

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



17 Hot August Nights in Concert

19 Hot August Bites: Making Memories at Angler's Cove

Calendar of Events

August 17 – September 16

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

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8/19	Golf Cart Registration	53
8/20	The Great Escape - Movie.....	53
8/27	Fleetwood Mask	59
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9/16	Golf Cart Registration	53

Upcoming Association Meetings: August 15 – September 30	
Special Election Committee Meeting	Tuesday, August 17, 2:00 PM
Finance Committee Meeting	Thursday, August 19, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 23, 9:00 AM
Special Election Committee Meeting	Tuesday, August 24 2:00 PM
Board of Directors Meeting	Thursday, August 26, 9:00 AM
Board of Directors Executive Session	Thursday, August 26, 11:30 AM
Special Election Committee Meeting	Tuesday, August 31, 2:00 PM
Compliance Committee	Wednesday, September 1, 9:00 AM
Properties Committee Meeting	Thursday, September 2, 9:00 AM
Elections Committee Meeting	Friday, September 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, September 7, 9:30 AM
Special Election Committee Meeting	Tuesday, September 7, 2:00 PM
Finance Committee 2022 Budget Presentation Workshop, Phase I	Wednesday, September 8, 9:00 AM
Board of Directors Workshop	Thursday, September 9, 10:00 AM
Finance Committee 2022 Budget Presentation Workshop, Phase II	Friday, September 10, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, September 13, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, September 14, 10:00 AM
Special Election Committee Meeting	Tuesday, September 14, 2:00 PM
Finance Committee Meeting	Thursday, September 16, 9:00 AM
Special Election Committee Meeting	Tuesday, September 21, 2:00 PM
Board of Directors Meeting	Thursday, September 23, 9:00 AM
Board of Directors Executive Session	Thursday, September 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, September 27, 9:00 AM
Special Election Committee Meeting	Tuesday, September 28, 2:00 PM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- Compliance Committee
- Properties Committee
- Finance Committee
- Clubs & Community Organizations Committee

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

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On the Cover
Hot August Nights bring
Hot August Lights as
summer concerts return.
—Photo by Joe DiRuscio



Board of Directors' Report

What is the ATF?

Jack Harris, Vice President

Many in this community are aware that the FMA (Fixed Mandatory Assessment) was suspended earlier this year for legal reasons. The FMA is important to this community as it funds the CEF (Community Enhancement Fund), which provides the money that allows the Association to pay for improvements, enhancements, and reserves. This is a benefit to the membership because we can then avoid dues increases and special assessments for projects. In April, the Board formed a task force to explore the best course of action to restore the FMA and, based on legal advice, make it a part of our existing CC&Rs. A vote of the Association members is required to adopt this change.

The Amendment Task Force (ATF) was instituted on April 22 and has met every Friday. We will continue to meet weekly until the Special Election on October 7. Task Force members are Janet Becker, representing the Special Election Committee; Denise Bowden representing the CCRC (Communications & Community Relations Committee); Christy Goodlove providing staff support; Ken Silverman representing the DRT (Document Review Team), Gail Moretti and Eliana White representing general membership and Robert Copp, Craig Fraser and myself representing the Board of Directors.

It became clear that taking on a special election in such a short time frame required a team with experience in the election process, so the ATF created the SEC (Special Election Committee). Their role is to drive the processes required to implement a legal and well-run election. Members

of this committee also meet weekly and include Janet Becker, Laila Glahn, Carole Moore, Barbara Puntillo, and Denise Bowden.

The ATF is also working in concert with the DRT that was originally tasked with reviewing our Governing Documents in 2019. The members of the ATF are Maryellen Kordas, Gay Mackintosh, Judie Panneton, Ken Silverman, and Denny Valentine.

It takes a village to get this amount of work done in such a short time.

Over the past few months, the ATF, with the help of the SEC and the DRT, have committed endless hours to planning the election, gathering input from Association members, formulating ballot issues, and helping host numerous workshops to get information out to our members. As a result, the Board of Directors approved the following five ballot issues:

- Reinstate the Fixed Mandatory Assessment (FMA)
- Require a Mem-

bership vote to change to an outside management company

- Eliminate Cumulative Voting
- Change Director election seats to 3-3-2 format and 3-year terms
- Amend documents to conform to current practices

As we continue down the road to this critical election over the next couple of months, you will see more information published and election events to provide residents the opportunity to get additional details. The issues addressed in this Special Election are important for all Association members, and we encourage everyone to cast their vote.





A Note from Your Special Election Committee – Become Informed!

By now, you have probably heard that we are having a Special Election. Behind the scenes, we are working very hard to create the Ballot Package. The package will include the Ballot, instructions to ensure you do not invalidate your Ballot, the descriptions of the five Amendments (explaining how they affect our community,) and the wording of the actual Amendments.

You should expect your ballots around September 3. You have a say in our future – VOTE!



Informational Events

To help you become informed, we are planning many informational events throughout August and September to explain the purpose of the

election and the Amendments. We will have Board members, Amendment Task Force members, and Special Election Committee members at each of these events ready to answer your questions.

Watch for notifications of these events in eNews and on the Resident Website Special Election page. These are great opportunities to meet with others to keep our community thriving.

Want to Get Involved?

Many hands are needed to accomplish such an important community undertaking. If you are new to our beautiful community or just happy to be able to be out and about once again, come join us. There will be something for you to do to help this effort while you are growing friendships with other residents. Jump into the volunteer pool by going to the Resident Website, Special Election page, fill out the volunteer form, and email it to gail.moretti.2021@gmail.com.

Look For Us!

You will see volunteers wandering around with buttons that say “SCLH Special Election – ASK ME” Stop and ask them! They will hand you a card listing the five Amendments, answer your questions, and explain how you can receive more information.

We will be out there! Look for us and make it a point to become informed!



A Note from the Executive Director

Robert Richardson, Executive Director

Just a few days ago, as I passed down the row of meeting rooms, I saw people making flies for fishing, learning new computer skills, making pottery, playing games, and watched throngs of people huddled around their tables playing bridge or poker. And of course, there were sewing and knitting as constant music lessons abound. Further down the Lodge, swimmers are swimming, water-walking, playing water volleyball, and just floating. Then, of course, there are the outside folks playing anything from tennis to pickleball to bocce ball to softball.

But the most important thing about all these activities is that they bring people back together and help us laugh, smile, reminisce, care for one another, and build new friendships.

Frankly, it helps to explain why Lincoln Hills is so special to so many. It's the opportunity to get together, live life, and experience a world of activity. It's the kind of stuff that helps build your soul.

For those of you who know me, you know that I do not have a social media account, never have. But from time to time, folks will show me something that they think might be of interest.

Recently a team member shared with me a feed between a potential resident and current residents. The potential resident wanted to know what people

thought about the community. Here is a bit of that conversation:

I felt like I had died and gone to heaven when I moved here. So much to do.

Agree 100%! I just turned 69 and had always thought of senior communities as not my style. However, that opinion changed overnight. Moving here was the best thing I've ever done! If you enjoy sitting around a lot then you might not like it...there is something going all the time. I have made so many wonderful friends and could not be happier.

I'm 73 and have been here 15 years. Best move I ever made.

Move here! You will love it! I have been here 13 years, moved in when I was 60 and have never been sorry.

I've lived here for 20 years, 79 now still love it. Still golfing enjoying the pool. You will not have a problem finding your niche.

There are a lot of 60+ people here. We're having a good life here. Lots to do. Come join this beautiful community.

It's a wonderful community with a lot of things to do! You will never be bored. We love living here!

It's great to be back open.



Finance Committee

June Results

Fred Raach, Chair

Total expenses for the first six months of 2021 were \$6,611,000. Non-dues revenue (primarily fees charged by operating departments) was \$1,529,000. The difference of \$5,082,000 is the amount that must be covered by dues. Actual dues paid through June were \$5,413,000, \$331,000 more than the expenses. The budget anticipated that net expenses for the first six months would exceed dues by \$40,000. For the year-to-date then, actual results were \$371,000 better than budget, with revenue \$189,000 higher and department expenses \$182,000 lower than budget.

The budget assumed that Placer County would move to the Yellow tier (essentially fully open) beginning June 1, with enough advance notice to develop programs and acquire staff to support the expanded opportunity. Clearly, this did not happen. The projected large increases in June revenue, particularly for Lifestyle and Catering, were not attainable. The budget called for a \$218,000 increase in revenue in June to a total of \$483,000. Actual revenue did increase by \$34,000 to \$367,000.

Departmental expenses for the first six months were \$182,000 lower than budgeted. The following chart shows the comparison of actual to budgeted expenses by type of expense for the year-to-date.

In June alone, Personnel costs were \$104,000

below budget, reflecting the department's challenge to hire enough employees to support the desired expansion of operations and revenue-generating activities. The over-budget amount of Administrative expense is due to overages in legal and ADP fees. Utility overage is primarily from an increase in the per-gallon charge for water.

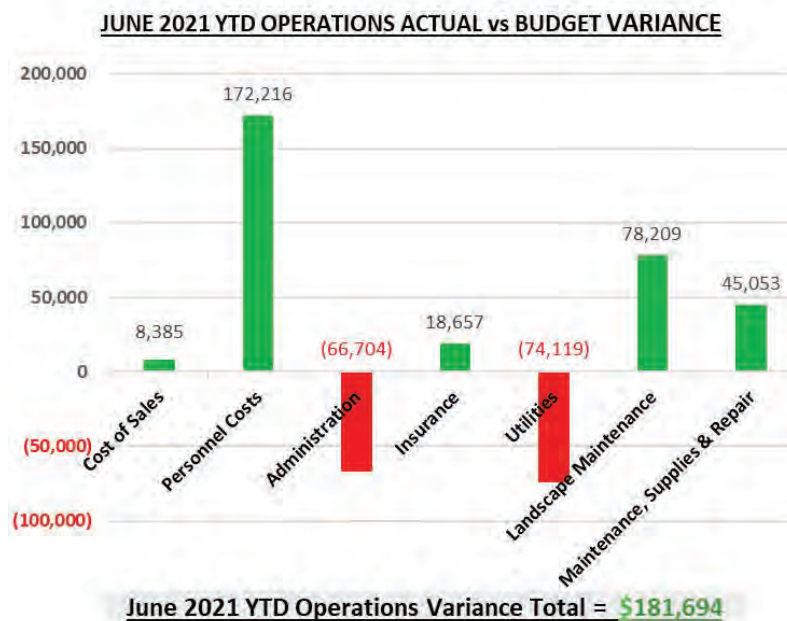
Overall, department net results were \$60,000 better than budgeted in June. All departments were better than budget except Lifestyle and Food & Beverage. The issue for both departments was the unattainable assumption for immediate revenue increases in the budget.

The Reserve Study prepared for this year showed that \$2.1 million of components appeared to be qualified for replacement in 2021. Through June, \$560,000 of reserve funds has been spent, primarily on

street light replacement, the Kilaga pool, and the Sports Pavilion.

The unallocated balance of the Community Enhancement Fund on June 30 remained at \$1.2 million. Expenditures during the month were \$18,000 on the Sports Pavilion and \$38,000 on the Kilaga pool.

More detailed information on the financials is available on the Resident website in the Library section under Financials and from the videos of the Finance Committee meetings.





Architectural Review Committee

Summer Heat

Carole Dummett, Chair

With the summer heat, we are receiving many inquiries about the installation of window sunscreens. They not only reduce the heat in your home but also protect your window glass and landscape areas that may be subject to reflective heat. These sunscreens do not require ARC approval providing Design Guideline 2.18 requirements are met.

Please do not confuse the sunscreen with the drop shade, which does require ARC approval. A description and requirement of drop shades can be found in Design Guideline 29.

What is up with the trees? Many of our Design Guidelines were developed based on our General Development Plan with the City of Lincoln. All residential lots must have one "street tree" in the front yard. A "street tree" is defined as a single trunk tree topped by a foliage canopy able to reach 12 feet tall at maturity and be maintained at 12 feet minimum height. If you have removed a front yard tree, you must apply to ARC with an appropriate tree replacement from our Appendix Plant/Tree list. Attach Checklist 20 to your application with a brief description to satisfy the "street tree" requirement. All trees have setback requirements

from the sidewalk and neighboring properties. Please be sure to note this setback on your plan.

In addition, all street-side yards require two trees. Golf course/open space rear yards require one tree that all meet the same standards.

Due to administrative staffing, we are still unable to have open meetings or complete revisions to our Design Guidelines, but we are still working to benefit our community and assist with improvements and shared concerns.

ARC requires two copies of all applications along with required samples. Your application will be available for pickup at Orchard Creek Lodge within 48 hours after our meeting date. You will no longer receive an email with a copy of your application. All applications, forms, and bark samples are available in the Resident Information Center (OC).

Community Standards staff are open to residents by appointment only. The Sherwin Williams paint book is available for viewing at the Orchard Creek Lifestyle Desk and on our website.

If you have questions, please email arc@sclhca.com or sam.mckee@sclhca.com.





Compliance Committee

It's a Dog's Life

David Mateer, Chair

Our pets, dogs, cats, and assorted other pets have it pretty good here. Most mornings and some afternoons, the dogs are out and about for their walks. Pets can bring so much love and joy to our lives. They even lighten the day for those who come to visit.

have a preferred method of dealing with this. There are grass areas along most of the major streets. Along the residential streets, most residents do not want your pets in their yard or on their lawn. Should your pet make a deposit, please do the responsible thing and pick up after them.



With all that joy comes responsibility. Yes, there is the normal care and good meals to provide for our pets. However, there are additional responsibilities once they leave our home and are out and about in the community.

The periodic walks are a good opportunity for socialization and exercise for both our pets and ourselves. When out and about, our pets are to be kept on a leash of 6 feet or less in length. This applies to our common areas, sidewalks, and community trails. And yes, the leash rules apply to both dogs and cats.

It is also the responsibility of the pet walker to pick up after their pet. This goes with the pleasure of being out and about. The Association does provide mitts to assist with this task. These are at some of the trail entrances and also on some of the major streets in the community. However, everyone can

We have seen some yard and lawn signs indicating not to let your pet "go" there. Sometimes there is even a small fence along the sidewalk. I understand the feeling. However, the signs and small fences are not allowed within our community.

Again, our pets bring joy to so many people. Our community and lives are richer for having them with us here in Lincoln Hills.

While on the topic of walking around the neighborhood. Please keep your bushes trimmed so they do not encroach on the sidewalk. Trees are allowed to overhang the street and sidewalk. We ask that they be kept trimmed up to a height of 7 feet over the sidewalk to allow for those using the sidewalk. Please also keep them clear of any branches or other material the tree may drop onto the sidewalk.



Properties Committee Off the Beaten Path

Lynne White, Committee Member

Have you tried to buy a new car lately? How about remodeling your kitchen or bathroom? Have you even tried buying thread if you needlepoint? Big items, small items, it doesn't matter. There are shortages in the supply chain, delays with permits, scarce materials, and busy vendors.

On the Properties Committee, we take the viewpoint that we must keep this community in pristine condition. In order to continue to do our work, we know that there is no project too big or too small to address. Sooner is better than later to get our projects into the pipeline because we do not know how long it will take to get back to an easier working environment.

The residents of Lincoln Hills should be vigilant about maintenance or repairs and let us know. I'm happy to report that the Celebration Park II has had all issues addressed and completed. We are cleaning our solar panels at Orchard Creek; approved a three-unit fryer system for Meridians and have many projects in various stages of starting up or nearing completion.

Properties often works in places less traveled. If

you'd like to see one of our special treasures, drive up Ridge Top to its circular end. You will find an interpretive sign on the way to Mallard Pond. The tall trees in the distance will help you locate the pond on the half-mile walk. It's delightful to sit on the benches and listen to the sounds of nature. The pond attracts ducks, geese, grebes, cormorants, and herons. Frogs and turtles may be seen on the shoreline; dead trees bordering the pond provide a habitat for cavity-nesting birds. A view of the golf course is an extra bonus. I mention this particularly beautiful location because, to the Properties Committee, it is so much more. It is an example of how we care for our community.

We are surrounded by 500 acres of open space, wetlands, riparian and oak-woodlands of which the Association has stewardship. Did you know that Del Webb created an endowment to ensure the conservation of the land in perpetuity? We maintain the walking paths, and we provide the interpretive signs and benches. The Association has a book about the "Trails of Lincoln Hills" that every resident can purchase. So have fun exploring off the beaten path!





Clubs & Community Organizations

Becoming a Club

Michael Deal, Chair

The world is slowly reopening, and new residents are looking for new interests. Some may have ideas for new clubs. I, like many others, believe that we live in a paradise with many activities. Look at the Sports Plaza, better than ever and used by many. There are 70 recognized clubs to invigorate your interest in almost every subject or activity.

The Association will help new clubs wishing to organize and seek Association recognition by providing a meeting room at one of the lodges once a month for three consecutive months. The first meeting should be announced in the *Compass*; this will give the opportunity for all Lincoln Hills residents to attend the meeting.

After three months, the club must submit to the CCOC the Club Application Form, Bylaws (which define how the club will operate), and a list of at least two club contacts with phone numbers and email addresses, along with a roster of a minimum of twenty members. A preliminary review of the Club Application Form is made by Lifestyle staff and referred to the CCOC. Club representatives are required to appear at a committee meeting to answer questions related to the application. If the CCOC considers the

application in order and the bylaws do not conflict with any association policies, the application will be forwarded to the Association Board for final approval.

When a recognized club wants to revise its bylaws significantly, the CCOC recommends the following:

- Carefully review the Club Information & Guidelines Handbook found on the Resident Website.
- Consider using the Bylaws Template to simplify the process. The bylaws, when revised, must be voted on and approved by your club prior to the review and approval by the CCOC and the final approval by the Board.
- Consider a separate document for Club Operating Policies and Procedures, detailing the club's operating and financial rules and leadership policies, including dues amounts, etc. These procedures do not need review or approval by the CCOC or the Board.

Guidance is available by emailing the CCOC at CCOC@sclhca.com.

As I've said before, our clubs are the true heartbeat of our community. Did you know there are about 10,000 active members in our clubs? That's a lot! Next month we will describe the benefits of becoming a recognized club.



Communications Corner

Best of Lincoln 2021

Jeff Caponera, Communications and IT Manager

Sun City Lincoln Hills has been a part of the Lincoln community since 1999 and continues its operational excellence. This year's Best of Lincoln voting results reflect that operational excellence in every department. There is a lot of pride from the Lincoln Hills Community and the City of Lincoln, shown by our ranking in the Best of Lincoln awards.

Lincoln Hills walked away winners in five of the Best of Lincoln categories this year, as well as the Golf Course!

- **Best Massage** – The Spa at Kilaga Springs
- **Best Skin Care** – The Spa at Kilaga Springs
- **Best Day Spa** – The Spa at Kilaga Springs
- **Best Wedding Planner** – Orchard Creek Lodge
- **Best Wedding Location** – Orchard Creek Lodge
- **Golf Course** – Lincoln Hills Golf Club
(Sun City Lincoln Hills does not manage golf operations, but it is great that they are recognized.)

Campaigning is a big part of the Best of Lincoln. eNews email blasts go out to remind patrons to vote for their favorite businesses. Still, only residents get those. The other part of voting is the public voting for those facets of the business that are open to the public. The Best of awards are a great and inexpensive way for businesses, both small and large, to advertise their services.



On July 13, the Concours Raduno came to Lincoln Hills. We had a tremendous turnout with local Lincoln Hills car clubs and outside vehicles. Over 70 automobiles and 400 people enjoyed the rare cool summer temperatures to come out and see some fabulous cars, listen to good music and have a fantastic dinner at the Meridians Restaurant. We know that this will continue to be an amazing annual event.

Miss a meeting and want to watch it? All Association meetings, BOD, Finance, some Committees, and all Community Forums are recorded and posted on the Resident Website. Those videos are found through the videos tab located on the top of the page on the Resident Website.



Lifestyle News & Happenings

Hot Season, Chill Events!

Lavina Samoy, Lifestyle Manager

There is no denying that we are in the thick of summer with the temperature hitting triple digits. I used to downplay the weather and tried to review previous years to see the weather pattern and think I can plan and schedule on cooler nights. But it does not work. No amount of planning can tell me when we can have better weather for our Summer Concert Series. So, instead of calling on the weather Gods, I just work on getting the best bands so you can have fun and look forward to those hot summer nights!

There are four more shows in the series. Fleetwood Mask is next on August 27 (page 56.) The tickets are selling briskly for this concert, so make sure you get your tickets early before they run out! Start your Labor Day weekend with us and dance to the music of the Decades, September 3 (page 56). They will surely get the dance floor pumping! Read the remainder of the series on page 56.

Comedy star Gina Stahl-Haden is back to get you laughing on September 10 in the Presentation Hall for a 6:00 PM and 8:00 PM show (page 59).

Classes are heating up! We have new Watercolor

classes starting in September (page 66). To help you decide if watercolor is the medium for you, resident artist and instructor Faye August will be giving a FREE class on September 9 to help you make the decision. Clogging classes are back as well with, Janice Hanzel as the instructor. We have three different levels available from Beginning to Intermediate (page 69).

Are you hot with the slots? Try your luck at Hard Rock Casino at Fire Mountain located in Wheatland for our first trip post-pandemic. This trip is scheduled September 29 (page 61). Seats to Andrea Bocelli's Believe World Tour trip on October 23 are going fast. Don't wait too long as we have limited tickets to these great seats!

We hope that these events will keep you cool during this sizzling season! Happy summer, everyone!

Hot News! Please say hello to our new Lifestyle Assistant Manager, Susie Hughes! She replaces Karla Hearron, who moved to Tennessee with her family. Susie brings a lot of enthusiasm, energy, and excitement to our community! She can't wait to meet you all and make a connection.



Left to Right –
Susie Hughes,
Karla Hearron,
Lavina Samoy



The Spa at Kilaga Springs
Protecting your Skin from UVA/UVB

Breann Reese, Spa Manager

For those of you I have not had the pleasure of meeting yet, I wanted to briefly introduce myself. My name is Breann Reese, new Spa Manager at The Spa at Kilaga Springs. I've spent the last ten years in the spa industry, most recently working for Equinox in the Bay Area, overseeing the spa division for Northern California. Having worked with many spa professionals over the years, I have to say we are more than fortunate to have the team of professionals we do! I'm thrilled to work amongst a top-talent team and continue to bring our spa guest quality treatments and product offerings. Over my first few weeks here, I've not only spent time immersing myself in the spa operations but, most importantly, getting to know the wonderful residents of Lincoln Hills! I feel so fortunate to be part of an Association with such a strong sense of community. I look forward to continuing to meet more faces, so if you see me around, please do not hesitate to come say hello!

With summer here, it's great to see Lincoln Hills residence out and about enjoying the summer fun! With more hot summer days in August, we must remember to stay hydrated and protect our skin from the harmful UVA/UVB rays. While the sun has a lot of benefits, such as helping to prevent Vitamin-D deficiency, lower blood pressure and improve sleep, we also have to keep in mind the potential risks

associated with sun exposure, such as the heightened risk of skin cancer and damage to the skin's epidermis layer, leading to premature aging. UV radiation is ultraviolet radiation, with UVA impacting the aging process and UVB leading to burning or darkening of the skin, both of which can damage the DNA in skin cells if the skin is left unprotected.

The Skin Cancer Foundation reports, "skin cancer is the most common type of cancer in the U.S. and worldwide," as well as, "1 in 5 Americans will develop skin cancer by age 70." Now you may be asking what you can do to protect yourself, so here are a few simple steps:



- Use a broad-spectrum sunscreen with at least SPF 15, even on cool and cloudy days. Reapply every 2 hours with sun exposure. If you need a recommendation, the Spa at Kilaga Springs is here to help. Come by to speak with a licensed Esthetician, as

they would be happy to assist.

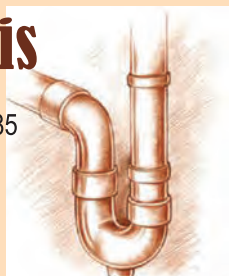
- Avoid outdoor activities during peak sun hours, 10:00 AM to 4:00 PM or ensure you are wearing protective gear such as a hat and sunglasses.
- Book a professional facial and treat your skin to some rejuvenation. Sun exposure can break down collagen and leave the skin looking dull. Check out our new Spa specials on page 18.

By taking precautions, you can continue to enjoy fun adventures under the sun without compromising the integrity of your skin!

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WellFit News

Get Involved, New Programs Coming Soon

Deborah McIlvain, Lifestyle, WellFit & Spa Director

As recently featured in Harvard Health, we are thrilled to be bringing a new Urban Poling program to our community! Urban Poling, aka Nordic Walking, is one of the fastest-growing forms of fitness and rehabilitation globally. This activity has become so popular because of the numerous health benefits that it offers, not to mention the fact that it's a lot of fun. Evidence supports the tremendous benefits of adding a set of Urban or Activator® Poles to your walk. The benefits include

- Boosted caloric burn (a minimum of 20% up to 46% more calories versus walking alone).
- Immediate core muscle activation of 1800 contractions per mile through pushing into the ledge of the CoreGrip® handles.
- Improving balance, posture, and stability with every step.

Well known organizations like Rock Steady Boxing have incorporated Urban Poling as part of their offering due to the tremendous benefits that the poles can offer for neurologic conditions for Parkinson's that have shown to improve gait & confidence when walking. At the end of the day, when you're using nearly 90% of your body's muscles simultaneously, your brain is firing on all cylinders to coordinate your movements, so in actuality – this could be one of the best activities to train UP your brain effectively! Refer to the back of the *Compass* under the WellFit section on page 76 for information on classes.

Looking for ways to get involved but don't have a lot of time? We got you! WellFit is teaming up with Lincoln Phoenix continuation High, to collect needed

supplies and gift cards. It has been a rough year for these kids, and we want to do our part to help them exceed as they get back into the classrooms. These families have also been hit hard financially, so whatever you can do will be appreciated. Please refer to our ad on page 74 for more information.



Fitness Tip – What cardiovascular machine is the best? There is no one machine that is best; that is why we offer multiple choices. If you are looking to burn calories and so nor have knee problems, the treadmill is your best choice. If the impact on your bones and joints is a problem, I suggest trying elliptical. The recumbent and upright bikes are a great option if you have mobility problems or lower back issues. Finally, don't forget about the spin classes, these are great for motivation and will get you through a good cardio session while being entertained by us!




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Aerial view of amphitheater

Hot August Nights in Concert

Linda Lucchetti, Roving Reporter

While last summer seemed to be forgettable (COVID-19 restrictions), this summer is sure to be *memorable* because the Summer Amphitheater Concert Series (SACS), often called the “crown jewel” of Lincoln Hills’ activities, is back!



A packed house for 2021 opening concert

Forget the Greek Theatre in Los Angeles or Red Rocks in Colorado. Sure, these music venues are spectacular in their way, but we have our very own quaint, intimate, and beautiful setting right

here in our backyard, where music will float through the air once again during some sizzling Friday nights.

Running from July to October, a variety of pitch-perfect performances are promised, which will take you back in time and make you smile — from tribute bands to celebrations of rock and roll. It’s time to get together with your friends and neighbors and enjoy the sounds and sights at the amphitheater behind the Orchard Creek Lodge.

Already presented in this year’s lineup in July were Garratt Wilkin and The Parrotheads – A Jimmy Buffet Tribute; Cherry Bomb – A Tribute to John Mellencamp; and, so far in August, Jared Freiburg & The Vagabonds: Celebrating the Early Years of Rock n’ Roll.

Coming up: Fleetwood Mask

– The Ultimate Tribute to Fleetwood Mac, August 27; Decades – Music from 60’s to Today, September 3; The Big Jangle Band – A Tom Petty Tribute, September 17; and The Rhythm Method 4: A Carole King Songbook, October 1.

The concert series also has a rich history of hosting famous entertainers under our summer skies, including Frankie Avalon, Darlene Love, Mary Wilson of the Supremes, Gary Lewis, Gary Puckett, Lacy Dalton, and more. Talk to any seasoned resident who’s attended a concert or two, and they’re likely to share stories about some of the singers.



Put on your dancing shoes

And let’s not forget the dancing! The area adjacent to the stage is devoted to those peppy enough to take to the floor for another level of musical merriment. What a sight to see such a happy crowd enjoying life.

If you’re a new resident reading this story or learning more about the concert series in the *Compass*, you can experience the event(s) for yourself. Ticket prices are reasonable, food and drink can be purchased at each show, and you’ll want to BYOC (bring your own chair). Travel time to each concert is minutes away. Check out the guidelines posted in eNews for more details about the dos and don’ts of attending.

See you at the amphitheater!



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Bob, Maria and Benjamin
at Angler's Cove

Hot August Bites: Making Memories at Angler's Cove

David Wright, Roving Reporter



Giving pointers to Grandpa

It was a scene worthy of a Norman Rockwell painting—a lazy summer afternoon, a glassy pond, and a grandfather teaching his young apprentice how to fish. But this scene did not take place in a quaint New England town. It happened at our own Angler's Cove. Bob and Maria Giacomelli have become regulars there now that their only grandchild, Benjamin,

is old enough to learn the basics of catch-and-release.

The Giacomelli's moved to Lincoln Hills in 2010 after Bob retired from a 30-year marketing career at Kraft Foods. Fighting boredom, Bob took on a second career working full-time at San Francisco Bay Coffee Company. But with Benjamin's fourth birthday on the horizon, Bob's second career suddenly has competition.

Growing up in Susanville, fishing has been part of Bob's life for as long as he can remember. For him, fishing is not just a sport or hobby. It is a friendship. His hometown sweetheart, Maria, embraced that friendship when she married him. Fishing became a family activity for their three children, and now their grandson is in line to join them.

Whether it is engaging in deep discussions or sharing the silence,

fishing is a bonding experience. Bob reminisces, "I have great childhood memories fishing with my dad and many friends. It's a chance to get back to nature—to turn everything else off. I want to share that with Benjamin."

It starts at Angler's Cove—baby steps in preparation for following in the family's footsteps. Bob and Maria bought Benjamin a toy casting rod. They practice with it every visit. Benjamin took the bait, and now he is hooked. When he is home in Elk Grove, he asks his parents if he can go to "Nana and Papa's" to fish again. Bob started out letting Benjamin practice in the backyard. But the youngster quickly outgrew the yard and will soon be ready to tackle a real rod and reel. What better way to get the feel of the reel than in real water with real fish? Angler's Cove is a perfect venue—a training ground for grandchildren.

Cast no doubt that with Bob's guidance, Benjamin will one day be catching trout at his grandpa's favorite fishing hole—Eagle Lake. Later, when Benjamin is ready to lure his own kids to the family activity, he will remember those hot August bites at Angler's Cove—learning to fish in Grandpa's shadow.



In Grandpa's shadow
(photo by Maria Giacomelli)

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Hot August Trips

Richard Pearl, Roving Reporter

When there's 'A Hot Time in the Old Town,' we in Lincoln are fortunate to have escape routes to moderate temperature destinations within reasonably close range.



Sand Harbor

lake tahoe nevada state park

Chilling on the Sand

We'll start by heading east to Lake Tahoe, that jewel in the Sierra with typically moderate temperature days and cool nights throughout the summer. There are many great state parks on both sides of the lake.

Sand Harbor (Nevada, just below Incline Village). A beautiful beach just on its own, but it also highlights a summer Shakespeare Festival from July through August 22. Google both activities' websites for particulars.

Donner Lake State Park. The water's cool even in summer, and it's not only relatively close to Lincoln, but it's just a stone's throw from Truckee, with all its unique restaurants.

Skylandia Park. This is a lesser-known park with a relatively uncrowded beach on Lake Tahoe, just south of Tahoe City.

Sierra Hot Springs, Nevada, north of Truckee. The regional temperature is moderate, and the pools in this clothing-optional, very rustic resort ranges from warm to very hot. This place is a

throwback to the 1960s. There's a community kitchen and the option for served organic, gourmet dining and overnight accommodations.

Heading northwest from Lincoln for six hours will land you in the historic village of **Ferndale**, where the hottest month of the year is August and where the temperature that month averages a high of only 70 F. Ferndale, actually, is one of the 'coolest' places in California. Nestled in the Lost Coast, Ferndale combines historic buildings and exudes rustic charm.

Heading directly west to the coast opens up myriad opportunities to beat the heat during summer. One of the best sources of information on this subject is www.californiacrossings.com. This website lists '12 Chill & Charming Northern California Coastal Towns.' The author states, "NorCal has hundreds of miles of gobs-macking, jaw-dropping coastline with beaches, craggy cliffs, river estuaries, and redwood forests. Bounded by the coastal mountains and buffeted by the Pacific are some bonny and charming Northern California coastal towns. These towns offer perfect weekend getaways if you are seeking coastal cool and beachy vibes." Included on the list are Crescent City, Shelter Cove, Fort Bragg, Bolinas (another hippie place), and Gualala, plus seven more.

So, beat feet to beat the heat.



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Hot August Fights

Shirley Schultz, Roving Reporter



“Hot August” is a representation of the entire summer season. This article will feature a few of the fights that accompany summer fun. Among the top summer health hazards are dehydration, sunburn, food poisoning, and bug bites and stings.

Dehydration occurs when your body loses more fluids than you take in. This can lead to heat cramps, heat exhaustion, and

deadly heatstroke. Prevention and treatment depend on adequate fluid intake. Sorry, alcohol promotes dehydration and is a dangerous mix with heat. Warning symptoms of dehydration may include thirst, lightheadedness, tiredness, and dry mouth, eyes, and lips. One clue to dehydration is infrequently urinating and urine that is dark and concentrated.

Heat Exhaustion and Heat Stroke are consequences of inadequate fluid intake coupled with excessive sweating and over-exposure to the sun. A fast, weak pulse, heavy sweating, pale, cold, clammy skin, nausea, weakness, dizziness, headaches, and lightheadedness are signs of heat exhaustion. Drink cold water. Seek medical attention if you are vomiting or if your symptoms are getting worse. If not corrected

fairly quickly, heat exhaustion may proceed to heatstroke as manifested by hot red dry skin, body temperature 103 F degrees or higher, fast, strong pulse, headache, dizziness, vomiting, confusion, loss of consciousness, and death. Heatstroke requires a 911 call for emergency treatment. Cool the person as much as possible. If the person is unconscious, do not give anything to drink while waiting for the ambulance.

Sunburn can lead to skin cancers, dark spots, and wrinkles. Use a broad-spectrum sunscreen with at least 30 SPF and protecting against both UVA and UVB rays. A “sunburn” to the cornea of the eye (called keratitis) can lead to permanent eye damage and can be prevented by wearing UV-blocking sunglasses or goggles.

Mosquito bites can carry blood-borne diseases such as Lyme Disease or West Nile Virus. Baking soda paste, oatmeal plaster, or aloe vera are good home remedies to relieve the itch, but if illness occurs, seek medical attention.



Ticks, small blood-sucking bugs, can also transmit diseases. The CDC (Center for Disease Control and Prevention) says to remove ticks stuck in your skin with a pair of fine-tipped tweezers and never crush the tick with your fingers. *Harvard Health Blog* says touching a hot match to the tick, applying petroleum jelly or nail polish, or freezing are not safe and effective ways to remove a tick.



POLICE-COMMUNITY PARTNERSHIPS

Hot Days and Nights Won't Stop the Celebrations!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch is celebrating! It may be hot, but neighbors will be out, not only during the “Kickoff” potluck planned for August 28 but also on September 17, to celebrate our wonderful volunteers.

October 5 brings cooler days and nights for honoring our first responders during National Night Out (“NNO”), and October 26 brings us all together for the annual Safety Symposium.

Please take note of the upcoming celebration dates below. Please also note that venues and times may vary as we continue

to open up and adjust. We are all ready to celebrate—hot or not—it’s time!

- August 28 “Kickoff” potluck; learn about October 5, National Night Out.

- September 17 “Volunteer Appreciation, desserts provided to say “Thank you!”

- October 5 “National Night Out;” community celebration thanking our first responders!

- October 26 “Safety Symposium, First Responders bring us up-to-date safety tips.

For more information about upcoming events, please visit the

Neighborhood Watch website sclhWatch.org “Calendar.” For reservations and/or questions, please contact Suzanne Rosevold, Director/“Kickoff” Committee Chair 775-790-0835 Mobile/Text or email NNOregistration@sclhWatch.org.

Please remember to bring a voluntary donation of a non-perishable food item or a cash donation for The Salt Mine when attending the “Kickoff” and/or the NNO community event. For additional information, contact Dr. Barbara Branch at executivedirector@sclhWatch.org.

In Memoriam



Clyde McMasters

Clyde was raised near Modesto, California, although he was born in Oklahoma. He owned an electrical contracting business

for many years and then became a senior inspector in the building department of the City of Danville. He moved here after retiring and enjoyed many activities with his wife of 60 years, Kay. He was an accomplished ballroom dancer and instructor in the Ballroom Dance Club. He often traveled to Colorado to visit family. Clyde approached life with enthusiasm and enjoyed hunting, fishing, golf, poker, and good conversations. He is survived by his wife, two daughters and spouses, five grandchildren, two great-grandchildren, and many extended family members and friends.

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.

Library News

A reminder to watch the *Compass* for both Kilaga Springs and Orchard Creek libraries hours. We all are looking forward to the time when everything is "normal" again.

Did you know that we have put the latest books and recommended books in the KS library? You can find them on the back of the sofa. So have a look and find a really good read.

Again, we are asking you to look for the published date before donating to the library.

We are accepting 2014 and later dates. The published date can be found in back of the title page. We appreciate your cooperation in this.

My latest read is Kristan Hannah's book "The Four Winds." This is a story of the Dust Bowl and all the hardships endured for those who came to California during this time. Excellent reading.



Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).

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Amateur Radio

Field Day 2021 was hot, but we accomplished a lot. Antennas went up early, and by 11:00 AM, we were on the air.



Field Day 2021, Dan, KN6DRN, Jim, K6GYM & John, NQ6Q

Our Banner and Visitor Log-in sheets were proudly displayed. Several folks stopped by, and information was shared. We had a total of 183 QSO's (contacts), 56 on SSB and 127 on Digital. Our total score of 1,490 points is a Club high. Dan's grandson, Caleb, seven years old, made his first contact and then another five! If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: lharg.us



Astronomy

At the time this article was written, the meeting

facilities continue to be closed at 5:00 PM. If this continues, we will hold our September 1 meeting via Zoom. Updates on this will be sent to the LHAG members via email and posted on our website. The Telescope Interest Group (TIG) will hold a star party on September 1 at the Tennis Courts (Sports Pavilion). Observations will focus on the Solar System planets and deep space objects. Future star party dates can be found at www.lhag.org. If you wish to become a member of LHAG and participate in upcoming programs and activities, you are welcomed to contact Ron Yelton, Treasurer, at ryelton660@aol.com.

Contact: William Weaver 916-408-1252, hamweaver@wavecable.com



Ballroom Dance

Our featured couple of the month is Don and Sunny De Santis. After a brief courtship, Don asked Sunny to marry him. But first, he had only one request of her, "Sunny, will you learn to dance with me?" Sunny agreed, and together they took private dance lessons. Their goal was to dance the Rumba and



Swing at their wedding four years ago. The wedding was a surprise to many of the guests because they thought they were attending a Great Gatsby Party. Shortly after their wedding, they joined our club, managed by Sal and Ruth Algeri. Sunny and Don feel that dancing has brought them closer as a couple. They enjoy the Ballroom Dance Club and have met and acquired many friends.

Contact: Ruth Algeri 916-408-4752



Don and Sunny De Santis



Big History

Our club examines our past, explains our present, and imagines our future. Join us Mondays at 10:00 AM. Until we return to P-Hall (KS), we continue our Zoom meetings. To follow up on his August 2 presentation on The Big Bang, Mike Brownell will present "The Solar System, Earth, and Life" on August 16. Putting the icing on the cake, on August 23, Paul

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Davis will present "Finite or Infinite: The History of Mankind's Attempt to Understand the Universe from Ancient Egypt to Einstein." On September 13, fall sessions begin with a great overview from Ed Sherman entitled, "Kleio, the Muse of History, Helps Us Understand Big History's Role in the Study of History." Join us for peer-to-peer learning for the sheer joy of it!

Contact: Ranny Eckstrom
916-708-0165, BHSCLH@yahoo.com



Billiards

We are back! We are finally able to resume play and tournaments. OC is open for casual play. KS is open for tournaments, workshops and casual play. Please check eNews for updates on Lodge open times, as they are subject to change. Please visit our website for Club Policies, membership form, individual Tournament times and rules, workshop (lesson) times.

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

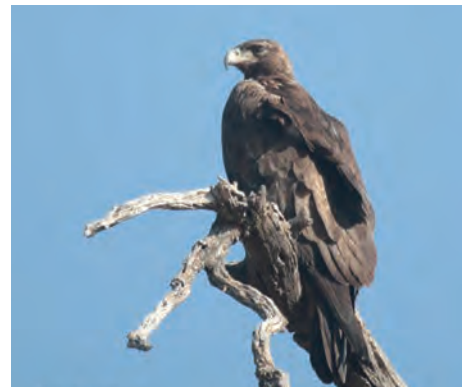


RNR Dave Rasmussen pictured on right first, Steve Marks second



Bird

Yay! We finally had our first meeting since the lockdown. We had slide shows from a number of our excellent photographers. In September, the speaker will be Angela Thompson of Wild Birds Unlimited in Roseville.



Golden Eagle from Elderberry Trail by Larry White.

Her subject is the "Wild World of Northern California Woodpeckers." Woodpeckers are one of nature's most adaptive and interesting wild birds. These amazing woodpeckers are heads above the rest with their amazing beaks, tongues, and zygodactyl feet. How many of the nine different woodpeckers in Northern California have you seen? We meet in P-Hall (KS) at 1:30 PM on the second Monday of the month. Come on by!

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

If you are a player and read these articles, you may be interested in the email Paul submitted in response to the CCOC's request for the total number participating in each club. He reported that we have 164 members on our email list; we have 50 or 60 who play occasionally or often, and we average 32 to 40 each Thursday. It makes one wonder how we compare to other groups. We meet on Thursdays at 8:00 AM in the summer. New, inexperienced, and handicapped players are welcome. Lessons are available. Our goals are friendship, fun, and enjoyment. Again, we ask that unvaccinated people wear a mask to protect others. We will not ask anyone if they are vaccinated.

Contact: Paul Mac Garvey
916-543-2067, lhboce@gmail.com



Book, OC

Our August 19 meeting features a guest author, Claire Booth. She will speak about judging books for national recognition awards and how being a true crime reporter led her into writing the fictional Sheriff Hank Worth mystery series. Our August 19 meeting will be on Zoom. Not a member or just want to hear Claire's talk, email Dale

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Nater at ocbookgroup@gmail.com to get on the notification list. Details go out shortly before the meeting. September means back to normal times as we meet the third Thursday of the month in Multipurpose Room (OC) at 1:00 PM. *The Book of Two Way*, by Jodi Picoult is September's book. October will be devoted to *The End of October* by Lawrence Wright.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com
Website: lhocbookgroup.blogspot.com



Bridge, Duplicate

Welcome back! We are now playing each Wednesday at 12:30 PM in the Ballroom (OC). Reservations must be made in advance by emailing Elise at elisehomer@gmail.com. Please make reservations no later than the Monday before the game. We will require proof of vaccination completion before you can play without a mask. Bring your vaccination card with you the first time you play, and a list will be kept of those vaccinated. If not, you will be asked to wear a mask. Jack Uppal will offer refresher bridge lessons on the first Wednesday of the month in the Ballroom (OC), from 10:00 to 11:30 AM. Please email him at jsuppal@yahoo.com. You must pre-register so

boards can be prepared. Visit our website at www.bridgewebs.com/lincolnhills. Contact: Pat Lewis at phlewis399@sbcglobal.net. Contact: Joyce Clark 916-543-7993, joyce8185@gmail.com



Bridge, Partners

California has removed all tier restrictions, so no social distancing, masking, and vaccine certifications are required. One remaining requirement is masking for those that have not completed a vaccine protocol. This has been applied to bridge play in the Ballroom, which is being conducted for duplicate and social bridge groups. Staffing shortages continue to prevent the use of KS for evening bridge play. No reservations can be made until staff levels support evening table setups. The Association will keep you informed via daily eNews, and an email will be sent to partners bridge players when Thursdays are scheduled. For reservations for first and third Thursday, contact Carla/Mark Green at 916-844-5888. For reservations for the second and fourth Thursday, contact Joanna/Alan Haselwood at 916-209-3392.



Bridge, Social

Our singles rotation social bridge has started playing again in the Ballroom

(OC) on Thursday afternoons from 1:00 to 4:00 PM. We are temporarily playing there in the Ballroom until Kilaga Springs Lodge is open again, as we did before the closure. We sometimes start early so, please arrive by 12:15 PM. The winners from July 15 are: First: Anne McMaster, Second: Jay Southard, Third: Rich Walliser, and Fourth: John Butler. More winners to come! If you wish to play bridge please contact the coordinators for July and August: John Butler at 541-536-4685 or Jodi to sign up. Club President is Pat Mullins. Contact: Jodi Deeley 916-208-4086, jodideeley2@gmail.com

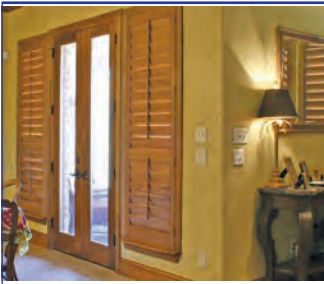


Bunco

In July, we met for the first time in 17 months. We welcomed new players Diane Marten, Amy Norman, Donna Rajewski, and Dianna Smith. Bunco was called several times, and the traveling bear was all over the room. Everyone had a wonderful time catching up and meeting new players! Please consider joining us for a morning of laughter, fun, and friendship. Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. July Winners were Diane

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Marten (most buncos), Karen Anderson (most wins), Diane Hall (most losses), Claudette Rhoads-Kinman (50-50), and Barbara Farran (traveler). Our next Bunco is Thursday, August 19.

Contact: Kathy Sasabuchi
916-209-3089, ksasabu@icloud.com



Ceramic Arts

Here we are heading into the late days of summer and looking forward to things getting back to normal. Classes are underway, and that's a big step. Workshop schedules have been spotty but should be opening up soon. Updates will be forwarded to CAG members as they are received. Information is posted to our website regularly. If you're new to clay, sign up for a beginner class and start enjoying your creative side. Regardless of your ability level, you'll meet people and have fun working with clay.

Contact: Linda Lougy
Website: www.cagsclh.net



Chorus

To paraphrase that hope-filled Carousel song, our dreams (of singing) have been "tossed and blown," but we're now seeing a "golden sky" in the form of our December 12, 13, and 14 Holiday concerts! Rehearsals begin Tuesday,



Lincoln Hills Chorus — back on stage in December!

September 7 at 1:30 PM in KS. New members are welcome! No auditions are required—just a bit of experience singing in choirs/choruses, a willingness to attend weekly Tuesday afternoon rehearsals, and a commitment to some "homework" with handy, easy-to-use sing-along music files. Come join us for a few weeks to try it out. Our director Paul and other Chorus leaders will be on hand on September 7 to assist you in making the choice of which voice part to join. For questions, see the website and contact information below.

Contact: Doug Brown 925-286-2110,
dougbrown@wavecable.com
Website: lincolnhillschorus.org

Computers

Apple Users



Join us online for fun, a little Apple history, and prizes at the Virtual Banquet. The banquet is on September 14 at 7:00 PM via Zoom and is open to LHAUG members as of September 1.

Please register for the banquet by September 7. Be aware that you can now attend morning seminars either via Zoom or in person at P-Hall (KS). That includes Andy Petro's August 23 seminar, where he'll show you how to do even more on your iPhone. Earlier this month, Ken Spencer discussed the latest Mac operating system, Big Sur. If you missed it, review the video before deciding whether to upgrade. See our website for information about upcoming events, videos of past seminars, and information about other LHAUG services.

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

Computers

PC



On July 14, Terry Rooney gave a Zoom talk for the members. Advances in Browsers. Chrome, Microsoft Edge, and Firefox were presented in some detail and comparisons, along with mention of many other browsers. A recording will be available on our club website. Thanks, Terry. It was very helpful. The lodges still close at 5:00 PM, so we will use Zoom until they open in the evenings.

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Contact: Norman Seidenverg
916-209-3894,
gozimas1937@gmail.com
Website: www.sclhcc.org



Country Couples

We are saddened to report that one of our members, Clyde McMasters, passed away recently.



Clyde & Kay

Clyde and his lovely wife, Kay, are pictured here and have been members for some time. Our prayers and thoughts go out to them and their family. On a brighter note, it's wonderful that we are beginning to get together on Friday mornings to

review and practice the dances we know. Country Couples lessons have been delayed due to staffing issues, but we hope to resume as soon as possible. Interested in joining us and learning Country Couples dancing? Once everything is back to usual, beginner lessons are 7:00 PM, Mondays at KS. For more information, go to our website or call us.

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



Cribbage

Cribbage is back, and we welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage players. We meet at 8:00 AM and have our warmup practice games until 9:00 AM. The mini tournament starts at 9:00 AM sharp and continues until Noon. We play four-handed partner games using a rotation system. Every game, you end up with a new partner. The losing players move on to the next table, and the winning players stay with a new partner. Each player keeps track of their own score. The weekly winners for the month of July were: Rick Johnson, Diane Carnes, and Elliott Levy. New players are always welcome.

Contact: Rae Cook 916-251-6241,
raesun1@sbcglobal.net



Cyclists

In California, electric bicycles are regulated like traditional bicycles. The same rules apply to both electric bicycles and traditional bicycles. Class 1 and 2 electric bicycles are permitted to travel anywhere traditional bikes are permitted, as the maximum assisted speed of these e-bikes is closely aligned with speeds traveled by traditional bikes. A class 1 is a bicycle equipped with an electric motor providing assistance only when the rider is pedaling and ceases to assist at 20 mph. A class 2 differs, as it has a throttle that provides assistance with or without rider pedaling and assists to 20 mph. E-bikes don't compromise the environment, and in some cases, benefit cyclists who may be discouraged from riding due to limited physical fitness, disability, or convenience.

Contact: Dave Sausen 916-300-5395,
dave.sausen@yahoo.com
Website: lincolnhillscyclists.com



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Fishing

I gently cast my lightly weighted size 14 cress pattern just up-current of the trout, directly over the vegetation the trout had been rooting around in. I saw the fly drift downstream, then hang up on the bottom about a foot in front of the fish. I gently lifted my rod tip, intending to wiggle the hook free from the bottom, and the slightest movement caused the trout to pounce!



Trophy!

Exciting! The bait folks meet at KS Garden, Mondays, Wednesdays, and Fridays, at 8:30 AM. Fly folks meet at Turkey Creek, Fridays at 8:00 AM, making plans to fish somewhere. There are no general meetings until further notice. Please join our club. Contact Ralph at ralphtonseth@comcast.net.
 Contact: Henry Sandigo, 415-716-0666, hsandigo@icloud.com



Food Adventures

With restrictions relaxed, the club has begun scheduling events at



Cornucopia

various food venues in our local area. Our first event was July 7, here in Lincoln, at the downtown Old Town Pizza Restaurant. We expected 25 to 30 members for this event and actually drew 46. This is probably a good indicator that Lincoln Hills residents are anxious for restrictions to continue diminishing. We are encouraged things will actually get back to a pre-pandemic normal. We have not yet begun our schedule of regular club meetings, in which we share ideas and learn about various food topics, but we plan to have a meeting schedule in place before the end of the year. Meanwhile, we will continue with more visits to various food venues.

Contact: Don R. Rickgauer, sclhFoodAdventuresClub@gmail.com



Garden

“Successful Gardening & Raised Beds” with guest speaker Greg Gayton,

California Certified Nursery Professional, will be the subject of the Thursday, August 26, 2:00 PM, General Meeting at KS. He will bring hand-outs and donate a plant to add to the door prizes. Brown Bag sales will be before and after the meeting. Contact Julie Africa, 916-521-6886, Janneafrika@yahoo.com. There will be a sign-up sheet available for Wednesday, September 22, 9:00 AM, “Table Talk!” The cost is \$5 per person. For those of you who are new, it is a social and informational discussion of four different garden topics with a rotation through four tables, so you get to enjoy all of it! Contact: Debbie Schryver, 916-666-1741, dshumhaven@sbcglobal.net.

Contact: Lorraine Immel 916-434-2918, lorraineimmel@gmail.com
 Website: lhgardengroup.org



Greg Gayton—Green Acres Nursery



Genealogy

Richard Hanson will be our speaker on August 16 at 6:30 PM on Zoom. Lodges are not yet open at night, so we cannot do a live presentation. Members will receive a Zoom link and handouts

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in a separate email from Maureen. Our presenter, Richard Hanson, is addressing "Writing and Publishing Your Family History." Richard has authored and published seven books. Bob Ringo has been working with the Association to update the Computer Lab, but the lab is not yet up and running. We will be sending out a survey soon to ask you what you would like to see with Boot Camp, coaching, and other informational sessions when we can get back to using rooms at the lodges.



Richard Hanson

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com
Website: <https://www.suncitylhgc.com/>



Golf

Ladies XVIII

We are in full swing into summer, as our August tournaments alternate between the Hills and Orchard courses. As newer members become familiar with our courses and learn the greens, it is amazing to witness the improved play. Cathy McWilliams is a player who joined a long-standing group of ladies twice-weekly beyond our regular

Thursdays. She is watching with delight as tens give way to bogeys, and her handicap falls from the mid-40s. Additionally, Judy Emge and Trish Ramirez met the Captain's Challenge by holing out of a bunker for a free lunch. Players of all levels meet after golf in Meridians for lunch, drink, chit-chat, and maybe a celebration. Golf can hook you with fresh air, friendships, and fun.



Cathy McWilliams, all smiles as handicap falls.

Contact: Rosie Warren, Membership 530-613-2327, rmw1903@gmail.com
Website: lincolnhillsladiesgc.memberplanet.com

Lincsters

Many thanks to Carol Sexton, who chaired the successful Tin Cup Tournament held on July 14. What a treat to have a luncheon following the tournament. Kevin Costner disappointed us again with a no-show. Get ready and practice those important chip shots for the Club Championship scheduled in September. Let's welcome my little sister, Pam Abad; Debbie Clawson (Big Sister Nancy Dodgion); and Georgia



Darlyne Giorgi & Pam Adad
Big Sister & Little Sister

Richie-Lynch (Big Sister Michele Carson). We still need volunteers to help out with the September 29 "Strike the Ball into Fall" Tournament, chaired by Darlyne Giorgi. Sign up for the tournament with the form located on the web page for this surprise game with lots of winners.

Contact: Nancy Hastings 916-645-5590, nhast38@yahoo.com
Website: lincsters.com

Men's

It is very sad news to report that Lincoln Hills Golf Course Assistant Manager Jason Koskela passed away. Let's be sure to keep the Koskela family in our thoughts and prayers. Anyone who wants to attend a board meeting is more than welcome. Please reach out to me at psaco52@gmail.com, if you are interested, and I will let you know when our next meeting is scheduled. Please take time to read the article in the Linksletter rules page

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Tony Portman, first place George Washington Prize RWB Patriotic Theme.

about Golf Course Etiquette. If followed, these rules will also improve the golf courses conditions. Tony Portman was the winner of the first place George Washington Prize for best RWB Patriotic Theme. The runner-up was Alan Elsey.

Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com

Website: mgclh.club



Hiking & Walking

How exciting to see all the happy faces at the Winnemucca Lake hike! Upcoming hikes will go to Donner Summit, Truckee, Nevada City, and Tahoe. Walkers meet every



Winnemucca Lake, July 15

Wednesday at different starting locations in Lincoln Hills or other paths within Lincoln. Walkers start at 7:30 AM to avoid the heat. Check the website for the starting place each week. The website also has suggestions for hydration when out hiking or walking. Stay cool and enjoy the summer!

Contact: LHhikers@gmail.com

Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, September 2, at 2:30 PM in P-Hall (KS). Morgan Stanley will be providing the speaker. Russ Abbott of Morgan Stanley will present his play-book, and the afternoon should be most interesting. We are open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group, and if you're interested, call Norm Quattrin at 916-645-4675. Further questions regarding Investors Study contact Carl Sulzer.

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



Lavender Friends

Who knew noses and mouths could look so good? On the afternoon after Independence Day, our club came together for the first time



Some of the 43 members at the "we're back" picnic.

in more than a year for a bring-your-own picnic at the Sports Pavilion, and delivering this message: "We are back." The crown jewel in the program, except for seeing each other up close and personal, was a concert by the Strummin' Sistas, a local ukulele group that played oldies ranging from the Beach Boys to Carole King. They even got us up into a dance line for the finale, "When the Saints Go Marching In." Lavender Friends represents the LGBTQ community here. The club's Activities Committee had one final message: "more to come."

Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com

Website: www.lavenderfriends.com



Mah Jongg, Chinese

We are delighted to announce that the Chinese Mah Jongg Group has resumed play! For those unfamiliar with Chinese Mah Jongg, it's a table



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game similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're interested in an informal and fun way to start the week, please consider dropping into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play, so just drop in. Official play begins at 9:00 AM and continues until Noon. We hope to see you soon!

Contact: Randy Fong 916-295-9489, randy888@pacbell.net

Mah Jongg, National

Mah Jongg is back on schedule at the Card Room (OC), Tuesdays, 12:30 to 4:00 PM. This is a wonderful game proven to keep minds active and free of fog. Yes, it is a challenge to learn, but once you do, you are hooked. Fran Rivera, who graciously taught so many of us, has retired. We will miss you, Fran. Thank you! As we work on teaching options, new players should visit ilove-mahj.com. It has great information on how to get started. Also, realmahjongg.com for actual



2021 Card

game play. A beginning table will always be available, or you can join a table and just observe. Everyone is welcome. Hope to see you next Tuesday, and may the jokers be with you.

Contact: Gerry Bell 707-696-2355, Natlmahjclub.sclh@gmail.com



Mixed Media

The club enjoys doing all kinds of fun art projects using various mediums, techniques, and supplies. We were pleased to hold our meeting on June 15 inside. It was great to see everyone in person again! Our project for the day was to create collage papers for use in our future projects. We used acrylic paints, stencils, stamps, and Gelli plates. No Challenge this month, but bring items you have done to share. Club members are contacted through email before our meetings are told what we are doing and what to bring by

Chris Fetter, our President. Come join us on the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We always welcome new people.

Contact: Chris Fetter, cfjams@gmail.com



Motorcycle

The club's July ride was led by Road Captain Doug Sterne. Heading through Oroville, the riders made their way into the Sierras and stopping for lunch at the Bucks Lake Resort. The ride continued after lunch with a gas stop in Quincy and a scenic ride down the Feather River Canyon. If you like motorcycle touring and have a road-worthy motorcycle or trike, check us out! The club has scheduled rides on the second Saturday of the month, March through November. The club meets on the fourth Thursday of the month at 5:30 PM, currently via Zoom. Once facilities are fully reopened, meetings will resume in the Multipurpose Room (OC). Guests are always welcome. "Ride Safe - Ride With Friends."

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



Music

Our July Zoom meeting theme was "Welcome Back," as

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When: Thursday, October 26, 2021
Time: 1:00 PM to 3:00 PM
Where: Orchard Creek Grand Ballroom



SPECIAL GUEST: Lincoln Police & Fire Chief Matt Alves - Chief Alves says Lincoln PD is very appreciative of, and reliant upon, the partnerships we have developed with those who have chosen to live and work in Lincoln. Ensuring the safety of our community is a team effort. I am extremely grateful for our dedicated group of citizen volunteers, who do an amazing job of assisting us in our efforts. We are also very fortunate to have so many active Neighborhood Watch groups who help us in our efforts to maintain a safe community.

SPECIAL GUESTS: Placer PROTECT: Shannon Quigley, Laura Mitchell, and Karen Bone



Shannon has been a Deputy District Attorney for nine years. Laura has been a victim advocate with the District Attorney's Office for the past fifteen years. Karen is the Senior Lead Counselor for Placer County's Adult Protective Services department. They will discuss the services of Placer Protect relevant to seniors in Sun City specifically Elder Abuse, the rights of crime victims, and Adult Protective Services. Services of Placer PROTECT include email alerts about scams, a fraud hotline, Elder Abuse Protection Presentations, and Elder Abuse Awareness Events.

Join us for an information filled event.

This symposium supports the Neighborhood Watch Mission: Increase Personal Safety and Security Awareness; "Eyes and Ears" of the Police and Fire Departments.

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this was our first in-person meeting in a long time. The opening song was "Welcome Back," written by John Sebastian. The Presentation Hall venue was exciting and extremely fun. After wonderful solo performances, we closed with The Beatles' "Come Together." We are looking forward to another P-Hall meeting in August. When the OC has extended hours, we will 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 925-788-5869 for information.
 Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
 Website: lincolnhillsmusicgroup.org



Needle Arts

General Meetings will start up again in September. Members will be notified whether the meeting will be held at P-Hall (KS), Zoom, or a combo. Needle Arts General Meetings are on the second Tuesday of the month at 1:00 PM. The Sewing Room (OC) is being used by break-out groups. Check out the schedule posted by the door to the room.

You can find groups in quilting, knitting and crochet, cross-stitch, applique, fiber arts, Hardanger, Community Service, Machine Embroidery, and Mixed Needles. We always love meeting new people. Needle Arts is working on updating the website. There is lots of information on our site. Check out the Resource list that Jean Storms has updated, and have some fun shopping.

Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com
 Website: sclhna.com



Neighborhood Watch

Mark your calendar for the "National Night Out Kick-Off" potluck set for Saturday, August 28. All residents are invited. When this article was submitted, the venue and times hadn't been announced. Look for emails with updated information. To RSVP, email NNORegistration@sclhwatch.org or call Suzanne Rosevold at 775-790-0835. You won't want to wait because space could be limited. The cost is \$5 per person and a nonperishable food item for the



Celebrate your neighbors at the "National Night Out" potluck

Salt Mine. Coffee, tea, water will be provided, and a no-host bar will be available. Make checks payable to Neighborhood Watch and mail them to Suzanne Rosevold. At the potluck, you'll be able to learn more about "National Night Out" and how you and your neighborhood can be involved.

Contact: Barbara Branch 916-543-8219, drbabsie@gmail.com
 Website: www.SCLHWatch.org



Painters

Currently, 19 of our club members are represented in an exhibit of 25 original paintings in oil, watercolor, and acrylic at the Simple Pleasures Restaurant located downtown at 648 Fifth Street until September second. Buy an original work of Art and good food at the same time. Our club members also display their Art in shows at the Art League of Lincoln. Currently, Susan J. Berg, watercolorist, has a



Splash, a Watercolor by Susan J. Berg

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number of her paintings on display in the League's Spotlight Gallery at 580 Sixth Street from August 4 through 28. Meet the Artist at a reception Thursday, August 19, from 5:00 to 7:00 PM at the League's Gallery. New Members are always welcome. Dues are \$15 per year. Contact Jerrie Crass at jerriec68@gmail.com or 916-302-6178. *Contact: Bob Green 707-292-5526, RwJfGreen@aol.com*



Paper Arts

Our first meeting in more than a year took place on August 5. It was a great time to socialize and get reacquainted. Check the newsletter for updates about future monthly meetings. The Community Service Project chaired by Donna Tewart has gone through the roof! Members have created cards to be donated to residents in local facilities in order to spread sunshine and cheer. At the time of this writing, more than 825 cards have been donated. The goal is to donate 1,000 cards. Thank you to Donna Tewart, the Community Service Committee, and our membership.



Diana Kalsbeek's Fourth of July card.

Check out the monthly newsletter for updates. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). *Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net*



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7165. We look forward to seeing you soon. *Contact: Denise Jones 916-543-3317*



Pickleball

Our members are making the most of their \$15 yearly dues with free lessons, drill classes, round-robin and skill-based events, tournaments, and socials. This fall, we will be enjoying a Caribbean Nights banquet and an Oktoberfest. We have also added more shade and seating on the lower courts and more drop-in courts to accommodate players in the warm mornings. If you don't want to miss out but don't know how to be involved, sign up for the Intro

to Pickleball Class (Wednesdays 11:00 AM) at paddleuppartner@gmail.com. You must have a reservation to attend. We also have drop-in on Sunday evenings for beginners. Contact us for more information.

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



Players

All aboard! The Players are presenting Agatha Christie's, *Murder on the Orient Express* in November. An exciting Christie classic full of intrigue, murder, and revenge. Quirky characters dressed in vintage costumes will travel on the train, right on our stage. Directed by Julie Africa and produced by Craig Stults, come see your friends and neighbors perform. In April, the Players will bring you the very entertaining musical, *Damn Yankees*, full of singing, dancing, and colorful costumes. Directed by MaryEllen Vogt, the production will also be on the OC stage. Norah Prouhet is the new producer of Readers Theater. Watch for "Which Witch" in October presented in P-Hall (KS). Thanks to Paul Gardner for producing Readers Theater for four years.

Contact: David Africa 916-708-0009, djafira@sbcglobal.net

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Poker

Until we are fully operational, the poker group will occupy the Front Ballroom on Tuesdays and Thursdays from 12:30 to 4:30 PM. The Poker Group will be sharing the room with the Social Bridge on Thursdays and possibly Partners Bridge on Tuesdays. We will be setting up one big and one small poker table in the back part of the front half of the Ballroom. We appreciate your understanding and cooperation.

Contact: Paul Marcorelle
925-658-2404,
Pmarcorelle@hotmail.com



RV

Want to get away? Want to travel safely and in your own home away from home? Think about RVing. It's not too late. Enjoy a life on wheels. We all are. We're all looking forward to having our first live meeting in fourteen months. Meanwhile, our RV Club Board has been hard at work preparing for the rest of 2021 and 2022, including securing a full slate of officers for 2022. We look forward to getting to know our new members and rekindle old friendships. Meetings are the second Thursday of each month, 4:00 PM at KS. If you are interested in our RV Club, please

contact our Co-Vice presidents, Sharon Skar at 916-434-7799 or marlowensharon@gmail.com; or Victoria White, at 530-320-0498 or weimarwoman@yahoo.com. Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com Website: www.lhrog.com



SCHOOLS

The welcome sounds of children's laughter and teacher's guidance will be back in the classrooms on August 19. Lincoln schools are scheduled to open with everyone gathered in a happy reunion. Special Zoom classes will be offered for those who prefer to study at home. Volunteers may be reinstated as the school year progresses, but the District must rely on state guidelines concerning masking and guests in classrooms. A few volunteers were able to assist teachers during the pandemic in imaginative ways, avoiding direct contact with teachers or children, using Zoom or Google Meet. Mark your calendars for our annual meeting at KS on September

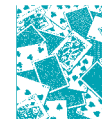


Jane Hall
volunteering
pre-COVID-19
in the classroom



Scrabble

We are playing Scrabble again every Monday afternoon starting at 1:00 PM in the Card Room (OC). All interested residents are welcome to join in. No reservations or advance notice is needed. All the game supplies are provided. Several new residents have joined us, and there is room for more. Come and play one or more games with us. Contact: Anne W. McMaster, wiltonanne@yahoo.com



Shanghai

Our time of playing the card game of Shanghai is in full swing. You can join us every Thursday, at Noon in the Card Room (OC). We will also play on Friday nights if they open the Lodge in the evenings. This is a card game played with four to six players and three decks of cards. For more information, call the name below. Contact: Howard Beaumont 916-408-0395, hbeaumont@wavecable.com

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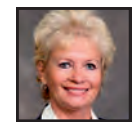
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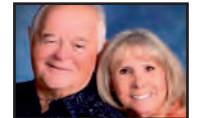
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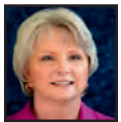
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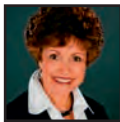
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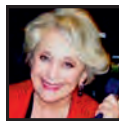
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Singles

Slowly but surely, we are getting closer to our new normal! I am excited, and I know you are, as well. Lincoln Hills is working very hard to get us back into the large meeting rooms, which we need for our Club events. We haven't overlooked our long-awaited yearly birthday celebration. This will be in the Ballroom (OC), and it is when everyone in the Club gets a free drink. We had to postpone all of the birthday celebrations in 2020, so to make up for this, we will celebrate everyone at the same time in 2021. This celebration promises to be a wonderful event—a great time for getting back together and a chance to renew friendships. Stay tuned for further information. Cheers!
 Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Sports Car

Thursday rides have resumed. These are very low key and designed just to be an excuse to go for a ride with maybe lunch or ice cream as a finish. A recent ride was up to Grass Valley on Hwy 49 and then home via back roads to Lincoln. Our ride to Mt. Vernon Winery for a picnic and wine tasting was before the big heat wave and



Gary & Karen Allington

really was a pleasant day for all. We also participated in the City of Lincoln Fourth of July Parade. Tom Breckon led the procession of a dozen cars, all the while dodging the deposits made by the horses in front of them! After the parade, there was lunch and ice cream—a perfect finish to the celebration.
 Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com
 Website: lhsportscars.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



Happy Days are here again

for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM. We are once again dancing! Interested in Square Dancing? Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out.
 Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

The pandemic we experienced caused us to give up swimming and water walking because of the restrictions of the Placer County Health Directive. The week that I am writing this article is when the last pool (KS) reopened. My wife and I have been there three times already and find it to be our Happy Place. The four pools are now reopened, and they offer two indoor and two outdoor pools with temperatures ranging from warm at OC to cool at KS. The pools are waiting for you with open arms, calling you home. After all, you can never really leave a thing you love.

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



Table Tennis

Table tennis is available for play on the terrace

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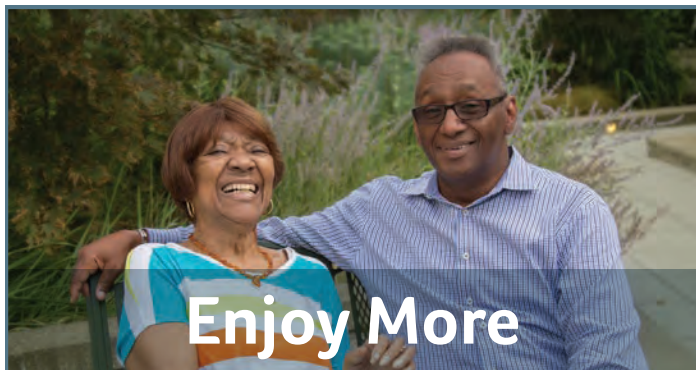
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behind KS on Tuesdays, Fridays, and Sundays, from 8:00 AM to Noon. Two tables are available, and players are reminded to bring their own paddles. Players should register for outside play at <https://holdmycourt.xyz/reserve2/lhtt>. In addition, drop-in play is available on Sundays, 8:00 AM to Noon, in the Multipurpose Room (KS). Seven tables will be available, allowing for a full range of skill levels. Again, players should bring their own paddles. Face coverings are not required for those who have been COVID-19 fully vaccinated.

Contact: Alan Smith 916-253-9525, aledsmith0411@gmail.com



Tap Company

Finally, our tap classes have resumed. Last month, Alyson started with two classes on Monday, which were designed as a “re-intro” to both the Beginner II and Advanced levels of tap. This may continue thru August, but we look forward to September when all of her classes are back on the schedule. We’d also like to start a beginner tap class. We are compiling a list of names of people who are interested in this class. If you have never tapped before (or it’s been a while), this is a wonderful opportunity to learn or brush up on your technique. It’s a great form of exercise, both physical and mental, and it’s fun! Please contact Alison or Mary Adamson (maryadamson719@gmail.com). Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



Tennis

Mark your calendars for our upcoming tennis tournament! On September 23, the Tennis Group will hold our first in-house tournament since the Mid-Winter Blues Tournament in 2019. The format will be mixed

doubles, with everyone playing with a different partner in each round. Lunch and prize presentations will follow. Entry forms will be sent to all members and also will be available at the Sports Plaza. We are continuing with ball machine practice every Saturday from 8:00 to 9:20 AM. All Lincoln Hills residents are welcome to join in. On October 21, we will have our very popular annual Oktoberfest tournament. Our ladies holiday luncheon is scheduled for December 10 at Turkey Creek, and the men’s luncheon will be December 8 at Old Town Pizza.

Contact: Helen Berott 530-320-6468, hberott@msn.com

Website: sclhtg.com



Veterans

During the Vietnam War, 2.6 million veterans may have been exposed to Agent Orange; a toxic herbicide sprayed to defoliate vegetation and expose enemy activity. Jaime Lim, a U.S. Navy veteran of three tours in Vietnam, will discuss the controversy surrounding this chemical and its lasting effect on veterans at the August 19 general membership meeting at 1:00 PM in the P-Hall (KS). If your American flag is looking tired and worn, the Veterans Group will sell you a bright new flag on the 15 of every month in the OC lobby. The Group sells high-quality, all-weather American flags for \$25. Unserviceable flags may be placed in the designated tub in the Resident Information Center to the right of the OC Lifestyle desk for proper retirement.

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



Woodcarvers

Well, what a great day it was when we could finally meet in person! It was so nice to see

friends, see how they were doing and what they were working on. And we had some new members too—so that was an extra bonus. Everyone had been working on some sort of project over the several months we did not meet, so it was also good to look at new projects. If you would like to get to know a nice group of people while woodcarving, or to learn woodcarving, come join us on Wednesdays, from 1:00 to 4:00 PM in the Sierra Room (KS). You would be most welcome! We also have a vast library and tools to try out.

Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



Writers

I remember July, also known as “National Anti-boredom Month,” for its delightful national days. Some include “Pandemonium Day,” “Be a Dork,” “Ugly Truck,” “Chili Dog,” and “Cow Appreciation Day.” These are things about which anyone can write. But August is really special because it’s “Admit You’re Happy” and “International Pirate” month.



August is National Admit You're Happy Month

In light of recent trends in blaming others, August 13 was “Blame Someone Else Day” (my favorite). Just because one day of the month honors “Bad Poetry,” keep on writing. Just because August 22 is “Just Because Day,” set aside some time to write poetry or prose about your summer happenings. Hopefully, we’ll meet soon. Why? Just because. “We write; therefore, we are” (“The Mistletoe Inn” by Richard Paul Evans).

Contact: Anne Constantin Birge 909-965-3556

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Alzheimer's-Dementia Caregiver's Support

At last, we are meeting in person again at our General Meeting on August 25. In celebration, we're going to have coffee and cookies while we meet and greet in the Solarium (OC), instead of our usual meeting in the Multipurpose Room.



Solarium Coffee & Cookies

Caregivers and the diagnosed are encouraged to reconnect with old friends and make connections with new friends. We ask that any who have not received full COVID-19 vaccinations refrain from attending. Our group meets twice a month at 1:00 PM on the first and fourth Wednesdays of the month in the Multimedia and Multipurpose Rooms (OC), respectively. Family members new to the caregiving journey are especially encouraged to attend to get both peer and professional support.

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. For those who are vaccinated, you are invited to join us Wednesday, September 8 at Joan Logue's home at 3:00 PM for a group session. Contact Joan Logue for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is

the 15 of the month to be in the next *Compass*.

Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Dinner at Meridians



Bosom Buddies

We welcome survivors of breast cancer and also those still undergoing treatment. As events and venues open, we plan to be holding our meetings again with interesting speakers on a variety of topics. Our members have covered the gamut of cancer—various surgeries, drugs, radiations, reconstruction, etc. We are a wealth of information and are happy to share our experiences. If you have any breast cancer questions, please feel free to contact us. We also enjoy getting together for lunches and our holiday party, because we know how vital it is to celebrate life. What is most important to us, though, is being here for each other. For more information call Marianne or Kathy Woodward at 916-253-9348.

Contact: Marianne Smith 916-408-1818, mlsmith39@yahoo.com



Kathy Woodward designed shirts for donors to American Cancer Society.



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We are currently meeting on the first and third Friday of each month

from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. There are signs directing you to the room used since Gambler's Anonymous meetings also begin there at the same time. If you need support at another time, you can call the Gam-Anon Northern California Hotline at (510)407-3898 or the Sacramento Gambler's Anonymous Hotline at (855)222-5542 for referral to a local Gam-Anon support person. The Gam-Anon International Service office website is www.gam-anon.org. If you call Kay F. from this notice, please leave a message so she will call you back.

Contact: Kay F. 916-543-3079, kayfischer89@gmail.com

Website: www.gam-anon-loomis.com



Glaucoma Support Group

Our next meeting will be on September 8, at 4:00 PM in the Multimedia Room (OC). Please note that the time and location are subject to change which is governed by COVID-19 protocols. We will be discussing Glaucoma and living with this chronic disease. Please bring questions to ask about what tips might work for you. The November meeting will be held on Saturday, November 20, beginning at 1:00 PM. More details to come. For more information, please contact Bonnie.

Contact: Bonnie Dale 916-543-2133, bjdale@aol.com



Hearing Impaired Support Group

Last month, Dr. Laura Gaeta once again presented an update on hearing aid technology. Her visits are always enjoyed, and she has a wealth of information which she shares with us every year. We are also getting familiar with captioning and looping technologies

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made available by our IT department for our regular monthly meetings. Another of our ongoing projects is to meet with local health care system leaders to determine how they identify those patients with hearing loss, especially those whose hearing is severely compromised. Our next meeting will be on August 26, at 2:30 PM. We are looking forward to seeing you there!

Contact: Joanne Mitchell
916-408-0533, pipa1@prodigy.net



Low Vision Support Group

Our next meeting will be Tuesday, September 7, from 2:00 to 4:00 PM, in the Multipurpose Room (OC). "New Developments in Eye Diseases" will be our topic. Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center, will be our speaker. His presentation will

focus on cataracts, glaucoma, and macular degeneration. He will also discuss three major new areas of therapy—gene therapy, gene editing, and deep learning.

Contact: Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com



Multiple Sclerosis

We are thankful that finally, our first in-person meeting in over a year will be held Tuesday, September 21, at 1:00 PM, in the Sierra Room (KS). It will be interesting, as among other things, we'll experiment with something new. Garth Goselin volunteered to Zoom the meeting to keep a connection with those members accumulated in faraway places. We would like to hear your Pandemic stories and techniques, including how you handled your MS with boredom, loneliness, fear, etc.

Was there anything positive that kept your spirits up, like learning something new, getting a pet, exercise, etc.? You can still hear member and faithful Zoom entertainer Ann Assrasson in concert on YouTube. Log onto YouTube, Ann Assarasson, and/or CCA Stream Series. Carry On Brave Survivors!

Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com



Parkinson's Support

We meet on the third Tuesday of each month from 10:00 to 11:30 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway. Please wear a mask if not vaccinated. For questions, please contact facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063, susan.feldman@brightstarcare.com.

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A Course in Miracles

This is a unique, spiritual, self-study program designed to help us see beyond division and discord and reach for unity within ourselves, our community, and the world. Although Christian in statement, the Course deals with universal spiritual themes which are found in most religions. Though designed primarily as a self-study which uses a workbook of 365 lessons, this study group meets to discuss the successful application of its principles in our lives. Call 916-409-5253 for time and location.

Airport Co-op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Drivers earn points taking travelers to and from the airport while travelers spend points to receive rides. Membership is \$15.00 per year per household. To join, visit our website www.lh-airportco-op.org click the membership tab, download the application, mail along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more information.

Cloggers

Welcome back! Life is returning to what it used to be, and we hope this wonderful news finds you in good health. Have you been using videos to practice your clogging steps? If so, good for you! If not, please go to "NCAA Clogging," where you will find many videos to dance to at home. And if you haven't yet tried clogging, those same videos will show you what it's all about. Still more good news – we expect our clogging classes here will resume in September. For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

We are resuming our volunteer work at the Placer Food Bank. Seth Brysk, Northern California Anti-Defamation League Regional Director, will speak on "Hate Crimes and White Supremacy" on Thursday, September 23, at 6:45 PM. State Controller Betty Yee will speak on Thursday, October 21, at 6:45 PM. For more information on our activities, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Mamma Mia! Finally, we're back! The club has announced the lineup of activities beginning with this month. Check your emails or the website for additional details and activities scheduled throughout the year and beyond. Our first event in more than a year, and appropriately titled "Who Are You Again?" is a 'lunch and mingle' set for Sunday, August 22 at Noon in the Ballroom (OC). Tombola (Italian Bingo) is back on Sunday, September 12, at Sun City Roseville. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

Lincoln Hills Foundation

We are announcing sponsorships of new programs that enhance the lives of Lincoln Hills residents. We have expanded the provision of Respite Services to family caregivers who are caring for a family member with stroke impairment, Parkinson's, Multiple Sclerosis, and ALS, in addition to respite services already provided for caregivers of Alzheimer's and Dementia family members. Call Del Oro Caregiver Resource Center at 916-728-9333 for further information and assistance. The

Foundation has also introduced a program to provide reduced-price Dial-a-Ride ticket packets for residents needing transportation assistance. For more information, call Jean Ebenholtz at 916-434-6852.

Lincoln Police Department – Volunteer Program

We are recruiting for our LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

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, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbcglobal.net.

Republican Group

Let's Celebrate! Things are opening up; McBean Potter's game, July 4 Parade, and Speaker nights resume at Kilaga Springs! Looking forward to our BBQ and Christmas party! We welcome all Republicans in Lincoln Hills to join our Club. Annual dues \$15/year/pp. www.RepublicanClubSCLH.org.

Shalom Social Group

We will officially welcome our 12 new members at a dinner in

their honor on September 23. Our Men's Club gathering was well received; Chef Hagai Narkis not only prepared excellent food but also discussed Israel's political situation. On August 30, Lincoln Chamber of Commerce President Mark Luster will inform us about happenings in Lincoln. We are tentatively planning our annual picnic for October 10. We continue our weekly Bocce Ball play and look

forward to the annual Matzo Balls vs. Meat Ball competition on October 24. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera on Tuesday, August 17. Arrive by 11:30 AM. All attendees must wear masks upon entry, must have a vaccination

card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative Covid test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. The cost is \$20. If you are interested in coming as a guest or joining the Lincoln branch of SIR, call Chet Winton at 916-408-8708.

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Lincoln Hills Farmers Market

Wednesdays, April-November, 8:00 AM to Noon, Parking Lot (OC)

Wednesday Farmers Market, come shop local fresh produce and find your favorite goodies from your favorite specialty vendors such as Touchstone Crystal by Swarovski, Loravella Bakery, LipSense, and more. If you are interested in becoming a vendor, please email Shelvie Smith at shelvie.smith@sclhca.com.



KS Movie Classic: The Great Escape (1963)

Friday, August 20, 1:30 PM, P-Hall (KS)

Note: The originally scheduled showing of Cool Hand Luke is replaced with The Great Escape. *About the Movie:* Allied prisoners of war plan for several hundred of their number to escape from a German camp during World War II. Stars Steve McQueen, James Garner, Richard Attenborough. No Rating, 172 minutes. Adventure/Drama/History



KS At the Movies: POMS (2019)

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

For those who want to see this movie in person, we are repeating the showing this time in Presentation Hall. POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it!' Stars Diane Keaton, Jacki Weaver and Celia Weston. Rated PG -13, 90 minutes. Comedy/Drama/Sport.



KS Movie Classic: The King's Speech (2010)

Friday, September 24, 1:30 PM, P-Hall (KS)

The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. Tsra Oscar winner Colin Firth, Geoffrey Rush, and Helen Bonham Carter. Rated R, 118 minutes. Biography/Drama/History.



Golf Cart Registration

Thursday, August 19 and September 2 & 16, 9:00 to 10:00 AM, Orchard Creek Lodge

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 certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncity.gov.

Conversations



Wednesday, September 15, 9:30 to 11:00 AM – Zoom (watch eNews for Zoom information)

Come share time with Robert Richardson, Executive Director, to discuss hot topics of the day. There will also be plenty of time for any Associated-related questions. From time to time, he may be joined by department staff and/or Association committee members. Join in on the conversation.



Holiday Shopping Expo

Sunday, October 24, 10:00 AM to 3:00 PM, Parking Lot, OC

Get a head start on your Holiday Shopping at our fourth annual Holiday Shopping Expo right here in your community! We will turn the parking lot to a winter wonderland for avid shoppers! Check everyone off your gift list with over 50 vendors offering unique crafts, jewelry, beauty items, clothing, books, art, decors, and more! Enjoy chances to win prizes too! Don't miss out on the fun! *Interested*

vendors: Spaces are going fast! Complete and submit your application to Shelvie at shelvie.smith@sclhca.com. Forms are available at the SCLH Resident Website: sclhresidents.com under Library/Forms/Lifestyle Activities Forms/Holiday Expo. **Registration deadline: September 30.**

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THIRD THURSDAY WORKSHOPS

Curious about how reverse mortgages work but not ready for a "sales call"? Join us for an educational workshop, held monthly on the "Third Thursday" at our **Lincoln Hills office** from **9:45 to 11:00 AM**.

Come get your questions answered in a casual, no-pressure environment right here in the community.

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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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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2021. 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://sclhresidents.com/enews>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/community-forum-videos>

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.

All Forums are Free

Dates are subject to change



Demystifying Cannabis and Hemp

Tuesday, September 28, 7:00 to 8:30 PM, Zoom <<https://zoom.us/join>>
Meeting ID: 818 9766 7022 • Password: Forums

Jahan Marcu, Ph.D., a researcher, and international speaker, is superbly qualified to speak about medical uses for cannabis, its production, and safety. With a 15-year background in cannabis pharmacology and chemistry, Dr. Marcu has created national standards for the cannabis and hemp industry. 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; a court-qualified expert witness on cannabis and

synthetic cannabinoids and a founding partner of Marcu & Arora. Unique circumstances have made it possible to feature this New York-based speaker.

UPCOMING EVENTS

The Caregiving Journey (Del Oro Caregiver Resource Center) – Tefani Wilson, Tuesday, November 9, 2:00 PM

The Salt Mine – Eric Long, Tuesday, November 16, 2:00 PM

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Fleetwood Mask – THE ULTIMATE TRIBUTE TO FLEETWOOD MAC
 Friday, August 27, 7:30 PM, Amphitheater

\$22 — **LSE335**

Returning to Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular lineup 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.



Decades – MUSIC FROM 60’S TO TODAY

Friday, September 3, 7:00 PM, Amphitheater

\$22 — **LSE336**

Everyone’s favorite dance band is back to kick off Labor Day Weekend! 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 has booked 100+ shows five years in a row, earning its place as one of California’s most in-demand bands. They will swap between several instruments (including saxophone, harmonica, pennywhistle, and trumpet, to name a few) and belt out four-part harmonies.



The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17, 7:00 PM, Amphitheater

\$22 — **LSE337**

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!



The Rhythm Method 4: THE CAROLE KING SONGBOOK

Friday, October 1, 7:00 PM, Amphitheater

\$22 — **LSE338**

Get groovin' to the music of one of the most prolific songwriters of the '60s and '70s! The Rhythm Method 4 (TRM4) is back to bring Carole King's hits to life, including memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also highlight selected songs from King's best-selling, 4-time Grammy Award-winning album Tapestry, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend." With all these hits, it's no

wonder King will be inducted for the 2nd time into the Rock and Roll Hall of Fame this year. TRM4's excellent musicianship and vocals are the perfect way to celebrate King's music and the close of the Summer series!

2021 Summer Amphitheater Concert Series Information, Guidelines & Restrictions*

- All shows are held on Friday • Gates open one hour prior to concert
- Concerts start at 7:30 PM for July & August and 7:00 PM for September & October
- **Venue location:** 965 Orchard Creek Lane, Lincoln, CA

Admission: Wristbands must be worn during the concert. **Online buyers for individual shows 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 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. Additional paved areas adjacent to the First Aid booth are also available for handicap seating. 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 **6:00 AM and 5:00 PM** on the day of the event. The Amphitheater will close at 5:00 PM on the day of the event and **re-open an hour prior to the show. Chairs placed prior to 6:00 AM or that exceed height maximum of 36" may be removed** and placed on the upper patio terrace. SCLH is not responsible for the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the 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 6:30 PM.

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

Permitted: Blankets/cushions, lawn chairs, small 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.

**Guidelines are subject to change based on State and County Public Health COVID Safety Guidance.*

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KS Comedy Night Gina Stahl-Haven Friday, September 10

**Catch One of the Fastest
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With great reviews, Standup comedian *Gina Stahl-Haven* returns to the Presentation Hall to bring you back a night of fun and laughter! Gina took 2nd place in the 2019 San Francisco Comedy Competition, making her the first female finalist since Ellen DeGeneres.

Buy early before it sells out!

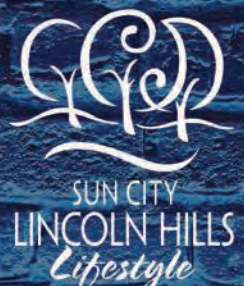


Tickets \$17

6:00 PM Show - LSE343

8:00 PM Show - LSE344

Registration opens August 17 at the Lifestyle Desk
(OC/KS) or Online www.SCLHResidents.com



Register Online at
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Questions? Contact Lavina Samoy.
Lavina.Samoy@sclhca.com

*Indicates new performances on sale August 17

—Comedy—



***KS Comedy Night:
Gina Stahl-Haven**
Friday, September 10
\$17
6:00 PM Show
— **LSE343**
8:00 PM Show
— **LSE344**
P-Hall (KS)

Catch one of the fastest rising stars in comedy! Standup comedian Gina Stahl-Haven took second place in last year's

San Francisco Comedy Competition, making her the first female finalist since Ellen DeGeneres in 1985. This amazing contest has launched other comedy greats like Robin Williams, Dana Carvey, Marc Maron, and Patton Oswald. Gina's return performance in the Presentation Hall is guaranteed to be a riot!

—Concert—



**An Evening with
Acclaimed Jazz
Saxophonist
Greg Johnson with
Omree Gal-Oz on
Keyboards**

Tuesday, August 17
7:00 PM – P-Hall (KS)
\$23 — **LSE342**

Greg Johnson has developed a unique musical style that

combines Jazz, Classical and Popular music. With a doctorate in jazz studies from the University of Southern California, Greg is increasingly known

for his big band compositions. For this show, he will be joined by one of the Bay Area's most promising young jazz piano virtuosos, Omree Gal-Oz. Having collaborated on four albums together, Greg and Omree will present a unique blend of musical colors, textures, and variations on Standard Jazz tunes, including *Moonlight Serenade*, *Sophisticated Lady*, *Take the A Train*, *April in Paris*, and much more!

**Fleetwood Mask – The Ultimate Tribute To
Fleetwood Mac**

Friday, August 27
7:30 PM – Amphitheater
\$22 — **LSE335**

Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in Fleetwood Mask's live performances. Sing along to hits like "Landslide," "Gypsy," "Go Your Own Way" and more.

Decades – MUSIC FROM 60'S TO TODAY

Friday, September 3
7:00 PM – Amphitheater
\$22 — **LSE336**

Everyone's favorite dance band is back to kick off Labor Day Weekend! 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 has booked 100+ shows five years in a row, earning its place as one of California's most in-demand bands. They will swap between several instruments (including saxophone, harmonica, pennywhistle, and trumpet, to name a few) and belt out four-part harmonies.

The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17
7:00 PM – Amphitheater
\$22 — **LSE337**

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!



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*Indicates new trips on sale August 17

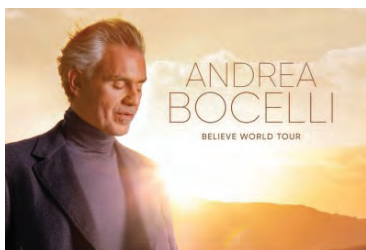
– Casinos –



*Hard Rock Casino at Fire Mountain
Wednesday, September 29
\$35 — **LST357**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. All players (new and those with existing Hard Rock Casino Sacramento player cards) will receive a \$25 game credit. You must bring your current player card and your California state-issued identification with you to play. New players will be issued a player's card upon arrival. Wheels roll from OC at 9:30 AM, return ~ 3:30 PM.

– Performances –



Andrea Bocelli
Believe World Tour
Saturday, October 23
\$254 — Bus #1
— **LST354 SOLD OUT**
\$254 — Bus #2
— **LST355**

World-renowned Italian tenor Andrea Bocelli has announced his Believe North American Tour to support his latest album. Bocelli's 21-city tour kicks off stops at Golden 1 Center on October 23, and we have seats located in Sections 117 & 118. The tour will feature performances from Bocelli's uplifting new album Believe, a poignant and personal collection of songs celebrating the power of music to soothe the soul, as well as a selection of arias, his beloved cross-over hits, and famed love songs. Wheels roll 7:00 PM, concert 8:30 PM ~ return 11:30 PM.

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Broadway On Tour

The 2021 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience. All shows will start at 7:30 PM, with Orchestra seating.

Please register yourself to Wait List for Sold Out shows so we can determine interest. We will try to add a bus if possible.



Charlie and The Chocolate Factory
Tuesday, December 28
\$121 — **LST349**

Roald Dahl's amazing tale is now Sacramento's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

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– Sports –



San Francisco Giants 2021

Get back to the excitement of Giants baseball games! Now that a live audience is allowed, we have selected

to attend three games this season. Watch your San Francisco Giants in the comfort of club-level seats with spectacular views at Oracle Park! These seats are wider with more legroom, access to the memorabilia displays, and shorter lines. Portions of the club level are in climate-controlled areas. No cans, glass bottles, alcohol, or hard-sided coolers are allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. More details on the sale date and price will be announced soon via eNews.

SF Giants vs. NY Mets

Wednesday, August 18
\$99 — **LST356 SOLD OUT**

Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. Due to short notice, this trip started sales earlier than the *Compass* release. The trip was announced in eNews and has Sold Out. You may register under Wait List in case of resale.



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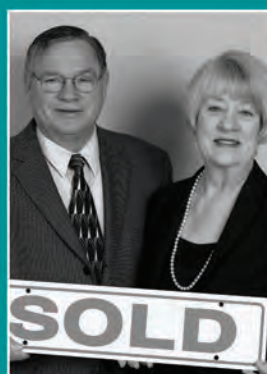
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Betty Maxie
Lifestyle Class Coordinator
Betty.Maxie@sclhca.com



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

*Indicates new class on sale August 17

Classes

—Art —



*Mixed Media Art Journaling

Tuesdays
September 14 & 28
9:00 AM to Noon (OC)
\$45 (two sessions) plus \$5
supply fee paid to
instructor

— **LSC2730**

A variety of media will be used as we “play” on our art journals’ pages. 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, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.



***Sip and Paint: River**
Friday, September 24
3:30 to 6:30 PM (OC)
\$55 — **LSC2748**

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. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. *About the Instructor:* Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays
September 1-29
9:00 to 11:30 AM (OC)
\$75 (five sessions)

— **LSC2938**

Learn new ways to paint and polish your skills in this new class. More emphasis will be on acrylics altho, oil painters are welcome.

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. Instructor: *Sandy Lindblad*. 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.sandylin-dblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor —

*Introduction to Watercolor Materials

Thursday, September 9
9:00 to 11:30 AM (OC)
FREE — **LSC3371**

Interested in taking up watercolor? Looking forward to attending a beginning watercolor class? Come to this free class to learn about the materials and tools you will need. This class will teach you how to spend your money wisely and not result in wasted money because you bought inferior supplies. You will learn the basics of choosing watercolor paint, brushes, and paper to increase your odds of producing a successful painting. The class will provide guidelines on where to shop for your supplies and how to identify and choose the appropriate tools needed to pursue watercolor painting. Instructor: *Faye August*.

*Watercolor 1

Thursdays, September 30-October 21
9:00 to 11:00 AM (OC)
\$95 (four sessions) — **LSC3375**

Participants will learn fundamental skills in using watercolor. Basics skills covered will include essential brush strokes using round and flat brushes

and applying a basic and graded wash. Techniques include basic color mixing and understanding the color wheel. During the last week of this session, participants will paint a simple floral. At the end of week four, you will have a floral vignette that you can take home and frame. To improve skill competencies, participants will have practice drills and assignments between weekly classes. Instruction includes demonstrations, paint along, and personal one-on-one time. Instructor: *Faye August*.

*Watercolor 2

Thursdays, October 28-November 18

1:00 to 3:00 PM (OC)

\$95 (four sessions) — **LSC3376**

Continuing our journey in watercolors, class 2 will continue to build your knowledge of watercolors. Painting skills include shadows and understanding light sources. Time will be spent understanding positive and negative shapes and how these elements create interest and realism in a painting. Practice drills will combine all of the techniques learned in both sessions resulting in a simple painted sunset scene. Basic composition will be covered in the latter part of this class, with participants painting a landscape that includes a barn in a field. Instruction includes demonstrations, paint along, and personal one-on-one time. Instructor: *Faye August*.

Ceramics

—Pottery —

*Beginning/ Intermediate Ceramics

Tuesdays

September 7-28

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC2826**

OR

Thursdays

September 2-30

9:00 AM to Noon (OC)

\$80 (five sessions) — **LSC3159**

This is 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. Instructor: *Jim Alvis*.

*Advanced Ceramics

Tuesdays

September 7-28

9:00 AM to Noon (OC)

\$64 (four sessions)

— **LSC2802**

OR

Thursdays

September 2-30

1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3166**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.



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Crafts

—Card Making—

***Card Making – Intermediate/Advanced**
Mondays
September 13 & 27
9:00 AM to Noon (KS)
\$30 (two sessions)
— **LSC3179**



OR

Wednesdays, September 8 & 22
9:00 AM to Noon (KS)
\$30 (two sessions) — **LSC3183**

This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. Class size is limited, sign-up early to reserve your space. All supplies will be provided. **Prerequisite:** Completion of at least four sessions of previously offered Intro to Card Making 101—Level 1 and *have instructor's approval to participate*. Instructor: **Dottie Macken**. **Last day to sign up August 30.**

Dance

—Clogging—

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 fit your skills.



***Beginning Clogging**
Tuesdays, September 7-28
10:00 to 11:00 AM (KS)
\$32 (four sessions)
— **LSC2725**

Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. Let's get our bodies back into working order after such a long break. The class will move through at a relaxed pace the eight basic traditional clogging movements while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes are recommended. Instructor: **Janice Hanzel**.

*Easy-to-Intermediate Clogging

Tuesdays, September 7-28
11:00 AM to Noon (KS)
\$32 (four sessions) — **LSC2754**

Class will feature lots of review of steps from previously learned dances. We will also learn new dances. We'll keep it a bit more simple to get our clogging legs back into shape!! We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: **Janice Hanzel**. **Vacation drop-in: \$10 per session.**

*Intermediate Plus Clogging

Tuesdays, September 7-28
12:00 to 1:00 PM (KS)
\$32 (four sessions) — **LSC2769**

Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. We will be doing plenty of review as we rediscover our clogging legs! 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. **Prerequisite:** Instructor approval. Instructor: **Janice Hanzel**. **Vacation drop-in: \$10 per session.**

—Country Western Dancing—



*Country Couples Western Dance Level 3 & 4

Mondays, September 6-27
6:00 to 7:00 PM (KS)
\$28 (four sessions)
— **LSC2815**

After you have completed the Beginner Class and 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. Dances taught this month will be: "Waltz in Time" and "ChaCha Lingua". **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: **Jim & Jeanie Keener**.

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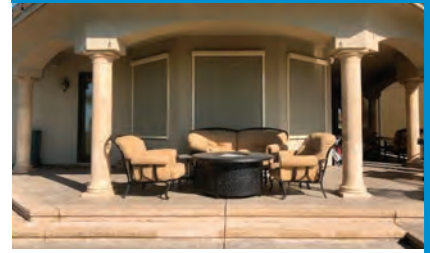
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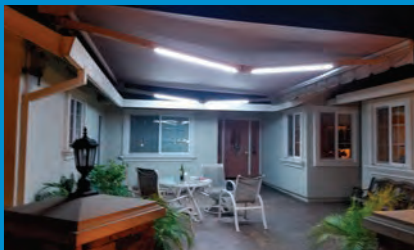
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—Hula—

***Hula**

Thursdays, September 2-30
1:00 to 2:00 PM (KS)
\$62.50 (five sessions)

— **LSC2835**

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. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginner**

Thursdays, September 2-30
11:00 AM to Noon (KS)

\$45 (five sessions) — **LSC2846**

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. Instructor: *Melanie Greenwood*.

***Jazz Performance**

Tuesdays, September 7-28
1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC2856**

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. Instructor: *Melanie Greenwood*.

—Line Dance—

***Country Line Dancing**

Fridays, September 3-24
3:00 to 4:00 PM (KS)

\$28 (four sessions)

— **LSC2927**

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*.

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, September 2-30**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC3044**
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, September 6-27**
4:00 to 5:00 PM (KS)
\$28 (four sessions) — **LSC2877**
Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned at 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. Instructors: *Yvonne Krause-Schenck, Sandy Gardetto, and Cathy Paris*.

- ***Thursdays, September 2-30**
10:00 to 11:00 AM (KS)
\$35 (five sessions) — **LSC3076**
Instructor: *Yvonne Krause-Schenck*
- ***Thursdays, September 2-30**
3:30 to 4:30 PM (KS)
\$28 (four sessions, no class September 23)
— **LSC3172**
Instructor: *Cathy Paris*
- ***Fridays, September 3-24**
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC2986**
Instructor: *Sandy Gardetto*

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. Instructors: *Yvonne Krause-Schenck* and *Sandy Gardetto*.

- ***Wednesdays, September 1-29**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC2982**
Instructor: *Sandy Gardetto*
- ***Mondays, September 6-27**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC3079**
Instructor: *Yvonne Krause-Schenck*

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. Instructors: *Cathy Paris* and *Sandy Gardetto*.

- ***Wednesdays, September 1-29**
10:00 to 11:00 AM (KS)
\$35 (five sessions) — **LSC3010**
Instructor: *Sandy Gardetto*
- ***Mondays, September 6-27**
5:00 to 6:00 PM (KS)
\$28 (four sessions) — **LSC2902**
Instructor: *Cathy Paris*

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! Instructor: *Cathy Paris*.

- ***Thursdays, September 2-30**
5:30 to 6:30 PM (KS)
\$28 (four sessions, no class September 23)
— **LSC3372**
Instructor: *Cathy Paris*

*Line Dancing 4 Fun

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*.

- ***Thursdays, September 2-30**
4:30 to 5:30 PM (KS)
\$28 (four sessions, no class September 23)
— **LSC3187**
Instructor: *Cathy Paris*

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.



• **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 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.



—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.

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

***Beginning Tap**

Mondays, September 13-27

11:00 AM to Noon (KS)

\$27 (three sessions) — **LSC3373**

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

***Tap Technique**

Mondays, September 13-27

10:00 to 11:00 AM (KS)

\$27 (three sessions) — **LSC3374**

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

Glass Art

***Stained Glass**

Mondays

September 6-27

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

\$45 (three sessions, no

class September 13)

Supply fee: \$12 payable to the instructor.

— **LSC2968**

You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. **Requirements:** No open-toe shoes. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.



Music

—Guitar—

New Time***Beginning Guitar**

Mondays, September 6-27

9:00 to 10:30 AM (OC)

\$48 (four sessions)

— **LSC3204**

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.

***Beginner Folk Guitar Class for Fun Folks**

Tuesdays, September 21 & 28

\$20 (two sessions) — **LSC3186**

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 Effinger* 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.

***Intermediate Folk Guitar Class for Fun Folks**

Tuesdays

September 21 & 28

\$20 (two sessions)

— **LSC3041**

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! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.



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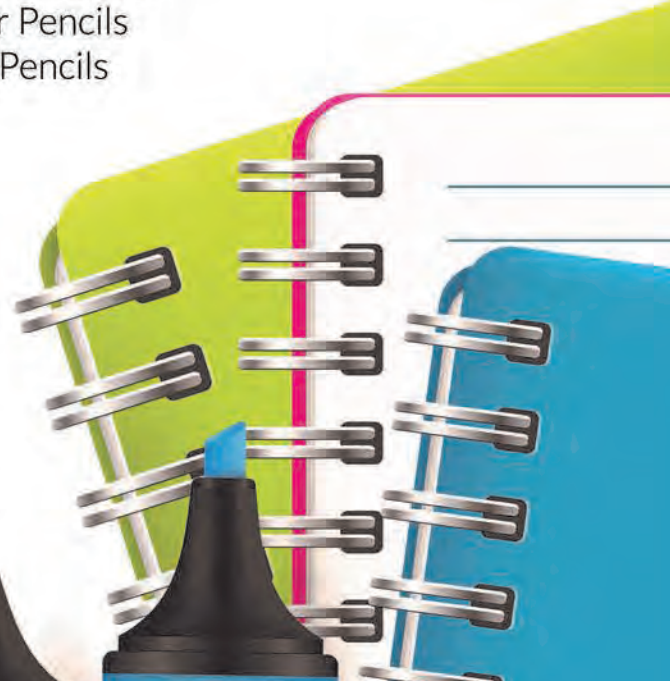
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- Home Depot or Lowes (for student projects)
- Grocery and fast food cards (greatly appreciated to help family budgets)



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- Lysol Wipes
- Boxes of Kleenex
- Assorted Color Sharpies
- Assorted Color Pencils
- Sharpened #2 Pencils
- Scotch Tape
- Scissors



New Time***Intro to Swing Guitar - Intermediate Level**

Wednesdays, September 1-29

9:00 to 10:30 AM (KS)

\$48 (four sessions, no class September 15)

— **LSC3191**

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

—Ukulele—

New Time***Beginning Ukulele**

Mondays September 6-27

10:30 to 12:00 Noon (OC)

\$48 (four sessions) — **LSC3210**

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*.

New Time***Intermediate Ukulele**

Wednesdays, September 1-29

10:30 to 12:00 Noon (KS)

\$48 (four sessions, no class September 15)

— **LSC3196**

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*.

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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 correctly! 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, August 18**
2:00 to 3:00 PM
- **Tuesday, September 7**
3:00 to 4:00 PM
- **Wednesday, September 15**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, August 26**
3:00 to 4:00 PM
- **Thursday, September 9**
3:00 to 4:00 PM
- **Thursday, September 23**
3:00 to 4:00 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 healthcare 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.

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.*

To schedule an appointment for 1 on 1 session on the Pickleball Courts with Barry and for more information, please email rex.owens@sclhca.com.



Intro to Pickleball

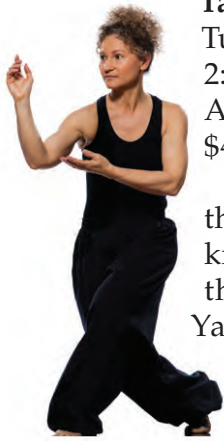
Wednesdays
 11:00 AM to 1:00 PM
 Pickleball Courts
 Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpbclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

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.*

All classes, times, and locations are subject to change. Compass is turned in and printed far in advance. More up-to-date information and schedules on sclhresidents.com. Look in the WellFit tab or on online enrollment.



Tai Chi / Qigong L1

Tuesdays, September 7-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Shifu Anney Wamsat*.

Tai Chi / Qigong L2

Tuesdays, September 7-28

3:05 to 4:05 PM

Aerobics Room (KS)

\$48 (four classes)

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 a traditional 128 Yang long form. In addition, you will learn 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: *Shifu Anney Wamsat*.

Tai Chi / Qigong L1

Fridays, September 3-24

3:05 to 4:05 PM

Aerobics Room (OC)

\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Shifu Anney Wamsat*.

Tai Chi / Qigong L2

Fridays, September 3-24

4:10 to 5:10 PM

Aerobics Room (OC)

\$48 (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 a traditional 128 Yang long form. In addition, you will learn 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: *Shifu Anney Wamsat*.

Tai Chi / Qigong L1/L2

Saturdays, September 4-25

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Shifu Anney Wamsat*.

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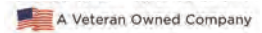


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Mind, Body & Spirit

Wednesdays,
September 1-29
3:05 to 4:05 PM
Aerobics Room (OC)
\$85 (five sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the neurology of the brain. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace, and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

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.*

All classes, times, and locations are subject to change. Compass is turned in and printed far in advance. More up-to-date information and schedules on sclhresidents.com. Look in the WellFit tab or on online enrollment.



New! Kitchen Magic – Create Your Own Natural & Organic Products

Learn Ancient Healing Recipes
Fridays in September
12:30 to 1:30 PM
Placer Room (KS)
\$15 + \$20 material fee

paid to the instructor on the first day of class.

September 3: Balancing Your Digestive System

September 10: Bug/tick repellent and dry skin/Eczema product (animal friendly!)

September 17: Body Scrubs and Foot Soak

September 24: Lymphatic Self-Massage and Body Oils

Create homemade, personalized, organic, and natural, magical healing products! They can be for yourself or for family, friends, stocking stuffers, gifts, or even for pets. Each class specializes in something different; take one, or take them all!

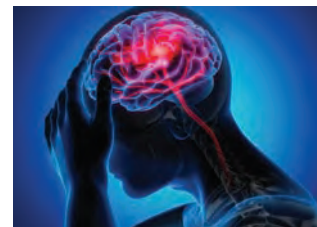
Contact Nina for specific questions at Nina.Baldi@sclhca.com. Instructor: *Nina Baldi*.



New! Harmonica for Health

Thursdays, September 2-23
3:15 to 4:00 PM
Oaks Room (OC)
\$68 (four sessions)
\$11 payable to instructor for Harmonica

Strengthen your breathing muscles and improve breath control by playing the Harmonica! This class will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises all while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro*, Respiratory Therapist.



Strengthen Your Memory

Tuesday, September 7
11:00 AM to 12:30 PM
Multipurpose Room (OC)
\$15

Many of us have found ourselves in an isolated routine during the pandemic – and it turns out, that is not good for our memory. As we age, there is some normal decline in memory, but the COVID restrictions have contributed to the decline. If, since lockdown, you have found it hard to remember to email someone, summon up the word you need, or yet again forgotten to buy the milk – you are not alone. Learn why you are experiencing the decline in memory and tips to help strengthen it. Instructor: *Amel Whitaker*.



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Hope

Tuesday, September 14
11:00 AM to 12:30 PM
Multipurpose Room (OC)
\$15

Loneliness is a common experience as we age, but it can seriously affect our mental and physical well-being unless we learn how to focus on ways to reduce it. This year we have had an extra challenge. Instructor: *Amel Whitaker*, CA licensed psychotherapist, with a professional emphasis in mental health and aging adults, will provide some helpful information and tips for dealing with loneliness.



New! Mindful Eating for Healthy Living

Tuesdays, September 7-28
1:30 PM to 2:30 PM
Multipurpose Room (OC)
\$68 (four sessions)

Are you tired of carrying around a few extra COVID pounds? Do you have a medical issue that makes it hard to know how to eat or exercise? Have you tried different diets only to return to your same old bad eating habits? Mindful Eating is not a diet, it is an attitude towards food that encourages awareness of what you eat and why you are eating it. Pair this class with **Healthy Living Exercise** right after at OC aerobics room! Instructor: *Sheri Mandell*.

Living with Hip Pain

Wednesdays, September 22 & 29
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$40 (two sessions)

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. Then, learn the correct stretches and exercises to maintain this pain-free lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational

Therapist and *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.



Traditional Shotokan Karate
Saturdays,
September 4-25
10:45 to 11:45 AM
Aerobics Room (KS)
\$20 (four sessions)

The instructor is a member of the

International San Ten Karate Association and has over 45 years of 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. Instructor: *Al Trimarchi*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. All Abbott Group classes are offered through Zoom, and the Abbott Group will send you an email link for the class at least 30 minutes before the start of the class.*

The Abbott Group - Understanding Potential Tax Reforms

Wednesday, September 8
5:30 to 7:00 PM, Zoom
\$5

As part of the government's COVID-19 recovery efforts, the Biden administration recently enacted the American Rescue Plan (ARP) and has proposed a two-part infrastructure plan, including the \$2.25 trillion American Jobs Plan (AJP) and \$1.8 trillion American Families Plan (AFP), focused on green and social infrastructure, respectively. To fund this spending, the administration put forth a number of tax proposals directed at businesses and individuals. These tax policies serve as important factors to consider in investment decisions and

financial planning. However, these proposals are still in the early stages of the legislative process and could be subject to change. Instructor: *The Abbott Group*.

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

Wednesdays,
September 1-29
5:00 to 6:30 PM
Multipurpose Room (OC)
\$149 (five sessions)



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

Pilates Reformers and Towers

Please check sclhresidents.com for most current schedule and information regarding Pilates Reformer Program including sign up forms or contact Danielle.Merrill@sclhca.com.

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 MindBody. See class grid on page 89 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

Four-class membership package \$72 per month, Add-on classes for member \$18 per class.

Eight-class membership package \$136 per month, Add-on classes for member \$17 per class.

Drop-in classes for non-member \$20 per class.

Please contact Danielle Merrill at Danielle.Merrill@sclhca.com or call 916-625-4032 for more information and to sign up if you do not already have a MindBody account or if it is inactive.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one hour long). This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle.Merrill@sclhca.com to coordinate your introduction with an instructor.



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 and schedule with one of the reformer instructors, please contact Danielle Merrill at Danielle.Merrill@sclhca.com.

One-on-One Training and Buddy Training: Prices same as Personal Training Rates.

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Rex.Owens@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 Rex Owens (rex.owens@sclhca.com). You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

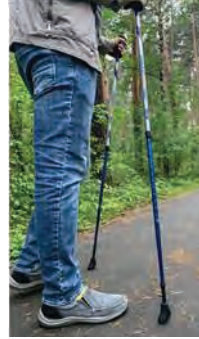
- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **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.

All training is non refundable and has a 1 year expiration date from time of purchase.

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 the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

***Check weekly eNews and online enrollment at sclhresidents.com for the most up-to-date information on SGT classes or email Rex.Owens@sclhca.com with questions.**



Urban Poling

(aka Nordic Walking)

Mondays & Fridays

September 3-27

11:50 AM to 12:50 PM

Aerobics Room (KS)

and Tuesday & Thursday

September 7-30

12:55 PM to 1:55 PM

Aerobics Room & Indoor Track (OC)

\$136 (eight sessions)

Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a Full Body Aerobic Exercise by simply adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; reduce the impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Limited loaner poles available. Instructors: Mon & Fri: *Renae Schmidt*, Tues & Thurs: *Rex Owens*.

SGT—Pulmonary Exercise Class

Returning Soon!

TBD

\$68 (four sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.

SGT—Walk on the Wild Side L1 (Seasonal)

Coming Soon!

TBD

Experience the beautiful trails of Lincoln Hills guided by a trainer with exercises along the way. Incorporate warm-up, strength training and

conditioning, balance and coordination, and stretching while walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side!' This class is designed for beginners. Instructor: **MaryAnn DePietro**.



SGT—Pick Up The Pace L2 (Seasonal)

Cancelled

Similar to SGT 'Walk on the Wild Side,' but adds a little intensity and distance to your walk. Includes warm-

up, strength training and conditioning, balance and coordination, and stretching, all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and 'Pick Up The Pace!' This class is designed for faster-paced walkers. Instructor: **MaryAnn DePietro**.

SGT—Fit Fusion L2/3

TBD

Come try a great total body, circuit style class that incorporates new tools and exercises! This class focuses on all the important elements of a workout (Stability, Endurance, Strength, = better Coordination, better Movement, and better energy) with a little bit of boxing mixed into the fun. Craig's new styles of training, along with new training equipment, is guaranteed to give you the motivation you need while improving your overall health. Now is the time, sign up and take our workouts to the next level! Instructor: **Craig Wasley**.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays

September 7-30

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional 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 are encouraged. Instructor: **Deanne Griffin**.

SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays

September 6-29

3:05 to 4:05 PM

Aerobics Room (KS)

\$136 (eight sessions)

Are you 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. Instructor: **John Ramos**.

SGT—TRX Circuit L2

Tuesdays & Thursdays

September 7-30

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructors: **Craig Wasley/MaryAnn DePietro**.

SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays

September 6-29

12:55 to 1:55 PM

Aerobics Room (KS)

and Tuesdays & Thursdays

September 7-30

10:45 to 11:45 AM

Aerobics Room (KS)

\$136 (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: Mon & Weds: **Renae Schmidt**, Tues & Thurs: **Craig Wasley & MaryAnn DePietro**.



SGT—Balance & Fall Prevention L1

Mondays & Wednesdays

September 6-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$136 (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: *Renae Schmidt*.

SGT—Therapeutic Water Exercise L1

Wednesdays, September 8-29

11:50 to 12:50 **Or**

Fridays, September 3-24

10:45 to 11:45 AM

Indoor Pool (OC)

\$68 (four sessions)

Therapeutic-style exercise program in the pool! The warm water helps 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 and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Wednesdays Nina Baldi - Fridays Lisa Fisher*.

**SGT—Rock Steady Boxing**

Thursdays, September 9-30

2:00 to 3:00 PM **Or**

Tuesdays, September 7-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

This 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. *Gloves and wraps are sold at Fitness Centers*. Instructor: *Craig Wasley*.

Live Stream Class Passes

****Live Stream Classes are not offered at this time.**

You will need to use the Mindbody app on your phone or access it from your computer. You will

need to set up your account, search on the SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored grids on pages 86-89 for days and times.

We also offer 60 minute Punch Pass classes for \$4.50 each. Purchase your Punch Passes, or your Fast Class Passes at either Fitness Center front desks. 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 under WellFit tab. **PUNCH PASS EXPIRATION UPDATE: Punch Passes purchased before Dec. 1, 2019, will NEVER expire. Passes purchased Dec. 2, 2019-Dec. 1, 2020, have a NEW expiration of December 1, 2021.**

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OC WellFit Class Schedule August/September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 - <i>Joanie</i>	Step L2/L3 - <i>Kim</i>	Stretch It Out L1/L2 - <i>Nina</i>	Step L2/L3 - <i>Kim</i>	Starts August 13th! Basic Step & Strength L1/L2 - <i>Shirley</i>	9:00am Core Strength L2 - <i>Helena</i>	
9:40	20/20/20 L2/L3 - <i>Gretchen</i>	Core-N-Strength L2/3 - <i>Kim</i>	Strictly Strength L2/3 - <i>Katie</i>	Core-N-Strength L2/3 - <i>Kim</i>	TBA	Strength & Athletic Stretch L2/L3 - <i>Helena</i>	
10:45	Piloga L2/3 - <i>Gretchen</i>	Yoga Flow L2 - <i>Amy</i>	Slow Flow Yoga L2/3 - <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 - <i>Jennifer</i>	Barre L2/L3 - <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 - <i>Nina</i>	Cardio Kickboxing Low Impact L1-L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 - <i>Joanie</i>	Sit & Be Fit L1 - <i>Joanie</i>	Staying Active with Arthritis L1 - <i>Beth</i>	Sit & Be Fit L1 - <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55		Coming Soon! SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>	Cha Cha Chair L1 - <i>Beth</i>	Coming Soon! SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>			
2:00		Tai Chi Qigong L1 - <i>Anney</i>		Pulmonary Exercise L1 - <i>MaryAnn</i>	Tai Chi Qigong L1 - <i>Anney</i>	Tai Chi Qigong L1/L2 - <i>Anney</i>	
3:05	Chair Yoga L1 - <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit L1 - <i>Nina</i>	Recently added! Healthy Living Exercise L1 - <i>John</i>	Tai Chi Qigong L2 - <i>Anney</i>		
4:10							
5:15	Yin Yoga L1-3 - <i>Nina</i>	Starts Aug 10th! 20/20/20 Happy Hour Workout! L2/L3 - <i>Sue</i>	5:00pm New! Quiet the Mind L1 - <i>Sheri</i>	20/20/20 Happy Hour Workout! L2/L3 - <i>Kim</i>			
Group Exercise Classes (punch pass 55 minute) \$4.50							
30 min Group Exercise Classes (Fast Pass) \$2.50							
Wellness Classes (session based, sign-up ahead each month)							
Small Group Training (SGT 60 minute) session based, sign-up ahead							

Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.

Class schedules in the Compass may not reflect recent changes.

This grid was updated 7/29/21 - For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

KS WellFit Class Schedule August/September 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:30	All Cycle L2/L3 - <i>Helena</i>		All Cycle L2/L3 - <i>Erin</i>		All Cycle L2/L3 - <i>Helena</i>		
8:35	Cardio Strength L2/3 - <i>Helena</i>	Intro to Cycle L1 - <i>Helena</i>	Yoga Flow L1/L2- <i>Erin</i>	Zumba L2/L3 - <i>Sharon</i>	Zumba Toning L2 - <i>Ruby</i>	Cardio Strength L2/L3 - <i>Katie</i>	
9:40	Strictly Strength L2/3 - <i>Katie</i>	Zumba Gold L2 - <i>Joanie</i>	Intro to Pilates L1 - <i>Erin</i>	Piloga L1 - <i>Lola/Cynthia</i>	Strength & Athletic Stretch L2 - TBA	Yin Yoga L1-3 - <i>Katie</i>	
10:45	Yin Yoga L1-L3 - <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Cardio Strength L2 - <i>Beth</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	<i>Coming Soon!</i> Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'tional Fit L3 - <i>Deanne</i>	Living with Foot/Ankle Pain - <i>Lisa & Danielle</i> <i>August 18-25</i>	SGT - 'Fun'tional Fit L3 - <i>Deanne</i>	<i>Coming Soon!</i> Urban Poling (Nordic Walking) L1 - <i>Renee</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 - <i>Joan</i>		
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	Tai Chi Qigong L2 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			
Group Exercise Classes (punch pass) 55 minute \$4.50							Wellness Classes (session based, sign-up ahead) 60 minute
30 min Group Exercise Class (fast Pass) \$2.50							Small Group Training (session based, sign up ahead) 60 minute
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							

Class schedules in the Compass may not reflect recent changes.
This grid was updated 7/29/21 - For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Class Schedule August/September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2/3 - Nina	OC	Aqua Surge L2/3 - Jiji		Aqua Surge L2/3 - Nina	OC	OC
8:35	Power Waves L3 - Nina	8:45am Aqua Intervals L2/3 - Beth	Power Waves L3 - Jiji	8:45am Aqua Intervals L2/3 - Lisa	Power Waves L3 - Nina		
9:40	Splash L2 - Jiji	9:50am Aqua Intervals L2/3 - Beth	Splash L2 - Lisa	9:50am Aqua Intervals L2/3 - Lisa	Splash L2 - Lisa		
10:45	Fluid Moves L1 - Jiji		Fluid Moves L1 - Lisa		Therapeutic Water Exercise L1 - SGT - Lisa		
11:50			Therapeutic Water Exercise L1 - SGT - Nina				
2:00	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm	Kids Swim 2:00-4:00pm
4:00							
4:30	Power Waves L2/L3 - Danielle		Power Waves L2/L3 - Nina				
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers or schresidents.com for the most up to date class schedule.							
Small Group Training - SGT - 60 minutes (session based, sign up ahead)							
Group Exercise Classes - 55 minutes (punch pass) \$4.50							

Class schedules in the Compass may not reflect recent changes.

This grid was updated 7/30/21 - For the most up-to-date class schedules visit the WellFit page on schresidents.com

Pilates Reformer WellFit Class Schedule August/September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:30	Reformer L1-L2 - Gretchen			Reformer L1-L2 - Cynthia			
8:30	Mixed Equipment L1-L2 - Gretchen	New! Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Cynthia		Reformer Basics + L1-L2 - Cynthia		
9:30		Reformer Basics + L1-L2 - Valerie	Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Julie	Mixed Equipment L1-L2 - Cynthia		
10:30		Reformer Basics + L1-L2 - Valerie	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Julie	Reformer Basics + L1-L2 - Cynthia		
11:30		Reformer L1-L2 - Julie	New! Reformer L1- L2 /Cardio Jump & Core L2 - Gretchen	Reformer L1-L2 - Julie			
12:00					12:00 Cardio Jump & Core L2 - Gretchen		
12:30		Mixed Equipment L1-L2 - Julie	Recently Added! Reformer Basics + L1-L2 - Gretchen				
4:15				4:15pm Reformer L1-L2 - Valerie			
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.							

Class schedules in the Compass may not reflect recent changes.

This grid was updated 7/30/21 - For the most up-to-date class schedules visit the WellFit page on schresidents.com

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge MON–FRI: 8:00 AM–5:00 PM SATURDAY: 8:00 AM–12:00 PM	WellFit Orchard Creek Fitness MON–FRI: 5:30 AM–8:30 PM SAT–SUN: 7:00 AM–8:00 PM
Kilaga Springs Lodge MON–FRI: 8:00 AM–5:00 PM SUNDAY: 8:00 AM–12:00 PM	Kilaga Springs Fitness MON–FRI: 5:30 AM–4:00 PM SAT–SUN: 5:30 AM–1:30 PM
Lifestyle Desks (OC/KS) MON–FRI: 8:00 AM–4:00 PM SATURDAY (OC): 8:00–11:30 AM SUNDAY (KS): 8:00–11:30 AM	Meridians Restaurant Meridians / Sports Bar DAILY: 11:00 AM–8:00 PM Curbside Pickup: DAILY: 11:00 AM–7:00 PM SCLH Delivery: DAILY: 4:00 PM–7:00 PM
Membership Desk MON–FRI: 8:30 AM–4:00 PM	Kilaga Cafe WED–SUN: 7:00 AM–3:00 PM
The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	

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Director of Lifestyle, WellFit & Spa
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