, take advantage of the many online game sites so you'll be familiar with the 2020 card. We really hope to see you next Tuesday. Stay safe.  
 Contact: Gerry Bell 916-253-7860



**Mixed Media**

We are in mid-June and still looking at life in a different way. Our member, Patricia, has kept us connected throughout this time as she checks in through email and asks us all to respond. A big thanks to her. Our President, Nan, will notify us through email when there is news about our club. Keep yourselves busy with all the free art demos and lessons online. Art is always a place to lose yourself and have a great time. Hopefully,

soon we will get back together creating, playing, laughing, and just sharing lives together.  
 Contact: Nancy Griffin



**Motorcycle**

Due to Coronavirus restrictions, there was no club meeting or scheduled ride in May. Road Captain Dan Harlander led an impromptu ride up to the Sierra high country on May 9. The riders brought along a "brown bag" lunch to eat while taking in the view at the Malakoff Diggins scenic overlook on Highway 20.



Ready to get some fresh air!

The club has scheduled rides on the second Saturday of the month, March - November. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome. "Ride Safe - Ride With Friends"  
 Contact: Manny Perez 916-253-9121, manwil412@wavecable.com

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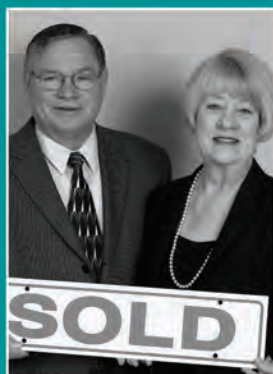
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**Music**

We did not meet in May due to health concerns regarding the Coronavirus. The May songs posted to our website are still "All of Me" and "Country Roads." I'm sure our members have been practicing these numbers at home, perhaps even shared a video screen with fellow musicians. We hope to meet in the future to play and jam together. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com*



**Needle Arts**

We already canceled this month's meeting. Not sure what is ahead for Needle Arts, but keep checking your email for updates from our President, Jean Storms. We hope that we can get together someday soon. Maybe we might even see a change in our sewing room when we do. I know many of you have been working on all kinds of projects. Have you made a dent in your stash and

even finished some of those UFOs? We hope our members are all safe, healthy, and continue to stay busy making fun items that someday you can share with us.

*Contact: Jean Storms, jeanstorms272@gmail.com Website: www.sclhna.com*



**Neighborhood Watch**

One of my neighbors stays to herself, and although I'd lived here for several years, we'd never exchanged more than a few words at the mailbox. A few weeks ago, she called to ask if I had any toilet paper to spare. I took four rolls to her house, and, for the first time, we had a conversation (ten feet apart). As hard as staying in place has been for many of us, what is heartening is how residents have helped each other through the isolation. Some clubs emailed or phoned their members regularly to stay in touch. People sent funny videos and cartoons, mailed cards, offered to pick up grocery items, checked in on those living alone. Neighborhood Watch celebrates good neighbors



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and volunteers.

*Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com Website: www.SCLHWatch.org*



**Painters**

Although we have had to miss some group meetings, painters are continuing to paint! Our May meeting was our Challenge, this time the category was Abstract. That's out of comfort zones for many of our painters, but they came through with great entries, which we were able to view online and vote-by-email. Our next meeting is our regular June Luncheon, at press time it is still unknown if we may have to postpone it to a later date.

We still look forward to two of our usual all-community events, Artisans at the Lodge and the delayed Art and Craft Tour, usually held in May. We hope both can be held in the fall. Details will come out as available. In the meantime – keep painting! *Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com*



**Paper Arts**

Club meetings and activities are canceled through June. Members are encouraged to continue checking the newsletters distributed via email for updates.

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In the meantime, stay well and keep crafting. Don't forget to share your ideas and projects so we can stay in touch.



Thank-you cards made by Mina Bahan

Many members are using their talents, skills, and time to help others. Some have made masks. Others have made thank you cards and signs in appreciation of front-line and essential workers. Let us know what you are doing during this time of separation. Thank you to all!

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).  
 Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.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. When the lodge opens up for card games again, Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon.

For more information, please contact Denise Jones or Doris DeRoss at 916-253-7164. We look forward to seeing you there when we reopen.

Contact: Denise Jones 916-543-3317



**Photography**

The General Meeting is using social distancing to our advantage by taking the opportunity to reach out to distant sources for online presentations. The online opportunity has opened up a new world of possibilities.



Photo by Brad Senn

The SIGs are also exploring ways to keep members motivated as we practice good social

distancing. The Learning SIG team is challenging members through a series of online photo opportunities

The May Challenge was Focus on Flowers presented by member photographer Bill Kress.

In the meantime, the Enhancement SIG 'challenge images' will be available for download so members can continue to do their creative best.

Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com  
 Website: LHphotoclub.com



**Pickleball**

The Pickleball courts are open! On the first morning of play, the courts were full. Thank you to all who made this possible by designing a way to play safely with distance.



Pickleball courts full once again!

If you want to play, come to the courts between 11:00 AM and 1:00 PM to schedule a time for the following day. The courts are open with monitoring from

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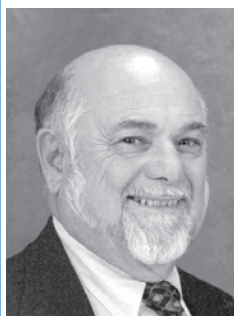


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7:00 AM to 1:00 PM and without monitoring from 1:00 PM to dusk. You must use your own ball, hand sanitizer, and water. NO LESSONS are being given. For more detailed information on how to sign up and play, please see the website. You will find a helpful video with details.

Contact: Molly Morris 408-386-9054, mollyfmorris@gmail.com Website: lhpbclub.com



### Players

This lockdown has been hard for everyone.

My hope is that everyone is safe out there, and remains so. When the Lodges DO open again, our meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS).

Currently, we still have plans for our November show, Damn Yankees. Auditions are planned for August 10 and 12. There are singing and non-singing roles, as well as opportunities for non-acting jobs backstage and with our tech crews. If you are a singer, the Director, MaryEllen Vogt, asks that you prepare a song similar in nature to the character you wish to pursue, but not a song from Damn Yankees, for your audition.

Readers Theatre's August show is canceled. We've got our

fingers crossed for October's show.

Contact: David Africa, President 916 708-0009, djafrika@sbcglobal.net Website: www.lhplayers.org



### Poker

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM; Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC); and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

Contact: Lynne Barsky 916-253-3730



### RV

As the Coronavirus lockdown loosens, our members hope to get their RV's out for short visits with family, friends, and open RV Parks. Our Fall Rallies are still on as well as our June 10 and December 10 parties. We plan on rescheduling all of the canceled Rallies for our 2021 Season.

Please be sure to check future editions for an update on meetings. Our normal monthly



RVers Fly Too

meeting is in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss up-coming Rallies; gain RV education from members, and get to know each other better through shared appetizers. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel.

Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com Website: lhrvg.com



### SCHOOLS

SCHOOLS stands for Sun City Helping Our Outstanding Lincoln Schools. Schools are set to reopen on August 20 unless state guidelines change. There has not yet been a decision about volunteers being allowed in classrooms. Many of our volunteers will self-regulate and decide they cannot risk exposure to the virus. Decisions will be made as the summer progresses.

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Scott Leaman, Western Placer District Superintendent

Volunteers will be notified when guidelines are established.

Scott Leaman, Western Placer Unified District Superintendent, has said that the district has three main focuses: 1) Finishing this school year and assessing learning at home; 2) Planning for the fall what classrooms will look like, and 3) Planning for a budget with a possible cut of 10-20% from the State. **Contact: Cyndi Colloton, ccolloton@yahoo.com**  
**Website: schoolssuncity.org**



**Singles**

Great news! Slowly, Placer County is re-opening! It is a bit too early to start rescheduling our usual events, but it won't be long. Your board and the activities committee are more than ready to begin planning our meetings and socials for the upcoming summer months. We have lots of fun things coming up for our Club! We are finally seeing a light at the end of the tunnel. We will make

it through this, and once again we will be enjoying our fantastic lifestyle in Lincoln Hills!

Take care and be safe! See you soon!  
**Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com**



**Softball**

We hope the 2020 Softball Season will begin soon for both the Recreational Coed League and the new Ladies Softball League. Remember, we are scheduled to play on Mondays and Wednesdays and some Fridays, following social distancing guidelines. We hope you'll be allowed to come to Del Webb Field, 1050 Del Webb Blvd., watching for free if permitted by the Placer County Coronavirus guidelines. Unfortunately, we won't be having "Hot Dog Days" this year. We plan on honoring our 2020 inductees into our Lincoln Hills Senior Softball League Hall of Fame soon. The inductees are Montie Boatwright, Mike Caporale, Mike Hilton, Bob Hunter, Larry McMaster, Barry Sasabuchi, Pete Savoia, Bob Smith, and Ed Sorensen. If we haven't started playing, follow this Softball column for updates. **Contact: Bruce Briggs 916-543-3401, bbriggssrsoftball@sbcglobal.net**  
**Website: lhssl.net**



**Sports Car**

Well, another month has passed, and it looks like it will be a while before we can have our rides and socials. But you can't keep a sports car owner off the roads for long! Using the social distancing rules, Mike Stafinbil organized a "THANK YOU" ride to a local hospital to show appreciation for the people who do such dangerous and compassionate work. Thirty cars drove passed the Kaiser Facility. No one got out of their car, but there were signs and lots of waving. It is just a small effort to honor an amazing group of people.

Stay strong, and we will get passed this time with a greater appreciation of our friends, families, and the wonderful place where we live. **Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com**  
**Website: lhssportscars.com**



**Sun City Squares**

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM.

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It appears that our time off from dancing will need to continue for a while longer, we look forward to the reopening of our community activities and facilities soon.

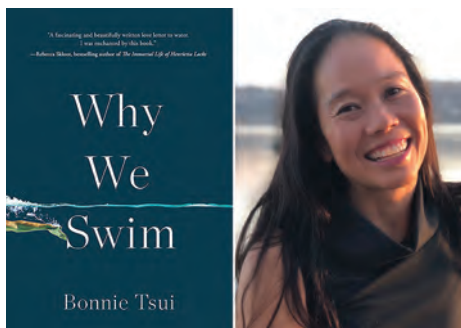
Please be safe, hopefully, things will start to normalize soon.

Contact: Beverly Cieslinski  
916-622-8424,  
blm2518@icloud.com



### Swimmers & Water Walkers

When there is no pandemic, I'm in the pool or surfing in the ocean to get the fix of mine early in the morning. I know that will make me a better person for the rest of the day. A lot of us are longing for the water right now. Specifically, the swimmers who are used to getting their daily tonic.



Excerpt from *Why We Swim*  
By Bonnie Tsui

If you can't get in the water: walk near it, look at it, see it -

Just look at imagery. Watch a surf movie. Those things make a difference for our souls and the way our bodies and brains work. If we can't get in the water right now, the pool will be waiting for us, on the other side of this.

Contact: Bob LeRoy 916-412-0552,  
bobandchey@icloud.com



### Table Tennis

Many of our players have set up tables in their garages and homes. This doesn't substitute for the social interaction and fun of playing doubles that we once enjoyed in the Multipurpose Room (KS). However, by playing at home, we are keeping up on our coordination and motor skills as we are awaiting the reopening of KS. But, it looks like it will not be the same for the foreseeable future. Alternative measures for gameplay are under consideration. Tables set up at the Sports Pavilion are being looked at. Additional changes of venue, times, and social distancing are being considered. Look for more updates in the July *Compass*.

Contact: Tim Frank,  
timcfrank@gmail.com



### Tap Company

As we continue our distancing, never would I have thought this phase would

still be in place. The month of June is upon us, and it seems like light-years ago, we had to cancel our show, *Night On The Town*. Be assured, the tap board has stayed in touch with Alyson Meador, and she reassures us once given the OK by the Association, classes will once again resume. To quote Alyson, "funny how life can force us to see things in such a different light." The board is developing a slate of officers for 2020-2021, and notification will be sent to the membership. Hopefully, there will be a softening in social distancing, and we can resume our neglected friendships, doing what we love most doing is to TAP!

Contact: Louise Seidenverg  
916-209-3894, lasrnet@gmail.com



### Veterans

Group activities are continually being considered by the board as government guidance, and Community Association decisions become known. Updates on activities will be conveyed to the membership as they are determined.

The Community Association has been promoting flying American flags as a show of solidarity with medical personnel and first responders. In eNews Bulletins to residents, SCLHCA Communications and IT Manager

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Jeff Caponera has promoted the home delivery of flags by Michael Amerio and his wife Tina. Fifty-two flags were delivered in April. By mid-May, another 39 flags had been delivered. Well done, Jeff, Michael, and Tina!



*The Veterans Group delivers new American flags to residents' homes.*

The Veterans Group encourages all residents to fly the American flag and to make a special effort to show the colors on July 4, Independence Day.

Contact: Joan Mac Adams  
916-751-9272,  
joan.macadams13@gmail.com



### Vintage Treasures

As there will be no meeting in July, we will continue to keep the membership informed of schedule changes and online presentations. Thanks to all who have been contributing to our email programs.

Vintage and antique treasures may be viewed as virtual tours or online exhibits from many of the world's famous museums. Try the Victoria & Albert in London; the Legion of Honor in San Francisco; the Louvre in Paris; perfumebottles.org; everythingpanam.com; and for a bit of the exotic: the Queen Sirikit Museum of Textiles in Bangkok. Search online for your own personal interests, and you'll probably find a museum or virtual tour to fit!

Contact: Sandi Janisch 916-253-9085

ONLINE: SCLHRESIDENTS.COM



### Water Volleyball

Looking for the light at the end of the tunnel—our members are eager to get back in the pool for physical exercise, socializing, and a generally good time. During the community-wide isolation, Steering Committee members have contacted members to check-in, canceled upcoming meetings and events, and forwarded important Club information on #2020 initiatives to all members. The team of Terri and John, with help from Pauline, Judy, Diane, Elaine, and Kelly, made face masks for Club members in need. So grateful for John and Terri's inspirational message—"Be Strong, Be Positive and Stay six feet from others." Residents interested in learning about Water Volleyball in Lincoln Hills can use the Club website.

Contact: Rosemary Elston  
916-474-1610,  
sclhwatervolleyball@gmail.com  
Website: www.lhwatervolleyball.com



### Woodcarvers

We are mourning the passing of the Pillsbury Dough Boy as a result of a yeast infection and numerous pokes in the belly. He was buried in a lightly greased coffin. He was born and raised in Minnesota and described by many as a man that never knew how much he was kneaded, even though his life was filled with turnovers. Doughboy is survived by his wife Play Dough, and three children, John Dough, Jane Dough, and Dosey Dough. In lieu of flours please consider doughnating to The Yeast Foundation. A celebration of life will be held at a later date.

Woodcarvers regular meetings will also resume at a later date

in the Sierra Room at (KS) on Wednesday 1:00 to 4:00 PM

Article by Anonymous  
Contact: Lionel Rainman  
916-253-9534



### Writers

Over five thousand years ago, in Mesopotamia (now Iraq), Sumerians expressed their language by marking cuneiform symbols on clay. Other cultures developed systems of writing on wood, stone, and paper. In 1178, an English monk wrote the Moon 'throbbed like a wounded snake,' possibly from an impact which formed the 14-mile wide Giordano Bruno Crater. Though still writing on clay, today we affix 'symbols' on plastic, cement, steel, wood, paper, and even air. And, we tell desktop printers to spit out our symbols.

We have the time AND ability to write anything, including celestial events! When the Writers' Group can reconvene, bring your writings to the Computer Room (OC), 6:30 to 8:30 PM, on the second, fourth, and fifth Mondays! See you then!

Contact: Anne C. Birge  
909-965-3556, raybirge@aol.com





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

We are looking forward to seeing you again. Our plan is to resume our meetings on June 24 at 1:00 PM with the large group in the Multipurpose Room (OC). Ordinarily, the June meeting would have a guest speaker but will be a peer group sharing instead. In July, our regular meetings will continue, including the ladies' group on July 1, 1:00 PM, Multimedia Room (OC), and the large group again on July 22. Please note that there will be County social distancing requirements in place that will limit the number of seats available at these meetings.



Our group is for caregivers of family members diagnosed with Alzheimer's Disease or other dementia. We are supported by the Lincoln Hills Foundation.  
 Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



### Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. If the Lodge isn't open yet, we will cancel the following. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is July 8. 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 Red Robin, Tuesday, June 23, at 11:30 AM. Meet at the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.  
 Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



### Bosom Buddies

"SIP" didn't keep Bosom Buddies from staying in touch with its ladies. Our "inspirational leader" Barbara Mathot regularly phoned and emailed members, as did Val Singer. Phone tree captains checked on their "branches." Kathy Woodward decorated wine bottles to be showcased at the annual American Cancer "Relay for Life," while Relay Captain Peggy Ryan continued organizing our involvement in this fundraiser. From making masks to

sending "thinking of you" cards and messages, we've done what is most important to us – being there for each other.



A \$100 donation earns a beautifully decorated wine bottle.

It's not too late to register for the August 8 Relay, starting at 10:00 AM in the Gold Country Fair Grounds in Auburn. Go on-line and, if necessary, call the 1-800 number. Someone will walk you through the process.  
 Contact: Marianne Smith 916-408-1818, mlsmith39@yahoo.com



### Gam-Anon

Is your life affected by someone else's gambling problem? Gam-Anon can help. We are not having meetings right now due to the COVID-19 restrictions. For more information, go to the International Service Office website at [www.gam-anon.org](http://www.gam-anon.org) or



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call the Northern CA Hotline at 510-407-3898. You can also call the Sacramento Hotline for Gambler's Anonymous at 855-222-5542, and they will have someone call you. *Contact: Kay F. 916-204-1624, denniskayf@starstream.net*  
*Website: www.gam-anon-loomis.com*



### Glaucoma Support Group

Got Glaucoma? You are not alone and we would like to invite you to attend our next meeting scheduled for July 8 at 4:00 PM in the Multimedia Room (OC). The location is subject to change with health and safety guidelines as they are released. Living with Glaucoma, a chronic degenerative disease of the optic nerve, in good times is challenging enough. With our new lifestyle and need for age-related protection, our challenge can be increased. Please plan to join us to share ideas on how to make the changes work. Hope to see you then.  
*Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com*



### Low Vision Support Group

July Meeting, Tuesday, July 7, 2:00 to 4:00 PM, Fine Arts Room (OC). Kathleen Shevlin, Manager of Senior Programs at Society for the Blind, will discuss their history, funding, and senior services. Services

include a week-long training that teaches clients how to maintain independence while living with vision loss.

August Meeting, Tuesday, August 4, 2:00 to 4:00 PM, Fine Arts Room (OC). Registered Occupational Therapist and Director of Clinical Services at Society for the Blind, Toni Boom, will discuss therapies and other Low Vision Clinic services that are available. Learn how you can identify your "blind spots" and adjust the way you see things. Toni has office hours at both the Roseville and Sacramento locations.

*Contact: Cathy McGriff 916-434-6095, cathymcgriff1010@gmail.com*



### Multiple Sclerosis

As I type this message, we are looking forward to our first Zoom experience.

Figuring it is a great way to connect and see what you are up to, why don't we continue during our typically Dark Months of July and August?

So, on the second Tuesday of July and August 1:00 PM, you are invited to a Zoom party, July 14, 1:00 PM and August 11, 1:00 PM.

The week prior I'll send you an email with a reminder of what to expect. In the meantime be sure you put the free Zoom APP on your Cell Phone, iPad or Computer.

*Contact: Jeri Di Fiore 916 408-7565*



### Parkinson's Support Group

Unfortunately, due to COVID-19, the Parkinson's Support Group Meeting will be canceled for June. We will schedule this again when it is appropriate.

*Contact: Maggie White 916-367-3908*



### Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, leveraging assets, and handling finances in a crisis. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are the first and third Monday every month at 1:00 PM, Gables/Heights Room (OC). Future meetings are July 20, August 3 & 17.

For information, contact Stefanie Spikel at stefhope@att.net or (916) 253-7431.

*Contact: Carol Eisenhower 916-995-9350, ceisenhower@comcast.net*  
*Website: lhwiseagers.com*



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### Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride – get a ride. Membership is \$15.00 per year. Information can be found on our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) or contact Barb Iniguez at 916-408-7812. Stay healthy and safe travels.

### A Course in Miracles

We are a study group that meets on the first and third Monday to discuss the theory and practice of the nondualistic teaching presented in this book. This psychological/spiritual approach to dealing with the challenges of life offers practical methods to the attainment of inner peace through the practice of mindfulness, Love, and forgiveness. It is a mind training that teaches you to understand the creative power of your mind, which then allows you to create at a conscious level the experiences that you want instead of the ones that you don't want. Call 916-409-5253 for more information.

### Cloggers

Well, May was not “back to normal,” so let's hope June is! Wherever you are, it's good to keep active. I know I'm preaching to the choir, so let's hear it for the music of clogging! We dance energetically to the beat and rhythm of bluegrass, country, rock and roll, guitar, fiddle, and more. We click our heels and toes in those double-tap shoes – double taps on both heel and toe, each shoe, so eight taps altogether – that's a lot of sound to accompany our music. For more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

### Democratic Club

We will meet virtually, by Zoom, at 6:30 PM on Thursday, June 18. Sacramento Bee writers Marcos Breton and Jack Ohman will be our speakers. Breton is a journalist and columnist and a strong clear voice on local issues. His columns cover news, opinions, and sports. Ohman is an editorial cartoonist and writer. He won the 2016 Pulitzer Prize for editorial cartooning for “cartoons that convey wry, rueful perspectives through sophisticated style.” New members are always welcome. For more information about our monthly meetings, or to participate in our June meeting, please see our website, [www.democraticclublincolna.org](http://www.democraticclublincolna.org).

### Italian Club

Due to concerns regarding the Coronavirus, we have canceled our events through June. Please check the website and member emails for updates. In the meantime, have you been reading the email series, “Reaching Out and Keeping in Touch”? Included are beautiful photos and videos of Italian locations, as well as interesting, and often humorous, stories that will lift your spirits! If you missed any of these, go to the homepage on the website for the link. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). Contact Sandi Graham, membership, at 916-826-5711.

### Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM.

Newly added: Saturdays from Noon to 4:30 PM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

### Racquetball Group

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

### Republican Club

We have not been given the go-ahead to use the facilities at P-Hall (KS). Our next scheduled meeting is Tuesday, June 23. When changes occur, you will be notified. Scheduled speakers remain committed to speaking at a later date. The Potters Game scheduled for June 3 has been postponed. New members are also welcome; check our website for information! Keep September 17 open for our LHRC Annual Barbeque. Club members; make sure to watch for LHRC emails and check the website for schedule updates and current events. 2020 will be an exciting election year! [info@RepublicanClubSCLH.org](mailto:info@RepublicanClubSCLH.org).

### Shalom Social Group

We are anticipating our 20th Anniversary Gala in July. However, because of the shutdown, we, like so many others, have not canceled the event but merely postponed it until next year. Because their value is in providing a place



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to socialize as well as learn from interesting speakers and programs, our men's group and Women Together, our women's group, have decided to postpone all events until we can get together in person again. For more information about our programs or membership, please contact Joanne Levy at 508-333-8590.

### Shooters Group

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports. We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting at a privately owned facility just minutes from SCLH. We have no dues, but shooters must pay for their ammunition and range

fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard. Contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

### Sons In Retirement Branch 13

We are suspending our monthly luncheons at Catta Verdera Country Club as well as all of its activities such as bridge, bocce, breakfast, and dining out clubs for thirty days after social distancing mandates are lifted. If you have an interest in joining Branch 13 of SIR please call Chet Winton at 916-408-8708. SIR is a men's social group

that fosters camaraderie and social interaction of retired men.

### Stanford Alumni, Family and Friends

Are you a Lincoln Hills resident with ties to Stanford who would like to meet others? While the pandemic is playing out, there are ways to meet at Lincoln Hills while ensuring our own safety and the safety of others. We can walk our beautiful trails, get together for six-feet-apart backyard happy hours, use Zoom for a book club, and more. If any of this sounds interesting to you, or if you have ideas of your own to suggest, contact Carol Hoge at 916-408-5334 or Ccho2000@yahoo.com.

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### Lincoln Hills Farmers Market

Wednesdays, June-November

8:00 AM to Noon, OC Fitness Parking Lot

In response to resident requests, our Wednesday Farmers Market opened June 3 to deliver local fresh produce to our community. With guidance from the Placer Department of Health, our vendors will conduct business following the required safety standards and procedures on physical distancing, touchless purchase, and facial covering. Customers are encouraged to follow protocols and guidelines at the market. If you are interested in becoming a vendor, please email Shelvie Smith ([shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com)).



### Listening Post

Wednesday, June 17, 9:30 AM, P-Hall (KS)

This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



### Golf Cart Registration

Thursday, June 18, July 2 & 16, 9:00 to 10:00 AM (OC) – subject to facility re-opening

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: [www.lincolnca.gov](http://www.lincolnca.gov).



### Document Destruction

Monday, June 22, 10:00 AM to Noon Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



### Dark Waters (2019)

Monday, July 6, 1:30 PM Screening, P-Hall (KS)

A corporate attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Starring Mark Ruffalo, Anne Hathaway, and Tim Robbins. Rated PG-13, 126 minutes, Biography/History/Drama.



### KS Classic Movie

#### Funny Girl (1968)

Saturday, July 18, 1:30 PM Screening, P-Hall (KS)

The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein. Starring Barbra Streisand and Omar Sharif. Rated G, 151 minutes, Drama/Comedy/Biography.



Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via Zoom. A few days prior to each forum, a link will be published in eNews. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a "chat button" which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email "handles" are not acceptable.

To receive eNews bulletins, please go to: <https://www.sclhresidents.com/group/pages/sign-up-for-eneews1>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But Zoom will continue, as will video recording.

If you have a suggestion for a forum topic, please send an email to [communityforums@sclhca.com](mailto:communityforums@sclhca.com).

All Forums are Free

Dates are subject to change

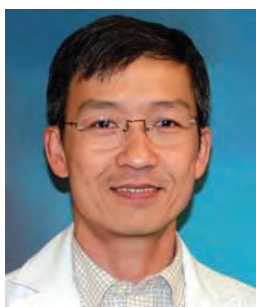


### **Budapest to Innsbruck Trek**

Thursday, June 18, 7:00 PM, Zoom Presentation

Bruce Quick, a resident, will present the last segment of his 2,500 mile, eight-country walk across Europe. This year he walked for 39 days, 650 miles from Budapest, Hungary to Innsbruck, Austria. Starting on the Camino de Santiago in St. Jean Pied de Port, France, and ending in Porto, Portugal in 2016, he has worked backward across Europe, walking the Camino each year. This year's journey from Budapest completes this particular Camino trail. His colorful photo presentation

and interesting descriptions of country and culture bring people back each year to hear more.



### **How to Take Control of Your Sleep Canceled**

Wednesday, June 24, 7:00 PM, Zoom Presentation

Check eNews for the exact time and link to join the Zoom Presentation

Dr. Kenneth Chan of Kaiser Permanente will present "How to Take Control of Your Sleep!" Dr. Chan will discuss different forms of insomnia and diseases that may mimic insomnia. Learn about the prevalence and severity of sleep disorders and the association with other medical illnesses. Dr. Chan will also discuss various treatment methods for sleep issues, both pharmaceutical options based on available evidence and non-pharmaceutical methods like relaxation techniques, cognitive behavioral therapy, sleep hygiene, and others. Q&A opportunity at the end of the presentation.



### **Demystifying Medical Cannabis and Hemp Canceled**

Monday, June 29, 7:00 PM, Zoom Presentation

Check eNews for the link to join the Zoom Presentation

Jahan Marcu, Ph.D., researcher, international speaker, and co-founder of the International Research Center on Cannabis and Health, is superbly qualified to speak about medical uses for cannabis, its production, and its safety. With a 15-year background in cannabis pharmacology and chemistry, Dr. Marcu has worked to create standards for cannabis operations. With a mixed background in science and regulatory affairs, he will share insights into mitigating consumer safety issues. He is also the editor in chief of the American Journal of Endocannabinoid Medicine. Unique circumstances have made it possible to feature this New York-based speaker. Take advantage of his expertise.



### **Food Giving: Could it Be Affecting Your Friends and Family? Placer County Human Services**

Monday, July 20, 2:00 PM, *Zoom Presentation*

In 2018 1 in 9 Americans were food insecure, equating to roughly over 37 million Americans, including more than 11 million children. The USDA (U.S. Department of Agriculture) defines food insecurity as a lack of consistent access to enough food for an active, healthy life (Feeding America). The presentation describes the complex issues surrounding Food Insecurity and what Placer County is doing to help ensure that every resident has access to enough food to live an active, healthy lifestyle. We will end with some great resources and tips on how you can make a difference in your community.



### **Paving the Way: Women's Struggle for Political Equality**

Tuesday, July 21, 10:00 AM, *Zoom Presentation*

Steve and Susie Swatt – coauthors of *Paving the Way: Women's Struggle for Political Equality in California* – will weave into a 170-year historical narrative the remarkable stories of mostly unsung and long-forgotten women who overcame discrimination and cultural stereotypes to help shape the state's public landscape.

The authors will bring to life the grit, determination, and resilience of these trailblazing women. Steve Swatt is a former political reporter for KCRA-TV in Sacramento, and Susie Swatt spent more than three decades as a top staffer in the California Legislature.



### **Roaming the Sierra Nevada Foothills, Number 6**

Tuesday, August 11, 10:00 AM, P-Hall (KS) and/or *Zoom Presentation*

Mike Stark will begin his latest trek in Folsom and discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involve Folsom. We'll take a quick journey into the Sierra, pointing out interesting spots to investigate: almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location, and gold dredging operations continued into the 1960s. I have a special spot so you can restart the Pet Rock craze.



### **Sierra Pacific Industries (SPI)**

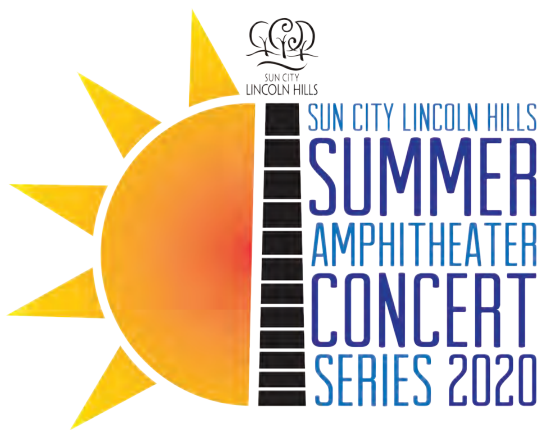
Thursday, August 13, 9:00 AM, P-Hall (KS) and/or *Zoom Presentation*

Mark Luster, Sierra Pacific Industries (SPI) Community Relations Manager, has over 30 years' experience in the forest products industry and represents SPI in an eight-county region. Mark has worked in Lincoln since 1984 and seen first-hand much of the changes and growth in our community.

Sierra Pacific Industries donates resources and time in the communities where they have operations. As part of this, Mark has served three two-year terms as the President of the Lincoln Area Chamber of Commerce and currently serves on their board.

## **UPCOMING EVENTS**

- **Social Security – Benefits for Seniors**, Wednesday, September 2, 9:00 AM, P-Hall (KS) and/or *Zoom Presentation*
- **Suicide Prevention/Lighthouse Family Resource Center**, Thursday, September 10, 2:00 PM, P-Hall (KS) and/or *Zoom Presentation*



It's time to get out and start our summer party going! We have lined up spectacular bands that will have you dancing, singing, and making great memories with your community! A great opportunity to relish our beautiful outdoors and rock on to your favorite music!

Amphitheater food concessions and bars will be open when gates open at 6:00 PM, concerts start at 7:30 PM.

Please read and follow the Amphitheater Guidelines for your enjoyment.

*Due to the uncertain situation brought about by the COVID19 pandemic, we are holding off on dates and prices for the Summer Series. We are not able to offer Series Package pricing this year and are holding off the VIP Pool Experience. We will adjust our program to ensure safety and fun for all! Dates will be announced as soon as possible via our website, eNews, and posters. Series line-up may be subject to change.*

*Read along and find out about the exciting line-up and get ready for a summer to remember!*



**Steelin' Dan: The Music of Steely Dan**

Date TBA – **LSE253**

Steelin' Dan is northern California's award-winning Steely Dan tribute band. Steelin' Dan has been performing throughout California and Northern Nevada for over 15 years with a large and enthusiastic fan base. The critically acclaimed band was awarded the Sammie Award for Best Tribute Band from 2015-2018 by the readers of Sacramento News and Review and a Best of Sacramento Award by Sacramento Magazine. The band

was inducted into the SAMMIES Hall of Fame in 2018. This 10-piece group of seasoned musicians recreates the timeless music of Steely Dan from "Rikki Don't Lose That Number" to "Reelin' In the Years" to "Do It Again," Steelin' Dan's powerful and authentic performance will have everyone on their feet!



**The Everly Brothers Experience Featuring the Zmed Brothers**

Date TBA – **LSE254**

A fan favorite, The Zmed brothers, Zachary and Dylan, are back! They bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades and continues to influence artists around the world.



**San Francisco Airship: The Jefferson Airplane Experience**

Date TBA – **LSE255**

Jefferson Airplane was the first band to take off internationally out of San Francisco during the Psychedelic 60s Music Phenomena that swept the country. Their music was the message of the generation and became the inspiration that has continued and become an important part of everyone's lives today. SAN FRANCISCO AIRSHIP is the only Jefferson Airplane Experience that presents the evolution of the band's history and music as they transformed into Jefferson Starship. Dance to hits like "White Rabbit,"

"Somebody To Love," "Miracles," "Jane," "Find Your Way Back," "Sarah," "We Built This City," "Volunteers," and many more hits that everyone still enjoys today.



**The Big Jangle**

Date TBA – **LSE257**

The Big Jangle Band is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. Capture the Tom Petty and the Heartbreakers concert experience listening to Tom Petty originals and also to the songs Petty covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you are guaranteed a great musical experience and a night to remember!



**Fleetwood Mask**  
Date TBA – **LSE258**

Returning to Sun City 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.



**Stax City Celebrates Old-School R & B**  
Date TBA – **LSE259**

An old-school R&B band celebrating the music of James Brown, Wilson Pickett, Otis Redding, Al Green, Tower of Power, and more! Their name tells it all - a high-energy band covering the legacy of Stax Records - the Memphis label renowned for its shimmering, sultry blues-and-souls style. This 8-piece band presents a classy, mixed collection of old-time favorites that features melodic horn parts, powerful vocals, and a driving beat on the drums. Dance to songs like “Mustang Sally,” “My Girl,” “I Feel Good,” “Soul Man,” and many more!



**Cherry Bomb: A Tribute to John Mellencamp**  
Date TBA – **LSE260**

Cherry Bomb is a powerful 5-piece band dedicated to the music of “heartland rocker” John Mellencamp. Their authentic and powerful rendition of Mellencamp hits and familiar tunes such as “Jack and Diane,” “Hurts So Good” and “Cherry Bomb” as well as other hit songs from the “Words and Music” album will surely have you rocking and dancing through the evening.



**Decades**  
Date TBA – **LSE261**

Everyone’s favorite dance band is back to close out the series! Since 2010, Decades has been working (and rocking) around the clock to master songs spanning from the 1940s (Glenn Miller’s Orchestra’s “In The Mood”) to today (Bruno Mars & Mark Ronson’s “Uptown Funk”). The band has played over 700 shows all along the West Coast, and have booked 100+ shows 5 years in a row, earning its place as one of California’s most in-demand bands. Throughout a single show, they’ll swap between several instruments (including saxophone, harmonica, penny whistle, trumpet to name a few) and belt out four-part harmonies, showcasing each members’ musical versatility, while continuing to put on a highly energetic live show, the perfect band to end a perfect series!

## 2020 Summer Amphitheater Concert Series Guidelines

**Admission:** Doors open at 6:00 PM. Wristbands must be worn during the concert. Online buyers for individual shows and SACS Package may exchange e-tickets for wristbands at Lifestyle Desks at either location prior to concert date. On Concert date, wristband exchange will only be honored at the Orchard Creek Lifestyle Desk. eTicket or receipt required for redemption. Lost tickets/wristbands will not be replaced.

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

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

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

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

**Food & Beverage:** No-host bar and concessions available upon admission and throughout the concert.

**Not Allowed:** High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests /picnic baskets, umbrellas, smoking, pets.

**OC Fitness Center/Pool:** Closes at 6:00 PM.

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

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

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

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

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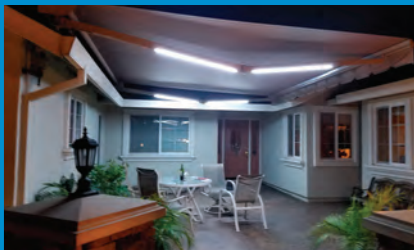
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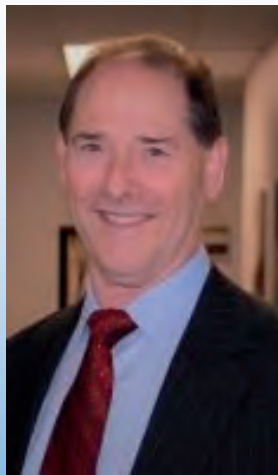
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*Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.*



**LASIK** (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

### Complimentary LASIK Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

### State-of-the-Art Care

Dr. Wilmarth is the co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All of his staff are Certified Ophthalmic Assistants and Technicians. We bring the best care and technology to our patients.

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**1830 Sierra Gardens Dr. • Suite 100 • Roseville** Lic. #801041

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**916-782-2111**

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



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

**Notice:**

*Except for livestream events, enrollment for any  
 of the listed shows will not be available  
 until lodge reopens.*

*All dates listed for performances held in the lodge  
 may be subject to change based on State and County  
 Re-opening Guidelines. Correct price and date will  
 be re-ected on your enrollment.*

**—Livestream Concert—**



**Kyle Martin At the Grammys - A Livestream Concert**  
 Friday, June 19

7:00 PM, in Your Home

\$10 per Household — **LSE262**

Kyle Martin will Zoom an intimate evening at the piano from the Presentation Hall stage to your home. The intimate program features Kyle's distinctive vocals along with his musical keyboard talents celebrating some of the best songs ever written and honored with Grammy Awards, including classics like Henry Mancini's "Moon River" and contemporary hits from Adele and Ed Sheeran. Kyle has delivered Sold Out shows in Lincoln Hills with his Billy Joel Tribute. Don't miss this exclusive one-hour show! Enrollment available Online. Participants must have a laptop, tablet, or iPad and familiar with Zoom to enjoy the show. Questions? Call 916-625-4073 or 916-408-4609.

**ONLINE:** SCLHRESIDENTS.COM

**—Comedy/Magic—**



**New Rescheduled Date!**

**KS Magic Night: The Award-Winning Magic  
 of Spencer Grey**

Monday, July 27, P-Hall (KS)

6:00 PM Show — **LSE229**

8:00 PM Show — **LSE230**

Reserved Seating \$18

Award-winning magician Spencer Grey combines his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else. He has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas. Save \$1 on purchases of \$4 or more at KS Cafe. **Note:** Tickets from the original show date of March 19 will be honored on this new date of the same showtime. If you are unable to attend this rescheduled date, please drop off your ticket/s to the Lifestyle Desks with your name and member # on back of ticket to receive a refund.



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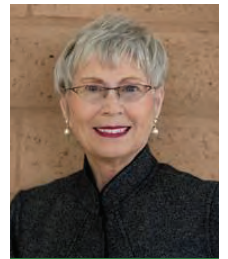
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## —In-House Performances—

**New Rescheduled Date!**

**Movie Music Favorite Songs from Favorite Movies Performed by Stars from Beach**

**Blanket Babylon Ruby Day and Scott Reardon**

Friday, June 26

7:00 PM, Ballroom (OC)

Reserved Seating \$22 — **LSE237**

An evening filled with Classic Movie Songs to celebrate from generation to generation. From Oscar-Winning favorites like *Moon River* and *Raindrops Keep Falling On My Head* to honored standards like *The Way We Were* and *A Whole New World*. Movies aren't Movies without the songs that brought them to life. **Note:** *We are moving the show to the ballroom to allow for required physical distancing. It will be a one-hour concert without intermission. All ticket holders will be contacted to provide guidance on seating and access. Tickets from original show date of April 23 will be honored on this new date. If you are unable to attend this rescheduled date, please drop your ticket/s to the Lifestyle Desks with your name and member # on back of ticket to receive a refund.*

**New Rescheduled Date!****You've Got a Friend: The Carole King Songbook Performed by The Rhythm Method 4**

Thursday, August 6

7:00 PM, Ballroom (OC)

Reserved Seating \$24

General Admission \$20 — **LSE236**

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 Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area. **Note:** *Tickets from the original show date of April 16 will be honored on this new date. If you are unable to attend this rescheduled date, please drop your ticket/s to the Lifestyle Desks with your name and member # on back of ticket to receive a refund.*

## —Presentation—

**New Date, Location and Format!**

**Marc Lapadula:**

**Alfred Hitchcock's Single Greatest Masterwork:**

**An In-Depth Look at Psycho**

**A Livestream Presentation**

Monday, July 20

1:00 PM, in Your Home

Reserved Seating \$13 — **LSE239**

Yale Professor Marc Lapadula is back with an interactive and entertaining presentation via zoom. Alfred Hitchcock continues to be regarded as one of the most influential and significant filmmakers in the history of world cinema. Cultivating a career that spanned six decades, he found himself anointed the undisputed "Master of Suspense" with a slew of films that quite literally glued audience members to the edges of their seats. **Note:** *Your registration from the original presentation date April 15, will be honored for the livestream event. Zoom link will be emailed to all patrons. If you are unable to join the zoom presentation, please drop off your ticket/s to the Lifestyle Desk with your name and member # on the back of the ticket/s by July 15 to receive a refund.*



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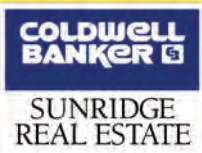
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Lifestyle Trips Coordinator  
Katrina.Ferland@sclhca.com



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

#### Notice:

*Due to the uncertainty of the situation brought about by the COVID-19 pandemic, schedule, planned activities, and price for Trips may be subject to change based on State and County guidelines.*

*Enrollment for any of the listed trips will not be available until lodge reopens.*

*Correct price and dates will be reflected on your enrollment.*

## Day Trips

### —Casino/Races—



**Harrah's Northern California**

**Postponed,  
Date TBA**  
\$35 — **LST340**

We're returning to one of the newer Indian casinos in the area operated by Harrah's just outside the town of Ione.

Enjoy promo offers and slot credit. 4-Hour stay. Wheels roll from OC 8:30 AM return ~ 4:30 PM.



**Hard Rock Casino at Fire Mountain**

Date TBA  
\$31 — **LST333**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. New players will receive free play based on their upper tier status with another casino. You'll need to bring your

other casino players cards and your government identification with you to obtain anywhere from \$25 to \$100 introductory gaming credits. Wheels roll from OC 9:30 AM return ~ 3:30 PM.

### —Performances—



**Escape to Margaritaville – Broadway Sacramento**

Tuesday, September 8

\$104 — **LST346**

Welcome to Margaritaville, where people come to get away from it all—and stay to find something they never expected. With a book by Emmy Award® winner Greg Garcia (“My Name is Earl,” “Raising Hope”) and Emmy Award® nominee Mike O’Malley (“Survivors Remorse,” “Shameless”) ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including “Fins,” “Volcano,” “Cheeseburger in Paradise” and many more. So don’t let the party start without you. Memorial Auditorium. Seats are located center to the rear orchestra. Wheels roll from OC 6:15 PM return ~ 11:30 PM, show 7:30 PM.

### —Sports—

The **Major League Baseball** has postponed all scheduled 2020 baseball games due to the COVID-19 pandemic. Residents who registered for the trips below, will be contacted once rescheduled dates for the games have been announced.

**San Francisco Giants**

**Postponed**  
Giants vs. Los Angeles  
Thursday, August 13  
\$139 — **LST326**



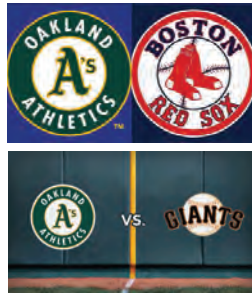
**Postponed**  
Giants vs. St. Louis  
Cardinals

Wednesday, September 9  
\$114 — **LST327**  
Oakland A's



**Canceled**

A's vs. Boston Red Sox  
\$81 — **LST328**



**Canceled**

A's vs. SF Giants –  
Bay Bridge Series!  
\$96 — **LST329**

—Tours/Leisure—



**Ironstone Winery & Downtown Murphys**  
**Postponed, Date TBA**  
\$110 — **LST341**

A hit last year with residents! Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Enjoy our own guided tour of the property, a private wine tasting, and food pairing, and a buffet lunch specially prepared for our group. We'll then head to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for the buffet menu. Wheels roll from OC 9:00 AM return ~ 7:45 PM.

**New Date!**

**Filoli Gardens & Mansion**  
Woodside, California  
Tuesday, September 1  
\$83 — **LST339**

Springtime is here! Join us on a trip to Filoli and enjoy three hours of a self-guided tour, exploring beautifully designed formal gardens. Enjoy this year's spring display, "An Homage to English Garden." Walk through the 54,000 square foot historic Georgian country house, noted for its elegant interiors. Lunch on your own. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC 7:45 AM return ~ 7:30 PM. *Lots of walking with some uneven pathways.*



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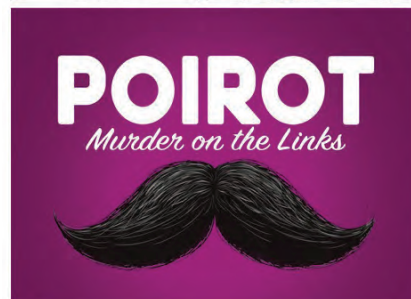
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**Canceled**

**Ashland Oregon Theater Excursion**  
September 21 to September 24  
— **LST345**



The Oregon Shakespeare Festival 2020 Season has been canceled. We hope to offer the trip next year.



We are going back to visit one of the most famous Shakespeare Festivals in the world! With included free

time, discover the sights, sounds, and food that Ashland has to offer.

Trip includes:

- Three-night stay at the beautiful Ashland Hills Hotels and Suites with daily complimentary hot breakfast buffet
- Lunch at the Mt. Shasta Resort on the way to Ashland
- Dinner and Show at the Oregon Cabaret Theater to see the adaptation of Agatha Christie's Poirot: Murder on the Links
- Matinee tickets to Peter and the Starcatcher at the Angus Bowman Theater
- Matinee tickets to A Midsummer Nights Dream at the Angus Bowman Theater
- Visit the popular Harry & David store for some shopping
- Free time to explore downtown Ashland
- Farewell group dinner at the hotel last night
- Lunch at Sierra Nevada Brewery on the way home
- Gratuities for driver and all included meals
- Comfortable coach transportation
- Group trip escort
- Total Meals Included: 3 breakfasts, 2 lunches; 2 dinners

Please advise at registration if you have any dietary concerns and mobility limitations. Please email [trips@sclhca.com](mailto:trips@sclhca.com) for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC 8:00 AM, Monday, September 21, return ~ Thursday, September 24 ~ 3:30 PM.



### Catalina Island, Queen Mary & more!

Sunday, October 11 to Thursday, October 15

— **LST342**

\$1,274 Double occupancy/\$1,729 Single

Come join us, explore Catalina Island, and stay at the world-famous Queen Mary in Long Beach! Spend the night at historic Queen Mary floating hotel; relax for two-days on Catalina Island via ferry ride in Commodore Class. This trip incorporates lots of free time for relaxation and exploration on your own. See trip inclusions below. Note: *Trip involves a great deal of walking.*

Trip includes:

- Stay at the Queen Mary Hotel in Long Beach with hot breakfast and self-guided tour
- Lunch at Harris Ranch on the way down
- Two-night stay at Pavilion Hotel in Catalina Island with daily hot breakfast/build your own omelet bar plus nightly wine & cheese reception
- Time on your own with an option to tour island/casino play/glass-bottom boat tour/use of bicycle; lunch and dinner on your own
- Ferry to Catalina in Commodore Class (1st class) both ways to/from the island
- Boxed lunch on the ferry on the way back
- Overnight stay at Double Tree Hilton in Bakersfield with an All American breakfast buffet; dinner on your own

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- Lunch at Hilmar Cheese Factory on the return trip
- Hotel portorage for Queen Mary and Pavilion Hotel
- Gratuities for the bus driver, and included meals

Total meals: four breakfasts, three lunches, two wine & cheese receptions

Please advise at registration if you have any dietary concerns and mobility limitations. Please email [trips@sclhca.com](mailto:trips@sclhca.com) for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC 7:45 AM, Sunday, October 11, return ~ Thursday, October 15 ~ 4:00 PM.

### Canceled Trips

Trip • Date • Departure Time

- Rivercats vs. Oklahoma City Dodgers (LA Dodgers Affiliate)  
Wednesday, June 17
- Laguna Beach Pageant of the Masters Art Festival  
July 26 to July 29
- Ashland Oregon Theater Excursion  
September 21 to 24

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## Shred It Document Destruction

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OC Fitness Parking Lot



## LIVESTREAM RIGHT FROM YOUR HOME!



### Kyle Martin At the Grammys!

Friday, June 19 | 7:00–8:00 PM

From his music studio, Kyle shares an evening performing Grammy winning songs!

(DETAILS PAGE 55)

### Krafting with Karla & Lavina

Tuesday, June 23 | 10:00 AM

Create a cute plate sign in time for 4th of July!

(DETAILS PAGE 67)



### If It's Summer, It Must be Baseball!

Wednesdays, July 8-29 | 1:00–3:00 PM

Ray Ashton engages his students with the mystique, beauty, and history of Baseball through film.

(DETAILS PAGE 67)



Register on the Resident Website: [SCLHResidents.com](http://SCLHResidents.com)

Questions? Call (916) 625-4073 or (916) 408-4609



Below are a list of classes that are offered. Please see the page number to learn more about the class.

Android Smart Phone .....	77	Line Dance .....	73
Arthritis .....	81	Low Interest Rates .....	83
Back Pain.....	84	Mixed Media Art Journaling.....	67
Balance & Fall Prevention.....	88	Morning Burst L2.....	88
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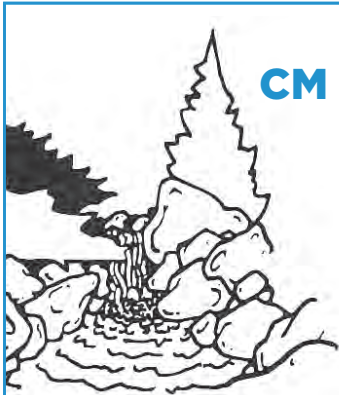
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### Notice:

*Listed below are regular Lifestyle Classes with their descriptions. Because of the uncertainty of Lodge reopening, class dates, number of sessions, and pricing are not listed. Class dates, prices, and sessions will be announced in eNews and reflected on your registration. Registration date TBD.*

### Livestream Classes

*We are bringing the following classes right into your home! Students are required to have a laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs.*

*Online registration preferred.*

*Questions? Call 916-625-4073 or 916-408-4609.*



#### **Krafting with Karla and Lavina! Fun with Vinyl - 4th of July Plate Display**

Tuesday, June 23  
10:00 to 10:45 AM  
(Zoom)

\$10 includes supplies  
— **LSC2668**

Create a cute plate display in time for the

4th of July that you will be proud to show off. The project is easy to follow and fun to do! Supplies will include a plate charger, a plate holder, and a professionally cut vinyl sign. Pick up supplies (curbside) from Orchard Creek Lodge front entrance on June 22 between 2:00 to 3:00 PM. Zoom instruction will be provided at enrollment. See project samples on display at the Lifestyle booth at the Farmers Market. Questions? Email Karla.Hearron@sclhca.com.



#### **If It's Summer, It Must be Baseball!**

Wednesdays, July 8-29  
1:00 to 3:00 PM (Zoom)

\$40 (four sessions) — **LSC2669**

Ray Ashton welcomes you to his home studio as he presents his four-part series on America's favorite past time, Baseball! Now more than ever, we need to have our baseball fix met. Ray will discuss and engage you with the history of the game, its mystique, and its beauty. The presentation will include scenes from many great baseball films, including: "Ken Burns' Baseball," "Field of Dreams," "The Sandlot," "Bull Durham," "The Natural," and "42". Question and answer follow the presentation. So, grab your peanuts and Cracker Jacks while you sit, learn, and enjoy the game called Baseball. Instructor: **Ray Ashton**.

#### **Krafting with Karla and Lavina! Personalized Plate Display**

Tuesday, July 14

10:00 to 10:45 AM - In Your Home (Via Zoom)

\$12 includes supplies — **LSC2670**

This time, we are creating a personalized plate display with your Last Name on a ceramic plate. Project is really easy to follow and fun to do! All supplies included. Please answer question of Last Name for decal at registration. Pick up supplies (curbside) from Orchard Creek Lodge entrance on July 13 between 2:00 to 3:00 PM. Deadline for registration is July 10 at noon. Project sample on display at the Lifestyle booth at the Farmers Market. Email Karla.Hearron@sclhca.com for any questions.

#### —Mixed Media—



#### **Mixed Media Art Journaling**

Tuesdays, **Dates TBA**

— **LSC2510**

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 create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick,

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—Oils, Pastels & Acrylics—



**Oil and Acrylic Painting: Intermediate/Advanced**  
Wednesdays, **Dates TBA**  
9:00 to 11:30 AM  
Or Noon to 2:30 PM  
*AM and PM classes are not interchangeable.*

Learn new ways to paint and polish your skills in this new class. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandylinblad.com](http://www.sandylinblad.com). Questions about class supplies? Email *Sandy Lindblad*, the instructor at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.



**Sip and Paint "Highway One"**

**Date TBA**

5:00 to 8:00 PM — **LSC2529**

**Or Sip and Paint "Tora at High Tide"**

**Date TBA**

5:00 to 8:00 PM — **LSC2531**

Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. *About the Instructor:* Artist *Unni Stevens* studied art in Norway, Japan, and at the Laguna College

of Art with 30+ years of painting experience. More information at [www.unniart.com](http://www.unniart.com).

—Pastels & Watercolor—



**Pastel and Watercolor / Intermediate to Advanced**  
Mondays,  
**Dates TBA**  
9:00 to  
11:30 AM

— **LSC2035**

This class provides you the opportunity to play with either medium that you bring to class. Bring simple images to work from! More focus will be on dry pastel versus watercolor in this class, but both mediums will be welcome. Recommendation for supplies: Pastel: soft pastel set, no hard pastel! Paper: Uart, or Pastel Premier or Canson paper. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at [www.sandylinblad.com](http://www.sandylinblad.com). Email *Sandy Lindblad* at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class for any questions.



**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches

and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant colors with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.



### Watercolor Step-by-Step

This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. A supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome; images and concepts will be basic. Choose from the three schedules that work best for you. *Note: classes are not interchangeable.*

- **Morning Class**  
Thursdays, **Dates TBA**  
9:30 AM to Noon (OC) — **LSC2543**

Or

- **Evening Class**  
Thursdays, **Dates TBA**  
5:30 to 8:00 PM (OC) — **LSC2555**

### Watercolor – Afternoon Class

Thursdays, **Dates TBA**  
1:00 to 4:00 PM (OC) — **LSC2059**

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 techniques, color theory, and mixing fresh/vibrant colors with the use of a well-organized palette. Learn to create your own voice in art!

## Ceramics

—Pottery—



### Beginning/Intermediate Ceramics

Tuesdays, **Dates TBA**  
1:00 to 4:00 PM (OC)

— **LSC2083**

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 the instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: \$17 per session. Instructor: *Jim Alvis.*



### Advanced Ceramics

Tuesdays,  
**Dates TBA**  
9:00 AM to  
Noon (OC)  
— **LSC2071**

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: \$17 per session. Instructor: *Jim Alvis.*



### Introduction to Ceramics

Thursdays, **Dates TBA**  
9:00 AM to Noon (OC)

— **LSC2095**

A beginner class in ceramics that covers the basics of hand-building and wheel throwing. This class focuses on skill-building and understanding the working process. Students will be given assign-

ments, demonstrations, and individual instruction to help learn the techniques used in making ceramics. New students will be given some class clay to help get their first assignment started. Students will need to bring their own tools. Instructor: *Taylor Jackson*.



**Intermediate Ceramics**  
Thursdays,  
**Dates TBA**  
1:00 to 4:00  
PM (OC)  
— **LSC2107**

An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion. This class includes demonstrations, discussions, and individual instruction to help students grow their skills. Some advanced tools are available from the instructor to assist in the progression of an art piece. Vacation drop-in: \$17 per session. Instructor: *Taylor Jackson*.

## Crafts

### —Card Making—



**Card Making Level 2 – Intermediate/Advanced**  
Monday, July 13  
9:00 AM to Noon (KS)  
\$10 (one session)  
— **LSC2489**

#### Prerequisite:

Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. This class is not for beginners. This special one-session class requires students to provide their own Card Making Kits, Instructor will provide everything else. All of the equipment/tools will

be disinfected and cleaned prior to and after each class. Social distancing will be practiced during class. Instructor: *Dottie Macken*.



**Card Making Level 3 Intermediate-Advanced**  
Friday, July 17  
9:00 AM to Noon (KS)  
\$10 (one session)  
— **LSC2521**

#### Prerequisite:

This class will build on your skills from Level 2 and offers more complex and challenging projects and papercraft techniques. This class is not for beginners. This special one-session class requires students to provide their own Card Making Kits, Instructor will provide everything else. All of the equipment/tools will be disinfected and cleaned prior to and after each class. Social distancing will be practiced during class. Instructor: *Dottie Macken*.

### —Crafting with Craftopolis—



#### Garden Hose Wreath

**Date TBA**  
9:00 to 11:00 AM — **LSC2667**

Create a unique and fun garden hose wreath using silk flowers, flowerpots, seed packets, garden tools, and more. Perfect as your Spring and Summer front door décor. All supplies provided. Minimum participants: 5, Max 12. *Registration deadline 1 week before class.* Instructor: *Judy Ragland/Craftopolis*.

## Games

### —Bridge—



**Beginning Bridge Class**  
**Postponed, Date TBA**  
 4:00 to 6:00 PM (KS) — **LSC2639**

The class is designed for people who have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day. By the end of the class, you will be familiar with all aspects of the game- bidding, playing, and defense. This class is the beginning of your bridge education, but it will get you to the point of being able to play, whether you aspire to play socially, or compete in tournaments. Instructor: **Jack Uppal**.

## Dance

*Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a 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 suit your skills.*



**Beginning Clogging**  
 Tuesdays, **Dates TBA**  
 10:00 to 11:00 AM (KS)  
 — **LSC2119**

Tell your friends, neighbors, and fellow dancers! Join this brand new beginner's class, a low impact, revamped foundation, and fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. Instructor: **Janice Hanzel**.

## Easy-to-Intermediate Clogging

Tuesdays, **Dates TBA**  
 11:00 AM to Noon (KS) — **LSC2130**

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

## Intermediate Plus Clogging

Tuesdays, **Dates TBA**  
 Noon to 1:00 PM (KS) — **LSC2141**

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

### —Country Western Dancing—



**Country Couples Western Dance – Beginner Level 1 & 2**  
 Mondays, **Dates TBA**  
 7:00 to 8:00 PM (KS)  
 — **LSC2152**

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. Instructors: **Jim & Jeanie Keener**.

**Country Couples Western Dance – Beginner/Intermediate Level 3 & 4**  
 Mondays, **Dates TBA**  
 6:00 to 7:00 PM (KS) — **LSC2163**

**Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and you are ready for more challenging dances, join us



for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Horseshoe" and "River City Cha Cha" both circle dances. Instructors: *Jim & Jeanie Keener*.

—Hula—



**Hula**

Thursdays, **Dates TBA**  
1:00 to 2:00 PM (KS)

— **LSC2175**

An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning

choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact *Pam Akina*, the instructor before the first session at 916-521-0474. Vacation drop-in: \$17 per session.

—Jazz—

**Jazz for Beginner**

Thursdays, **Dates TBA**  
11:00 AM to Noon (KS) — **LSC2186**

This class will leave your mind, body, and spirit, feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland, to name a few, as well as TV and video. Vacation drop-in: \$14 per session. Instructor: *Melanie Greenwood*.

**Jazz Performance**

Tuesdays, **Dates TBA**  
1:00 to 2:00 PM (KS) — **LSC2197**

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: \$14 per session. Instructor: *Melanie Greenwood*.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music

such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

**Level I – Absolute Beginner (Intro)**

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class.

- **Thursdays, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2296**  
Instructor: *Yvonne Krause-Schenck*
- **Mondays, Dates TBA**  
4:00 to 5:00 PM (KS) — **LSC2208**  
Instructor: *Cathy Paris*

**Level 2 – Beginner**

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- **Thursdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2318**  
Instructor: *Yvonne Krause-Schenck*
- **Fridays, Dates TBA**  
2:00 to 3:00 PM (KS) — **LSC2261**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **Thursdays, Dates TBA**  
3:30 to 4:30 PM (KS) — **LSC2231**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**Level 3 – High Beginner/Improver**

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- **Mondays, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2307**  
Instructor: *Yvonne Krause-Schenck*
- **Wednesdays, Dates TBA**  
9:00 to 10:00 AM (KS) — **LSC2272**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session

**Level 4 – Easy Intermediate**

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

- **Wednesdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2285**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **Mondays, Dates TBA**  
5:00 to 6:00 PM (KS) — **LSC2220**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**Level 5 – Advanced**

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- **Thursdays, Dates TBA**  
5:30 to 6:30 PM (KS) — **LSC2603**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**Line Dancing 4 Fun**

Thursdays, **Dates TBA**  
4:30 to 5:30 PM (KS) — **LSC2613**

Line Dancing 4 Fun is just that! Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be a bit quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

**Country Line Dancing**

Fridays, **Dates TBA**  
3:00 to 4:00 PM (KS)  
\$28 (four sessions) — **LSC2242**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

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## Line Dance Instructors

- **Sandy Gardetto**

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



- **Yvonne Krause-Schenck**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the '90s. 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.



- **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise with her students. Drop-in offered for all her classes - \$10.



## —Tap—



**Tap Classes with Alyson**  
Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap

dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

**Beginning Tap 2**Mondays, **Dates TBA**11:00 AM to Noon (KS) — **LSC2340**

For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap. Instructor: *Alyson Meador*.

**Tap Technique**

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

- **Tuesdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2350**
- **Mondays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2329**
- **Thursdays, Dates TBA**  
10:00 to 11:00 AM (KS) — **LSC2361**

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## Music

### —Guitar—



#### Beginning Guitar

Mondays, **Dates TBA**  
8:00 to 9:30 AM (OC)  
— **LSC2373**

Reading music notation for guitar, made easy. *About the Instructor: Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed

with Bob Wren and his Sacramento World Music Ensemble for over ten years.



#### Folk Guitar for Fun Folks 101 - Beginner Level

Tuesdays, **Dates TBA**  
1:00 to 2:00 PM (KS)  
— **LSC2447**

No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar

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



#### Folk Guitar for Fun Folks 102 - Intermediate Level

Tuesdays, **Dates TBA**  
2:00 to 3:00 PM (KS)  
— **LSC2459**

#### Prerequisite:

Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class

with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! Questions? Call *Darrell Effinger* the instructor at 916-989-8532.



#### Intro to Swing Guitar - Intermediate Level

Wednesdays, **Dates TBA**  
8:00 to 9:30 AM (KS)  
— **LSC2386**

Come play swinging guitar chord progressions as a backup for our soloists. These cords are easier than you think, and a lot of fun. We will guide you into one of the most exciting styles of guitar playing in the world, how simple it can be once you know the tricks. We will be

playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick. Instructor: *Jon Gowin*.

### —Ukulele—



#### Beginning Ukulele

Mondays, **Dates TBA**  
10:00 to 11:30 AM (OC)  
— **LSC2411**

This class will introduce the

beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students. Instructor: *Jon Gowin*.

#### Intermediate Ukulele

Wednesdays, **Dates TBA**  
9:45 to 11:15 AM (KS) — **LSC2398**

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually

bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: *Jon Gowin*.

## Sewing

### —Certification—



#### Sewing Certification

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer Cer-

tification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$21 per lesson for 2020. Must register prior to class.

## Technology

### —Smart Phone and Smart Books—



#### iPhone Basics (iOS 13) Workshop Date TBA

**Prerequisite:** You must be on iOS 13 and **must** have an iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max...**no older**

**iPhones please.** Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it? If you have any questions, call the instructor *Andy Petro* at 916-474-1544.



#### Android Smart Phone Basics Date TBA

Are you getting your money's worth from your Cellphone Service? Bring your SmartPhone from any carrier, brand or version. In this class, we focus on the

"Phone" part of your SmartPhone. On our large screen display, you will learn how to connect to open WiFi networks, arrange and navigate your screens, make and take phone calls, organize your contacts, so your list works for you, use text messaging, access the internet, take and share photos, and more. While this class is presented for the novice user, more seasoned owners will also benefit from taking this class. Instructor: *Len Carniato*.



## Google Play

#### How to Install Android Apps from Google Play Store Date TBA

Your phone is what you make of it, and one of the simplest ways to customize is by downloading apps. There are thousands of apps available, and installing new ones is a fairly simple process. In this class, I'll walk you through this step-by-step to ensure you know exactly how to find and download the latest apps to your device. We'll also discuss many of my favorite apps and also how to remove the apps you no longer want. Instructor: *Len Carniato*.



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- Lockers and Showers will be unavailable until restrictions are lifted
- Pool schedule TBA
- Live Streaming Virtual Classes

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**Jeannette Pyle**  
 WellFit Manager  
 Jeannette.Pyle@sclhca.com



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**WellFit Orientations**

**Free Orientation: WellFit Staff**

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

**Fitness Floor (OC)**

- **Wednesday, June 24**  
4:00 to 5:00 PM
- **Tuesday, July 14**  
3:00 to 4:00 PM
- **Tuesday, July 28**  
1:00 to 2:00 PM

**Fitness Floor (KS)**

- **Tuesday, June 30**  
11:30 AM to 12:30 PM
- **Thursday, July 23**  
1:00 to 2:00 PM

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



**Bowenwork Services**  
 Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural health-care solution for many health-related issues. Bowenwork addresses core issues, not just

symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen Practitioner. For your free Bowenwork Assessment, 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. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*



**NOTICE**

*Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates and number of class sessions will be re ected on your enrollment. Registration date TBD.*

*Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.*

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### Arthritis

Tuesdays, July 7-28

\$36 (four sessions)

Wednesdays, July 8-29

\$36 (four sessions)

Thursdays, July 9-30

\$36 (four sessions)

Fridays, July 10-31

\$36 (four sessions)

Tuesday's Instructor:

**Cynthia Bullwinkel**

Wednesday, Thursday,

and Friday's Instructor: **Linda Hunter**

Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option. *Please sign up before the first day of class.*

### Lessons

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



### Nordic Pole Walking

Wednesday & Thursday

**Will return in the Fall**

8:00 to 9:30 AM, meet at the OC Fitness Center

\$45 (two sessions)

By adding Nordic Poles to your walking routine, you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles;

reduce impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso**.



### Tennis Lessons

Sundays, July 12 - August 9

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)

The instructor is USPTA-certified and has been giving Lincoln Hills 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 at Fitness Desks. Instructor: **Mike Gardetto**.



### RedCross Adult First Aid/CPR/AED

Thursday, July 9

9:00 to Noon, Oaks Room (OC)

\$15

Come learn skills that can save someone's life. Please wear comfortable clothing as this is a hands-on learning class, and participants must be able to perform the required skills. With the successful demonstration of skills, participants will receive an adult CPR/AED/FA certification. Certifications are good for two years. This class is subsidized by the Lincoln Hills Foundation. Instructor: **Jeannette Pyle**.

## Mindfulness

*A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*



### Hypnotic Journeys – Beyond Grief to Gratitude

Thursday & Friday, July 30 & 31  
10:00 to 11:30 AM Multimedia Room (OC)  
\$40 (two sessions)

Join this class to build and boost the gratitude and joy inside you. Feel Better & Become Happier.  
Instructor: **Kelley Moreno**.

## Mindful Movement

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



### Tai Chi Qigong L1

Tuesdays, July 7-28  
1:00 to 2:00 PM, Aerobics Room (KS)  
\$44 (four sessions)

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known

as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: **Peli Fong**.



### Tai Chi Qigong L2

Tuesdays, July 7-28  
2:00 to 3:00 PM,  
Aerobics Room (KS)  
\$44 (four sessions)

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: **Peli Fong**.

### New Tai Chi Chaun L1

Thursdays, July 9-30  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$40 (four sessions)

Anney Siegel-Wamsat comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for nine years. Tai Chi is "meditation in motion" that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the Yang long-form (128) form with emphasis on basic concepts, stances, and poses. *This class is a prerequisite for the Tai Chi Chaun L2 with Anney on Mondays and Wednesdays.* Loose, comfortable clothing is encouraged. Instructor: **Anney Siegel-Wamsat**.

### New Tai Chi Chaun L2

Mondays and Wednesdays, July 6-29  
1:00 to 2:00 PM, Aerobics Room (OC)  
\$80 (eight sessions)

The instructor comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for nine years. The Yang 128 long form is "meditation in motion" that helps coordination, circulation, strengthens the

brain, and benefits the heart. Students will learn the Yang long-form (128) forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and mindfulness. Loose, comfortable clothing is encouraged. Instructor: *Anney Siegel-Wamsat*.

## Money Matters

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



**\*What's a Person to Do With All These Low-Interest Rates?**  
Tuesday, June 23  
10:30 AM to Noon,  
P-Hall (KS)  
\$5

Interest rates on savings accounts, CD's, Mortgages are near all-time lows and,

contrary to many media commercial spots, will most likely drift lower. Why is this happening, what role does the FED play, and will negative interest rates come to this country? Furthermore, what are the implications for other investments such as the stock market? Come to this timely class for a view into rates and what to expect as well as why this drop has happened and will most likely continue to do so. Sign up at either WellFit Front Desk. Instructor: *Russ Abbott*.

### Finance with Russ Abbott

**Will Return in August**

10:30 AM to Noon, P-Hall (KS)

\$5

Join Russ for informative finance classes monthly. Please sign up at either WellFit Front Desk.

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## 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,  
June 30 - July 28  
12:30 to 2:00 PM  
Multipurpose  
Room (OC)  
\$129 (five sessions)

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. Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.

### **NEW!! Next Level Nutrition for Re-Start Alumni!**

Tuesdays, June 30 - July 28

2:30 to 3:45 PM, Multipurpose Room (OC)

\$129 (five sessions)

This 5-week program offers insight and guidance in answering common health and nutrition questions that have been asked by RESTART® participants. Continue to control your health by giving your body the proper fuel and implementing the lifestyle that you developed during the 21-day sugar detox. Topics will include implementing your new eating habits long-term, the power of intermittent fasting, ketogenic diets, groundbreaking science behind nutrition and disease, and quick and easy cooking ideas. **Prerequisite: Completion of the RESTART® program.** Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.



**Produce with a Purpose:  
The Benefits of  
the Mediterranean  
Diet!**

Thursday, June 18

4:00 to 6:00 PM,  
Placer (KS)

\$45

Did your doctor tell you to eat more fruit and

veggies? Now what? Come to our monthly Produce with a Purpose class to learn the super-powers of delicious fruit and vegetables, enjoy a cooking demo and tasting, and boost your wellness! This month: The Benefits of the Mediterranean Diet. It's not a diet, it's a way of cooking and eating. We'll learn why it's recommended for wellness and how to incorporate it in our own food choices. *Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce!* Instructor: **Kerin Gould**.

**Personal Improvement**

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



**Beginning Sudoku**

**Will return in August**

9:00 to 10:30 AM  
P-Hall (KS)  
\$5 each class

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  
Instructor: **Russ Abbott**.



**New! Living with Back Pain**

Wednesday, July 1  
2:30 to 3:30 PM,  
Aerobics Room (KS)  
\$20

Learn how to modify your lifestyle to prevent pain, live smart, and reduce dis-

comfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. The instructor **Lisa**

**Kwon** is an occupational Therapist with over 26 years of experience. *Class fills up quickly! Please sign up at least 48 hours ahead.*



**Traditional Shotokan Karate**

Saturdays, July 4-25  
11:30 AM to 12:30 PM  
Aerobics Room (KS)  
\$20

The instructor is a member of the International San Ten Karate Association and has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit [www.santenkarate.com](http://www.santenkarate.com). Instructor: **Al Trimarchi**.

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## Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 93 for a complete listing of Pilates Reformer classes.

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**

### 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.

### Private Reformer Training

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

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

**Danielle Merrill**

**Fitness Coordinator**

[Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com)



## Personal and Clinical Training

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

### Training Services

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

## Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is TBD. Register at either Fitness Desk 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 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 that not all classes are eligible for drop-ins. Please see the descriptions of each class.



**SGT—Parkinson’s Indoor Cycling**

Wednesdays,  
July 1-29  
12:30 to 1:30 PM  
Aerobics Room (KS)  
\$85 (five sessions)

A trainer will guide you using the premise of “forced exercise” (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with Parkinson’s Disease have experienced symptomatic relief when they undergo a regular exercise program with “forced exercise.” The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. Instructor: *Milly Nuñez*.

and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

**SGT—Rock Steady Boxing**

Fridays, July 3-31  
1:30 to 2:30 PM  
Aerobics Room (KS)  
\$85 (five sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson’s. Boxers condition to defend against and overcome opponents. At RSB, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

**SGT—ParkinsonStrong Combo**

Fridays, July 3-31  
12:30 to 1:30 PM  
Aerobics Room (KS)  
\$85 (five sessions)

Interested in the Parkinson’s Cycle class, but don’t think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson’s Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Milly Nuñez*.



**SGT—Rock Steady Boxing**

Thursdays, July 2-30  
1:30 to 2:30 PM  
Aerobics Room (KS)  
\$85 (five sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson’s. Boxers condition to defend against and overcome opponents. At RSB, Parkinson’s disease is the opponent. Exercises vary in purpose



**Golf Conditioning L2/3**

Mondays, July 6-27  
2:30 to 3:30 PM  
Aerobics Room (KS)  
\$70 (four sessions)

Looking to improve your performance on the course? Take this class for these key components: power core strength, balance, coordination, injury prevention, rotation, and flexibility. Instructor: *Max Alcantar*.

**SGT—Therapeutic Water Exercise L1**

Fridays, July 3-31

12:30 to 1:30 PM, Indoor Pool (OC)

\$85 (five sessions)

Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! *Max Alcantar.*

**SGT—Fit 101 at Kilaga Springs L1**

Mondays &amp; Wednesdays, July 6-29

10:30 to 11:30 AM, Fitness floor (KS)

\$135 (eight sessions)

Take this class, and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine. Instructor: *Max Alcantar.*

**SGT—Fit 101 at Orchard Creek L1**Tuesdays & Thursdays,  
July 7-30Noon to 1:00 PM  
Fitness floor (OC)

\$135 (eight sessions)

Starting a new experience may seem a little overwhelming. 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 machine 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 fitness goals. Instructor: *Torin Garza.*

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**SGT—  
“Fun”ctional  
Fitness L3**  
Tuesdays &  
Thursdays,  
July 7-30  
Noon to 1:00 PM  
Aerobics Room (KS)  
\$135 (eight sessions)

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



**SGT—Progressive  
Bootcamp L2/3**  
Mondays &  
Wednesdays,  
July 1-29  
4:00 to 5:00 PM  
Aerobics Room  
(KS)  
\$150 (nine  
sessions)

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. Instructors: *Danielle Merrill and Max Alcantar*. Both trainers every hour!

**SGT—Morning Burst Group Training L2**  
Mondays & Wednesdays, July 1-29  
7:15 to 8:15 AM  
Aerobics Room (KS)  
\$150 (nine sessions)

Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways

to challenge yourself at your level while getting a full-body workout. A full-body workout will 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. Instructor: *Milly Nuñez*.

**SGT—Posture, Core and Balance L1/2**  
Mondays & Wednesdays, July 6-29  
11:30 AM to 12:30 PM  
Aerobics Room (KS)  
\$135 (eight sessions)

Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility. Instructors: *Danielle Merrill and Max Alcantar*.

**SGT—Balance & Fall Prevention L1**  
Mondays and Wednesdays, July 6-29  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$135 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Danielle Merrill*.

**SGT—Balance & Fall Prevention L2**  
Tuesdays and Thursdays, July 2-30  
3:00 to 4:00 PM  
Aerobics Room (KS)  
\$150 (nine sessions)

Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as a stretch on their own right after class, using warm-up and stretches taught in the L1 class. Instructor: *Danielle Merrill*.



## New! Virtual Punch Passes

### New Virtual Punch Pass Classes

Mondays, Wednesdays and Fridays

9:00 AM (55 minutes)

\$4.50

Instructors and classes offered will vary depending upon attendance and feedback. You will need to use the Mindbody app on your phone or access from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take and then book your class. Once you purchase your class you will be given instructions on how to join our Zoom Virtual Punch Pass. For more information email [jeannette.pyle@sclhca.com](mailto:jeannette.pyle@sclhca.com). Instructor: *varies*.

## Punch Pass and Fast Class

We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 90-93 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase.

For a list of class descriptions, please refer to [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.



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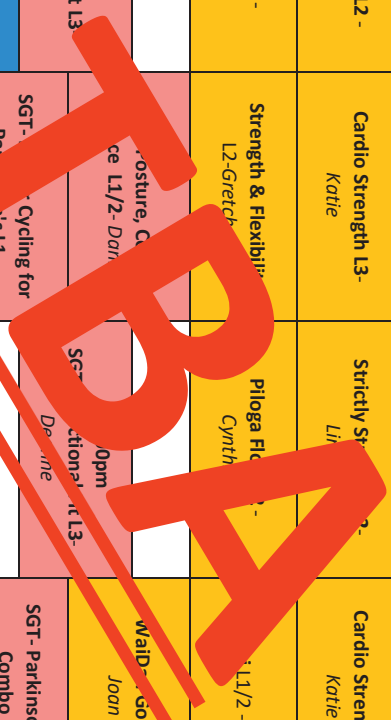
OC WellFit Class Schedule July 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	OC	OC	OC	OC	OC	OC	OC
8:00	Stretch for EVERYBODY L1/3 - Renae		Stretch for EVERYBODY L1/3 - Renae				
9:00	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Barre L2/3 - Gretchen		
10:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L2/3 - Gretchen	Yoga Basics L1 - Amy/Sara	
11:00	Slow Flow Yoga L2/3 - Katie	Yoga Flow L2 - Jeannette	Arthritis L1/2 - Linda	Yoga Flow L2 - Amy	Arthritis L1/2 - Linda	Yin Yoga L2 - Sara	
12:00	Mat Pilates - Sarah	Arthritis L2 - Cynthia	Piloga L2 - Lola	Arthritis L2 - Lola	Piloga L2 - Lola		All Sunday classes have been moved to Kilgus
1:00	Strong & Stable L1 - Cynthia	Chair Yoga L1 - Sara	Posture, Core & Balance - Renae	Yoga Stretch L1 - Sara	Posture, Core & Balance - Renae	New time! Chair with Flair L1 - Aundrea	
2:00	Tai Chi L2 - Anney	Yin Yoga L1 - Fran	Tai Chi L2 - Anney	Yin Yoga L1 - Fran	Posture, Core & Balance - Renae		
3:00	Balance & Fall Prevention L1 - Renae	iRest Meditation L1 - Fran	Balance & Fall Prevention L1 - Renae	Balance & Fall Prevention L1 - Renae	Activities		
4:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly		Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
5:00	TBA	Activities	Tai Chi L2 - Anney Yin Yoga L1 - Sara	Activities			
5:30	TBA						
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Classes (Fast Pass) \$2.50 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.							



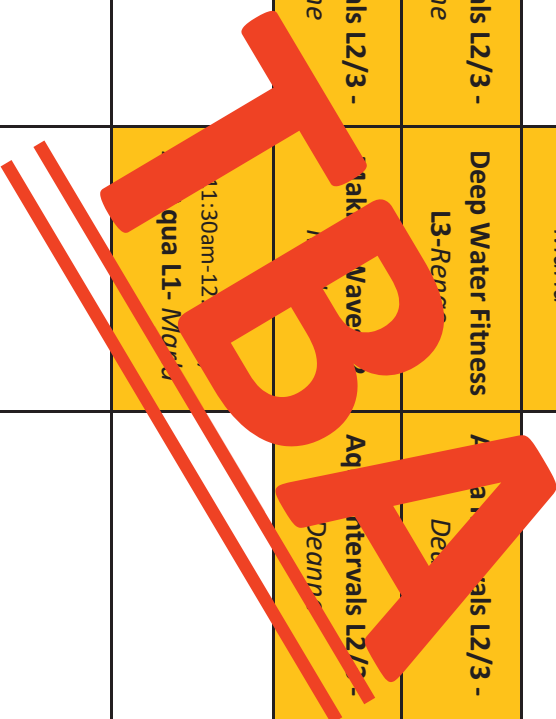
KS WellFit Class Schedule July 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:30	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena			
8:30	45 min Cycle & Strength L2 - Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Zumba L2/3 Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	
9:00							9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - Lisa	Cardio Strength L3 - Katie	Strictly Strength L2 - Lisa	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	
10:30	Roll & Release L2 - Delphine	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Roll & Release L2 - Katie	Yoga Stretch L1 - Aundrea	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		Posture, Core & Balance L1/2 - Danielle		Waldorf Song L1 - Joan	11:30am Shotokan Karate L1/2 - Al	
12:30		12:00pm SGT - Functional Fit L3 Deanne	SGT - Functional Fit L3 Deanne	12:00pm SGT - Functional Fit L3 Deanne			
1:00		1:00pm Tai Chi L1 - Peil	SGT - Functional Fit L3 Deanne	1:00pm SGT - Functional Fit L3 Deanne	SGT - ParkinsonStrong Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	Yoga Basics L1 - Leslie	SGT - Rock Steady Boxing Milly	SGT - Rock Steady Boxing Milly		
2:30	New! SGT - Golf Conditioning L2-3 Max	3:00pm SGT - Balance & Fall Prevention L2 - Danielle	New! Living with Fibromyalgia Lisa K.	3:00pm SGT - Balance & Fall Prevention L2 - Danielle			
4:00	SGT - Progressive Bootcamp L2/3 - Danielle & Max	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle & Max	Yoga for Osteo L1 - Julie		SCLH Booking	
5:00		30min Cycle L1 - Danielle		30min Cycle L1 - Jeannette			
5:30		TRX Circuit - Torin		TRX Circuit - Torin			
6:00							
6:30							
Group Exercise Classes (punch pass) \$4.50							
30 min Group Exercise Class (Fast Pass) \$2.50							
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.							



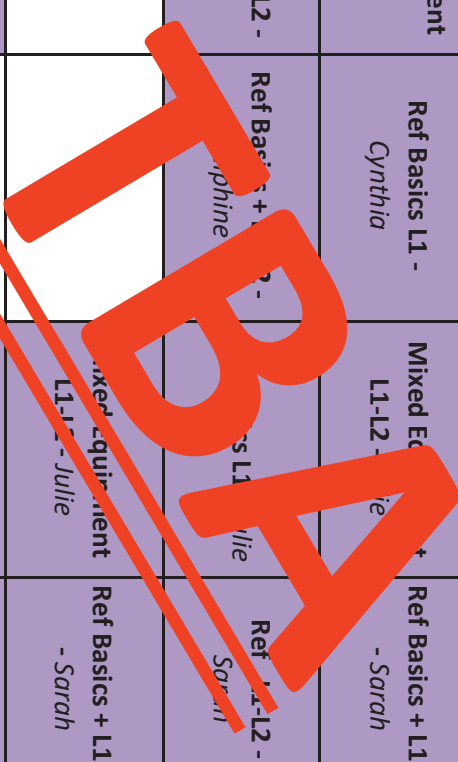
OC Aqua WellFit Class Schedule July 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Jiji</i>	OC	Water Works L2/3- <i>Danielle</i>	OC	OC
8:30	Aqua Fitness L2/3- <i>Helena</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Fitness L2/3 - <i>Jiji</i>		
9:30	Deep Water Fitness L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Renee</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3 - <i>Lisa</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Lisa</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Sharon</i>		(11:30am-12:15pm) Aqua L1- <i>Marla</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		
12:30	TBA				SGT - Therapeutic Water Exercise L1 <i>Max Alcantar</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							



Pilates Reformer WellFit Class Schedule July 1-31, 2020

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



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<b>Administration/Membership</b> Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	<b>Kilaga Cafe</b> Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
<b>Lifestyle Desks (OC/KS)</b> Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	<b>Catering Office</b> Tue–Sat: 9:00 AM–5:00 PM
<b>WellFit (OC/KS)</b> Mon–Fri: 5:30 AM–8:30 PM Sat–Sun (oc): 7:00 AM–8:00 PM Sat–Sun (KS): 5:30 AM–6:00 PM	<b>The Spa at Kilaga Springs</b> Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

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**WellFit Manager**  
Jeannette Pyle..... 916-408-4825.....Jeannette.Pyle@sclhca.com  
**Fitness Coordinator**  
Danielle Merrill ..... 916-625-4032..... Danielle.Merrill@sclhca.com

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