

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 American Pie – Our Love of the Automobile

19 Wheel Love

Calendar of Events

July 15 – August 13

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

Date	Event	Page #
7/15	Golf Cart Registration	50
7/19	Document Destruction.....	50
7/20	Cool Hand Luke - Movie.....	50
7/21	Conversations	50
7/22	KS Comedy Night.....	55
7/29	SF Giants vs LA Dodgers.....	59
7/30	Cherry Bomb	52
8/2	A Quiet Place - Movie.....	50
8/5	Golf Cart Registration	50
8/11	The Abbott Group	75
8/13	Jared Freiburg & The Vagabonds	52

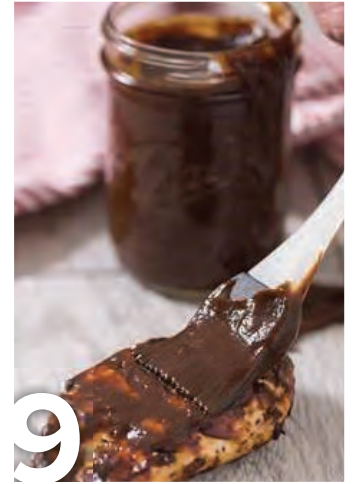
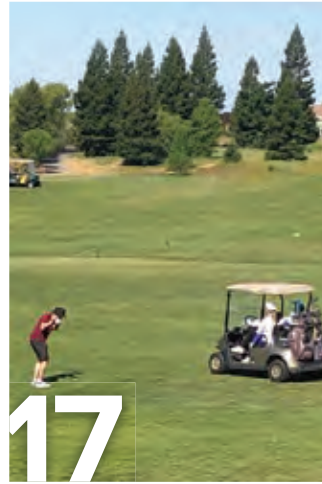
Upcoming Association Meetings: July 15 – August 31	
Finance Committee Meeting	Thursday, July 15, 9:00 AM
Special Election Committee Meeting	Tuesday, July 20, 2:00 PM
Board of Directors Meeting	Thursday, July 22, 9:00 AM
Board of Directors Executive Session	Thursday, July 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, July 26, 9:00 AM
Special Election Committee Meeting	Tuesday, July 27, 2:00 PM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, August 3, 9:30 AM
Special Election Committee Meeting	Tuesday, August 3, 2:00 PM
Compliance Committee	Wednesday, August 4, 9:00 AM
Properties Committee Meeting	Thursday, August 5, 9:00 AM
Elections Committee Meeting	Friday, August 6, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 9, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, August 10, 10:00 AM
Special Election Committee Meeting	Tuesday, August 10, 2:00 PM
Board of Directors Workshop	Tuesday, August 12, 2:00 PM
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
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!
<h3 style="color: #0056b3;">Committee Openings</h3>
<p>Below are Committees that need your volunteer time and expertise. Committees with openings include:</p> <ul style="list-style-type: none"> • Compliance Committee • Properties Committee • Finance Committee
<p>Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).</p>

Contents

ASSOCIATION NEWS

- 4** Special Election
- 5** A Note from the Executive Director
- 6** Committee Reports
 - Finance
 - Architectural Review
 - Compliance
 - Communications & Community Relations
 - Properties
 - Clubs & Community Organizations
- 9** Department News
 - Food & Beverage
 - Lifestyle News & Happenings
 - WellFit News



COMMUNITY PROFILE

- 13** American Pie...Our Love of the Automobile
- 15** National Night Out "Kickoff"!
- 17** Home on The Range with America's (Adopted) Game
- 19** Wheel Love



IN EVERY ISSUE

- | | |
|----------------------------|-----------------------------|
| 21 In Memoriam | 55 Entertainment |
| 21 Library News | 59 Trips |
| 23 Club News | 61 Class Index |
| 43 Support Groups | 62 Lifestyle Classes |
| 47 Bulletin Board | 71 WellFit Classes |
| 50 Community Perks | 86 Contacts & Hours |
| 51 Community Forums | 87 Ad Directory |
| 52 SACS | |

On the Cover
*Rods & Relics and Sports Car Clubs
celebrate the Fourth of July
parading through Lincoln Hills
– Photo by David Wright*



A Note from Your Board, Special Election Committee, and Amendment Task Force Your Vote is Critical!

Background Information

This fall, the community is having a special election to reinstate the Fixed Mandatory Assessment (FMA) and bring some of our governing documents into alignment with how we do business. Additionally, the Board of Directors created the opportunity for any resident to propose a change or addition to the current governing documents for consideration. Submissions were taken up until the June 15 deadline and were evaluated by the Board with all submissions receiving a response.

Informational Events

The Board of Directors held several workshops to communicate the ballot items and receive feedback. Along with the workshops, there have been Q&As created, and weekly eNews items developed. As we go forward, residents will have the chance to attend activities to chat with Board members and have their questions answered. There will also be a series of neighborhood Pocket Park gatherings where residents can mingle, share their thoughts, and meet with Board members. We highly encourage residents to take advantage of these opportunities to talk, get clarity and vote confidently. Watch eNews for other activities and save room for ice cream in September as we host a "Get Out the Vote Ice Cream Social."

Want to Get Involved?

A special election is a significant undertaking and one that is not taken on lightly. The need for participation from our residents is critical as we need over 5000 ballots returned. We also need lots of help reaching out to residents who may not fully understand the purpose of this election. We are asking anyone who wants to volunteer to be part of the outreach to contact Gail Moretti at gail.moretti.2021@gmail.com. There is plenty to do and a chance to be part of the action.

Ballots Delivered to You

Ballots will be in your mailboxes around September 3 and must be returned for counting by October 6. The Special Election will be held on October 7. If you will be gone during that time, your vote can still count by submitting a Proxy Ballot. Proxy package applications may be obtained through the Administrative office beginning in August. The package will contain the description of the amendments to be voted on and authorization forms to allow a homeowner friend or neighbor to serve as your proxy and vote on your behalf. Your proxy simply exchanges your Proxy Ballot Authorization for a Ballot, and your proxy votes for you. It's easy, and you will have your say in this election.

eNews Updates

Watch for eNews bulletins with dates and times of informational opportunities. Go to the resident website and click on the Special Election button, where all information is published as it is being developed.





A Note from the Executive Director

Robert Richardson, Executive Director

Lincoln Hills is a very safe place to live. It is something we should be proud of and value for its rareness. That being said, it doesn't mean that nothing ever happens here, just typically more seldom and less severe. For example, several weeks ago, a car was broken into at the Sports Pavilion, and a purse was taken – all in the mid-afternoon.

Now burglars such as these are criminals of opportunity. They generally target homes or vehicles which they believe they can get in and out of easily and quickly. Because the longer they are there, the greater the chance of being caught. Unfortunately, many of us make it easy for them to get into our homes and vehicles because we do not lock them. Whether it be through an open door or an open garage door, many times, burglars strike without having to break anything at all to get in.

Yes, they could pick a lock or break a window, but that takes time and makes noise. So, instead, many just go from house to house or car to car, looking for unlocked access. In many cases, to keep ourselves and our valuables safe, we simply need to lock them or follow some of these safety tips:

- Keep trees and shrubs pruned.
- Install security cameras.

- Leave a radio or TV playing when you leave the house.

- Do not put your outdoor spare key someplace obvious, like under a mat or plant. Make sure your doors and windows stay locked even when your home.

- Install an alarm system.

- Set timers on your interior lights.

- Install a doorbell camera.

- Make sure your exterior is well lit.

- If you must leave valuables in your car, lock them in the trunk.

Now back to a few weeks ago at the Sports Pavilion, new security cameras have been installed, and more are on the way. In fact, we were able to obtain footage of the couple who broke into the car, including some excellent close-ups which we forwarded to the police. Along with that footage, we watched how they went about casing the area and how they broke into the car.

So, who was this couple? Well, we do not know as yet, but they looked to be almost old enough to live here, and if you walked past them in the grocery store, you wouldn't think twice about them.

This is a great lesson for all of us. Take the basic precautions, know your neighbors, and do not forget to join our amazing Neighborhood Watch!



Finance Committee

More Positive Results in May

Fred Raach, Chair

Total revenues, including dues for the first five months of 2021, were \$5,673,000, and total expenses \$5,357,000, producing a net positive revenue of \$315,000. Dues revenue was \$4,511,000, and other revenue (primarily from fees charged by operating departments) was \$1,162,000. Actual results for the year-to-date were \$311,000 better than budget, a \$96,000 increase from last month.

The budget, used to determine dues for the year, assumed that Placer County would be in the Orange tier for the entire month of May. While this did not occur, restrictions were loosened enough that the operating departments were able to generate \$68,000 more revenue than the budgeted amount for May. As a result, for the year-to-date, total other revenue exceeded the budgeted figure by \$305,000.

Total expenses for the first five months were \$6,000 lower than budgeted. Less than budgeted expenditures on personnel, landscape maintenance, insurance, and general maintenance and supplies, more than offset overages in the cost of sales (related to more revenue), administrative expenses (largest overages in legal fees and ADP fees), and utilities (primarily from an increase in the per-gallon charge for water).

Overall department net results were \$96,000 better than budgeted in May and \$311,000 better for the year-to-date. Administration, Lifestyle, Communications, WellFit, and Facilities had better results than budgeted for May. Meridians and the Spa were the only depart-

ments whose net results did not meet budget in May, but the Spa remained better than budget for the year-to-date.

Reserve expenditures for 2021 were projected to be \$2.1 million. Through May, \$527,000 has been spent, the bulk of which has been street light replacement, completion of the Orchard Creek pool renovation, resurfacing the Kilaga indoor pool, and the Sports Pavilion project.

Department management has primary responsibility for determining when reserve components need replacement. To clarify the role of the Properties Committee in this process, the Finance Committee recommended the Board modify the Reserve Chapter in the Accounting Policy Manual to specify the contents and distribution of the Properties Committee inspection reports and establish a requirement that the Reserve Study incorporates the Properties Committee input.

The unallocated balance of the Community Enhancement Fund at May 31 remained at \$1.2 million. At the end of May, the current "in process" projects, with allocated money still to be spent, are Trail Enhancement, Video Upgrade for the OC Ballroom, Needle Arts Room expansion, Sports Pavilion Upgrade, and the Kilaga Pool Refurbishment.

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



Architectural Review Committee Applications

Carole Dummett, Chair

Community Standards provides staff for ARC activities, including filtering all applications submitted and placing them on our meeting agenda. Please review your application to determine if you have included all pertinent information. Color photos are essential and must provide a full view of the front of the house and improvement area.

All landscape plans must show a qualified street tree in the front yard and open space/golf course backyards, even if an existing tree. Please refer to Appendix A of our Design Guidelines for approved trees. Also, make a notation if a tree is being removed as part of a new landscape plan.

Applications without all documentation will not be processed or placed on our agenda.

If you receive a phone call or email from Jessie Krost, please respond immediately as there may be questions or missing information on your application. Within 48 hours of the ARC meeting, your application will be avail-

able for pick up at the Lifestyle Desk at OC.

With the re-opening of our facilities, Community Standards will require a scheduled appointment for both ARC and Compliance questions to meet with a staff member. Meetings are limited to 15 minutes so please be prepared to discuss your concerns within this time frame. You may schedule an appointment by going to <https://form.jotform.com/211615334918152>. You also may call or email: Jessie Krost at 916-625-4008 or Sam McKee at 916-625-4006. Please remember, other than application submittal and status, the ARC can accommodate most questions regarding your proposed improvement. You may send inquiries to arc@sclhca.com. Unfortunately, we do not have access to information involving property addresses, status, previous paint colors or existing compliance issues.

Please visit the Resident Website for ARC information, forms, and Sherwin Williams Paint Palettes. We are listed under Committees.



Compliance Committee

Who to Call?

David Mateer, Chair

From time to time, Community Standards is contacted about some items which they may not be able to assist with. Some examples of this are parking issues.

Our community's CC&Rs do provide restrictions on some on-street parking and also some for parking at private homes. For example, overnight parking is not allowed for most vehicles. Vehicles parked on the street between midnight and 4:00 AM would be considered parked overnight.

However, there are provisions for parking RVs, trailers, and some larger vehicles on the street for limited amounts of time. This is 48 hours at a time, with no more than 120 hours during a calendar month.

Community Standards does get complaints about other types of parking and driving in our community. Sometimes this is due to a vehicle parked that blocks the sidewalk or an RV with slideouts extended and orange cones in the street. These problems can not be addressed by the Association as they are not a part of our Governing Documents. The Lincoln Police would be the appropriate party to report these problems to, they have a parking enforcement team that works on weekdays. If you feel there is an unsafe condition, please



contact the Lincoln Police Department. Based on their workload, they should be able to assist.

We also receive complaints of walkers and pets on the golf course. The golf course is not owned nor managed by the Association. The golf course to be used only by golfers.

Walking, riding, or walking your pets on the golf course can be hazardous. As a golfer, I can attest that golf balls do not always go where intended and can cause injury. Oversight of who is on the course is the responsibility of the golf course management. Problems with use or maintenance should be reported to the golf course directly.

All complaints are reviewed, and important to keep our community the great place it is. We cannot provide feedback on filed complaints due to state privacy regulations.

So it seemed important to mention some of the things we cannot address.

The level of activity in our community is increasing as everything opens up. This has included additional levels of routine property maintenance, which keeps everything nice.

Summer is here, and our facilities are open. I hope everyone is able to resume enjoyment of everything our community has to offer.

Communications & Community Relations Elections and Forum – Your Input is Important

Denise Bowden, Chair

Communication is a two-way street: a message is sent; a message is received. Sounds simple, doesn't it, but in reality, it's not. Communication is not one size fits all. What works for one person is a total miss for another. Our challenge here in Lincoln Hills regarding the Special Election to amend our governing documents is reaching close to 11,000 people, each one receiving and interpreting their own way.

This really hit home at the June CCRC meeting. We asked for feedback regarding communication about the upcoming special election. After several workshops, numerous eNews messages and a special button on the website for all videos, Q&A, and executive summaries, it seemed like the communication bases were covered. To our surprise, the very things we were doing were the exact items that attendees suggested that we needed to do and didn't think we were doing.

Now that is truly a conundrum. Communication is critical, not only regarding this Special Election but

our everyday efforts to keep residents informed. As a committee, we want to know your thoughts on new/different ways to connect and communicate with our residents. Please help us find ways to reach as many residents as possible now and throughout the year. Send your ideas to ccrc@sclhca.com; creativity and out-of-the-box thinking is encouraged. My out-of-the-box thinking is this: When you read this article in the *Compass*, please send me an email at ccrc@sclhca.com to let me know you received what I sent!

While we are on the topic of feedback, Community Forums are experiencing a steady loss of attendance. Have the Forums run their course, is Zoom a deterrent to participating; what topics would encourage greater attendance? There will be a short survey to collect your input but feel free to send ideas to the email address above. We want to continue to offer entertaining and educational Forums, your comments are important.



Properties Committee

Welcome!

Lynne White, Committee Member

Whether you're a homeowner, a guest, or an employee of Lincoln Hills, at some point, you will pass the sign "Welcome. Sun City Lincoln Hills." The Properties Committee takes that signage very seriously. For our guests, we never get a second chance to make a first impression. For our employees, Lincoln Hills should always be a friendly and inclusive environment. For homeowners, they pay to live in a well-kept community run by the Homeowners Association. The sign isn't just five words. For our committee, the sign represents our mission to provide everyone with exceptional services.

What are you looking for? The Sports Pavilion, the trails, Meridians Restaurant, the Spa at Kilaga Springs, Orchard Creek Lodge, or Kilaga Springs Lodge? Whatever you want to do, our signs will direct you. We want to ensure that when our residents arrive at any facility or outdoor recreational area, it is in good condition. We work hard to make that happen.

By the time you read this, the sewing room expansion will be underway. The Sports Pavilion parking lot expansion is out for bids and Kilaga Springs garden

fence and swimming pool projects should be completed. The water feature wall painting and repair are in the pipeline, as well as the Blue Heron Bridge. For all of our hikers and walkers, the overhanging trees have been cut back, so the walkways are clear of debris. It keeps tennis shoes a bit cleaner and all of us safer.



Our grazing herds will be back for additional firebreak work. The wood rail (concrete) fencing installation materials are expected in July or August, and installation of post and cable fencing along the golf course is set to start.

Since 2020, we have been working with a scaled-down staff in maintenance. Erik Rosales, our Facilities and Maintenance Manager, informed our committee about the complexities of getting to a full team. Hiring is the first step, but after that, he has to

train every new employee to get to a level of competence, so they can do a job on their own. Only then will we be able to be fully staffed. The Properties Committee work is never going to end, which is a good thing. We strive to make the "Welcome. Sun City Lincoln Hills" sign a gateway to our beautiful community every day.

Clubs & Community Organizations

Bylaws & Clubs

Michael Deal, Chair

CCOC is the committee that you rarely hear about. We meet at 9:30 AM on the first Tuesday of each month.

We review and recommend to the Board of Directors actions to be taken with respect to club bylaw applications and for the administration of proper relationships between the Association and its recognized clubs and other community organizations.

We help any of the 71 recognized clubs with revising their bylaws. If your club is looking to revise or re-write your bylaws we are here to help.

Last month we helped the Lincoln Hills Ladies Golf XVIII Club. In the months to come, we will

be rearranging the SCLHCA Club Information and Guideline Handbook to make information more logical. It was last changed on December 21, 2017. This Handbook is helpful to any club wishing to revise its bylaws.

We will also be considering the Computer Clubs revised bylaws, and the Board may approve them at the August Board Meeting. Our Clubs are the heartbeat of our lifestyle in Lincoln Hills. If you're curious about any club just log into the Resident Website and click on Clubs. You can view the details of any Club. Look for more CCOC information in the coming months.

Let us serve you with a view

Meridians
Restaurant & Bar

Greetings!

Jim Trondsen, Director of Food & Beverage

Greetings, Lincoln Hills. For those of you I have met, thank you for your good wishes and support. Those I have yet to meet hello my name is Jim Trondsen, and I am your new Director of Food & Beverage. I am excited to have joined the team and very hopeful about what the future has in store.

My initial focus is to do what I do best, and that is running restaurants. We have a busy few months ahead of us ramping up the department so that you can once again fully enjoy this amenity. Staffing is a big hurdle for the restaurant industry, and we are struggling to meet the demands of our ever-increasing business. Although increased business is a great thing, we will struggle from time to time when a day gets a little busier than expected. Patience and understanding will get us through.

Thank you for all your inquiries regarding Trivia night, Tuesday dance night, and questions such as when will Kilaga Café' open and are you bring back breakfast. Our goal is to return to a new normal as quickly as possible; as noted, staffing will have to be in place to make many of these activities work, but we are moving forward. Kilaga Café' reopened on June 9 on a limited basis, we hope to be dancing the night away sometime in late July, and I will continue to work on restoring the other items of interest.

Our food and beverage offerings have gone through a transformation. We have and will continue to evaluate and modify all offerings to ensure consistency and quality with value in mind that you can be proud of. If, for any reason at the time of your visit, if something is not to your taste, please talk with the server or a manager. We will be more than happy to remake that item or make you another dish. If you do not let us know, we cannot correct the issue. Just like at home, sometimes it just doesn't come out the way you had intended. We are human and do make mistakes, so please allow us the opportunity to correct them.

From all of us in the Food & Beverage Department, thank you for your support and patience as we transition into a new era.



Chef's Recipe of the Month:

Root Beer BBQ Sauce



This a great sauce to host friends over to grill, and brush this on grilled chicken thighs, pork tenderloins, or even ribs (beef or pork)! Enjoy. – Chef MJ

Ingredients

- 1 Tbsp oil blend 80/20
- 4 garlic cloves, whole, peeled and smashed
- 1 yellow onion (medium diced)
- 1 8 oz. can tomato paste
- 2 cups granulated sugar
- 1 cup molasses
- 2 Tbsp worchestershire sauce
- 2 Tbsp liquid smoke
- 1 liter root beer
- 1 cup apple cider vinegar
- 1 cup white wine vinegar
- 1 Tbsp smoked paprika
- 3 tsp black pepper
- 2 tsp kosher salt

Directions

In a large saucepot, over medium-high, heat oil and sauté onion and garlic until completely translucent. Stir in tomato paste, and cook until the paste has a golden color. Add sugar, molasses, worchestershire sauce, and liquid smoke. Stir until fully incorporated, and bring to a boil. Slowly add remaining ingredients, making sure to keep stirring as not to burn.

Once all ingredients are incorporated, bring to a boil for 5 minutes, and reduce to medium-low heat and simmer until lightly thicken (should be able to coat the back of a spoon). As soon as it has become thicker, blend or emulsify, and place in a separate container. Allow to chill at room temp for about 30 minutes, and refrigerate immediately after.



Lifestyle News & Happenings

Celebrating US and A

Lavina Samoy, Lifestyle Manager

This year marks our country's 245th year as an independent nation. We have gone through a lot this last year and a half and have so much to be grateful for. I am grateful for our veterans and our military for all the sacrifices they have made to defend our democracy as well as to all our medical front-liners who continue to fight a different battle to save lives. Our resilience has been tested, but we have proven time and time again that we will rise. Our beloved country will continue to stand strong and proud.

I hope you all had a great time celebrating with your family and friends during the 4th! Isn't it wonderful to be able to hug and see each other's smiles in person?

We will bring this same celebratory feeling on July 30 for our second concert in the Summer Series with music from Cherry Bomb paying tribute to John Mellencamp (page 52). Tickets are now available for all remaining concerts in the series (page 52). The Presentation Hall will be reverberating with laughter as we bring our first live and in-person Comedy Night featuring Stephen B on July 22 (page 55). Acclaimed jazz saxophonist Greg Johnson starts off our intimate concerts in the Presentation Hall

on August 17 with special guests to deliver favorite jazz standards and original compositions (page 55). We are so lucky to catch him before he sets off for his tour.

Tickets to Andrea Bocelli's Believe World Tour at the Golden One Center on October 23 go on sale July 17 (page 59). We anticipate tremendous interest on this trip, so tickets will be limited to two per household.

Almost all our fun classes are back! If you are new to the community, this a great way to meet friends while learning a new hobby or interest. Check out the list of classes under the Class Index Section of the *Compass*. If you have an interest that we do not offer and have an instructor in mind, particularly art instructors, please email Betty Maxie, Lifestyle Class Coordinator at Betty.Maxie@sclhca.com, so we can explore possibilities.

Thank you to our Clubs and Groups for their flexibility and understanding while we work on getting our lodges fully opened and supported. We appreciate your cooperation with setups and schedules.

Let's continue to celebrate **US** and **America** the beautiful! Cheers to more happy times ahead!





WellFit News

Time to Take a Class!

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Things are looking bright around here. We have had a couple of Thursday happy hours and our first Summer Concert on the books! I love seeing all the people back in the lodges and fitness centers and do what we do best, stay active and engaged!

WellFit is off to a good start, providing most of our Punch Pass classes again at both locations. Classes offer a great way to get back in shape, gain professional direction from instructors, keep you motivated and meet new friends. You will notice we have some new formats, new instructors and still have some of our old favorites. If you are new to Lincoln Hills or have not taken a class in a long time and unsure where to start, the first place to look is under the WellFit Classes section of the *Compass*, where we have our class grids. These show you where and when classes are. You can find the grids and the class descriptions on the Resident Website as well. Each class has an L1, L2, L3 listed in the box. These stand for exercise levels. This is to give you an idea of what to expect from



the class. It is hard to differentiate the levels when you compare, say, a level 1 water class to a level 1 land class. Again, they are there to give an idea of what to expect.

If you only have a specific time, you can take a class, and it reads a level 1, and you think you are beyond that, you can modify the class by adding heavier weight, so don't let that keep you from attending.

Punch Pass classes cost \$4.50 each. You can purchase classes at either WellFit front desks or on the Resident Website located under online enrollment. You can purchase as many classes you want, and they stay on your account and get deducted when you check into class. Unfortunately, punch Passes do expire a year from purchase, and we don't offer refunds.

This month we are highlighting our cycling classes. See the ad on page

80. Cycling classes are a low-impact cardio workout, easy to modify for your fitness level, and some offer strength components. If you have questions about these classes, don't hesitate to reach out to WellFit, we will be happy to gear you in the right direction.

JUDEEN ELECTRIC
Lic. #880726

ROGER L. JUDEEN
916-524-7044

30 Years Experience | Custom Pipe Work
Low Rates | Residential | Commercial
Industrial | Panel Upgrades and Installs
No Job is Too Small or Large

95+ Years In Business

The Genuine. The Original.

OVERHEAD DOOR

Overhead Door Company of Sacramento™, Inc.

"The Largest Selection of Garage Doors in Northern California Since 1953"

Sales * Installation * Service

Residential * Commercial * Garage Doors * Operators
Free Estimates * Installed & Serviced by Professionals

www.OHDSAC.com

(916) 421-3747

6756 Franklin Blvd., Sacramento, CA

CSLB#355325

Don't Be Fooled by Our Competitors. Look For the Ribbon!

Come See Our Showroom!!!!

Mon-Fri 8-5PM
Sat 9-12PM



DO YOU SPA?

Summer Blueberry Refresher Facial

This facial is perfect for the increased sun exposure. A potent dose of antioxidants with a nourishing blueberry and vitamin C peel offers complete rejuvenation and vitality. Additional value is an uplifting eye treatment and a stimulating Led Light therapy session.

Special \$150 Normally \$178



hydracial

Hydracial Special • Deluxe \$209 (Normally \$239)

All Specials valid July 15 - August 15

Signature Massage

Relax without worry. This treatment includes 2 enhancements that your experienced therapist chooses for you for your best benefit. Hot Stone, Cold Stone, Himalayan Stone, Deep Tissue, CBD spot treatment, Joint relief lotion and more!

Special 60 minute \$100 (normally \$118)

Special 90 minute \$135 (normally \$153)



Sign up for a membership to receive monthly discounts and other member perks.
No Sign-up Fee • No Cancellation Fee • 10% off Products and Qualified Services

OPEN TO THE PUBLIC | 1187 SUN CITY BLVD. | LINCOLN, CA 95648 | 916.408.4290 | KILAGASPRINGSSPA.COM



Cavalcade of Corvettes

American Pie...Our Love of the Automobile

Richard Pearl, Roving Reporter



4th of July routing through
Lincoln Hills

America's love affair with the automobile is as old as the Model T, and nowhere does this love manifest itself more than in California. Ratchet that love up a notch when it comes to sports cars. For some sports enthusiasts, it's a casual hobby and relaxation outlet. For others, they turn into collectors.

Just what is a sports car? According to past Lincoln Hills Sports Car Club (LHSSC) president Chuck Schmidt, no specific definition is used for admittance to the club, but "we know one when we see it." Yes, most all have only two seats, but entry is allowed if the rear two seats can't hold additional adults. Certainly, there's no historical vehicle age limit, and the club member's cars range from fairly old to brand new. Some are 'garage queens' with virtually no mileage, and some are used as the daily ride.

The current Sports Car Club lists 91 households and 165 residents, with a total vehicle complement of 91 cars spread over 14 brands (several of the members have more than one sports car, several are between vehicles).

Mercedes top the list at 24, with Corvette's a close 23.

The Club makes many day trips throughout the year and numerous extended trips. They also participate in local events to show off their passion (and their wives and/or S.O.'s). Events have included a Fourth of July parade, unique rides such as the Thanksgiving Turkey Drive (dropping off donated turkeys for those Lincoln families in need), and drive-bys to celebrate someone special, for example, Lincoln Hills WWII Navy veteran Charlie McCarty on his 95th birthday.

I've got a 2008 Atomic Orange Corvette convertible with a manual shift. It's great fun to line up for an outing, talk 'smack' with the other car owners, and head out while attempting to keep formation. This gets particularly tricky when we venture outside Lincoln, so we use walkie-talkies, enabling the lead and 'tail-gunner' vehicles to maintain control of our individual groups of ten cars. Sometimes we join up with the Rods & Relics group, and then the procession really gets long and occasionally formation challenging.

My philosophy is that sports cars are impractical but great fun. So I'll continue my love affair with my Corvette until getting in and out becomes impossible... at which point I'll probably get Lamborghini doors (that swing up) and a seat lift.



Giving Back – Turkey Drive for
T-Day donation

ESKATON[®]
Transforming the Aging Experience



Trusted for 50 Years

Our award-winning family of senior living communities and services provide a supportive, engaging lifestyle for your loved one.

Connect with our Residential Living Advisors today!

916-827-1480 | eskaton.org

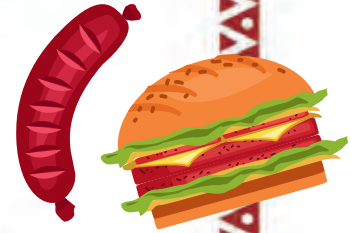
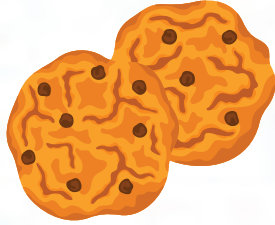


Discover The Eskaton Difference

**Independent Living • Assisted Living • Memory Care
Rehabilitation • Skilled Nursing • Home Care**

NEIGHBORHOOD WATCH PRESENTS

NATIONAL NIGHT OUT KICK-OFF POTLUCK



SIGN UP EARLY SELL OUT EXPECTED

DATE: Saturday, August 28, 2021
TIME: 6:00 pm - 8:00 pm
WHERE: Kilaga Springs Multipurpose Room
COST: \$5.00 per person & nonperishable food for the Salt Mine

Based on the first letter of your last name, please bring the following dish (should be enough to share with 10 people)

A-0 Main Dish and P-Z Salad or Vegetable
COFFEE, TEA, WATER AND DESSERT PROVIDED! NO-HOST BAR

Space is limited so please sign up early and RSVP to NNORegistration@sclhwatch.org or call Suzanne Rosevold at 775-790-0835 by Saturday, August 21, 2021.

Make checks payable to Neighborhood Watch and send to Suzanne Rosevold at 446 Snapdragon Lane, Lincoln, CA 95648

PLEASE WEAR YOUR NAME TAGS



National Night Out “Kickoff”!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch “Kickoff” for 2021 is planned for August 28. The Lincoln Hills “Kickoff” is a pre-celebration potluck to learn more about the registration and guidelines for residents planning a community National Night Out

celebration. Held the first Tuesday in October, National Night Out can be held during the day and into the night. Residents are encouraged to have gatherings to meet their neighbors and show their support for first responders. Fly

the American Flag and turn on your front porch lights as a sign of community solidarity. Come join the pre-celebration potluck “Kickoff” on August 28. Space is limited, so make your reservations early!

Yvonne Holm, Realtor

DRE# 01969667

Responsive, Knowledgeable, Professional

HOLM SWEET HOME



COLDWELL BANKER

**SUN RIDGE
REAL ESTATE**

Each office independently owned and operated

916-616-6555

yvonneholm@me.com

www.LincolnHillsRE.com

ROBERTSON LAW GROUP

Trust & Estate Attorneys

Formerly Robertson | Adams

Our Clients are Our Specialty!

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS
TRUST/ESTATE ADMINISTRATION, LITIGATION
SPECIAL NEEDS TRUSTS



Juliette T. Robertson *
Principal Attorney
SBN 248845



Michelle A. Martin *
Senior Attorney
SBN 278123

**Certified Specialist, Estate Planning, Trust & Probate Law*



458 McBean Park Drive
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551
www.RLGprobate.com

Use Your Guest Bedroom For More Than Just Your Guests!

Over
1500 SCLH
Installations



Minimum Investment, 1 Day Installation

See how easy it is to raise & lower
and listen to what your SCLH

neighbors have to say at: www.easywallbed.com

- Only 16" deep when closed
- Folds down in just seconds to a comfortable bed with a REAL mattress
- More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Visit our Showroom or CALL for a
FREE In-house Consultation!

(916) 258-7564

\$250 OFF

Your next organizational project
(\$1000 minimum)



THE CLOSET DOCTOR

The Cure For The Common Space

CA 757092

Flocchini Circle • #200 • Lincoln, CA



ANSEL PARK
INDEPENDENT LIVING



**EMPTY NEST?
JOIN OUR FLOCK AT ANSEL PARK**

SCHEDULE A TOUR TODAY! 916.407.5970

AnselPark.com 1250 Orchid Drive, Rocklin, CA 95765

A Sagora Senior Living Community



Water hazards are par for the course

Home on The Range with America's (Adopted) Game

David Wright, Roving Reporter

As Fourth of July traditions go, what could be Yankee Doodle dancier than car parades, band concerts, barbecues, and fireworks? How about golf? Though more red-white-and-plaid than an Uncle Sam institution, the Scottish game has evolved to become as American as baseball. Nearly half of the world's golf courses are located in the United States. Modern active-retirement communities are defined by their fairways to heaven. That is no more apparent than here in Lincoln Hills.



Fore!

First-time visitors entering our community are dazzled by the rolling greens of two 18-hole championship courses slicing through our villages. Signs advise drivers to be alert for golf carts traveling in their dedicated lanes alongside the main roadways. Homebuyers pay premiums to live on the links—taking advantage of the daylight scenery, the nighttime serenity, and the opportunity to become well-acquainted with roofers and glass companies.

Despite first impressions, Lincoln Hills does not own the courses. Originally bought by Billy Casper Golf and recently sold to Troon, the links are open to the public. Nonetheless, residents still make up the majority of bookings.

Contributing to Lincoln Hills' country club-like atmosphere, residents can enroll in special discount membership programs, allowing them frequent course use and expanded benefits. Those

desiring more formal tournament play can join nearly 500 members in the three Association-sanctioned Golf Clubs. The Men's Group and the Ladies XVIII play weekly 18-hole events. Women, choosing not to spend half their day chasing the little white ball, can play abbreviated nine-hole matches as "Lady Niners" in the Lincsters Group. To accommodate tee times for all three clubs, each group typically plays on a separate day of the week. Although, just last month, they held their first-ever joint outing—a Flag Day scramble mixing teams with members of each club.

Golf's popularity with retirement communities is no accident. It is a perfect fit for seniors desiring a low-impact exercise in the great outdoors while socializing with pals, honing hacking skills, and keeping competitive. Getting the swing of hitting a golf ball promotes good posture and balance. The concentration required by thinking through the shots and keeping track of the stroke count builds brainpower.



Driving lessons

This month, we celebrate our independence with golf calendars full of "Stars and Stripes" tournaments and firecracker starts. Our active-American lifestyle may be driven by an adopted game on an adopted course, but along the bunker hills of Lincoln Hills, everyone scores an Eagle.

GIBSON & TUTTLE

A Law Corporation

- Estate Planning
- Trust Administration
- Wills/Trusts
- Probate
- Elder Law
- Powers of Attorney
- Health Care Directives
- Tax Planning
- Conservatorships
- Guardianships



Guy R. Gibson Ernest H. Tuttle, IV
**Certified Specialists in Estate
 Planning, Trust and Probate Law**

(916) 782-4402

100 Estates Drive, Roseville, CA 95678

Lic. #800456



Not All Home Care is Alike

Home Care Assistance Provides the Industry's Best Caregivers!

- Our **Cognitive Therapeutics Method™** keeps aging minds engaged through research-based activities designed to improve mental acuity and slow symptoms of mild to moderate cognitive decline.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.



Debbie Waddell, Co-Owner and Director of Client Care. Call me today to find out many other ways we differ from the rest!



Let's talk. **916-226-3737**

HomeCareAssistancePlacerCounty.com
 HCO #314700010

WE BUY

ANY YEAR, MAKE OR MODEL

CARS! TRUCKS! SUVs!

FREE APPRAISAL AT YOUR HOME

We Do ALL the DMV Paperwork!



Montie & Janice Boatwright
 16 Year Residents of SCLH

Montie (916) 417-7468

I have over 40 years experience in the Automotive Industry. If you would like to sell your vehicle or just need advice, do not hesitate to call.

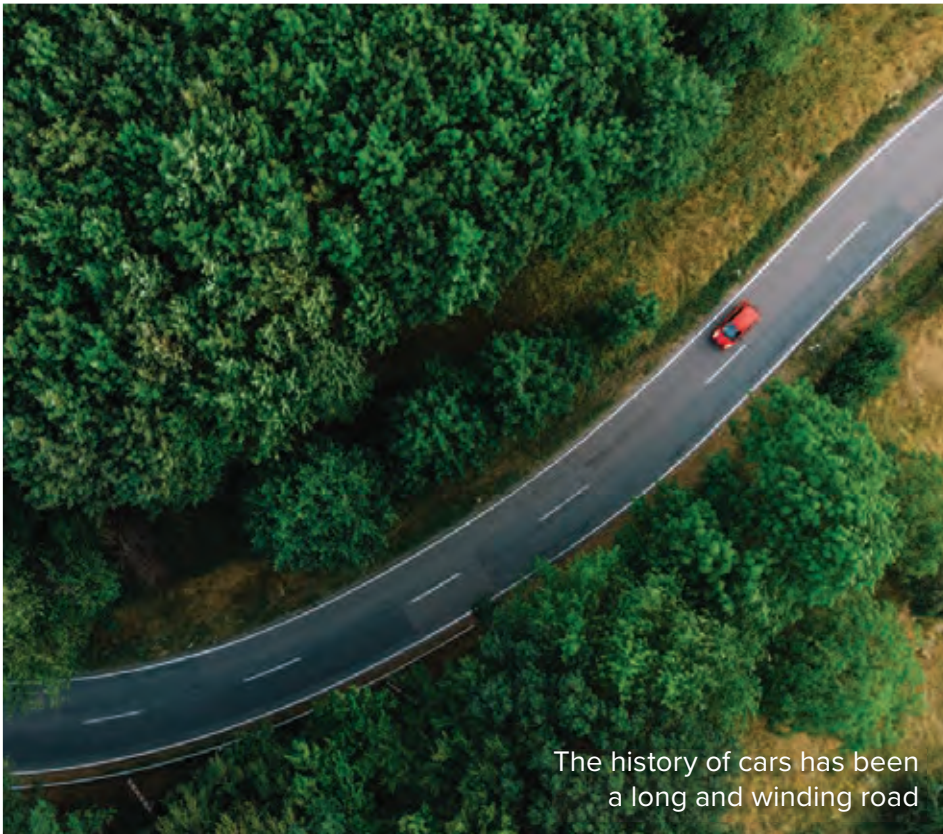
For Sale
 McGrail Team

SHARI MCGRAIL 916 396-9216
DRE#01436301

ERIK NELSON 916 765-8124
DRE#02113178

HOMESMART CARE REALTY
 MCGRAILTEAM.com

Each Brokerage is Independently Owned & Operated.



The history of cars has been a long and winding road

Wheel Love

Linda Lucchetti, Roving Reporter



Americans and autos – a ‘wheel’ affair

Romeo and Juliet. Anthony and Cleopatra. Napoleon and Josephine. Americans and cars.

Yes, you read it correctly. One of the world’s greatest love stories recounts Americans’ driving desire for the automobile – an attraction that probably began shortly after the first Model T rolled off the assembly line.

With summer in full swing, what

better time to toot the horn of an invention that changed the world and sparked a 135-year passion among Americans.

However, to put the brakes on the story, the automobile’s acceptance had a bumpy start, according to Peter D. Norton, historian, and author of “Fighting Traffic: The Dawn of the Motor Age in the American City.” In the early 20th century, many people detested the automobile for disrupting city streets, interfering with pedestrians’ rights, and called the auto “a noisy, smokey, stink wagon.”

A battle was fueling between drivers and pedestrians, each believing they owned the roads. Those who crossed streets while disregarding traffic were angrily labeled, ‘jaywalkers’ – a derogatory term (common today), derived from ‘jay’ — a generic term of its time

meaning stupid or idiot.

The phrase “America’s love affair with cars” was first used in 1961 by comedian and pitchman Groucho Marx who hosted the DuPont sponsored TV documentary “Merrily We Roll Along.” It was no accident that the show served as a public relations vehicle for auto manufacturers to pump up the popularity of driving.

Over time, like a struggling yet passionate courtship that leads to a romantic honeymoon, the love of cars steered toward a comfortable marriage of necessity. Cars offered convenience, independence, and a sense of enjoyment and pride. “Everything in life is somewhere else, and you get there in a car,” wrote American author E.B. White.

Do you remember your first car? You may have forgotten the name of a high school sweetheart, but you’ll always think fondly of your first car, whether it was a Corvette, Mustang, or GTO. Cars transformed not only the economy, but American culture, offering drive-in movies, performances, and church services; drive-through restaurants; and drive-up windows for banking and buying goods. (Keep in mind, many of these helped us get through the repercussions of COVID-19.)

What’s in store for this wheel affair? Are there potholes on the roadway ahead? Will electric cars trounce gasoline-powered vehicles? And what about self-driving autos? Will they enhance safety or create another fork in the road?

Safe travels!



Vintage car poster

Victoria Mosur, D.D.S.



Victoria Mosur, DDS

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care

New Patients Welcome

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

(916) **645-3373**

www.victoriamosurdds.com

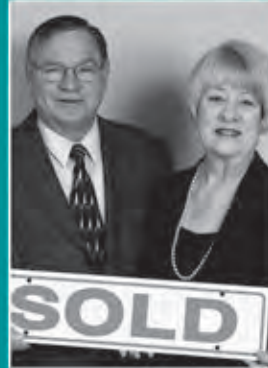
496 East Ave, Lincoln, CA

GSD00521

GRUPP & ASSOCIATES REAL ESTATE

SUN CITY LINCOLN HILLS
RESIDENT REALTORS SINCE 2003

Always Serving Your Best Interest!



Jean Grupp,
Broker
DRE# 00599844

Bob Grupp,
Realtor
DRE #01291341

— Office —
(916) 408-4098

— Cell —
(916) 996-4718

Real Estate Realtor Since 1977
Real Estate Listings & Sales

CALL TODAY FOR –
A Complimentary Analysis of Your Home's
Current Value in Today's Market

OUR BEST TECHNOLOGY AND OUR BEST PRICING



GENIUS™ 3.0 technology from Miracle-Ear® offers our most advanced listening experience, with the added convenience of **RECHARGEABILITY**.



STREAM YOUR FAVORITE TV SHOWS.

Enjoy television, phone conversations and music in high-quality sound, streamed directly to your hearing aids.

OUR MOST NATURAL SOUND QUALITY.

With 60% more processing power,¹ **GENIUS™ 3.0** delivers hearing so natural, you may forget you have hearing aids in your ears.

ENDLESS OPTIONS TO FIT YOUR LIFESTYLE.

Miracle-Ear hearing aids come in a variety of sizes and styles, with features like rechargeability, to give you a solution that precisely fits your needs.

Why Miracle-Ear?

- 3 Year Warranty*
- Lifetime Of Aftercare
- 45 Day Money Back Guarantee**



Call now to schedule your **FREE** hearing evaluation from an **industry leader** in hearing solutions.



Lincoln | 985 Sun City Lane, Ste. 100 | (916) 800-1663
Roseville | 9700 Fairway Drive, Ste. 120 | (916) 378-4361

¹As compared to previous Miracle-Ear models. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Not valid on Audiotone® Pro. **If you are not completely satisfied, the aids may be returned for a full refund within 45 days of the completion of fitting, in satisfactory condition. †Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details.

©2018 Miracle-Ear, Inc.

16596R0PA

Safe Tours Available

CELEBRATING LIFE'S JOURNEY

SUMMERSET.
SENIOR LIVING
Independent • Assisted • Memory Care
916-434-6979

567 3rd street
Lincoln Ca 95648
RCFE 312700042

550 2nd street
Lincoln Ca 95648
RCFE 31270055

In Memoriam



Tennise Allen

Tennise grew up in Santa Monica, California, Venezuela, and Hawaii, graduating from Oakmont High School in Roseville. She graduated college with a degree in Criminal Justice and an MA in public administration. She was a pioneer for women in law enforcement and was a mentor to many. Her career took her from Deputy Sheriff, Captain to training officer, and she served in the Coast Guard Reserve all in the Sacramento area. She was the first woman to serve as Media Officer for the Sheriff's Department. After retirement, she enjoyed traveling, baseball, and gathering with family and friends. She attended her grandchildren's events, always cheering them on. She will be cherished by all who loved her.



Almo Cordone

Growing up in Marin County, Almo graduated from UC Berkeley and loved his forty-year career as a fishery biologist for California Fish & Wildlife. He spent six of those years living with his family at the Tahoe Fish Hatchery, in charge of the lake. He had a two-year hiatus working for the United Nations at Lake Victoria, living with his family in Uganda. Almo loved tennis, golf, hiking, and being with family. He is survived by three children, three grandchildren, one great-grandchild, and his second wife, Mary. "We shared 21 years of unconditional love. I felt my sweetheart's last heartbeat on 6:27 PM on May 24. He is my blessing and so loved by all."



Sarah Conway Free

Born in Erie, Pennsylvania, Sarah majored in child development at Penn State University. She and Bob were married in 1952 and raised three sons. They were married for over 68 years. Sarah always kept busy as a Cub Scout Den mother and active Church member and serving the underprivileged. She was a life member of the Assistance League of Mount Diablo chapter and a square dancer. She loved it here, playing golf with the Lincsters and as a member of the RV Club. She played bridge, Mah Jongg, and board games with friends. Sarah is dearly missed by her husband, Bob, her sons and wives, 16 grandchildren, 13 great-grandchildren, and her sister.

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

Welcome back to everyone! All the volunteers at both the Kilaga Springs and Orchard Creek libraries are looking forward to seeing everyone once again. Please check the times the libraries are open as the hours will be changing.

Once again, we want to thank everyone for their donations – especially new books. We are only accepting books published in 2014 and later (but, this is subject to change). Please look on the back of the title page to find the latest date. Thank you for your cooperation, as this saves the volunteers a lot of time.

If you don't know which library a book goes to – a green sticker means the book goes to Orchard Creek, all other stickers go to Kilaga Springs. I hope this clarifies some of the questions.

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).

Carolan Properties

Specializing in Real Estate and Property Management in Sun City Lincoln Hills

www.CarolanProperties.com

CA DRE # 01468489

916.253.1833

Our Family Means Business ... homes are selling quickly and inventory is at a record low!

COVID worries are moving behind us now ... you've had a year to think about making a change. Home values are very strong now and we are experiencing a shortage of homes for sale. We have very strong Buyer demand. This is the perfect time to come to market. Put our 22+ years of listing and selling experience in Lincoln Hills to work for you. We would love to show you our marketing plan that can effectively sell your home for top dollar.



Penny Carolan
916.871.3860
Top Selling Broker 2012, 2013 & 2015
Broker Associate
CA DRE # 01053722



Courtney Carolan Arnold
916.258.2188
Property Manager
Broker Associate
CA DRE # 01471287



Megan Carolan Martin
916.420.4576
Transaction Coordinator
CA DRE # 01937273

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

Eclipse Retractable Awning



- Full Design Recommendations
- Locally Owned and Operated
- Many Satisfied Lincoln Hills Customers with Praise for our Products

40th Anniversary



Don's Awnings

Contractor/Designer
don@donsawnings.com
www.donsawnings.com

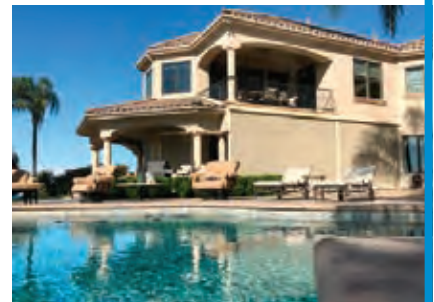
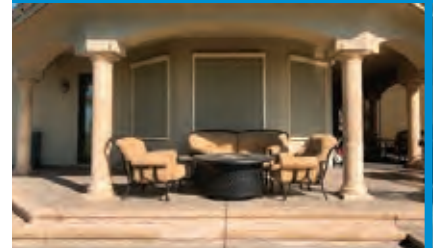
916-773-7616

license #408203

See Yelp, Facebook & Google reviews



Retractable Shade Screen



Awnings with LED Lighting



- Certified Eclipse Dealer
- Eclipse Retractable Motorized Awnings
- Eclipse Motorized Sun Screens

Lattice Covers with Shades



Solid and Lattice Covers





Amateur Radio

Club meetings near the Sports Pavilion are a mixture of technical talk and inspiring nature views, a great combination. The Repeater is performing well thanks to John, NQ6Q and L.C, N7VQC. We are continuing our discussions with Management to find the best home for it. Congratulations to Dan, KN6DRN, for earning his 17m Digital Worked All States award. Field Day preparations were underway at the time of this writing, and we will report on the results next month. 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 443.2250 MHz, 167.9 PL.

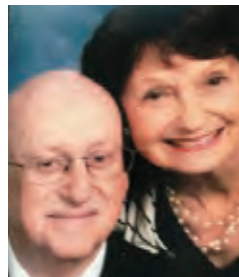
Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: lharg.us



Ballroom Dance

Ed and Joanne Bader are this month's Ballroom Dance couple of the month. They met at a Super Bowl party in 2016 and wed in November 2017. Ed and Joanne previously experienced the passing of their beloved partners after marriages of 50 and

60 years. Ed loved science and became a Board-Certified Clinical Chemist. He is proud to have helped develop the Decentralized Hospital Computer Program (currently called VISTA). Joanne worked as an Administrative Secretary and later in the travel industry. The Baders have been participating in the Ballroom Dance program for four years. They claim to have two left feet, but instructors have been very patient as they have learned dances. Ed and Joanne like the East Coast Swing the best because it's so much fun.



Ed and Joanne Bader

Contact: Ruth Algeri 916-408-4752



Big History

Learning for the sheer joy of it! This is what Big History is for our members. Until we know if P-Hall (KS) will be open for in-person meetings, join us for our Monday 10:00 AM Zoom meetings in collaboration with the Renaissance Society.

BIG HISTORY
Learning for the sheer joy of it!
Club website: bighistorysclh.com

There was no meeting on July 4. On July 19, Bonnita Wirth, Ph.D., will host an open question and answer forum entitled Walking in Grief and Anxiety: How COVID-19 Changed You and Our World. This discussion explores the many ways the pandemic affected you personally and how it impacted our world and its cultures. On August 2, Mike Brownell will give us an updated presentation on The Big Bang. Some of you may remember his terrific 2019 presentation. We are looking forward to you joining us.

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



Billiards

Welcome Back! We are finally able to resume play in Billiards rooms at OC and KS. 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



KS tables

1A ADVANCED GARAGE DOORS
Garage Doors, Garage Door Repair, Service, Opener Installation, Springs Replacement
(916) 838-8182
tagaragedoors.net
CSLB #925606
\$15 off Senior Discount

L&D HANDYMAN SERVICES
LENNY 916.622.7544
L&D HANDYMAN SERVICES
✓ FENCING, PAINTING
✓ GUTTER CLEANING
✓ PRESSURE WASHING
✓ YARD WORK
✓ HOUSEHOLD REPAIRS
AND MUCH MORE!!!



Bird

We have confirmed sightings of a male and female wood duck on the pond on Canyon Oaks Trail. One person saw the pair with ducklings. The trail and pond are off Hidden Hills Lane.



Golden Eagle above Elderberry Trail

The bench across from the pond is a good place to see them. This is great news since we are pretty sure wood ducks have not been seen on Lincoln Hills property for a few years.

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



Bocce Ball, Mad Hatters

We will be operating under new rules/guidelines with respect to masks. Hopefully, the Association will advise us. If not, we should be following the California Department of Public Health. In any case, please use common sense. If you are completely vaccinated, you most likely do not

require a mask; if not, it would be thoughtful of others to wear one. We are still looking for volunteers to take over Paul's many duties. He has been doing them for many years and is looking for relief. We meet on Thursdays at 8:00 AM. New, inexperienced, and handicapped bocce players are welcome. Lessons are available. Our goals are friendship, fun, and enjoyment.

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



Book, OC

Everyone's favorite host, the late Alex Trebek, gets star treatment with our discussion of *The Answer Is*. True to Jeopardy, the book adapts its famous answer and question format. Join us on July 15 as we explore this book. As of this writing, we'll be Zooming at 1:00 PM. When room limits are lifted, we will resume in-person meetings. Not a member: email Dale Nater at ocbookgroup@gmail.com to get important notifications. Meeting details go out shortly before the meeting. The August meeting will be an author visit, September brings us *The Book of Two Way* by Jodi Picoult, and October will be devoted to *The End of October* by Lawrence Wright. Join us at one

or more of these meetings.

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

Website:
<http://lhocbookgroup.blogspot.com>



Bridge, Partners

California removed all tier restrictions with a near return to normal—free of social distancing, masking, and vaccine certifications for those that have completed a vaccine protocol. Masking will be required for those that have not completed vaccination. This will apply to bridge play. Our same managers will continue, but no reservations can be made until staff levels support evening table set-ups. This may take several weeks. The Association will keep you informed via daily eNews. Make sure you are signed up for eNews. An email will be sent to bridge players when Thursday evenings are scheduled. For reservations for the second and fourth Thursday, call Joanna/Alan Haselwood at 916-209-3392. For reservations for the first and third Thursday, call Carla/Mark Green at 916-844-5888.



Bridge, Social

It's July, and things are "a poppin' round here." We will be having the Free Beginners class and Intermediate

CM Ponds & Stuff

CHUCK COTTAM
Ph: 916-408-7474
Cell: 408-691-6431
Email: cottamcm1@aol.com

302 Sunnyside Court
Lincoln, CA 95648
LICENSE #675667
USAF MSGT RETIRED

www.cmponds.com

PREFERRED PAINTING

WHY CHOOSE US?

- Owner at all Jobs
- Quality Control 2nd to None
- Stucco Repairs
- Sheetrock Repairs
- Fence Painting
- Dry Rot Repair
- 30 Years Experience
- 50 Year Caulking
- Pressure Washing
- Textures
- Concrete Cleaning
- Fascia Boards

You Prefer Only the Best! • (916) 203-3830

SENIOR DISCOUNTS!
PreferredPainting4U.com • American Made • Lic #775537

bridge every Wednesday in the Card Room (OC). The Beginners Class is at 8:30 AM, and the Intermediate Class is from 10:00 AM to Noon. As far as our Friday bridge, things are still up in the air. Many options will be coming up, but nothing has been finalized. Social Bridge is Singles' rotation-no partners needed. We will meet every Friday in the Sierra Room (KS) opposite the billiards room from 12:15 to 4:00 PM, for reservations call our contact below.

Contact: Pat Mullins 408-202-1865, Pam7nt@gmail.com



Bunco

Welcome back, Bunco players! It has been over a year since most of us have seen each other, and what a year. I am sure there will be lots of stories to share. Everyone will receive their own dice, pad of paper, and pen. Claudette will demonstrate her new dice cube and tell you how to purchase one if you wish. 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). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. The next two Bunco dates are Thursdays,

July 15 and August 19.

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



Ceramic Arts

Well, as of this writing, it looks like we should be enjoying playing with clay by now. Marcelle Shaefer has been working diligently to keep us informed about the progress of classes and workshops. A teacher for Thursdays was needed, and Jim Alves has graciously agreed to teach on Thursdays, as well as his regular Tuesday classes. Log in to our webpage for information on signing up. Just as before, our workshop days will be Fridays and Saturdays, 9:00 AM to 4:00 PM, and Sundays, Noon to 4:00 PM. We look forward to seeing everyone.

Contact: Linda Lougy Website: www.cagsclh.net

Computers

Apple Users



Later this month, join Helen Rains as she takes us on a tour of the productivity and creativity apps included on your Mac. You'll see apps that let you work, surf, stream, message, explore, and do amazing things with photos, videos, and music. Then

Andy Petro will share tips on how to do more stuff more easily on your iPhone, covering topics like FaceTime, printing web pages, transferring phone calls, and using other apps while talking on the iPhone. If you have a question about your Apple product, attend an "Ask the Tech Hour" and get answers from our experts. If you missed Ken Spencer's travel seminar, watch the video on our website, where you can also find information about upcoming events and other LHAUG services.

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

Computers

PC



On June 9, via Zoom, we had "Ask the Tech" by Terry Rooney, Rita Wronkiewicz, and Bob Ringo. There were many questions from our members and very helpful answers from the experts. On July 14, we presented "Browsers" with comparisons and updates. All members will receive, by email, the times and location when facilities open. Win 11 is reported to become available this year but continue to update Win



Herb Hauke
License # 490908

Accu Air & Electrical

**Quality Heating & Air Conditioning
Service, Repair and Installation**

(916) 783-8771

www.accuairroseville.com
accuairroseville@yahoo.com



Most Major Credit
Cards Accepted



NOW OPEN



Morgan Oaks

ETERNAL PRESERVE

www.morganoaksgreenburial.com

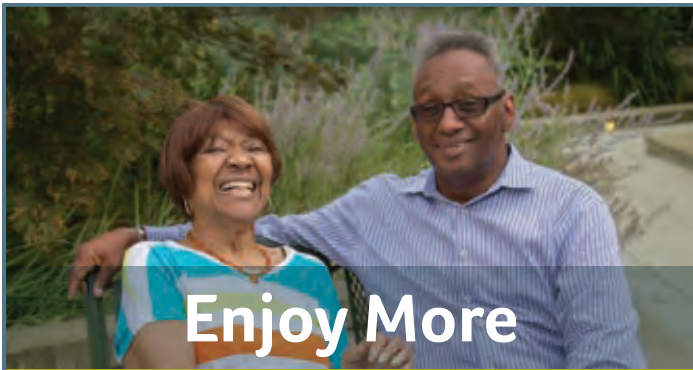


Choose Green Burial for Future Generations to Cherish

421 Fleming Road
Lincoln, CA 95648

 hello@morganoaksgreenburial.com
 833.MORGANOAKS (833.667.4266)

License #: CO 667



Enjoy More

Memory Care starting at \$2,495!*
Call today to learn more.

You've built a great life doing things you love. Let that freedom continue when you choose to make Merrill Gardens your new home.

Are you ready to enjoy more?



(916) 576-2422 • merrillgardens.com
500 W Ranch View Dr, Rocklin, CA 95765

Independent Living • Assisted Living • Memory Care



Reviews:
from www.ratemyagent.com

"Jackie is always in your corner."
Julie and James Aguas

**"Working with Jackie was a joy.
Highly recommend!"**
No'va Achenbaugh

**"BEST REALTOR EVER!!
Couldn't have been easier buy and sell!"**
Robert and Diana Pretzlaff

Jackie Smith
916.741.9303
www.DiscoverYourWayHome.com

REALTYONEGROUP
COMPLETE
Cal REP 01937909



**3 Rooms & Hall for
\$75 + FREE
Whole House Deodorizer**

**TILE & GROUT CLEANING
UPHOLSTERY CLEANING**

- Free estimates
- Weekend Appointments Available
- Powerful Truck Mounted

*Let my Dad
take care of
your carpet!*

916-580-5182



Family Owned & Operated • Licensed & Insured

Family Owned and Operated for 25 Years

ROSEVILLE, CA

Est. 1975

**AUTOS
PICK-UPS
VANS**

**FOREIGN
&
DOMESTIC**



Lic. #800158

**3 FRAME RACKS WITH MEASURING SYSTEM
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS**

FREE ESTIMATES INSURANCE WORK

Free Shuttle for Sun City Residents

783-5552

FAX: (916) 783-5576

50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80

10 as notified on your computer. If purchasing a new computer, be sure the seller agrees to load Win 11 when available for you. We continue to help members with their desktops, laptops, pads, or android phones by submitting questions to our website. Beware of hackers and don't open anything unless sure it's okay.

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



Country Couples

It's hard to believe there is actually a club activity to write about this month. Recently, we were able to secure a safe place to gather for a dance review/event while socially distancing. It was wonderful to dance and socialize again with the attending members. Dennis & Georgi Dawson and Jim & Deb Christie lead the reviews, with Dennis providing the music for dancing. The latest news is that even as things open up, it will still be some time before we get back to pre-pandemic normal. 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 contact us.

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



Cyclists

On most bikes with clincher brakes, it's a fairly simple task to check your brake pads. However, now that we are entering the era of disc brakes, we usually need to remove the wheel to check pad wear. Similar to our need to check our chain for wear to prevent having to replace our cassette and/or chain ring, we need to check our disc brake pads to prevent having to replace the rotor. Regarding e-Bikes, we need to be mindful of the additional weight of the bike.



John Geist riding his new Trek Domane+ HP7 eBike

When you add the weight of the bike and the needed brake force, especially on a downhill for stopping, there will be an acceleration of pad wear. It is cheaper and safer to replace pads before a rotor failure.

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



Euchre

When OC is open again for activities, consider joining us. If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the setup of the tables. Current members: when the card room is available in the evenings again, watch for the 'evite' announcing our return to play.

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



Fishing

It's tough to determine what season we are in—one day hot, then a cool day, then a few days hot again, then cool. Just the same, many are out fishing at their favorite lake or stream. It's nice to be out in the world again, though it's been local fishing for most. Practice fishing safety always—no exceptions, no matter how long you've been fishing in

APEX AIRPORT TRANSPORTATION
Sacramento International Airport
Since 2006

Jim Plotkin
Derek Darienzo **916-344-3690**

Email: ATCOVAN@SBCGLOBAL.NET
License GNB32013-02152

 **Eddie's Lincoln Auto Body**

Eddie Laws
Owner
(916) 645-7819
lawslab@gmail.com
584 Lincoln Blvd.
Lincoln, CA 95648
M-F 7:30 AM to 5:30 PM



Family owned and operated | License # GSD02186

TAD Executive Fiduciary

Updating Your Estate Plan?
Should You Consider a
Local Professional Administrator?



Leticia Foster
Assistant Fiduciary
Foster@tadfiduciary.com

Successor Trustee
Executor
Agent Financial
Power of Attorney
Agent Health Care
Conservator



Therese A. Adams
Principal
Adams@tadfiduciary.com

916-409-2330
TADFiduciary.com

Office: 661 Fifth St. Ste. 206 | Mailing: PO Box 1995
Lincoln, CA 95648 | Lincoln, CA 95648

Donna Judah



Specializing in the
Western Placer
Area

- Coldwell Banker, Placer County and Lincoln Hills top producer
- Active in Real Estate and Lending for over 34 years
- *I am a former Del Webb sales agent... and I know your home!*

FREE HOME MARKET EVALUATION
FREE PARTIAL STAGING & VIRTUAL TOURS
ON A NEW LISTING!

916-412-9190
djudah@sbcglobal.net



1500 Del Webb Blvd., #101, Lincoln, CA 95648
CalBRE#00780415



Your Neighborhood Plumber & Re-Pipe Specialist.
Locally owned & operated since 1990

Do you have KITEC pipes
in your home?

Call today for a Free in home
Re-Pipe Consultation and Estimate.

SERVICES OFFERED:

- Complete replacement of water pipes in home
- Water Heater replacement
- Fixture repair and replacement
- Sewer line inspection
- Pressure regulator replacement

CALL US TODAY AT
916-645-1600

1901 Aviation Blvd, Lincoln, CA 95648
www.bzplumbing.com
License #577219

FREE ESTIMATES • SENIOR DISCOUNTS • ALL WORK GUARANTEED

CARPET CLEANING

THREE ROOMS & HALL

\$74.95

up to 400 sq. ft.
includes free pretreatment!

"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."

Curtis B.
Lincoln Hills Resident

Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Solar Panel Cleaning

GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR * LINCOLN RESIDENT

916-508-2521

DEPENDABILITY * INTEGRITY * EXCELLENCE

www.GCcarpet.com Lic. 2815



Way to go Bob Fields: 32-inch steelhead

your life. Are you planning a fish out? Tell us about it! On Fridays, Fly anglers at the Turkey creek patio at 8:00 AM, and Bait anglers meet at KS at 8:30 AM. Hopefully, our monthly meetings will be starting soon. Stand by. Join our fishing club! Contact Ralph ralphtonseth@comcast.net or Henry via email.

Contact: Henry Sandigo
415-716-0666, hsandigo@gmail.com



Food Adventures

The club has been gathering comments from the membership via email to help determine how to proceed toward a full re-opening of the club's meetings and activities. We rely on a realistic evaluation of member comments, and it is apparent there are serious concerns about the club's ability to restore itself to its pre-pandemic positive status. We will continue gathering member comments for the time being and, before much longer, will engage in member



Lovely Fruit

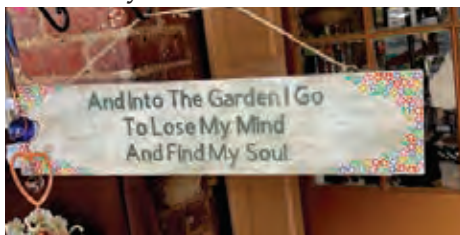
discussions via Zoom or physical club meetings to determine our direction. There has been much progress in the general struggle against the effects of the pandemic, but many uncertainties remain that make it difficult to commence with the planning of our normal activities.

Contact: Don Rickgauer 916-253-3984,
drradv1@gmail.com



Garden

Even though we have been unable to have General Meetings in the lodges, we had three very successful events for our members: A Bonsai Show at six yards in Lincoln Hills; a Field Trip to Georgetown Cemetery; and a Plant Sale at the



Garden Wisdom

Sports Pavilion—the most successful one to date! Thanks to all of you who supported it with your donations and purchases. The Steering Committee is working on: a Civic Project for Twelve Bridges High School; a “Table Talk” Social in September; a Flower/Rose Show in September; a Field Trip to Sierra Pacific; a Field Trip to Colwell’s Mandarin Farm; a Winter Social; General Meeting lectures when we can have the full use of the Presentation Hall; and a possible Lavender Wand class.

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



Genealogy

Laurie Markham will be our speaker on July 19 at 6:30 PM on Zoom. Members will receive a Zoom link and handouts in a separate email from Maureen. Laurie is addressing, “What’s New at Family Search?” Family Search is always updating, so join us for new information. Laurie Markham has volunteered at the FamilySearch Library in Sacramento for the past seven years but began family research as a young girl. OC and KS lodges are open on a limited basis, but we are not ready to invite everyone back in person. The Computer Lab (OC) is currently dismantled, so we cannot offer coaching

\$69.00 EVERY TWO MONTHS

SUPERIOR PEST AND RODENT MANAGEMENT

CALL 916-824-1130

SUPERIOR MOSQUITO & RODENT PREVENTION

CALL 530-305-0785

LICENSED #013502 AND BONDED

Marie Bryant
REALTOR®

Cell (916) 799-9911
mariebryant@sbcglobal.net
DRE# 01208804
1500 Del Webb Blvd., Suite 101
Lincoln, CA 95648

COLDWELL BANKER

SUN RIDGE
REAL ESTATE

Each office independently owned and operated
www.ForSaleInLincolnHills.com

or individual appointments. Stay tuned for more in August about live presentations, coaching, and Boot Camp.

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com

Website: <https://www.suncitylhgc.com>



Laurie Markham

only hole-in-one on a Thursday and an eagle on Hills, 13. After shooting over a 100 at times, Linda Fitzmaurice cracked the 90 barrier with an 85. Everyone has game. Practice and regular play are rewarded. Come give us a try.

Contact: Rosie Warren, Membership 530-613-2327, rmw@gmail.com

Website: lincolnhillsladiesgc.memberplanet.com

has benefits. Stay tuned for more on the Club Championship and Strike into Fall Tournaments set for September. Lincsters membership continues to grow. Give a welcome to Arlene Stein.

Contact: Nancy Hastings 925-337-9391, nhast38@yahoo.com
Website: www.lincsters.com



Golf

Ladies XVIII

Our Membership Chair, Rosie Warren, reports a record number of new additions to our roster this year. As a number of ladies have given up golf as they age, 27 new players have eagerly joined our playdays. Rosie also serves as an inspiration to work on our games. Just last month, she shot a 76, coming within a stroke of shooting her age. She is not giving up on that goal, as it is only July. This year she has the



Rosie Warren after a round of 76!

Lincsters



"Tin Cup" Tournament features Kevin Costner's challenge with a seven-iron

Kevin Costner's trusty seven-iron plays a major part in the 1996 movie Tin Cup. The iron played a big role in the Lincsters fairway challenge on July 14. A gold seven-iron went home with the winner. The first-ever Interclub Golf Tournament (Men's, Ladies 18-Hole, and Lincsters 9-Hole Clubs) teed off June 14 with a round of applause from 26 mixed foursomes. There is still some giggling about the June 30 Seniors Rule Tournament. It turns out that golfing while aging

Men's

Some new changes to the Men's Club website are coming. The Board of Directors has a committee working on a new platform to run the Men's Club website, which will allow more flexibility for members. Watch for more updates. Our July 13, Red, White, and Blue Tournament gave us a different perspective of the course, as we played different tees throughout the round. Also, the Closest to the Pin and the Long Drive Contests have started up again. They should be lots of fun!

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



Hiking & Walking

We have our feet and legs going on a variety of trails. In the summer, we select locations that hopefully will be cooler and usually earlier in the day. Join and meet your old friends and new friends. It



SERVICES OFFERED:

- Move Planning
- Sorting & Downsizing
- Packing & Unpacking
- New Home Setup
- Floor Planning
- Shipping & Storage
- Previous Home Clean-out
- Decluttering & Organizing
- Estate Cleanouts
- Donation & Disposal
- Estate Sale Referrals
- Realtor Pre-Staging

Email: info@newleafsmm.com
www.newleafseniortransitions.com
916-769-4655

Sprinkler Medic

LANDSCAPING • DRIP • DRAINS • SPRINKLERS

Landscape & Repair Services

916 663-9931

www.sprinklermedic.com

By Rick Johnson Landscape • Ca State LIC #918143 • Insured & Bonded



Hidden Falls Hike, June 8

has many health benefits also! We have hikes and walks for all levels. Please check the website for the most up-to-date information. Make those feet and legs happy!

Contact: LHHikers@gmail.com

Website: www.lincolnhillshikers.org



Investors' Study

We will be live and in-person for the August meeting. Morgan Stanley will be providing the speaker. Russ Abbott of Morgan Stanley will present his playbook, and the afternoon should be most interesting. We meet at 2:30 PM in P-Hall (KS) on Thursday, August 5. 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.

Contact: Carl Sulzer 916-462-0986,

carlsulzer@gmail.com

Lavender Friends

A recent "Show and Tell" Zoom showcased some creative ways our members kept busy this last year. Meredith spent time playing and collecting ukuleles. She serenaded the club with a Blues song, "Beautician Blues" by B.B. King. Wayne presented his pandemic project—model castles colorfully painted with fingernail polish. Joan presented some of the watercolor paintings and quilts she has finished during the pandemic. Photography kept Kate busy, but travel restrictions kept her close to home for taking her images. Mary Jo was immersed in her vintage cat collection this last year, plus acquiring two real cats! Lavender Friends is a club of LGBTQ residents and allies. To learn more, go to lavenderfriends.com.

Contact: Paula Kregel

530-320-3961,

publicity@lavenderfriends.com

Website: lavenderfriends.com



Photography, ukuleles, castles reflect some of Lavender Friends pandemic pastimes.



Mixed Media

The Club started meeting in person for a couple of months now. On May 12, we got together to share, laugh, and enjoy each other face to face. The art challenge for July is the prompt word, "Camping."



Maggie McGurk, always ready to snap Mixed Media Club photos!

Get inspired and bring your art piece to our July Meeting. We want to continue to meet in person, and our new President, Chris Fetter, will send out information about our upcoming meetings. At the time of writing this article, it looks like things in Lincoln Hills are opening up, so maybe by now, we are starting to meet inside. When we open up, the club meets 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](mailto:cfjams@gmail.com)



Motorcycle

Club President Don Bowden led the club's monthly ride on June 12. The

You Call We Screen™
Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings

530-878-0784

FREE ESTIMATES Lic. # 779998

Got Real Estate Needs???
You know my face, I know the market!
Please contact me for a free market analysis

Tony Williams
(916) 521-3400
Tony @TonyWilliams.com

BRE # 01390054


“When You Want the Very Best”



Gail Cirata
(916) 206-3503
Gail@GailCirata.com
Resident ~ Broker
Broker 00481659

- Over 40 years Brokering your Real Estate needs
- 20 years living and selling in Sun City Lincoln Hills – Five years with Del Webb
- Experienced in Trusts, Estates and Exchanges



 A Veteran Owned Company

Each office independently owned & operated.

Denzler Family Dentistry

New Patients Welcome

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partial
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS
Andrea Riordan, DMD

General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable
Digital X-Rays, Private Computerized Treatment Rooms,
Senior Discounts

(916) 645-2131

www.mylincolndentist.com

588 First Street (Corner of First & F Street)

We'll Clean up Your Waterfeature -
Call Now for Estimate!




CompletePonds

**Schedule your service
or cleaning today*!**

Rates starting at

*Destination fees may apply



\$125/hr

Cleaning · Fish & Plants · Water treatments
Pond & Pondless Construction · Pump & Filter Installation

1052 Melody Lane • Roseville (916)786-2696
www.completeponds.com • Lic# 844845

0% FINANCING AVAILABLE*



- New & Used Sales
- Service
- Parts & Accessories
- Rentals

Lic. #100843



AUTHORIZED DEALER



ELECTRICK MOTORSPORTS, INC.
3730 Placer Corporate Dr.
Rocklin, CA 95765

*On select new vehicles. Offer expires soon. See store for details.

(916) 652.2222
www.electrickmotorsports.com

riders headed up to Foresthill and down Iowa Hill Road before stopping for lunch at the Dine and Dash restaurant in Colfax. On June 7, the club participated in a birthday drive-by for resident and World War II veteran Charlie McCarthy. 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. When restriction gatherings are lifted, meetings will resume in the Multipurpose Room (OC). "Ride Safe - Ride With Friends" **Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**



Music

At our June Zoom meeting, our theme was "Footwear." For our opening song, we sang and played "These Boots Were Made for Walking," Nancy Sinatra's famous rendition. After wonderful solo performances, we closed with Carl Perkins' "Blue Suede Shoes." We are looking forward to July's in-person meeting at P-Hall (KS). This special venue for our first in-person meeting should be wonderful. When

the OC re-opens, 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

The weather has heated up for the summer, and what better excuse to stay inside and keep cool. Many members are finishing up long-forgotten UFOs or creating new projects during these long hot summer days. Monthly meetings are on hiatus for July and August, but work is ongoing by many board members. In particular, the resource page is being updated to reflect currently open stores in our area. If you have a favorite fabric, yarn, or accessory store, please send in your recommendation. The sewing room is open for use, and Community Service quilters are meeting there each Thursday morning from 9:00 AM to Noon. Stop by to learn what it

is all about. Our website is a great resource for information.

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



Neighborhood Watch

"It's party time." Those are words you haven't heard often during the last 16 months! We are holding our "National Night Out Kick-Off Potluck" on August 28 from 6:00 to 8:00 PM in the Multipurpose Room (KS). The cost is \$5 per person and a non-perishable item for the Salt Mine. Coffee, tea, water, and dessert will be provided, as well as a no-host bar. Please bring a dish based on the first letter of your last name: A-O main dish, P-Z salad, or vegetable. To RSVP, go to NNORegistration@sclhwatch.org or call Suzanne Rosevold at 775-790-0835 by August 21. Space is limited, so you won't want to wait. Make checks payable to Neighborhood Watch and send them to Suzanne Rosevold.



The "National Night Out Kick-Off Potluck" is coming soon.

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

Comp-Solve Computers
916-276-1374
In Home Computer Service

Attn: Lincoln Hills,
 Yes I am still doing calls to your house. Yes I wear a mask, clean your equipment before leaving and wear gloves as requested,
 Need computer help but don't want anybody in your house?
 Ask me about my new remote computer service over the internet, Very limited availability for this service



Your Certified 20 Year Tech is Steve

Lincoln Hills Special \$79/hr. reg \$89

Mailing address- 6518 Lonetree Blvd. #190, Rocklin,

V & O Cleaning Service

House Cleaning
Over 15 years of experience!




General Clean
Weekly-Bi-Weekly
Monthly-Or One Time

Free Estimates

Oksana
(916)412-4975

Lic.#631470
Lic.#630674

Painters

Twice a year, we are challenged to create a work of art based on a given topic. The theme for this challenge was "Fade, Fading, Faded." There were no rules—just freedom to use any medium, any style, or any size was encouraged. Members submitted their artistic entries under two categories. The Open class for all Members or the Prior First-Place Winners Class. Joanie Abrams won first place in the Open Category with her watercolor painting. Susie Crawford was the first-place winner in the Prior winner's class with her Acrylic and Paper entry. The Members all enjoyed voting for their favorite painting. Become a Painters Club Member and join the fun. Sign up. Contact Jerrie Crass



Grandma's wallpaper has gotta go.
By Susie Crawford

at jerriec68@gmail.com or 916-302-6178.

Contact: Bob Green 707-292-5526



Paper Arts

Stay tuned for details about club meetings resuming. Because we met only a few times this year, we are rolling over all memberships and will not be collecting any dues this year. Donna Tewart, Community Service chair, reports that more than 650 cards have been collected to distribute to residents of local care facilities. Thank you to all members who have participated in this effort. Share your photos of cards, projects, and paper crafting ideas, with fellow members, by having them posted in our club's monthly newsletter, which is distributed via email. Contact June Paquette. Upon lodge re-opening, 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



Graduation card by Susan Goodrich

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. We meet 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 916-253-7164. We look forward to seeing you.

Contact: Denise Jones 916-543-3317

Photography

Interested in photography? We always welcome new members to the club. Member-only benefits include monthly presentations by world-class photographers,



Bill Kress

Stream Orchid by Bill Kress

Michelle Cowles
REALTOR® ~ BRE #01821892
"Don't make a move without me!"
(916) 295-8532

COLDWELL BANKER
SUN RIDGE REAL ESTATE

1000 Del Webb Blvd.
Suite 101
Lincoln, CA 95648

www.TheRealtyExperts.com
Michelle@TheRealtyExperts.com

Each office Independently Owned and Operated

Home Repair Services
Reliable, Quality Work
Call for FREE Estimate
(916) 240-0071

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

Curt Bartley
Owner/Operator
Bartley Properties
Lic. 871437

special interest groups to hone photographic skills and techniques, and organized field trips to photographic destinations in California and beyond. One of our photographers recently captured a beautiful native Stream Orchid while hiking in the Plumas National Forest. Our members are invited to exhibit their works at a variety of venues throughout the year. We currently have a photographic display at the Hallway Exhibit (OC). We also have ongoing exhibits at the Spa (KS) and Buonarrotti's Restaurant.

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



Pickleball

June was a month of changes for the Club; no more masks, playing with friends and family again and adding the much-needed position of Player Development to our Board. Mike McElroy agreed to the challenge of developing our player improvement programs. He is introducing ways to build better awareness of the game through training, drilling, and education. Our first Club Drilling Session reached the capacity of 72 soon after availability. More events will be given on a regular basis. Beginner Drop-in

also started with a huge crowd. Sunday night from 7:00 to 9:00 PM focuses on non-threatening games to introduce beginners to play. Feel free to drop in. Don't want to drop in? Sign up for the Intro to Pickleball Class, on Wednesdays at 11:00 AM at paddleuppartner@gmail.com.

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



Players

It's happening! Yes, we will be presenting our first play in almost two years: Agatha Christie's, *Murder on the Orient Express*, directed by Julie Africa. Auditions will be on August 30 and 31 at OC. Performances will return to the main stage in the Ballroom in November. We look forward to once again bringing the Lincoln Hills audiences four performances by our very talented members – your friends and neighbors. MaryEllen Vogt will direct *Damn Yankees* in April 2022. The club meets on the second Monday of each month in P-Hall (KS). We invite all residents to attend. Interested in acting or serving as stage crew? Come to our meetings; we want to use your talents.

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



RV

We enjoy staying at many different RV parks throughout the year. One of our favorite Parks is Clio's River's Edge RV Park, north of Truckee. It's a mountain retreat with miles of fishing streams, seven golf courses, and more. Explore the area. It's fun to end the day with social gatherings, BBQ, and games. Fun times! Here's what's coming up: July 19-23, Giant of the Redwoods (waiting list); August 29-September 3, Truckee; and October 3-8, Oleema/Pt. Reyes—signups TBA. Soon, we expect to resume our Monthly Meetings from 4:30 to 6:30 PM in P-Hall (KS). If you like to RV, contact our Membership Director, Sharon Skar, at 916-434-7799 or email marlowensharon@gmail.com.

Contact: Janet Motta 707-803-0604,
Janet_m.25@comcast.net
Website: www.lhrvg.com



SCHOOLS

Kerry Callahan, District Superintendent, reports that the most asked question right now is if students will need to wear masks when school opens on August 19. The short answer is the School District doesn't know. They will follow the state guidelines, and it is difficult to predict what the requirements will be. For

Ronald T. Curtis Plumbing

Since 1985

- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

Call 916-759-6680

License # 483169 • Lincoln Resident • Insured



Rick Myers

650-279-1457

rickmyers@yahoo.com

Landscape Design

ARC APPLICATION ASSISTANCE

- FORMS • PHOTOS • MEETINGS
- COMPLIANCE RESOLUTION

"I DO IT ALL FOR YOU"



We do hope you had the chance to experience the amazing Lincoln PACE Race. Launching in 2017 with our vision of "Promoting Ageless Commitment to Exercise", the event brought together people of all ages and abilities from near and far to "Walk, Run, or Just Have Fun!"

There were sponsor booths, unique Gladding, McBean participation medallions, Rogers Coffee Trolley, Zumba demonstrations, Beer Tasting, Salsa contests and Breakfast burritos. For the kids, we had the Fun Run, face painting, balloon artists, clowns, Piper the Lincoln Potter's mascot and Ride to Walk's adorable mini ponies!

Over the next 3 years we would successfully raise over \$40k charity dollars for Lincoln High Track Team, Ride to Walk, Phoenix Continuation High, John Adams Academy and Lincoln Hills Foundation.

Thank you, our SCLH residents for welcoming this wonderful and worthy event and to these loyal sponsors.

- Placer Services
- Gladding, McBean
- DSA Technologies
- The Good Life Dog Daycare
- Roseville Auto Mall
- CRM Architects
- Rogers Family Coffee



that reason, volunteers must wait to hear when they will be allowed back in the classrooms. For those families that prefer to keep children at home, the district is using the ATLAS Academy platform for independent study. With Ms. Callahan becoming Superintendent, there have been principals who will be working at the district level. Julie Stearn will be the new principal at Copin Elementary. The new principal at Scott Leaman Elementary has not been announced.



*Kerry Callahan,
new District
Superintendent*

Contact: Cyndi Colloton,
ccolloton@yahoo.com
Website: schoolssuncity.org



Shanghai

Well, June 15 has come and gone. By this time, I trust we are in full use of our rooms.

Never heard of Shanghai, other than that city? It is a novel card game played with four to six players at a time. We play every Thursday at Noon and every Friday at 5:30 PM. If you would like to learn, please contact us.

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



Singles

Great news! California is re-opening, and things are looking better each and every day. I recently stopped by OC, and it looks as great as ever. It was so nice to be back and see so many smiles on the faces of the staff and residents. It won't be long until we are back in the Ballroom for our business meetings and social events. Your Board and Activity Committee has made some great plans for our upcoming meetings—Bingo, trivia, game nights, dinner dances, and much more! Many new residents joined the Club in 2020 and 2021, so you will see many new and happy faces at our meetings. We've said it before, but now it is finally coming true: "see you soon!"

Contact: Susan Platt 916-397-0850,
foster.p.susan@outlook.com



Sports Car

It was like a dream! There were many of our members and friends, we were looking at a beautiful winery, and we were enjoying some delicious food. The event was a dinner and wine tasting at the Pescatore Estate Vineyard & Winery, led by our Social Chairman Linda Snyder and Kathy Fernandes.



*Vic & Karen Kremesec with
leader Ernie Drake*

Ernie Drake led a ride through the beautiful and blooming river delta, where we ate at The Point in Rio Vista while enjoying a view of the river. Jere & Carla LaFave arranged a tour of the Aerospace Museum with NASA's traveling Hubble-Telescope Exhibit—so much history with knowledgeable docents. July will be our first meeting in over 14 months. It is so great to meet for fun events and socials.

Contact: Vic Kremesec 916-543-7050,
vjk1245@yahoo.com
Website: lhsortscars.com



Sun City Squares

Hooray, Lincoln Hills opened back up! We started dancing again on Monday, June 21. We hope you were able to stop to say hi and were able to get a little dancing in. We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:00 to 3:15 PM for Plus Level

PC & Mac Resources
Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner Lic. #85930

- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474
Email: tarooney@gmail.com
2425 Swainson Lane, Lincoln, CA 95648

HOME Monday-Friday
Handyman Services
Home Ownership Made Easy

Glenn E. Johnson, Owner • SCLH Resident
17 yrs. Professional Experience - Lic # GSD01487
Special Pricing for SCLH Residents
No job too small, Plumbing, Electrical, Drywall

916-587-4001 call.handyman@att.net



Lic. #GSD02039

One-Year Rate Guarantee
50% OFF Your First Two Months
 Ask Us About Our **10% Senior Discount**

For All of Your Storage Needs:

Unit Sizes from 5x5 to 15x65
 Indoor RV & Boat Storage
 State-of-the-Art Security Features

1051 Joiner Parkway
916-572-4771
www.lincolnranchselfstorage.com

Tara Pinder

Selling Sun City Homes since 1999

Top Producer - Masters Club

Over 32 years real estate experience



Tara Pinder

(916) 600-2836

mspindy@mac.com

Lic# 00898876



SUN RIDGE
 REAL ESTATE

*Keep Calm and
 Sell Real Estate!*



**Fence Special - \$2.19 ft.
 Spray and Rolled**

- Exterior Painting
- Epoxy Garage Floors
- Expert Color Consulting
- Custom Interior Painting
- Call for your "Free" Quote Today

Licensed & Insured CLN #7400038

(916) 532-2406

www.dynamicpaintinginc.net



Wills, Living Trusts, Durable Powers of Attorney,
 Health Care Directives, Trust Administration,
 Probate, Document Review & Updates

S SEASONS LAW P.C.
 An estate planning law firm for life's seasons.

(916) 786-7515

3500 Douglas Blvd. Ste. 250
 Roseville, CA 95661

info@seasonslaw.com

www.seasonslaw.com

license# 00835237



Client-centered. Compassionate Listeners. Experienced Advisors.

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. Please stop by Multipurpose Room (KS) on Mondays or Thursdays and check us out. If you are interested in joining our club or learning to dance, please stop by and see us or give me a call.

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



Swimmers & Water Walkers

The suit doesn't make you go fast. It's the mindset you have while you are in the suit that makes you go fast. Did the fancy new swimsuit put in hours of swimming or water walking each week? No.

Did the suit that takes 20 minutes to put on wake up at the crack of dawn to head to the gym? Not a chance. Was it the \$300 piece of fabric that survived seasonal swimming or water walking? Nope. No one can swim your workout except you. Put that suit on and feel...be...unstoppable—excerpt from Swimming World article,



January 2021. As of this writing, we have a promise of the pool (KS) opening in July. It will be grand to be back together.

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



Table Tennis

We are anticipating an eventual return to our previous venue in KS. Club president, Alan Smith, has filed Facility Reservation Request Forms with the Lifestyle Room Booking and Club Coordinator. In the meantime, play remains available on the terrace behind KS, Tuesdays, Fridays, and Sundays, 8:00 AM to Noon. Players must make reservations at <https://holdmycourt.xyz2/lhtt>. Two tables are available for a half-hour or one-hour time slot. Players are required to bring their own paddles and are asked to utilize sanitation equipment at the play site. Also, players are encouraged not to arrive early or remain later than their reserved time slot. Contact: Alan Smith 916-543-6545, aledsmith0411@gmail.com



Tap Company

At the time of this writing, lodges have opened up, and some classes have resumed. As you know, Alyson is currently teaching two classes on Mondays in July. We haven't

gotten any more information regarding classes in August. So please keep informed via eNews and the *Compass* for future class dates and times.

Contact: Alison Wolfe
925-487-6902, awolfe@tt-valve.com



Tennis

Masks are no longer required at the Sports Pavilion, and non-resident guests are once again welcome! Your children, grandchildren, and favorite partners are welcome on our courts. The Tennis Group is now offering practice with the ball machine every Saturday from 8:00 to 9:30 AM on Court Six. This is available for all residents. You are welcome to come for the whole time or just drop in. This provides good practice time, as well as an opportunity to meet other players. Joel Baynes has organized this and recruited some volunteers who will be helping out each week. At this writing, we are dealing with extreme heat. Please be mindful of your hydration. Drink lots of liquid and replenish your electrolytes.

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

EAST COAST STYLE BOILED BAGELS IN YOUR TOWN!

bagel & bean

845 Twelve Bridges Dr #140
T-F: 6:00am-2:00pm • Sat & Sun: 7:00am-3:00pm
CLOSED MONDAYS

_bagel_and_bean_ @bagelandbean

THORCO STEEL

Formally Findley Iron Works

HANDRAILS		FENCING
WALKWAY GATES		TRUSSES
ENTRY GATES		PERGOLAS
ORNAMENTAL IRON		STRUCTURAL STEEL
TALON FINDLEY OWNER		916-663-1887

THORCOSTEEL@OUTLOOK.COM NEWCASTLE, CA
WWW.THORCOSTEEL.COM



Market Is Hot! Homes Are Selling Fast!

- Ranked TOP 500 Agent in Sacramento Valley
- In Business for 16 Years
- Placer County Native
- Listing Specialist
- Buyers Specialist
- LIFE TIME Masters Club Member Award Winner
- **FREE** Home Analysis

Professional » Genuine » Honest » Hardworking

Kortney Williams
916-223-7241

1150 Sunset Blvd., Suite 150, Rocklin, CA 95765
Kortney@Kortneywilliamsteam.com
Lic # 01476257 | Broker Lic # 01801668



Which preview method fits you best?



VIRTUAL APPOINTMENT



ON-CAMPUS APPOINTMENT



THE RIDGE

AT PARADISE VALLEY ESTATES

AN ALL-INCLUSIVE LIFE PLAN COMMUNITY
IN FAIRFIELD, CA

COVID-19 has temporarily changed the way we do a number of things in our community. One silver lining of those changes: added flexibility for prospective residents. Now that we've been cleared to invite visitors back on campus (by appointment only), we're thrilled to offer you the choice of a minimum-contact, in-person appointment or a virtual preview with one-on-one video consultation. Simply choose which is most comfortable and convenient. But don't delay. Cottages and villa apartments at The Ridge are **80% reserved**, and construction is entering its final phases.

**CALL TODAY TO SCHEDULE THE
PRIVATE CONSULTATION
OF YOUR CHOICE**

1.800.326.0419

WWW.PVESTATES.COM



Permit to accept deposits granted by CA DSS Sep. 1, 2017
RCFE #486800368 LIC #1338 COA #179



Vintage Treasures

Summer has arrived, and we feel a renewed sense of freedom. It's time to walk the trails, take a drive near or far, and see friends and family. We have endured a long dry spell and are seeking food for the soul. Our facilities are opening, and each week brings a long-awaited activity. Our club focus is on vintage and antique items, pre-1970. When our facilities are fully open and staffed, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

How much Netflix is too much? If you had to think about this question, it must be time to play water volleyball again! Exercise and recreation are important to seniors, and the benefits to mind and body are well documented. Do you want to get

off the couch and fill your evening hours with a fun and fit activity? Our Club currently has 118 members, and over the last several weeks, we have added eight new members. It is exciting to see our club grow! If you are interested in learning more about our club, please go to our website for more information. Click the "Join Us" menu to learn how to get started, and let the adventure begin!

Contact: Ross Underwood

916-869-7402,

ross.underwood@att.net

Website: www.lhwatervolleyball.com



Woodcarvers

At the time this was written, our regular meetings were just starting. After such a long period of no meetings, members are delighted to meet again and renew acquaintances, share our work, or be encouraged with a current project. Additionally, we can meet with others that are interested in woodcarving. We have tools, books, and helpful members to get you started. Come by and see what

we're carving. Woodcarvers meet every Wednesday in the Sierra Room (KS) from 1:00 to 4:00 PM.

Contact: Lionel Rainman

916-253-9534,

Lrainman1414@yahoo.com



Writers

There are meteorological and astronomical reasons for the phrase, 'Dog Days of Summer.' Never heard of the phrase, Google it! Speaking of dogs, rumor has it the rock group, Three Dog Night, got their name from the number of dogs needed for one to stay warm while sleeping in the Arctic. If it's a one-dog night, only one dog is needed to keep warm. On an extremely cold night (a three-dog night), three dogs will keep sleepers (and their dogs) toasty. So, write stories about the Dog Star, your tired dogs, a rescue dog, or your best 'dawg.' Submit them to the eNews' Storytellers' Corner or send them to me to share with our group. Until then, sleep tight. Woof!

Contact: Anne Constantin Birge

909-965-3556, raybirge@aol.com



Three generations — Since 1977. Good maintenance saves you money!

• SALES • SERVICE • INSTALLATION

PECK
HEATING & AIR
CONDITIONING

Call Now (916) 409-0768

www.PeckHeatingAndAir.com ~ 570 Business Park Drive, Ste 100, Lincoln

<p>CREMATION SOCIETY OF PLACER COUNTY</p> <p>5701 Lonetree Blvd., Suite 209, Rocklin 916.550.4338 csopc.com</p>	<p>COCHRANE WAGEMANN FUNERAL DIRECTORS</p> <p>103 Lincoln St., Roseville 916.783.7171 cochranewagemann.com</p>
---	--

Meet Your Local Realtors who Truly Know the SCLH Market.

Over 100 Years of Combined Real Estate Experience



Gail Cirata
Broker/Assoc
DRE# 00481659
916-206-3503

Jo Ann Gillis
DRE# 01018109
916-316-0815

Stephen Gillis
DRE# 01968756
916-303-6420

Holly Stryker
DRE# 01900767
916-960-3949

Shari McGrail
DRE# 01436301
916-326-9216

Erik Nelson
DRE# 02113178
916-765-8124



Broker #01937943

Each Brokerage is Independantly Owned & Operated.



Put Our Integrity & Real Estate Savvy to Work for You!

Vision to Last a Lifetime

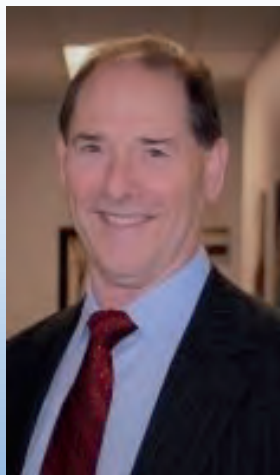
Complete Eye Care at Wilmarth Eye and Laser

Care You Can Trust

With over 35 years of experience as a board certified ophthalmologist, Dr. Wilmarth is in a unique position to bring state-of-the-art technology and techniques to your eye care. We suggest ways of achieving your personal visual goals with the best technology at a reasonable price.

Laser Cataract Surgery brings a new level of precision and safety to cataract removal. Dr. Wilmarth and his staff will discuss the many options for intraocular lens (IOL's) implantation and help you select the lens that fits your visual goals and financial resources. All IOL's are available to you: Symphony, Restor, Toric and others.

Financing Options Available



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



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

Complimentary LASIK Consultations

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

State-of-the-Art Care

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

Stephen S. Wilmarth, M.D.—Vision Correction Specialist
1830 Sierra Gardens Dr. • Suite 100 • Roseville Lic. #801041

www.wilmartheye.com
916-782-2111

Alzheimer's-Dementia Caregiver's Support

All things being equal, which they rarely are, our plans have been to resume meetings this month. The Ladies' group meets on the first Wednesday of each month at 1:00 PM, and the General meeting is on the fourth Wednesday at 1:00 PM. Our best suggestion is for you to check with one of the Steering Committee members to verify the venue. More information (including Zoom links to our meetings) is available from our Steering Committee members: Valerie Jordan at 909-625-7443, Jo Fratessa at 916-408-7209, or email Jeff Andersen. We sincerely look forward to seeing you soon in person. Be safe. Be well. Be happy. *Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com*



Bereavement

Our Group offers 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, August 11, 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*



Bosom Buddies

"Board games" is the theme for the 2021 "Relay for Life," and Bosom Buddies will be there with its sweet "Candyland" booth. This annual event, set for Saturday, August 14, at the Gold Country Fairgrounds in Auburn, raises money for cancer research. There will be games, food, prizes and fun for all ages as well as the



The 2020 luminary bags light up for "Hope."

walk by different groups and individuals. One of the favorite features is the luminary display, rows of lighted paper bags decorated in honor and memory of loved ones affected by cancer. For information on the luminary bags, call Peggy Ryan at 916-408-0599. Peggy also is the person to call to register for the relay, even if you don't plan to attend. We're hoping for 100 percent participation.

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



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We are currently meeting 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. Masks are required, and please bring your own bottled water. We meet in the Pine Room. There are signs directing you since Gambler's Anonymous also meets at the church at that 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., please leave a message.

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

Website: www.gam-anon-loomis.com



Glaucoma Support Group

To meet or not to meet, that is the question. Our next meeting will be held on August 11 at 4:00 PM. We are hoping that a room will be available, and all of those who wish to attend will be able to meet in person. In the event we are unable to do that, then Zoom it will be. Everyone has been hopeful of a back to normal meeting, but we must be sure we are safe. We will share tips on putting drops in your eye. It can be tricky at times, so come and see if you find a way to make it easier. If you would like to be a member of the group, please contact Bonnie.

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



Hearing Impaired Support Group

It's wonderful to be connecting with all our members once again! The past many months have been difficult for all of us, and we are delighted that it has finally come to an end and we can once again resume our meetings. Our meeting in June was a social hour to get reacquainted and caught up. There was much sharing and chatting. In July, our guest speaker will be, once again, Dr. Laura Gaeta, the director of the new audiology program at Sacramento State. She will be catching us up on hearing assistive devices and will be focusing on some new applications.

The meeting will be in the Multipurpose Room (OC) on July 22, at 2:30 PM. We are looking forward to seeing you there!

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

OAKMONT SENIOR LIVING

Assisted Living & Memory Care



THE BEST CARE. FOR THE BEST LIFE.

PERSON-CENTERED CARE

**Onsite Nursing Staff • Wellness & Engagement Programs
Concierge Physician Program • Award Winning Culinary Program**

Oakmont of Roseville offers assisted living and memory care services in a resort-style setting. Call **(916) 915-9755** to reserve your studio, one bedroom or two bedroom apartment home!

Assisted Living & Memory Care
Oakmont
of Roseville

 RCFE# #312700602

**Call (916) 915-9755 to
schedule a tour today!**

LOCATED BY SUTTER HOSPITAL OF ROSEVILLE

1101 SECRET RAVINE PARKWAY · ROSEVILLE, CA 95661 · OAKMONTOFROSEVILLE.COM



Low Vision Support Group

Our next meeting is Tuesday, August 3, from 2:00 to 4:00 PM in the Multipurpose Room (OC). Jerrod Sieberg, Senior Drivers Ombudsman for DMV, will be our speaker. The California Telephone Access Program has free telephones available for those with vision loss, hearing loss, or mobility issues. Learn more at www.ddtp.org/CTAP, or call 1-800-806-1191. The California State Library provides free players and talking books to residents with vision loss. Deliveries and returns are postage-free. In addition to books, the library also provides a free Braille and Audio Reading Download website service, BARD, that allows the download of audio and electronic books, magazines, and more! Learn more at <http://www.library.ca.gov/>

services/btbl.html, or call or 916-654-0640 or 1-800-952-5666.

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



Multiple Sclerosis

Time to enjoy our Pandemic MS survival techniques. During COVID, faithful members entertained us via Zoom – Flautist Kalli Genest, Guitarist, Dr. Calmes, and YouTube star Vocalist Ann Assarasson. Ann can still be seen by logging onto YouTube. Monthly, we enjoyed member's talents and each other because we learned our own new talent, how to Zoom! With the opening of our Lodges, many Support Groups have become focused on ideas regarding updating SCLH handicap accessibility. Contact our member Paula Marchand, VP MS Accessibility,

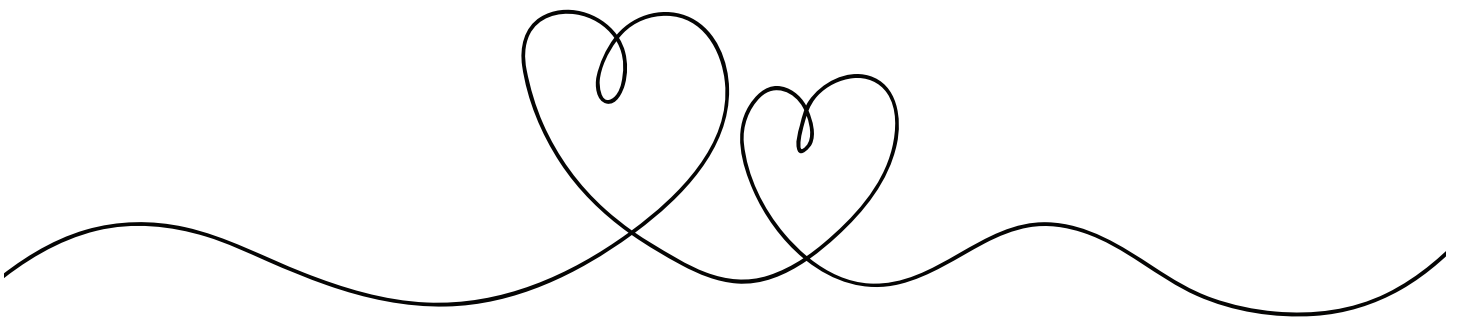
with ideas at paulajm@aol.com. We had a successful MS Walk with Captain Joni Deutsch organizing members into PODs to walk our trails and collect over \$7,000! Google: Walk MS 2021 Folsom, Donate, Joni Deutsch, or Lincoln Trailmixers. Donations support Navigator Referral Program 800-344-4867 Next MS Meeting 9-21. 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 and attend only if vaccinated. For questions, please contact facilitators Gary High or Susan Feldman at 916-919-0063.

Contact: Gary High 916-434-5905,
gwhigh@wavecable.com





WELCOME

Home Care

916.778.7150

Committed to providing quality in-home care

BONDED—LICENSED—INSURED

HCO License #314700007 welcomehomecareca.com



Lic. # 669316

DURAN LANDSCAPING

INSTALLATION & DESIGN

- Custom Design & Installation
- Will Help with Plan Approval
- Synthetic Lawns & Putting Greens
- Drought-resistant plants
- Concrete, Stone, Veneer walls
- Waterfalls
- Drip Systems
- Drainage corrections
- Planting & Bark

QUALITY GUARANTEED

FREE ESTIMATES (916) 660-1835

Ask for Victor Duran www.duranlandscape.com



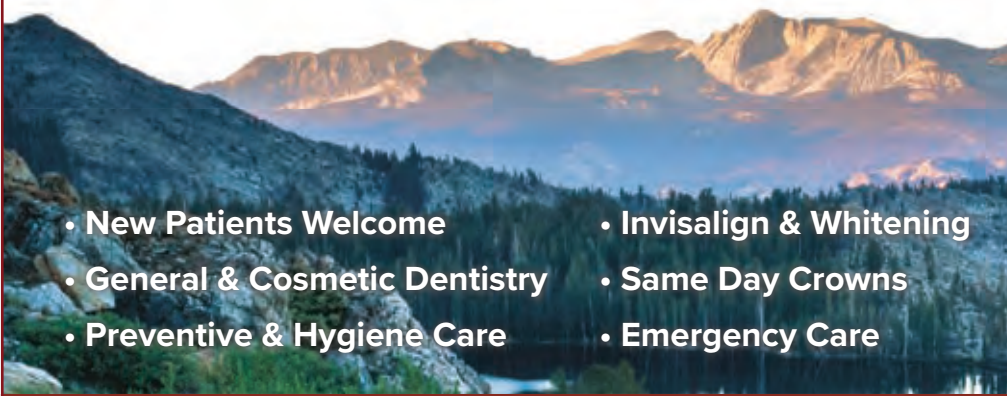
Offering a Friendly and Caring Environment

We Are Looking Forward to Seeing Your Smile

**NEW PATIENT SPECIAL
EXAM & X-RAYS**

\$99

Must present coupon. 1 coupon per patient. Not valid with other offers. Expires 9/30/21.



- New Patients Welcome
- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Invisalign & Whitening
- Same Day Crowns
- Emergency Care



Lic. #GSD02660

2295 Fieldstone Dr. Ste. #240 • 916-543-8800 • www.lincolnsmilesdental.com

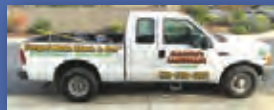
Forget Mow, Blow, & Go!™

USING THESE PAILS MAKES ALL THE DIFFERENCE.

The only way to provide a manicured yard is to yank, trim, rake, and remove weeds, leaves, and debris **BY HAND...** AND WE DO IT!



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at NO ADDED COST!



530-740-3592

Martin's Landscape
CA Contractor Lic #1007425
BONDED & INSURED



WE BUY ALL CARS, TRUCKS AND SUV'S
AND WILL BEAT MOST ALL WRITTEN OFFERS ON ALL YEARS, MAKES AND MODELS IN LINCOLN, ROSEVILLE & ROCKLIN

RCG MOTORS

3 Simple Steps

**Call Me At
916-777-2911**

Make an appointment for us to meet at my Rocklin office, your house, or a coffee spot of your choice.

A Quick Inspection

I will quickly evaluate the overall condition of the vehicle, and present you with a zero pressure offer.

The Offer Is Accepted

If agreed, we'll complete the purchase paperwork, and you'll receive your funds on the spot. That's it!

WE HANDLE ALL OF THE DMV PAPERWORK

916.777.2911
rick@rcgmotors.com
4105 Delmar Avenue, Suite 6
Rocklin, CA 95677

Rick Corbet-Gonzales, Owner
I've had the pleasure of serving the Lincoln, Rocklin and Roseville areas in the auto industry for nearly 20 years. I look forward to working with you!

Transportation home will be provided if needed. Bus Lic # 016463 Q/L # 01793

A Course in Miracles

Learn the 365 meditations that can change your life by changing the way you perceive yourself and the world. We are constantly opening to a new world of experiences but do we realize that they are based on our interpretations, judgments, and self-talk? When we change our thoughts of fear, guilt, and judgment to those of Love, forgiveness, and Oneness, our experiences improve along with our state of mind. This is what A Course in Miracles teaches us. Join this ongoing study group if you want more peace and joy in your life. Call 916-409-5253 for more information.

Airport Co-op

The Airport Co-op is 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 (Jan-Dec) 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.

Bowling League

The League is open to anyone 55 and over. You do not need to be a resident of Lincoln Hills. We bowl at AMF Rocklin every Tuesday starting in September 2021. Specific times and dates to follow. There will be a general meeting at 10:00 AM on Tuesday, August 31, to discuss specifics. This is a USBC Sanc-

tioned handicapped league. Skill and experience are not required. It is all about fun. If you plan to join this league, please contact Sharon Stout (Acting Secretary) at 707-567-6791 or email: SharonMStout@yahoo.com by August 1.

Cloggers

Yes! Life has returned to (close to) what it used to be for most of us, and we are so thankful. While we're adjusting, here is some little-known information about "clogging." We cloggers danced with completely wooden shoes – until the 1500s, that is. Clogging is related to Irish dance, and in fact evolved from the Irish step dance. Settlers in the American South took elements of various styles to form a unique American dance, Appalachian clog dancing, and tap dance evolved from clogging. For more information on clogging right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

Wonderful news! We are headed back to Kilaga for in-person meetings. We are also exploring providing a Zoom connection for those who prefer to meet that way. Our July "meeting" was July 4, when we participated in the Lincoln Hills July 4 parade. Our theme celebrated the 101st anniversary of Women's Right to Vote. Our August 19 meeting will feature a report from our political action team. Seth Brysk, Regional Director, Northern California Anti-Defamation League, will speak to our September 23 meeting on "Hate Crimes and White Supremacy." For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Stay tuned for information about club events and activities resuming as we approach the end of COVID restrictions. Karen Zimmerman, LHIC president, and Lilly LaPira, activities chair, have sent the final email in their creative series that included: Reaching Out and Keeping In Touch, Where Are We?, In a Nutshell, Mysteries, Get in It to Win It, and Questo e Quello (This and That). All in all, they sent out 130 emails. Thank you, Karen and Lilly! 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 Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its 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



Ace Appliance Repair
Repair & Installation Services
(916) 409-2424

*** SUN CITY LINCOLN HILLS DISCOUNT ***
\$50 SERVICE CALL (REGULAR \$60)

- Refrigerator • Dishwasher
- Microwave • Washer • Dryer
- Garbage Disposal • Oven • Cooktop

A LOCAL, FAMILY OWNED COMPANY
FAST, FRIENDLY, RELIABLE SERVICE

2242 Thomsen Way
Lincoln, CA 95648



QUALITY ROOFING
Lic. #604840

35 YEARS EXPERIENCE • FREE ESTIMATES

SPECIALIZING IN TILE ROOF REPAIR

916-224-7880

Tim Whedon
tim@qualityroofingsacramento.com
www.qualityroofingsacramento.com



ANNE WIENS
REALTOR® | BROKER ASSOCIATE

916.847.6006
Anne@YourAgentAnne.com
CA DRE Broker License #01425896

COLDWELL BANKER
SUN RIDGE REAL ESTATE

- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Outstanding Life Masters Club Member
- e-PRO® Certified

www.ActiveAdultPlacer.com

Property Management Specializing in 55+ Communities



- Full Service Property Management
- Over 40 Years of Property Management Experience
- Locally Owned & Operated
- Serving Lincoln, Rocklin & Roseville

Gold Properties
www.goldpropertiesoflincoln.com
916-408-4444

LINCOLN NEWS **BEST OF THE BEST** 2008-2020
DRE #01366131

Living Trusts \$695 Complete
Vic DiMattia, Attorney at Law Ca. Bar #129382

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

Documents include:

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

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

WAYNE'S FIX-ALL SERVICE

- Dryrot Specialty
- Ceiling Fans
- Recessed Lighting
- Tile Work
- Electrical Outlets
- Remodeling
- Interior/Exterior Painting
- Phone/Cable Jacks
- Shelving
- Drywall & Texture
- Carpentry

(916) 773-5352

General Contractor
Lic. # 749040
Insured

Old fashioned handyman specializing in your needs

Established 1996

Don't trust your system to a handyman!

Brown's Quality Electric
Residential • Commercial

Call Today!
(916) 600-2024

10% OFF Any Service
With coupon.
Not valid with any other offer.

Lic. #824668

- LED Upgrade
- Attic Fans
- New Circuits Added
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

GARY'S SPRINKLER REPAIR SERVICE



Residential Experts
25 Years Experience
Troubleshooting & Repairs

- Timers Changed
- Wiring Issues
- Bad Valves
- Drip Systems
- Broken Pipes

All Work Guaranteed
Lic. # 869624

(916) 223-3706

welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbcglobal.net.

Republican Group

Hopefully, our last Zoom meeting; Guest Speaker Eric Johnson, Lincoln Planning commission, spoke on High-Density Housing on Bella Breeze. If you missed the meeting, watch the YouTube video by going to our website. We also had good representation at our booth at the Placer County Fair June 24 - 27. If you didn't make it, June 16, Potters hosted over 35 members in their VIP section. It was a grand day for baseball fun! More fun is coming! Next meeting: P-Hall (KS), July 27, 6:00 PM. Get

involved, join our club \$15/pp per year www.RepublicanClubSCLH.org.

Shalom Social Group

We are delighted to report that, COVID notwithstanding, our membership increased last year! At our June meeting Steven Magagnini, award-winning local and national diversity reporter and current editor-in-chief of the Sacramento Observer shared his insights into covering various cultures and his observations on today's society. We continue our bocce ball participation and are starting a bowling league. Our Women Together group and Men's Club are starting up again after a long hiatus. Our focus is on Jewish culture, history, and cuisine, but

membership is open to all. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement

The Lincoln branch of Sons In Retirement will hold a three-course gourmet luncheon at Catta Verdera on Tuesday, July 20. 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.

**COMPASSIONATE, INDIVIDUALIZED AND ALWAYS RESIDENT FIRST.
THAT'S THE ANSEL PARK DIFFERENCE.**




ANSEL PARK
ASSISTED LIVING • MEMORY CARE

SCHEDULE A TOUR TODAY! 916.250.0770
AnselPark.com 1200 Orchid Drive Rocklin, CA 95765

 A Sagora Senior Living Community RCFE# 312700574       Pet Friendly



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.



Document Destruction

Monday, July 19, 8:30 to 10:30 AM, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!



Conversations

Wednesday, July 21, 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.



KS Movie Classic: Cool Hand Luke (1967)

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

A laid-back Southern man is sentenced to two years in a rural prison but refuses to conform. Stars Paul Newman, George Kennedy, Strother Martin. Rated GP, 127 minutes. Crime/Drama.



KS At the Movies: A Quiet Place (2018)

Monday, August 2, 1:30 PM, P-Hall (KS)

In a post-apocalyptic world, a family is forced to live in silence while hiding from monsters with ultra-sensitive hearing. Stars Emily Blunt, John Krasinski, and Millicent Simmonds. Directed by John Krasinski. Rated PG -13, 120 minutes. Drama/Horror/Sci-fi.



Golf Cart Registration

Thursday, July 15, and August 5, 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.lincolncga.gov.



Upcoming Community Forums will be presented via online Zoom offering through 2021. This allows up to 500 residents to sign into each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, there is a “chat button” that allows viewers to submit questions during the presentation. Now that our Lodges are available again, we will add live audiences in compliance with appropriate social distancing regulations.

All Forums are Free

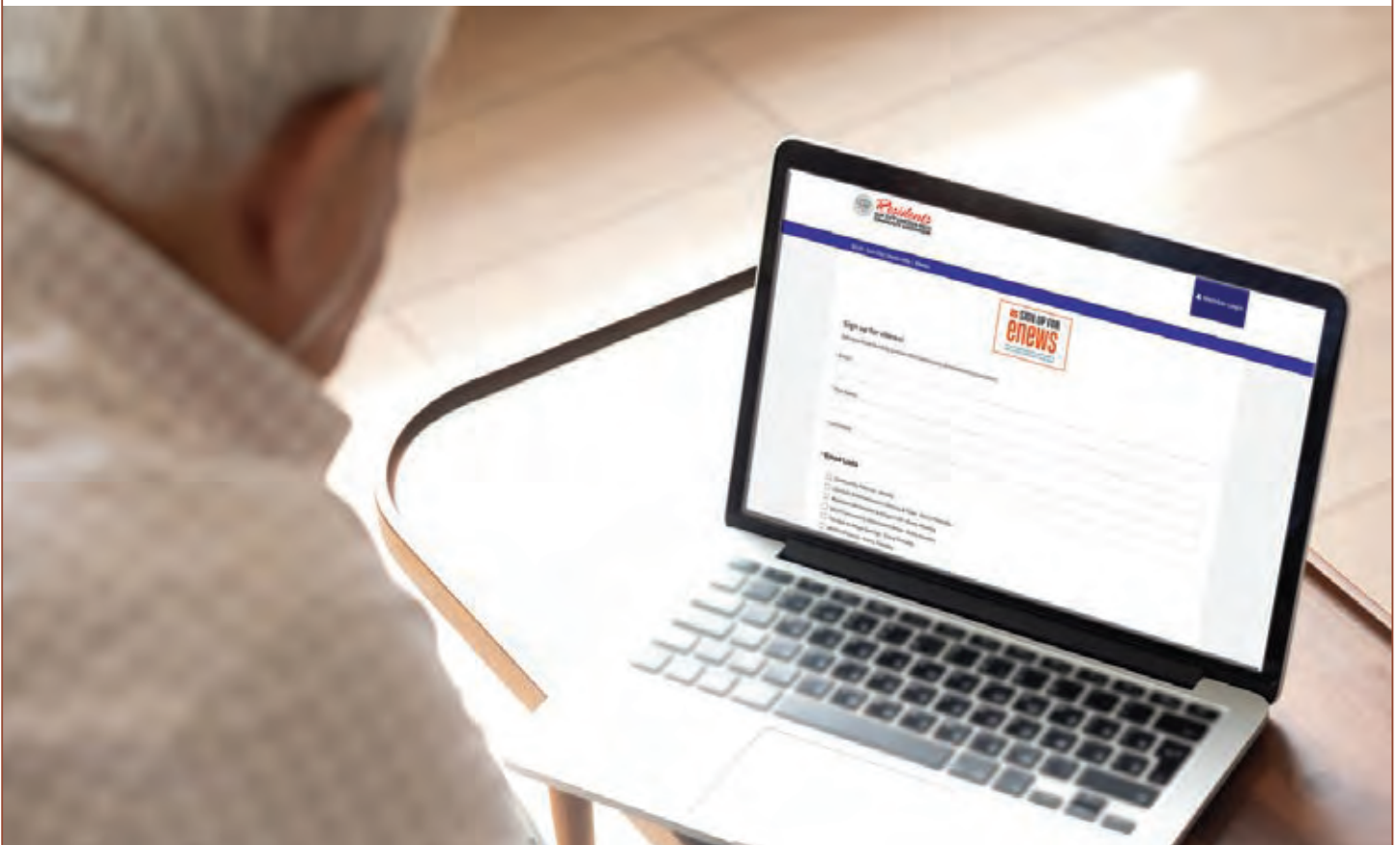
Dates are subject to change

A COMMUNITY FORUM SURVEY IS COMING IN JULY!

Share Your Opinions About Community Forums

For 20 years, Community Forums have brought to Lincoln Hills free presentations regularly by excellent speakers on various interesting topics. As we look forward to selecting speakers and venues for Community Forum presentations, we want to ensure that we provide information that is of interest to residents and provide it in a way that is accessible by the most people.

Watch for the invitation to the survey in eNews. Your opinions and input are very valuable. In order to participate in the survey, you need to be signed up for eNews. Join your neighbors and go to <http://sclhresidents.com/enews> to sign up. On the Resident Website, click on the link in the upper right-hand corner.





Are you ready for another fantastic summer? Ticket sales for all remaining shows are now available for purchase. You may purchase tickets for your friends and family. Please adhere to the SACS Guidelines to enhance your experience. Buy your tickets early before they run out!



Cherry Bomb – A TRIBUTE TO JOHN MELLENCAMP

Friday, July 30, 7:30 PM, Amphitheater

\$22 — **LSE333**

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



Jared Freiburg & The Vagabonds

CELEBRATING THE EARLY YEARS OF ROCK ‘N ROLL

Friday, August 13, 7:30 PM, Amphitheater

\$22 — **LSE334**

Get ready to have fun! For the past four years, Jared Freiburg has been touring the world on land and sea, performing the role of Jerry Lee Lewis in Broadway’s Tony Award-winning musical, *Million Dollar Quartet*. Jared lights up the stage with his high energy, electrifying personality, and amazing piano playing ala Jerry Lee Lewis! He was first introduced to the style of Jerry Lee Lewis as a young teenager, and from that point on, he took on a serious obsession into the Killer’s music and classic rock n’ roll!



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, 7:30 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 Rythm Method 4 (TRM4) is back to bring Carole King's hits to life, including memorable classics like Aretha Franklin's "Natural Woman" 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. 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.*



LIFE SMILES BACK

It has been said that the eyes are a gateway to the soul. At Sonrisa, we believe that a smile is an invitation into the heart. We are passionate about creating the ideal environment to nurture a sense of joy and excitement. We invite you to live every day in a way that truly fulfills you, with social connectivity and individual freedom in perfect balance while enjoying all of the amenities of the most exquisite independent living community in Roseville.

Opening SOON! Reserve Now

At Sonrisa we offer beautiful apartment homes including: Alcove, One-Bedroom and Two-Bedroom (612 - 1167 sq. ft.)
Call 916.963.9942 to Schedule a **Safe In-Person Socially-Distanced** or **Virtual Visit**.

Community Features

- Chef Prepared Meals, Housekeeping, Linen Service, Utilities, Basic Cable, Wellness-Activity-Lifestyle Programs and Much More are included in the Monthly Fee!
- Chef Display Open Kitchen
- Elegant Restaurant Dining
- Poolside Dining
- Lobby Lounge and Bar
- State of the Art Fitness Center
- Yoga and Dance Studio
- Bistro Café with Outdoor Dining
- Full-Service Beauty Salon and Barber, Day Spa
- Theater and Media Room
- Multipurpose Room
- Courtyard Pool, Water Fitness
- Raised Flower and Vegetable Gardening
- Outdoor Barbeque
- Bocce Ball Court
- Pickle Ball Courts
- Dog Park and Indoor Dog Wash
- Stimulating Group Outings
- Resident Interest Clubs
- Concierge Services
- Information Kiosks

Residence Features

- Open Floor Plans
- Contemporary Kitchen with Upgraded Stainless-Steel Appliances
- Quartz Countertops with Full Height Backsplash
- Shaker-Style Soft Close Cabinetry
- Under Cabinet Lighting
- Washer/Dryer
- Walk-In Showers
- Luxury Vinyl Flooring
- Balcony/Patios in Select Units
- Walk-in Closets in Select Units
- 9-Foot Ceilings
- Electronic Entry Locks

License #0037180

SONRISA SENIOR LIVING

1099 Roseville Parkway | Roseville, CA 95678 | 916.963.9942 | SonrisaSeniorLiving.com

Register Online at
SCLHResidents.com



Questions? Contact Lavina Samoy.
Lavina.Samoy@sclhca.com

*Indicates new performances on sale July 17

—Comedy—



KS Comedy Night: Stephen B
Thursday, July 22
6:00 PM Show
\$16 — **LSE339**
8:00 PM Show
\$16 — **LSE340**
P-Hall (KS)

Stephen B is a high-energy, animated comedian with fast-paced material packed with punchlines that keep his audience laughing non-stop. With 38 years of experience, Stephen B's material covers a wide range of topics we can all relate to. He has opened for great comics like Louie Anderson, Kevin Nealon and performed in various venues, including clubs, churches, and cruise ships.

—Concert—

Cherry Bomb – A Tribute To John Mellencamp

Friday, July 30
7:30 PM – Amphitheater
\$22 — **LSE333**

Rock on with the hits of “heartland rocker” John Mellencamp. Cherry Bomb's authentic and powerful rendition of Mellencamp hits and familiar tunes such as “Jack and Diane,” “Hurts So Good,” and “Cherry Bomb” will surely have you rocking and dancing through the evening.

Jared Freiburg & The Vagabonds
Celebrating The Early Years Of Rock 'N Roll

Friday, August 13
7:30 PM – Amphitheater
\$22 — **LSE334**

Performing the role of Jerry Lee Lewis in Broadway's Tony Award-winning musical, Million Dollar Quartet, you will be impressed with Jared's virtuosity on the piano, vocals, and electrifying personality! A show not to be missed!



New!

**An Evening with
Acclaimed Jazz
Saxophonist
Greg Johnson**

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. He has appeared in concert and on mainstream recordings with Jazz greats Curtis Fuller, Billy Taylor, Dick Oatts, and more. He has also appeared on stage with Pop and Rock acts, including Robin Thicke and Barry Manilow. Expect jazz standards like *Body and Soul*, *Sophisticated Lady*, and some original compositions. Special musical guests will join Greg to deliver an unforgettable evening.

**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

Wesley Yarbrough

Licensed Operator

916.591.8929

wesyarbs@gmail.com



CA State License #OPR13551 QAL # 156835

Commercial & Residential Pest Control

Junk Hauling #1 Clean Up Sanchez Home & Yard Service

Proudly Serving Sun City Lincoln Hills

- * Junk Removal/Hauling
 - * Furniture Removal
 - * Brush/Yard Clippings
 - * Paint/Household Chemicals
 - * Concrete Removal
 - * Hoarding
 - * Commercial/Residential Services
 - * Appliance Removal
 - * Yard Revitalization
 - * Electronic/E-Waste Removal
 - * Biohazard Waste Removal
 - * Garage Clearing
 - * Demolition
 - * Property Management Clean-Out
- And More!



Call (916) 408-3902

FREE ESTIMATES!

E-mail: sanchezhomeandyardservice@hotmail.com

Website: <https://www.sanchezhomeandyardservice.com>



(916) 622.0294



One Off Wood Designs

Cabinetry Unique to You
Bruce R. Wallace

CSLB: 970076

1offwooddesigns@gmail.com



Kitchens ~ Vanities ~ Baths ~ Offices
Media Centers ~ Wall Beds ~ Libraries

RUMLEY LAW

- Estate Planning
- Trusts
- Wills
- Healthcare Directives
- Trust Review
- Mobile Notary
- Probate



Darrel C. Rumley
Attorney at Law
Serving Placer County

"As a senior myself, I understand our needs. I know that a living trust is THE most important & thoughtful gift you can leave your loved ones. By having an estate plan in place, YOU decide end-of-life decisions as well as the financial distribution of your estate. Your loved ones are saved the expense of probate. Questions? I'm here to listen & help you."

915 Highland Pointe Drive
Suite 250
Roseville, CA 95678

916.780.7080
Hwy 65 & Pleasant Grove Blvd.
www.rumleylaw.com/trust
CA Bar #200811

If someone you loved died today, would you know what to do?

Start the conversation. We can help guide you through questions about Funeral, Mortuary, Cremation or Burial.

We provide affordable options to ensure your wishes are met.



Call today 916-726-1232



CALVARY CEMETERY & FUNERAL CENTER

7101 Verner Ave.
Citrus Heights, CA

cfcsSacramento.org

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!

Another quality job by...

916 TILE



Showers • Floors • Countertops

*South Placer County's Finest
Husband & Wife Team for
Kitchen and Bath Design/
Remodeling*

*We specialize in
Curbless Entry Showers and
Maintenance-Free Surfaces*

**Showroom Hours:
9-5 pm M-F
4447 Granite Dr.,
Rocklin, CA 95677**

Lic. #827397

Local Family Owned & Operated

916-259-2840 • www.916tile.com

VALLEY VIEW Church
invaluable Hills

**Kilaga Springs Presentation Hall
Sundays at 9:30 a.m.**

WE'RE BACK!
**right here
in SunCity**

*We are so blessed to be back at
Kilaga. Please join us each Sunday
morning to hear Pastor Tom
share the Word.
Come join our church family.*

Pastor Tom & Linda Galovich
Phone: 916-740-3044

Find us on Facebook www.valleyviewchurch.us
Visit our website: vvclhsc@gmail.com

loving God... loving each other

BASEBALL FEVER

WITH YOUR SAN FRANCISCO GIANTS



San Francisco Giants 2021

Get back to the excitement of Giants baseball games! Watch your San Francisco Giants in the comfort of club-level seats with spectacular views at Oracle Park! Enjoy wider seats with more leg room; access to the memorabilia displays, and shorter concession lines as well as hassle free transportation.



Giants vs. Dodgers*

Thurs, July 29 | 12:45 PM Game

\$129 | LST352

Leave OC at 8:45 AM

Return ~ 8:00 PM

(THIS TRIP INCLUDES A REST STOP ON RETURN DUE TO WEEKDAY TRAFFIC.)



Giants vs. Padres*

Thurs, Sept. 16 | 12:45 PM Game

\$120 | LST353

Leave OC at 8:45 AM

Return ~ 8:00 PM

(THIS TRIP INCLUDES A REST STOP ON RETURN DUE TO WEEKDAY TRAFFIC.)

***REGISTRATION STARTED JUNE 17, LIMITED TICKETS AVAILABLE**
Register at the Lifestyle Desk (OC/KS) or at SCLHResidents.com

Register Online at
SCLHResidents.com



Questions? Contact Lavina Samoy.
Lavina.Samoy@sclhca.com

Now on Sale!

– Performances –



***Andrea Bocelli**
Believe World Tour
Saturday, October 23
\$254 — **LST354**

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 Section 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.

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.



Hamilton
Tuesday, September 21
— **LST347**
WAIT LIST ONLY



**An Officer and
A Gentleman**
Tuesday, November 2
— **LST350**
WAIT LIST ONLY



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 shows-topper! 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.

Save the Date!

– 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 two 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. LA Dodgers

Thursday, July 29
\$129 — **LST352 - SOLD OUT**

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



SF Giants vs. SD Padres

Thursday, September 16
\$120 — **LST323**

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





BEAUTIFUL LANDSCAPES AT A GREAT PRICE!

COMPLETE LANDSCAPES

INSTALL FULL LANDSCAPE AND DESIGN:

- Drainage • Sprinkler Systems • Drip Systems • Planting • Sod Removal • Sod Install • Lighting
- Landscape Borders • Bark • Rebarking • Flagstone • Rock & Brick Walls • Tear Outs & Re-Designs
- Drought Tolerant Landscapes • Will Do Paperwork for Approval
- Yard Maintenance • Weekly • Bi-weekly • Full Service
- WINTER CLEANUPS – ROSES – PRUNING – TREE SERVICE (CRAPE MYRTLES, PALMS, ETC.)

FREE ESTIMATES

Owner: David Hernandez

Call or Text: **916-904-6366**

Lic# 1010024



Investing is about more than money.
At Edward Jones, we stop to ask you: "What's important to you?" Without a real understanding of your goals, investing holds little meaning.

Call today to discuss what's really important: *your goals.*

Melanie A Bergevin, AAMS*
Financial Advisor

1500 Del Webb Blvd
Suite 104
Lincoln, CA 95648
916-408-4722

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

**\$89.95 INITIAL
\$70 EVERY OTHER MONTH
(GENERAL PEST CONTROL
WITH ONE YEAR SERVICE
AGREEMENT)**

**One Time Services Also
Available**

OTHER SERVICES
Rodent Control
Vole Control
Deep Root
Aphid Treatment

**CALL US TODAY FOR DETAILS!
(916) 349-2044**

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

Balance & Fall Prevention.....	79	Oil and Acrylic Painting.....	62
Bootcamp.....	79	Parkinson Strong Combo.....	81
Bowenwork Services.....	71	Pick up the Pace.....	77
Boxing.....	81	Pickleball.....	71
Card Making.....	63	Pilates.....	76
Ceramics.....	63	Posture, Core and Balance.....	79
Charitable Giving.....	75	Private Reformer Training.....	76
Country Couples.....	63	Pulmonary Exercise.....	77
Fun ctional Fitness L3.....	79	Re-Start.....	76
Getting Your Stuff Together.....	74	Sip and Paint.....	62
Guitar.....	68	Stained Glass.....	68
Happiness is a Choice.....	75	Stregthen Your Memory.....	74
Hope.....	74	Tai Chi.....	73
Hula.....	65	Tap.....	68
Jazz.....	65	Training Services.....	77
Karate.....	75	TRX Circuit.....	79
Laughter Wellness.....	74	Ukulele.....	69
Line Dance.....	65	Walk on the Wild Side.....	77
Living with Foot/Ankle Pain.....	75	Water.....	79
Mind, Body & Spirit.....	74	Wellfit Class Schedule.....	82
Mixed Media.....	62		

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 July 17

Classes

—Art—



***Mixed Media Art Journaling**
Tuesdays, August 10 & 24
9:00 AM to Noon (OC)
\$45 - (two-sessions) plus \$5
supply fee paid to instructor
— **LSC2728**

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
“Summer Time”**
Friday
August 27
5:00 to 8:00 PM
(OC)
\$55 — **LSC2747**

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, August 4-25
9:00 to 11:30 AM
\$60 (four sessions)
— **LSC2931**

Learn new ways to paint and polish your skills in this new class. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. 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.sandyindblad.com. Questions about class supplies? Email Sandy Lindblad, at sandski2@yahoo.com prior to class.



LovelandRoofing@gmail.com
www.LovelandRoofing.org
916.761.7455

Specializing in Tile Roof Repairs!

All Inspections and Estimates are FREE	Get 10% OFF your repairs when you mention this add
---	---

Don't wait for your roof to tell you
theres a problem... **CALL NOW!**



Ceramics

—Pottery—

*Beginning/ Intermediate Ceramics

Tuesdays, August 3-31
1:00 to 4:00 PM (OC)

\$80 (five sessions)

— **LSC2825**

OR

Thursdays, August 5-26
9:00 AM to Noon

\$64 (four sessions) — **LSC3158**

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, August 3-31
9:00 AM to Noon (OC)

\$80 (five sessions)

— **LSC2800**

OR

Thursdays, August 5-26
1:00 to 4:00 PM

\$64 (four sessions) — **LSC3165**

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*.



Crafts

—Card Making—

*Card Making – Intermediate/ Advanced

Mondays, August 9 & 23
9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC3178**

OR

Wednesdays, August 11 & 25
9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC3182**

Prerequisite: Completion of at least four sessions of Intro to Card Making 101—Level 1 and *have instructor's approval to participate*. This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. **Last day to sign up August 6.**



Dance

—Country Western Dancing—

*Country Couples Western Dance –

Beginner Level 1 & 2

Mondays, August 2-30

7:00 to 8:00 PM (KS)

\$35 (five sessions)

— **LSC2788**



Western dancing is done to many types of music, country being the most popular. Many of the dances are done in

circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

*Country Couples Western Dance – Beginner/ Intermediate Level 3 & 4

Mondays, August 2-30

6:00 to 7:00 PM (KS)

\$35 (five sessions) — **LSC2814**

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

Lic. #899302

Residential & Commercial
Hard Water Spots
Screens & Blinds • Mirrors & Gutters

Adam & Nicole Perry

Family Owned & Operated Insured & Bonded

(916) 765-5623

LINCOLN HILLS' #1 REAL ESTATE TEAM!



Mitzi Anderson
#01911208
530-906-2358



Marie Bryant
#01208804
916-799-9911



Lisa Caliouette
#02098124
916-884-1470



Michelle Cowles
#01821892
916-295-8532



Nick Cowles
#02066942
916-216-5877



Don Gerring
#00631339
916-747-5050



Linda Erwin
#00633529
Broker Assoc.
530-720-2303



Christine Hamilton
#01151335
Broker Assoc.
916-768-5525



Yvonne Holm
#01969667
916-616-6555



Donna Judah
#00780415
916-412-9190



Wendy Judah-Olsen
#01764197
916-276-4194



Tish Leo
#01217695
916-257-3410



Dotti Lovato
#00788382
Broker Assoc.
925-323-1411



Jean Lund-Morrisseau
#01966589
916-751-0712



Paula Nelson
#01156846
Broker Assoc.
916-240-3736



Kathy Nowak
#01327209
408-348-0641



Tara Pinder
#00898876
916-600-2836



Ann Renyer
#01746828
916-343-6044



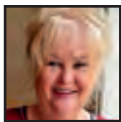
Michael Renyer
#00894446
916-343-6044



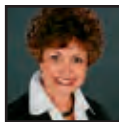
Bill & Jan Rexrode
#01700676/#01700677
916-408-3997



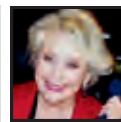
Loree Risi
#01203309
916-716-0854



Keneta Sanchez
#00960821
916-257-1004



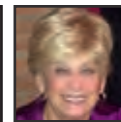
Doreen Traxel
#00822877
916-698-0801



Tangi Walker
#00820609
916-316-1112



Tony Williams
#01390054
916-521-3400



Sharon Worman
#00905744
916-408-1555



COLDWELL BANKER
SUN RIDGE
REAL ESTATE

cbsunridge.com

916.543.5222

1500 Del Webb Blvd, #101
Sun City Lincoln Hills, CA 95648

Each office independently
owned & operated.
CA DRE #01441035

Property Management by Gold Properties

www.goldpropertiesoflincoln.com 916.408.4444

#01366131



**TELL US WHAT YOU WANT
TOMORROW TO BRING.**

From left to right:

Gregory Griffin, Associate Vice President/Investments
Kim Griffin, Client Service Associate
Danny Stockton, Associate Vice President/Investments
Clay Evans, Branch Manager

Quality financial advice
130 years of experience
Long-term personal relationships

(916) 409-1300 | (866) 677-6214

985 Sun City Lane, Suite 102
Lincoln, California 95648

STIFEL

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com

**TRUST YOUR ACHING FEET TO THE
CARING HANDS OF DR. KELLER, DPM**



Dr. Brian P. Keller, DPM

DIAGNOSTIC ULTRASOUND

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Calluses
- Sports Injuries
- Diabetic Foot Care

- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

916 **434-6410**

LINCOLN PODIATRY CENTER
841 Sterling Pkwy., Suite 130 - Lincoln

LLC #FSD01063

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". Instructors: *Jim & Jeanie Keener*.

—Hula—



***Hula**

Thursdays, August 5-26

1:00 to 2:00 PM (KS)

\$62.50 (five sessions)

— **LSC2833**

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, August 5-26

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC2845**

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, August 3-31

1:00 to 2:00 PM (KS)

\$45 (five sessions) — **LSC2855**

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, August 6-27

3:00 to 4:00 PM (KS)

\$28 (four sessions)

— **LSC2924**



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

GRIFF'S
JOHNNY ON THE SPOT!
 CARPET CLEANING
 TILE & GROUT CLEANING

LINCOLN HILLS RESIDENT
 IICRC Certified • Licensed • Insured

Three rooms of
 carpet cleaning for only **\$69**

FREE ESTIMATES 916-290-2550
 Biggest truck-mounted unit for hot water extraction
 High efficiency & faster drying

WHAT CAN I DO FOR YOU?

Selling Lincoln Hills Homes since 1999

When you list your home with me, I provide:

- Strategy for getting the highest price for your home, including photography and staging
- Excellent exposure for your home on top national real estate websites as well as my dedicated Sun City Community website
- Referrals to trusted tradesmen and oversight to make your move easy
- 30 years of real estate experience



Call me for a free home evaluation today:

SHELLEY WEISMAN

916.595.0130

www.SoldByShelley.com



BRE# 00892873

CARPET | HARDWOOD | AREA RUGS WATERPROOF PLANK & TILE



FREE In-Home Design Consultation & Estimates

FREE Furniture Moving

Nielson FINE FLOORS, INC.

835 Twelve Bridges Drive • Lincoln, CA

(916) 645-3535

Local - Family Owned

www.nielsonfinefloorsinc.com



License #1046759



DO YOUR KIDS A FAVOR...

plan your funeral in advance.



Arrangements can be made by phone.

Call 916.791.2273 and ask for Ron.

HERITAGE OAKS MEMORIAL CHAPEL

916.791.2273

FD1990

6920 Destiny Drive, Rocklin, CA 95677

www.HeritageOaksMemorialChapel.com



Celebrating 26 Years • Tested and Trusted

George's Friendly Auto Service, Inc.



FULL SERVICE FACILITY

- Fleet Services
- Electronic Tune-Up
- Engine Repair
- Shocks
- Clutches
- Brake Service
- Transmissions
- Air Conditioning
- Electrical
- Scope Analysis
- CV Boots
- Axles
- Fuel Injections
- Struts
- Extended Warranty Repair



Factory Recommended Maintenance & Service • Imports & Domestic

916.645.6262 • 565 H Street, Downtown Lincoln

Georgesfriendly.com

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, August 5-26**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC3035**
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, August 2-30**
4:00 to 5:00 PM (KS)
\$35 (five sessions) — **LSC2875**
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, August 5-26**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC3069**
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, August 6-27**
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC2954**
Instructor: *Sandy Gardetto*
- ***Thursdays, August 5-26**
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC3170**
Instructor: *Cathy Paris*

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*.

- ***Mondays, August 2-30**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC3078**
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, August 4-25**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2981**
Instructor: *Sandy Gardetto*

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, August 4-25**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC3008**
Instructor: *Sandy Gardetto*
- ***Mondays, August 2-30**
5:00 to 6:00 PM (KS)
\$35 (five sessions) — **LSC2900**
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, August 5-26**
5:30 to 6:30 PM (KS)
\$28 (four sessions) — **LSC3177**
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, August 5-26**
4:30 to 5:30 PM (KS)
\$28 (four sessions) — **LSC3186**
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.

***Beginning Tap 2**

Mondays, August 2-30
11:00 AM to Noon (KS) — **LSC3058**

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

***Tap Technique**

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

• ***Mondays, August 2-30**

10:00 to 11:00 AM (KS)
\$45 (five sessions) — **LSC3058**

Glass Art

***Stained Glass**

Mondays
August 2-30
9:00 AM to Noon (KS)
\$60 (four sessions).
Supply fee: \$10
payable to instructor
— **LSC3211**



Requirements:

No open-toe shoes. 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. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

Music

—Guitar—

***Beginning Guitar**

Mondays
August 2-30
8:00 to 9:30 AM (OC)
\$48 (four sessions,
No class August 23)
— **LSC3203**



Reading music notation for guitar made easy. *About the Instructor: Jon Gowin* has a

degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.

***Folk Guitar for Fun
Folks 101 - Beginner Level**
Tuesdays, August 2-30
1:00 to 2:00 PM (KS)
\$50 (four sessions)

— **LSC3024**

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.



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

Tuesdays,
August 2-30
2:00 to 3:00 PM
(KS) \$50 (five sessions)

— **LSC3051**

Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various finger-picking 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! Instructor: *Darrell Effinger*.

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

Wednesdays, August 4-25
8:00 to 9:30 AM (KS)

\$48 (four sessions) — **LSC3190**

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—

***Beginning Ukulele**
Mondays
August 2-30
10:00 to
11:00 AM (OC)
\$48 (four sessions,
No class
August 23)

— **LSC3209**

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



***Intermediate Ukulele**

Wednesdays, August 4-25
9:45 to 11:15 AM (KS)

\$48 (four sessions) — **LSC3195**

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*.

Service — Repair — Installations

Good Value
Heating and Air Conditioning

Glenn Julian (916) 532-7252

"Just an old-fashioned, honest job at a fair price — that's good value."

**\$30
off any
repair**

**Free service
call & estimate
for any repair**

**Tune-up for
\$69.00 —
save \$20**

www.GoodValueHeatandAir.com CSLB #644732

GET FIT



LEARN MORE ABOUT PUNCH PASS CLASSES

We offer many different types of classes that are operated on a drop in, pay-as-you-go system. Punch Pass classes typically have 12 to 28 enrollees, are 55 minutes long and cost \$4.50 per class. Class descriptions with exercise levels are listed at [sclhresidents.com/punch pass classes](http://sclhresidents.com/punch-pass-classes) and the current schedules are shown in the back of your monthly Compass. You can purchase Punch Passes on the resident website or at our Front Desks. Passes purchased will stay on your account for one year from the purchase date and are nonrefundable.

LEARN MORE ABOUT (SGT) SMALL GROUP TRAININGS

Prefer a smaller setting?

SGT's can have up to 7 enrollees, are a total of four to eight sessions and are purchased as a whole package. The number of weeks and classes are specified for each month. Signups begin on the 17th of each month so just go to [sclhresidents.com/online enrollment](http://sclhresidents.com/online-enrollment) or stop by either WellFit desk!

For more information contact Rex.Owens@sclhca.com or Danielle.Merrill@sclhca.com

Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



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

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.



Lifestyle
RETAIL
...CHOICE ITEMS SELECTED WITH CARE...

Our Fitness Centers carry a
variety of seasonal items and
exclusive SCLH merchandise

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, July 28**
3:00 to 4:00 PM
- **Tuesday, August 10**
3:00 to 4:00 PM
- **Wednesday, August 18**
2:00 to 3:00 PM

Fitness Floor (KS)

- **Wednesday, July 21**
3:00 to 4:00 PM
- **Tuesday, August 10**
3:00 to 4:00 PM
- **Thursday, August 26**
3:00 to 4:00 PM

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 appointment for 1 on 1 sessions 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

Location:

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 lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

Reverse Mortgage Questions?

Explore the options available through our new **Equity Edge** loans

Now with **low cost options!***



SIGNIFICANTLY LOWER UP-FRONT COSTS

If you've heard that reverse mortgages are too expensive, we think you'll be pleasantly surprised.



INCREASED DISPOSABLE INCOME

Many retirees enjoy the "breathing room" created by getting rid of their mandatory monthly mortgage payments.†



PAY OFF HIGHER INTEREST DEBT

Sometimes credit card or line of credit balances can creep up. Consolidation might be a smart move. No pre-payment penalties!

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.

Call **916.409.7424** to reserve a seat.

Call or stop by to talk with your friendly "hometown" reverse mortgage team!

HANK RHODES

NMLS ID #459674

THAD STANLEY

NMLS ID #1284368

LEAH GREEN

Distributed Retail
Relationship Manager

916.409.7424



Office in the heart
of SCLH



Sun City Blvd.

1510 Del Webb Blvd.

BRANCH LOCATION

1510 Del Webb Blvd., #B102
Lincoln, CA 95648
NMLS #1262927

RMF

REVERSE MORTGAGE FUNDING LLC

*With this pricing option, borrower receives a lender credit covering nearly all closing costs. There is a non-refundable independent counseling fee of approximately \$125 on average, which the borrower pays directly to the counseling agency. Terms and conditions apply. Not available in all states.

†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

Equity Edge Reverse Mortgage ("Equity Edge") is Reverse Mortgage Funding LLC's proprietary loan program, and it is not affiliated with the Home Equity Conversion Mortgage (HECM) loan program, which is insured by FHA. Equity Edge is available to qualified borrowers who may also be eligible for HUD, FHA's HECM program or are seeking loan proceeds that are higher than HUD, FHA's HECM program limit. Equity Edge currently is available only for eligible properties in select states. Please contact your loan originator to see if it is currently available in your state. Upon a maturity event, any non-borrowing individuals with an ownership interest in the property, including non-borrowing spouses, will have 90 days to purchase the property from the estate or, if the non-borrower inherits the property, pay the loan in full using any sources of funds available to them. Any non-borrowing

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.

This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency.

©2018 Reverse Mortgage Funding LLC, 1455 Broad Street, 2nd Floor, Bloomfield, NJ 07003, 1-888-494-0882. Company NMLS ID: #1019941 (www.nmlsconsumeraccess.org). Not intended for Hawaii and New York consumers. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. L2310-Exp112019

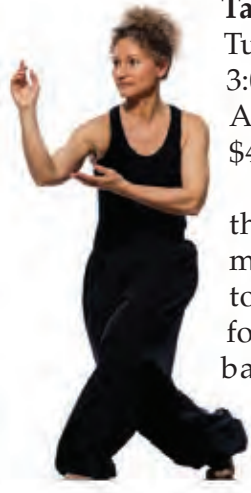
Licensed by the department of Business Oversight under the California Residential Mortgage Lending Act; Loans made or arranged pursuant to a California Financing law license.



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.



Tai Chi / Qigong L1

Tuesdays, August 10-31

3:05 to 4:05 PM

Aerobics Room (KS)

\$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, August 10-31

4:10 to 5:10 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*.

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 L1

Fridays, August 13-27

3:05 to 4:05 PM

Aerobics Room (KS)

\$36 (three 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, August 13-27

4:10 to 5:10 PM

Aerobics Room (KS)

\$36 (three 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

Saturdays, August 14-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$36 (three 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*.

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.



Mind, Body & Spirit

Wednesdays

August 4-18

3:05 to 4:05 PM

Location:

Aerobics Room (OC)

\$51 (three 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. Instructor: *Nina Baldi*.

Getting Your Stuff Together: Organizing Your Estate

Monday & Tuesday, August 2 & 3

9:00 AM to Noon, Multipurpose Rooms (OC)

\$30 + \$25 material fee paid to the instructor on the first day of class.

As we age, we wonder, “who will help me?” or “will I outlive my money?” We feel overwhelmed and end up doing nothing. Start slowly. Learn the small steps you can take. What you need, where you get it, and where you put it. Getting Your Stuff Together creates order out of chaos, helps your chosen advocates, and alerts you to the complexity of aging. Your LegacyLedger™ is the tool to bring it all together. Instructor: *Marcia VanWagner*.



Laughter Wellness

TBA

1:00 to 2:00 PM

Multipurpose Room
(OC)

\$15 (one session)

Laughter is the best exercise for life! It cre-

ates healthy social interaction, decreases stress, elevates endorphin levels which may help reduce pain and anxiety, increases tissue and organ oxyge-

nation, improves circulation, provides easy cardiac workouts, relaxes and strengthens muscles, and enhances the immune system function. The session includes easy stretches, breathing practices, and intentional laughter techniques. Students can choose their level of participation, from gentle to vigorous; the experience is suitable for all ages and all levels of ability. Instructor: *Linda Kalb Hamm, M. Ed.*



Strengthen Your Memory

Coming in September!

11:00 AM to 12:30 PM

Multipurpose Room
(OC)

\$15 (one session)

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*.



Hope

Coming in September!

11:00 AM to 12:30 PM, Multipurpose Room (OC)

\$15 (one session)

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. With California and Placer County nearly shutting down because of the surge in COVID-19, many of us are grappling with the challenge of isolation and creating memories, and fostering togetherness with family and friends without spreading the virus. 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.

Happiness is a Choice

Tuesdays, August 3-31
 11:00 AM to 12:30 PM, Multipurpose Room (OC)
 \$50 (five sessions)

Now that the pandemic seems to be decreasing and normal activities are beginning again, how can we regain or increase our happiness? This class will help you improve your well-being and optimize your everyday life. It will utilize educational content, participatory groups, and exercises to provide understanding for how to be happier in life and daily living. Instructor: *Amel Whitaker*, MA, LMFT. Amel has over 31 years of counseling, teaching, and workshop development experience. One of his professional concentrations is the mental health of aging adults.



**Living with Foot/
 Ankle Pain**

Wednesdays
 August 18 & 25
 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. Instructor: *Lisa Kwon*, Occupational Therapist. Then, learn the correct stretches and exercises to maintain this pain-free lifestyle. Keep your body strong and happy to support longevity. Instructor: *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.



**Traditional
 Shotokan Karate**

Saturdays
 August 7-28
 11:50 to 12:50 PM
 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 -
 Charitable Giving
 with Impact: Tips and
 Strategies for Practicing
 Purposeful and
 Effective Philanthropy**

Wednesday
 August 11
 5:30 to 7:00 PM, Zoom
 \$5



This class is a great way for the beginner investor to learn more about investing and the more advanced to revisit the core concepts that can often escape us. We will go through three main themes that will help any investor, which include; Major Asset Classes, Basic Tenets of Investing, and Asset Allocation. This is our most popular investor conversation and allows investors to have a sound footing before diving into more profound research. Instructor: *The Abbott Group*.

Handyman and Home Improvement Services

- PAINTING • REPAIRS & MAINTENANCE
- KITCHENS & BATHS • DECORATING

A-R Smit & Associates
 Serving Lincoln Hills Since 2008

(916) 997-4600

*Lincoln based business
 Family owned & operated*



Contractor's Lic. #919645

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 Coming in September!

Multipurpose Room (OC lodge)
\$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.

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 85 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.**

Rex Owens
Fitness Supervisor
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 eNews and sclhresidents.com for the most up-to-date information.**

SGT—Pulmonary Exercise Class

Thursday, August 5-26

2:00 to 3:00 PM

Orchard Creek

\$68 (4 sessions)

This class will feature exercises that improve exercise tolerance and focus on respiratory topics that enhance the ability of people with lung disease to manage their condition. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen. Instructor: *MaryAnn DePietro*, Respiratory Therapist.



SGT—Walk on the Wild Side L1 (Seasonal)

Coming in the Fall!
First class meets at OC Fitness Center
\$68 (4 sessions)

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)

Coming in the Fall!
First class meets at OC Fitness Center
\$68 (4 sessions)

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*.

RED DOG SHREDZ  **FEED THE DOG!**
Guarding Your Identity

PAPER SHREDDING • RESIDENTIAL & SMALL BUSINESS

Paper Shredding • Mobile Truck Shredding • Monthly Pick Up
Hard Drive/Cell Phone Degauss & Destroy

FAIR OAKS LOCATION 8505 Madison Ave. #160 • Fair Oaks, CA 95628
RedDog.FairOaks@gmail.com 916-966-9828

NEW ROCKLIN LOCATION 6661 Stanford Ranch Rd., Ste. F • Rocklin, CA 95677
RedDog.Rocklin@gmail.com 916-990-9828

STUFF BANKER'S BOX Lic. #13941

WWW.REDDOGSHREDZ.COM

Your Old Photos Restored!

I live in Lincoln Hills and will gladly do free estimates in your home.

Patrick J Osborne
Visionary Design
916-747-2080
email: patrickjosborne1@gmail.com

 **Class Act**
PT, Dick and Hans Since 1928

- Water Heaters
- NO Extra Charge for Weekends
- Utility Approved
- Senior Discounts Available
- Insured • Lic. #962592

PLUMBING 

HEATING 

AIR CONDITIONING 

DRAIN CLEANING 

\$30 OFF ANY SERVICE

645-4628
www.goclassact.com

Proud Member of the Lincoln Chamber of Commerce

JUNK KING
AMERICA'S GREENEST JUNK REMOVAL SERVICE
RELIABLE, FRIENDLY AND FAST!



- Garage Cleanouts
- Household Junk
- House Cleanouts
- Appliance Removal
- Yard Waste
- Furniture Removal

Call Us Today, It Will Be Gone Tomorrow!

1-888-888-5865 (JUNK)
916-355-8650
www.JUNK-KING.com
Lic. #GSD01980

Mention this ad and save \$30.
(Must be \$100 minimum charge.)

EST. 1996
Interior & Exterior

SORIN'S PAINTING
LIC. #723397 INSURED & BONDED

PROFESSIONAL PAINTING

- Custom Painting
- Color Consulting
- Drywall Repair
- Floor Epoxy
- Pressure Washing
- Deck Sealing

Sorin Mocan
- Owner -
- Free Estimates -

- CELL (916) 212 2663 - OFFICE (916) 828 8439

SPA MEMBERSHIP

Make Your Health a Priority!

The Spa at Kilaga Springs offers Monthly Memberships for Massage and Skincare Services!





1187 SUN CITY BLVD. | 916-408-4290 | KILAGASPRINGSSPA.COM

 **Do you need help with your PC?**

Expert assistance with software and hardware problems. Over 35 years of experience as a Computer Consultant, and I live in Lincoln Hills and am only a short distance from you.

Virus Removal SCLH residences, only \$80 per hr.
Printer Setup
Computer Upgrading
New Computer Installs
Training Sessions
and much more...

Jim Puthuff & Associates
(916) 768-3936
www.puthuff.com
Lic. #GSD01841

Dana's House Cleaning
... Sparkling clean every time ...

- Deep Cleaning
- Maintain with Regular Visits
- Move In and Out Cleaning
- Window Cleaning
- Disinfect and Sanitize

Ask about our special

916-595-8731
Call for a FREE estimate





SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays
August 3-26
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 encouraged. Instructor: *Deanne Griffin*.



SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays
August 2-25
12:55 to 1:55 PM
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. Instructor: *Renae Schmidt*.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays
August 2-25
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: *TBD*



SGT—Balance & Fall Prevention L1

Mondays & Wednesdays
August 2-25
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
August 4-25 or
Fridays
August 6-27
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

SGT—TRX Circuit L2

Tuesdays & Thursdays
August 3-26
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*.

Cycle Classes

at Kilaga Springs Fitness Center!

ALL CYCLE | Mondays, Wednesdays, Fridays | 7:30 AM



PUNCH PASS CLASSES

\$4.50 / 55 MINUTES

CYCLE WITH STRENGTH, CORE & STRETCH | Tuesdays | 8:35 AM



Questions? Contact Danielle.Merrill@sclhca.com



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.*

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.*



SGT—Rock Steady Boxing

Thursdays, August 5-26

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

Or

Fridays, TBA

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. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.*



SGT—ParkinsonStrong Combo

Thursdays, TBA

3:05 to 4:05 PM

Aerobics Room (KS)

\$68 (four sessions)

Interested in the Parkinson's Cycle

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

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

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 82-85 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.*



Commercial & Residential
 Water Heaters • Drain Cleaning • Repipe Specialist
 Water Treatment Systems Installation • Trenchless Sewer Line Replacement
 Faucets & Fixtures • Remodeling • Sewer Line Inspection

Your Local Full Service Plumbing Company • Free Estimates
 Senior & Military Discounts • 24/7 Emergency Service

916-368-9134
www.maplesplumbing.com
 Lic. # 992727



MARY OLSEN
 BROKER ASSOCIATE, SRES

Hardest working REALTOR® around!
 Call me today to explore your buying or selling options!

CENTURY 21
 Select Real Estate, Inc.
 DRE#01313720
 (916) 521-5492
Mary.Olsen@c21selectgroup.com

©2018 CENTURY 21 Select Real Estate, Inc. All rights reserved. CENTURY 21® and the CENTURY 21 Logo are registered trademarks owned by Century 21 Real Estate LLC. Each Office is Independently Owned and Operated.

OC WellFit Class Schedule July/August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 - <i>Joanie</i>	Step L2/L3 - <i>Kim</i>		Step L2/L3 - <i>Kim</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>	Coming Soon! <i>Gretchen</i>	Strictly Strength 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 L1/L2 Yoga - <i>Jennifer</i>	Barre L2/L3 - <i>Gretchen</i>	Vinaya Flow Yoga L2 - <i>Helena</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>	Yoga Sun Salutations L2 - <i>Nina</i>	
12:55			Cha Cha Chair L1 - <i>Beth</i>				
2:00				Pulmonary Exercise L1 - <i>MaryAnn</i>		Tai Chi Qigong - <i>Anney</i>	
3:05	Chair Yoga L1 - <i>Amy</i>	Healthy Living Exercise L1 - <i>TBA</i>	Mind, Body & Spirit L1 - <i>Nina</i>	Healthy Living Exercise L1 - <i>TBA</i>			
4:10							
5:15	Yin Yoga L1-3 - <i>Nina</i>			Step, Sculpt, Abs Happy Hour Workout! L2/L3 - <i>Kim</i>			
Group Exercise Classes (punch pass 55 minute) \$4.50							
Wellness Classes (session based, sign-up ahead each month)							
Coming soon! 30 min Group Exercise Classes (Fast Pass) \$2.50							
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.							

KS WellFit Class Schedule July/August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	Cycle, Strength, Core & Stretch L2 - <i>Helena</i>	Yoga Flow 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>	Power Pilates L2 - <i>Erin</i>	Piloga L1 - <i>Lola/Cynthia</i>	Strength & Athletic Stretch L2 - <i>Beth</i>	Yin Yoga L1-3 - <i>Katie</i>	
10:45	Yin Yoga L1-L3 - <i>Katie</i>	Fit Fusion L2 - <i>Craig</i>	Cardio Strength L2 - <i>Beth</i>	Fit Fusion L2 - <i>Craig</i>	Intro to... Yogai L1 very beginner - <i>Nina</i>		
11:50		SGT - 'Functional Fit L3 - <i>Deanne</i>	Living with Foot/Ankle Pain - <i>Lisa & Danielle</i> August 18-25	SGT - 'Functional Fit L3 - <i>Deanne</i>		Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/2 - <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>TBA</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>TBA</i>	TBA	Reserved for Karate Group July 17th	
3:05	SGT - Progressive Bootcamp L2/L3 - <i>TBA</i>	Tai Chi Qigong L1 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>TBA</i>	SGT - ParkinsonStrong Combo L1 - <i>TBA</i>	Tai Chi Qigong L1 - <i>Anney</i>		
4:10		Tai Chi Qigong L2 - <i>Anney</i>			Tai Chi Qigong L2 - <i>Anney</i>		
Group Exercise Classes (punch pass) 55 minute \$4.50							
30 min Group Exercise Class (fast Pass) \$2.50							
Wellness Classes (session based, sign-up ahead) 60 minute							
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.							

OC Aqua WellFit Class Schedule July/August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2/3 - <i>Nina</i>	OC	Aqua Surge L2/3 - <i>Jiji</i>	OC	Aqua Surge L2/3 - <i>Nina</i>	OC	OC
8:35	Power Waves L3 - <i>Nina</i>	8:45am Aqua Intervals L2/3 - <i>Beth</i>	Power Waves L3 - <i>Jiji</i>	8:45am Aqua Intervals L2/3 - <i>Lisa</i>	Power Waves L3 - <i>Nina</i>		
9:40	Splash L2 - <i>Jiji</i>	9:50am Aqua Intervals L2/3 - <i>Beth</i>	Splash L2 - <i>Lisa</i>	9:50am Aqua Intervals L2/3 - <i>Lisa</i>	Splash L2 - <i>Lisa</i>		
10:45	Fluid Moves L1 - <i>Jiji</i>		Fluid Moves L1 - <i>Lisa</i>		Therapeutic Water Exercise L1 - SGT - <i>Lisa</i>		
11:50			Therapeutic Water Exercise L1 - SGT - <i>Nina</i>				
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 - <i>Danielle</i>		Power Waves L2/L3 - <i>Nina</i>				
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							

Pilates Reformer WellFit Class Schedule July/August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - Gretchen			Reformer L1-L2 - Cynthia			
8:30	Reformer Barre - 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	New! Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Julie	Mixed Equipment L1-L2 - Cynthia		
10:30		Reformer Basic + L1- L2 - Valerie	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Julie	New! Reformer Basics + L1-L2 - Cynthia		
11:30		Reformer L1-L2 - Julie	Reformer L1-L2 - Gretchen	Reformer L1-L2 - Julie			
12:00					12:00 Cardio Jump & Core L2 - Gretchen		
12:30							
		Mixed Equipment L1-L2 - Julie	Starts July 14th Reformer Basics + L1-L2 - Gretchen				
4:00				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.							

updated 7/1/21 - The most up-to-date class schedules are on MindBody or sclhresidents.com

Orchard Creek Lodge.....965 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	

ADMINISTRATION

Executive Director
Robert Richardson..916-625-4060 .Robert.Richardson@sclhca.com
Executive Assistant/Office Manager
Christy Goodlove916-625-4062 ... Christy.Goodlove@sclhca.com
Communications & IT Manager
Jeff Caponera916-625-4057 Jeff.Caponera@sclhca.com
Compass Editor
Theresa Renken.....916-625-4014Theresa.Renken@sclhca.com
Community Standards Manager
Sam McKee.....916-625-4006 Sam.Mckee@sclhca.com
Director of Finance
Staci Erskine916-625-4024 Staci.Erskine@sclhca.com
Membership
Lisa Hammons916-625-4068 Membership@sclhca.com

FACILITIES

Facilities & Maintenance Manager
Erik Rosales916-645-4500 Erik.Rosales@sclhca.com
Landscape Supervisor
Willie Mayberry.....916-645-4501Willie.Mayberry@sclhca.com

BOARD OF DIRECTORS & COMMITTEES

Board of Directors
Laura Thiele.....President Laura.Thiele@sclhca.com
Jack Harris.....Vice PresidentJack.Harris@sclhca.com
Craig Fraser.....Treasurer Craig.Fraser@sclhca.com
Robert CoppSecretary Robert.Copp@sclhca.com
Joe CortezDirector Joe.Cortez@sclhca.com
Tom Dunipace.....Director Tom.Dunipace@sclhca.com
Diana PetersDirector Diana.Peters@sclhca.com

LIFESTYLE

Lifestyle Desks
Orchard Creek: 916-625-4022Kilaga Springs: 916-408-4013
Director of Lifestyle, WellFit & Spa
Deborah McIlvain ...916-625-4031 .. Deborah.Mcilvain@sclhca.com
Lifestyle Manager
Lavina Samoy916-625-4073 Lavina.Samoy@sclhca.com
Lifestyle Class Coordinator
Betty Maxie.....916-408-7859 Betty.Maxie@sclhca.com
Room Booking & Club Coordinator
Shelvie Smith.....916-625-4021Shelvie.Smith@sclhca.com

WELLFIT

WellFit Desks
Orchard Creek: 916-625-4030Kilaga Springs: 916-408-4683
Assistant Director of WellFit & Spa
Jonathan Leung.....916-258-8289Jonathan.Leung@sclhca.com
WellFit Program Manager
Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
Fitness Supervisor
Rex Owens.....916-408-4825Rex.Owens@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant.....MeridiansRestaurant.com
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe
To-Go Orders & Info: 916-408-1682
Director of Food & Beverage
Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com
Catering Sales Manager.....OrchardCreekLodge.com
Mandy Bryer916-625-4043 Mandy.Bryer@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
Spa Manager
Breann Reese916-408-4071 Breann.Reese@sclhca.com

GENERAL NUMBERS

Curator Security916-771-7185
LH Golf Club916-543-9200lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood WatchSCLHWatch.org
Barbara Branch: 916-622-5490
Neighbors InDeed916-223-2763neighborsindeed.org
Lincoln Hills Foundation...916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

Committees
Architectural Review.....ARC@sclhca.com
Clubs & Community Organizations..... CCOC@sclhca.com
Communications & Community Relations CCRC@sclhca.com
Compliance..... Compliance.Committee@sclhca.com
Elections Elections.Committee@sclhca.com
Finance Finance.Committee@sclhca.com
Properties Properties.Committee@sclhca.com

Please thank your advertisers and tell them you saw their ad in the *Compass***AUTOMOBILE**

About New Auto Sales	18
Eddie's Lincoln Auto Body	27
George's Friendly Auto Service ..	66
J & J Body Shop	26
RCG Motors	46

CHURCH

Valley View Church	57
--------------------------	----

CLEANING SERVICES

All Pro Window Cleaning	63
Dana's Housecleaning	78
Gold Coast Carpet & Uph.	28
Joe's Carpet Cleaning.....	26
Johnny on the Spot.....	65
V & O Cleaning Service	33

COMPUTER SERVICES

Compsolve Computers	33
Jim Puthuff & Associates	78
PC & Mac Resources	37

DENTAL

Denzler Family Dentistry.....	32
Lincoln Smiles	46
Victoria Mosur, DDS	20

ELECTRICAL SERVICES

Brown's Quality Electric	48
Judeen Electric.....	11

EYE CARE

Wilmarth Eye/Laser Clinic	42
---------------------------------	----

FINANCIAL SERVICES

Edward Jones	60
Reverse Mortgage Funding	72
Stifel	64
TAD Executive Fiduciary Services.....	28

GOLF

Electrick Motorsports Inc.	32
---------------------------------	----

HANDYMAN SERVICES

A-R Smit & Associates	75
Bartley Properties	34
Home Handyman Services	37
L&D Handyman	23
Wayne's Fix-all Service	48

HEARING

Miracle Ear	20
-------------------	----

HEATING AND AIR

Accu Air & Electrical	25
Good Value Heating & Air	69
Peck Heating & Air	41

HOME IMPROVEMENT

1A Advanced Garage Doors	23
Ace Appliance Repair.....	48
Don's Awnings	22
Loveland Roofing	62
Nielson Fine Floors	66
One Off Wood Designs.....	56
O.Tile	57
Overhead Door	11
Quality Roofing.....	48
Screenmobile	31
The Closet Doctor	16
Thorco Steel	39

IN HOME CARE

Home Care Assistance.....	18
Welcome Home Care	45

JUNK HAULING AND REMOVAL

Junk King	78
Sanchez Home & Yard Service .	56

LANDSCAPING

CM Ponds & Stuff	24
Complete Ponds.....	32
Duran Landscaping	45
Hernandez Landscaping	60
Martin's Landscape	46
Rick Myers Landscape Design..	35

LEGAL

Gibson & Tuttle, Inc.	18
Robertson Law Group	16
Rumley Law	56
Seasons Law	38
Vic DiMattia, Atty. at Law	48

MISCELLANEOUS

Visionary Design	78
------------------------	----

MORTUARY SERVICES

Calvary Cemetery & Funeral Center	56
Cremation Society/Wagemann ...	41
Heritage Oaks Memorial Chapel	66
Morgan Oaks	25

PAINTING

Dynamic Painting	38
Preferred Painting	24
Sorin's Painting	78

PEST CONTROL

ICPests	55
Noble Way Pest Control	60
Superior Pest & Rodent Mgmt. ...	29

PLUMBING

BZ Plumbing Co. Inc.....	28
Class Act Plumbing	78
Maples Plumbing	81
Ronald T. Curtis Plumbing.....	35

PODIATRY

Lincoln Podiatry Center	64
-------------------------------	----

PROPERTY MANAGEMENT

Gold Properties of Lincoln	48
Carolan Properties	22

REAL ESTATE

Carolan Properties	22
Century 21 - Mary Olsen	81
Coldwell Banker/Sun Ridge	64
- Anne Wiens	48

- Donna Judah.....	28
- Marie Bryant.....	29
- Michelle Cowles.....	34
- Tara Pinder	38
- Tony Williams	31
- Yvonne Holm.....	16

Grupp & Assocs. Real Estate....	20
---------------------------------	----

HomeSmart Realty

- Gail Cirata.....	32
- Shari McGrail.....	18
- Team McGrail	42
Shelley Weisman	66
Realty One Group - Jackie Smith.....	26
- Kortney Williams	40

RESTAURANT

Bagel & Bean.....	39
-------------------	----

SELF STORAGE

Lincoln Ranch Self Storage.....	38
---------------------------------	----

SENIOR LIVING

Ansel Park - Assisted Living	49
- Independent Living	16
Eskaton Village	14
Merrill Gardens	26
Oakmont of Roseville.....	44
Paradise Valley Estates.....	40
Sonrisa	54
Summerset.....	20

SENIOR TRANSITIONS

New Leaf	30
----------------	----

SHREDDING

RedDog Shredz	78
---------------------	----

SPRINKLER SERVICES

Gary's Sprinkler Repair	48
Sprinkler Medic	30

TRANSPORTATION

Apex Airport Transportation.....	27
----------------------------------	----

TRAVEL

Club Cruise.....	88
------------------	----

COMPASS — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Linda Lucchetti, Richard Pearl, Shirley Schultz,Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

The Association provides this publication for informational purposes only. Sun City Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication. Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2021 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher.



CLUB CRUISE & TRAVEL

It's time to book a river cruise! Viking River Cruises includes a sightseeing tour in every town, beer and wine with lunch and dinner and small boats to take you into the heart of the small towns of Europe where big ships cannot reach. Call for more information. 916-789-4100

Grand European Tour

From \$3,999 | 15 Days | 12 Guided Tours | 4 Countries

The map shows a route starting in the Netherlands (Amsterdam, The Hague, Kinderdijk) and moving through Germany (Cologne, Koblenz, Miltenberg, Würzburg, Bamberg, Regensburg, Passau, Vienna) to the Czech Republic (Prague) and Hungary (Budapest). Rivers shown include the Rhine, Main, Danube, and Danube Canal. A Viking logo is present.

15 Day GRAND EUROPEAN 2022 & 2023

Prices starting from \$3999 and *\$99 Airfare

Admire Rhine Valley vistas from a 900-year-old castle. Sample the food and wine of Austria's Wachau Valley. Learn the Viennese waltz and linger in Budapest's Café Gerbeaud. Indulge all your senses on this 15-day journey spanning the best of Europe. Our most iconic itinerary traces the Rhine, Main and Danube Rivers between the windmill-dotted waterways of Holland and the stunning landscapes of Hungary, with engaging encounters at every bend.

Ask about a pre or post cruise tour to Prague!

Paris to the Swiss Alps

From \$3,299 | 12 Days | 10 Guided Tours | 4 Countries

The map shows a route starting in France (Paris, Reims) and moving through Luxembourg (Trier), Germany (Cochern, Bernkastel, Koblenz, Mainz, Speyer, Strasbourg), and Switzerland (Basel, Zürich, Geneva, Zermatt). Rivers shown include the Moselle, Rhine, and Rhine. A Viking logo is present.

12 Day PARIS to the SWISS ALPS 2022 & 2023

Prices starting from \$3299 and *\$599 Airfare

Pay your respects at the Luxembourg American Cemetery. Discover Roman Trier. Taste Moselle Rieslings and visit the wine town of Bernkastel-Kues. Enjoy scenic cruising past the town of Sankt Goar, home of the Lorelei Rock, and through the Rhine Gorge, a UNESCO Site. Visit fascinating Worms and the university town of Heidelberg. Vineyard-flanked slopes and historic cities, along with hotel stays in Paris and Zürich, make this 12-day cruisetour irresistible.

Ask about a pre or post cruise stay in Switzerland or Lake Como!

COMPLIMENTARY AIRPORT SHUTTLE from your home to the Sacramento Airport is included with every Viking Cruise booked with Club Cruise & Travel. Call and book today.

Call us M-F 9am—5:00pm 916-789-4100 Email us - book@clubcruise.com We're local!

CLUB CRUISE & Lincoln Travel 916-789-4100

Located at 851 Sterling Parkway, Lincoln CA