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On the Cover
Independence Day
Photo by David Wright

Calendar of Events

July 18 - August 15

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

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ME

- Open up the Camera on your phone
- Scan the QR Code
- This will take you to the resident website sign up for eNews page. (Login may be required)

Upcoming Association Meetings: July 21 – August 22

Finance Committee	Thursday, July 21, 9:00 AM
ARC/Architectural Review Committee	Monday, July 25, 9:00 AM
Board of Directors	Thursday, July 28, 9:00 AM
Board of Directors Executive Session	Thursday, July 28, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, August 2, 9:30 AM
Compliance Committee	Wednesday, August 3, 9:00 AM
Accessibility Committee	Wednesday, August 3, 9:00 AM
Properties Committee	Thursday, August 4, 9:00 AM
Elections Committee	Friday, August 5, 10:00 AM
ARC/Architectural Review Committee	Monday, August 8, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, August 9, 10:00 AM
Board of Directors Workshop	Thursday, August 11, 9:00 AM
Board of Directors Executive Session	Thursday, August 11, 1:00 PM
Finance Committee	Thursday, August 18, 9:00 AM
ARC/Architectural Review Committee	Monday, August 22, 9:00 AM

Meetings subject to change. Visit sclhresidents.com for the most up to date information.

VOLUNTEER OPPORTUNITIES

Committee Openings

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

- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Elections Committee
- Finance Committee
- Properties Committee

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



Board of Directors' Report Board Priorities

Craig Fraser, President

Now that the election is over and a new Board has been seated, it's time to get to work. The election results have returned an incumbent, Tom Dunipace, and two new members, Chuck Cunningham and Don Bowden. The new officers are President – Craig Fraser, Vice President – Robert Copp, Treasurer – Laura Thiele, and Secretary – Marie Barnes. I want to thank the residents that voted. Your involvement is critical. Please continue to be involved as the Board moves forward on key issues that will affect everyone.

Board priorities for the next 12 months are:

1. Implement a multiyear Budget process
2. Re-establish Strategic Plan
3. Implement Internal Control Audit recommendations
4. Improve Reserve Study
5. Improve association risk management
6. Update election quorum

This past month the Board has been working on the following:

- We approved a new phone system that was installed in June. This is just one of the items the Association is bringing to the Board for increased reliability and cost savings.

- The Knee Wall, Retaining Wall, Wrought Iron Fence Maintenance Responsibilities Statement has been posted on the Association website for review and comment.

- The Board continues to work on ADA projects and schedules.

- We have started our Board Workshops, which will continue to be held on the second Thursday of the month. Watch for the schedule and agenda to be sent in eNews. The next workshop is on August 11.

- "Open Forum" has been moved to the beginning of Board Meetings.

- The Board is reviewing our 501c4 tax status and will be considering a disclosure notice of change in public access with our 2021 tax filing.

- Finally, the budget process is underway. Hopefully, we can present a preliminary budget to the residents in early September.

I would like to recognize our Spa as another amenity that continues to make strides toward profitability. KarriLynn Keith the Spa Manager, has done as an excellent job in providing the kind of high-end

experience that brings customers back for more.

I would also like to thank Laura Thiele for her guidance and effort during the last 15 months. She exemplifies a volunteer that goes above and beyond to ensure our community is moving forward for the benefit of our residents. I hope to follow in her footsteps and continue to provide the same qualities she has shown.

Our society continues to pivot to a self-centered attitude, "my way or the highway." This has filtered into our community. Do not forget we are tied together as a community that relies on everyone working for the greater good. I am not placing blame; everyone can share that. Let's strive to understand where our community needs to go and how we can work to make that happen. This starts with small steps to build trust and move forward.

I am asking our community to identify issues we can all support. President Lincoln said it best, "a house divided against itself cannot stand." Individual goals are important, but we must balance those with the needs of our community to grow and flourish. Combining our efforts will certainly make this challenge easier. I would like to be able to say at the end of my term, that everything that was accomplished had a positive impact on our Association and residents.





A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"We must be free not because we claim freedom, but because we practice it." – William Faulkner

What does July mean to you?

Perhaps fireworks, hot days, warm evenings, cold drinks, swimming, and hopefully Independence Day celebrations. Independence can have multiple meanings, from the annual celebration of the United States' independence from England to your own personal independence. I know that I enjoy celebrating both. One of them just happens to be celebrated on one communal day one time per year, and the other is enjoyed by people every day.

Whether you enjoyed fireworks from near or far, July 4th was being celebrated around you and across the country. Your day may have included traditional foods, picnics, barbecues, baseball, or something new. Either way, it was a collective time for appreciating where we live and those that fought for the independence we enjoy. While we may take our freedom for granted much of the time, the celebration of Independence Day signifies our recognition that these freedoms are far from free.

"Every human has four endowments – self-awareness, conscience, independent will and creative imagination. These will give us the ultimate human freedom...The power to choose, to respond, to change." – Stephen Covey

As adults, we are also lucky to enjoy personal independence, giving us the freedom to choose how we prioritize our time, how we spend our money, and determine what is most important to us. It is hard to imagine

anyone moving to this community who did not prioritize an active lifestyle. Lincoln Hills offers an array of choices for residents to determine how to spend their time. From a needle arts project, music class, educational lecture, card game, billiards match, lap swimming, fitness class, dance class, musical concert, theatrical performance, softball game, tennis match, bocce game, pickleball match, workout in the gym or a hike on a beautiful trail to name a fraction of activity choices, there is something for everyone. This day-to-day freedom to choose your activity or event of choice and the opportunity to do these activities with like-minded people is an incredible benefit to living here in Lincoln Hills.

This is also a wonderful opportunity to recognize those that choose to volunteer for the community that they call home. Volunteers work in many capacities to help each other, help the community progress, assist with important behind the scenes coordination and provide a rich, diverse, professional expertise to guide the direction of the Association. These Committee members, Board members, event volunteers, technical support volunteers, and club and organization leaders are what make Lincoln Hills a special community. This gift of time by these volunteers is the lifeblood of the Association and, in cooperation with the efforts of a strong Association staff, allows Lincoln Hills to thrive.

As of the writing of this article, I have already enjoyed two high-energy Summer Amphitheater concerts and heard the activity of people of all ages enjoying the outdoor pools. I look forward to continuing to enjoy the 2022 Lincoln Hills summer.





Finance Committee

May Results

Fred Raach, Chair

The Association continued its positive performance with results for the first five months of this year \$112,000 better than expected in the budget plan. All operating departments, except Lifestyle and the Spa, were ahead of plan at the end of May.

For the first five months of 2022, planned gross income was \$7.1 million, including both dues and operations revenue. Actual income was just \$32,000 less than plan. Expenses, i.e. operational costs and the reserve contribution, were projected at \$7.3 million. Actual expenses were \$144,000 less, primarily from planned expenditures cancelled or deferred to a later month.

The chart in this article illustrates year-to-date performance by department and the following are highlights of the May results.

This month the Administration Department's expenses were less than budgeted, with savings in personnel costs offsetting higher expenses in other areas. Savings in computer and related equipment expenditures produced a better than budgeted result for the Communications & IT Department in May. The Lifestyle Department was over its budget in May as a result of lower than planned revenue from classes and trips and unplanned personnel costs. The Spa suffered from staffing shortages that reduced appointment

times and increased costs. The WellFit and Food and Beverage Departments generated better than budgeted results in May. Notably, Food and Beverage had net revenue of \$26,000 in May, its third consecutive month of positive net revenue. Facilities & Landscape's May results also were better than plan, due to deferral of some landscape and open space maintenance projects and less than expected water and electricity usage.

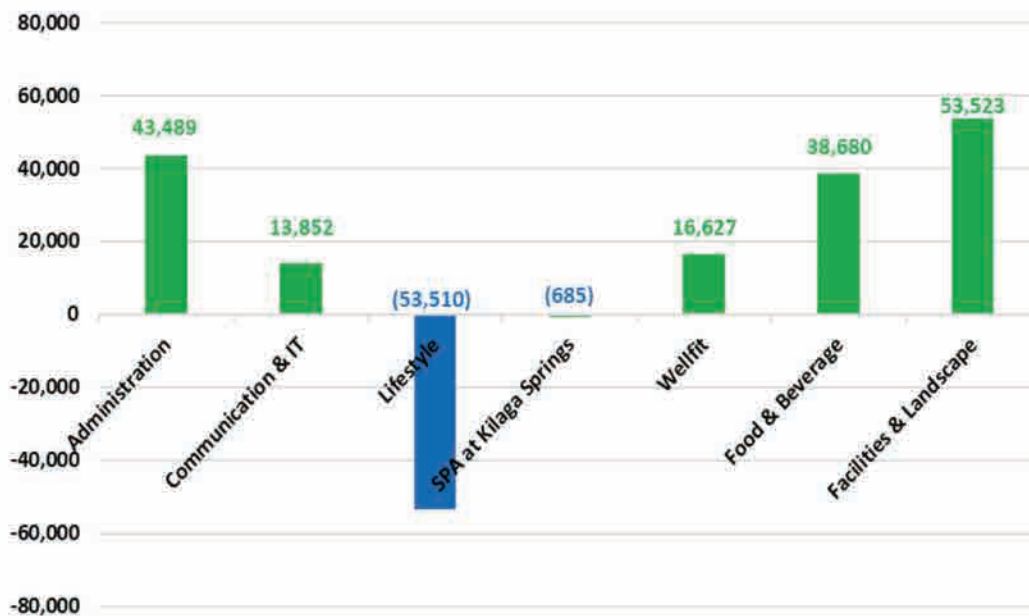
Reserve expenditures in May were \$169,000, bringing the total for the year to only \$329,000. The reserve balance increased slightly to \$11,494,000 at month end.

In May, completing the Needle Arts Room expansion accounted for the bulk of the \$39,000 spent from the Community Enhancement Fund. At the end of May, the fund had \$819,000 available for future projects.

Development of the budget for 2023 has begun. Inflation and the increase in the California minimum wage create significant upward pressure on Association expenses next year. Developing ways to save costs and to increase revenues are high priorities for staff, the Finance Committee, and the Board to minimize the impact on 2023 dues.

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

2022 MAY YTD DEPARTMENT ACTUALS vs BUDGET VARIANCE



2022 MAY YTD Department Variance Total =-\$111,977



Architectural Review Committee Drought Tolerant

Richard Bostdorff, Co-Chair

The other day, driving back into Lincoln Hills, I was reminded why we chose to move to this community. As you leave scrub oaks, dry grass, and varying styles of housing developments, the well-maintained landscape and homes are striking. There is pride in the community we all work hard to maintain and improve. I was also reminded that “here we go again” into another year of drought. As a native Californian, I have lived through more droughts than I can count. However, we have learned a lot over the years, and it is possible to maintain a welcoming beautiful landscape and still use minimal amounts of water. Our goal as an ARC committee and as residents is to strive to be as water-efficient as possible. I, for one, would certainly not want to move to zero scape landscaping, with its stark look. So, let’s all work together to reduce our water usage but maintain the look of our community.

There are several options for each of us to save water. One is to install artificial grass. Over the past few years, the artificial grass’s quality, look and feel has improved dramatically. It is a low maintenance enhancement to your yard. If you do maintain a traditional grass lawn, ensure the sprinklers only water as needed, and there is as little water runoff as possible.

If you are replacing plants or doing any relandscaping, choose plants that are drought tolerant. The approved plant list does have many drought tolerant plants. Of course, we will always consider alternative

selections. Nurseries and landscapers are coming up with new varieties of plants that do use less irrigation. However, we will always keep in mind the Design Guidelines and maintaining the look and feel of the community while supporting your improvements.

Local nurseries are familiar with low water use varieties of plants. Our landscape contractors in the community are adept at meeting your desired look and feel while still using drought-tolerant plants and adapting your changes to the Design Guidelines. (The picture reflects plants that are colorful, and still drought tolerant). There are a lot of publications that can help with your planning. As a committee, we rely on the Sunset Western Garden Book. It is a great source of information.

There are also several applications for mobile devices that can help with plant selection. One favorite is “PictureThis.” With it you can take a picture of any plant, and obtain all the information, including drought tolerance. You can also look up any plant and get extensive information on water, pruning, and maintenance. There are other



similar applications available.

Last thought: As you do relandscaping or additions to your exterior, please remember that our CC&R’s require maintenance and other work not be done before 9:00 AM to avoid noise. If you are scheduling work on your property, it is always considerate to let your neighbors know your plans and minimize the impact on them.

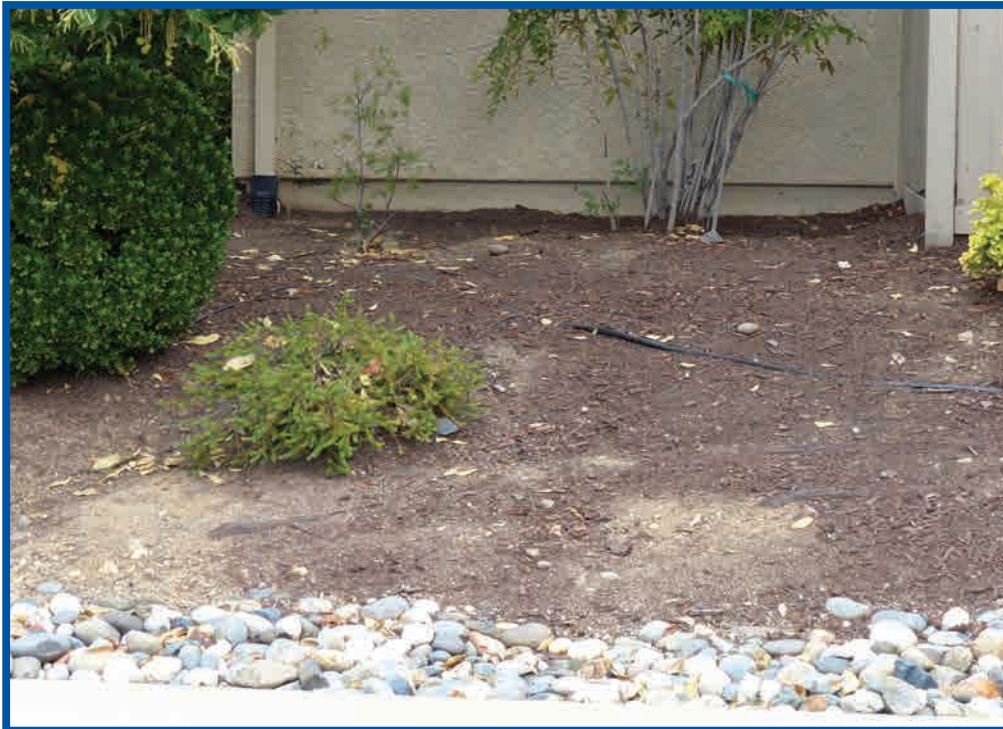


Compliance Committee Bark and Other Things

David Mateer, Chair

It is amazing how having sufficient bark in your yards makes such a difference. We often use the generic term “bark” when in our community it is often chipped wood used in the planter areas. Please forgive me if I just use the term bark here. Bark really dresses up the planter areas and makes the whole yard look more attractive. Unfortunately, bark will break down or somehow vanish, and you will have to replace or augment it with fresh material. Fortunately, bark can be applied at any time of the year. Some owners in our community add a little bark once or twice per year, while others wait and do a major refresh every couple of years to make the planter areas look well taken care of. Spring and early summer seem to be peak times for people to perform this refresh. Over the past several months, many of you have already taken up this on-going project. I was really surprised to hear how much bark the Association uses to keep the common landscaping looking so nice. It was thousands and thousands of cubic yards.

The bark also helps keep your plants’ roots cooler and reduce water’s evaporation. Similarly, it protects your irrigation lines from the damaging effects of the sun. As a bonus, it also can be a great aid in reducing weeds in your yard. It is time for additional bark if you have exposed areas of dirt or visible main irrigation lines. Do not mix different types or colors. It should be one uniform type and color. If it is time to replace your bark, an application to ARC is not required if you are



replacing it with what was formerly approved (same type and color). According to our guidelines: “Bark/chipped wood shall be in neutral earth tone colors, such as Natural Redwood bark, Dark Brown or Black.”

Some are tempted to replace the bark with rock or a different color. Either of these changes does require ARC approval. Please remember that rock is also limited to a maximum of 25% of the plantable area. So, you cannot replace all the bark with rock.

Just as bark assists with heat around your plants, some are trying to figure how to manage the heat in their garages. This is quite a problem in the summer months as the garage space is uninsulated. Much of the heat

comes from the ceiling because the attic space there is generally not insulated. On summer days when it is between 90 and 100 degrees, the attic space is typically 30-40 degrees higher. Proper ventilation of the attic and garage helps but is not sim-

ple to handle. Some homes with garage windows, also try to reduce the light or heat coming from the windows. The window coverings for the garage door are governed by the same guidelines as all windows (section 2.16). Of course, blinds, shutters, and most drapes do not really work for the garage door. If a window covering is desired, non-reflective window tinting is the recommended choice. A darker tint will assist in reducing heat while increasing privacy. Reflective material, paper, or material that looks like paper should not be used.

Thanks for keeping our community looking great.



Properties Committee Who Do You Appreciate?

Lynne White, Committee Member

The Properties Committee would like to express their appreciation to the people who make a difference in our lives. We are the starting point for the projects that involve the physical properties of Lincoln Hills. All of our projects, repairs, and maintenance could not happen without the support of the following people:

Kyle Bodyfelt, our Executive Director. He attends our monthly meetings and presents the latest updates pertaining to Properties. He listens to our concerns and always steps up when we need his advice.

Erik Rosales, Facilities and Maintenance Manager, has been working at Lincoln Hills since its inception. His knowledge of the entire community is remarkable. He welcomes our emails and telephone calls, as well as responds quickly to problems or projects that need attention. As individuals and as a committee, when any of us needs Erik, he's available.

Liaisons from the Board of Directors and Finance Committee. They are actively involved in developing a close working relationship between our community and the Properties Committee. We are appreciative that the liaisons come to our meetings to exchange information, thus keeping the lines of communication open.

Christy Goodlove, our Executive Assistant/Office Manager, accomplishes a huge amount of work for Properties along with her duties serving many other

committees and organizations. She records our minutes, takes care of our PowerPoint presentations, posts our agendas, helps organize our workshops, scrutinizes our new resident website, and is our primary go-to person for our hybrid Zoom meetings.

All of our department managers, supervisors, and coordinators at Food and Beverage, Lifestyle, WellFit,

the Spa, and Landscape are integral to our inspections. They know their departments, literally, backward and forward. They help Properties identify all of the repairs, replacement, and maintenance items. We depend on them to be knowledgeable about what their individual departments entail. They never disappoint us.

Theresa Renken, *Compass* Editor. After all is said and done for the month, our articles are submitted to Theresa. She edits the articles and always makes us look good. As one of the writers, I appreciate that Theresa keeps our dialogue going until the monthly article is ready to publish.

This is a short list of what it takes for our Properties Committee to perform at such a high level. Our Chair,

Bill Szabo, and our Vice-Chair, Christine Uebele, head our stellar team of volunteers. It is a privilege to have the support that our Properties Committee receives. We all strive to keep Lincoln Hills among the top 55+ active adult places to live. Working together, we can do so much! We can be reached at Properties.Committee@sclhca.com.



Bob White appreciating the beauty of nature.



Accessibility Committee Survey Is Underway

Judie Fertig Panneton, Chair

Thanks to those who participated in a survey sent to residents on June 15 via eNews and completed by hard copy provided at the Membership Desk. About 1,200 surveys were completed on the first day. The six-question, anonymous survey was conducted so that the Accessibility Committee can better understand the physical/functional challenges our residents have been experiencing. The Board has tasked the committee to determine if residents have problems participating in the Active Adult Lifestyle here at Lincoln Hills and if some possible recommendations can be made to make it easier for them to do so.

The survey period ended on June 22 and the results will be shared at an upcoming committee meeting and in a *Compass* article. The results were not in by the time this article was due. (The committee meets on the first Wednesday of each month at 9:00 AM in P-Hall (KS) and on Zoom.) This survey has been a joint effort between the Accessibility Committee and the Survey Task Force of the Communications and Community Relations Committee and with the help of Jeff Caponera, Communications & IT Manager.

In addition to the survey being available in printed form at the Membership Desk at Orchard Creek Lodge, a new transportation resource is also available for residents. A booklet entitled "How Do I Get There If I Don't Drive?" is free, courtesy of Seniors First, a nonprofit resource connection for Placer County's aging and disabled communities.

At our last meeting earlier this month, the Accessibility Committee once again discussed the need for low-cost transportation within our boundaries in the evening when public transportation is not available for activities like dinner at Meridians, concerts, etc. The challenge is determining if people would actually use the transportation option if provided, and discussion continues on how to do outreach to residents to inquire about that. An example of the outreach challenge is that 130 members of the Low Vision Support Group members do not use computers. (That's more than half.)

Outreach is also a keyword regarding another topic brought up at the June committee meeting. Vice-Chair Don Nelson shared information about emergency preparedness for people with disabilities regarding making escape and food/supply planning during emergencies. Kyle Bodyfelt, Executive

Director, reported that he will meet with city officials and check with other HOAs. The committee is not tasked with this responsibility, but there was a request to have a representative involved in this effort. Placer County has a dedicated link for people with disabilities regarding emergency planning: <https://www.placer.ca.gov/5906/People-with-Disabilities>.

A request was also made that people with disabilities be involved in renovation efforts for places like the library and future furniture purchases. The goal is to provide input for shelving and furniture accessibility so that items like books are reachable and chairs/sofas are relatively easy to get into and out of.

The next meeting of the Accessibility Committee is scheduled for August 3 at 9:00 AM in P-Hall (KS) and on Zoom. The email for the committee is AC@sclhca.com.





Lifestyle News & Happenings

Freedom to Experiment

Allison Sertic, Lifestyle Manager

It has been just over three months since I started my position here at Lincoln Hills. It feels like I have been here for over a year. I mean that in the best possible way. I contribute it to the wonderful residents and Association staff, who all have shown a strong sense of responsibility for the community and its success. I believe that synergy fuels the passion and motivation to joyfully work for the greater good. And in that comes feelings of trust and freedom.

I have had the opportunity to talk with many residents, many of who have given me their suggestions and ideas for what they would like to see offered in the different Lifestyle departments.

Once summer is under our belt, I am going to set my sights on gathering data. I plan to have a Meet & Greet and invite residents to come and talk with our Lifestyle staff. At that time, we will also launch our Listening Campaign, which is essentially a survey process. It is my goal to engage as many residents as possible for survey participation. Just as you have the freedom and opportunity to vote for your Board, I want you to have the opportunity to “vote” for your Lifestyle wants and wishes. In the meantime, I will ask that you keep attending and participating and take those mental notes of what you love and what you think could be improved.

We have some wonderful things coming up in August. The first week offers the annual “Grandkids Camp” classes and activities. Lifestyle instructors, as well as a few WellFit instructors, are offering classes made for grandparents and grandchildren to take

together. (See them all under the Lifestyle Classes section.) We are also playing two free children’s movies during the Camp – selections and viewing dates to be announced in July.

Scott Cason, Lifestyle Trip Coordinator, will be taking residents on a four-day trip to the Laguna Beach Pageant of the Masters Art Festival. Tickets are selling fast, so if it is sold out, you have three other fabulous trip options in September and November: Michael Bubl , Beyond Van Gogh! and Johnny Mathis. Do not delay in purchasing, as they will go quickly, too.

August Entertainment includes Uptown Funk (August 12) and David Burnham (August 18), which are both tried-and-true tribute bands, always big

hits. The end of August calls for a little experimentation. Now that “my feet are wetter” and I know a bit more, it is time for me to roll out a couple of new ideas. Booked in the Ballroom on August 23 is IndiviDu’o, a dynamic Latin pop duo. The room set-up includes the dance floor, so



folks can dance beyond their seats. On August 30 in P-Hall (KS), Colin Ross and Mig O’Hara will perform a concert that night. For those that want to learn about The American Songbook, Colin will be giving a presentation in the afternoon. Both will be included in a package price of \$25. (Those that want to attend the concert only will purchase General Admission tickets at \$20.) Both duos, IndiviDu’o and Colin and Mig, will incorporate well-known music and their own original music. Be sure to read more about them in the Entertainment section. I am personally looking forward to both.



The Spa at Kilaga Springs Freedom from Anxiety and Sleepless Nights

KarriLynn Keith, Spa Manager

Essential Oils are known all over the world for their mystical healing abilities. Their history dates back thousands of years to the ancient civilizations of Egypt, Greece, India, China, and the Middle East. The use of aromatic oils has been a long and honored tradition. They have a very long past as cleansing and healing traditions.

Essential oils are considered powerful botanical medicines as they are made from living plants. If you are familiar with the magic of these gorgeous vials of golden liquid, then you already know how amazing they can be.

I bet you are wondering how essential oils can possibly help with sleep, and anxiety and how it became such a staple in the wellness industry?

Allow me to share a story with you of a small girl who experienced a tragic incident and suffered from crippling fears. She spent years in therapy only to continue to have terrifying dreams, which developed into paralyzing fears as an adult. She researched everything to find a remedy. She finally stumbled across a unique therapy that created positive memories from experiences in life and attached them to a scent.

Her therapist led her through multiple sessions of remembering amazing adventures and beautiful places she used to visit and was asked to connect a smell from that positive memory. Then, when she felt overwhelmed or paralyzed by fear, her therapist guided her on how to retrain her traumatic responses by smelling those scents and focusing on the beautiful moments of her life. Over time she was able to relieve her anxiety and night terrors.

Pretty powerful stuff.

How to use Essential Oils for Sleep and Anxiety?

You may not have experienced profound challenges as my friend did, but many of us struggle with our own challenges. The great news is that Essential Oils can work for anyone. Through her experience, I have learned that Essential Oils offer a perfect solution to manage those stress-filled experiences and sleepless nights.

There are two methods to use these amazing oils: Direct Application or Inhalation.

Apply them to your wrists, the back of your neck,

behind your neck, behind your ears, or at the bottom of your feet. Spray it on your pillow, massage it into your skin, put it in a diffuser, or even add it to your bath. Whatever your preference, the key is to find something that works for you.

After experimenting with different ways to use essential



oils, I have created my own "Sweet Dreams Nighttime Ritual." This consists of a steamy hot cup of Herbal tea, my favorite Essential Oils mixed into a lovely hot bath, followed by some cozy pajamas and a good book. I also do my best to remember to unplug from all devices after 8:00 PM. Works every time.

If you are not sure what Essential Oils will work for you, then please stop by The Spa and see our new Aromatherapy line Essence One. I promise it is the perfect combination of healing, soothing and rejuvenating. Let our amazing team assist you in creating your very own Nighttime Ritual or Traveling Remedy. We look forward to hearing how Essential Oils have transformed your life and wish you safe travels and many amazing summer adventures.



WellFit News

Appreciate Your Physical Independence

Deborah McIlvain, Lifestyle, WellFit & Spa Director

I appreciate the holiday for more than just a chance to enjoy some BBQ food and spend time with friends and family. Independence Day is a celebration of becoming independent. For me, it goes beyond government and politics. I think about how wonderful being independent is and that it is not beholden to anyone. That is freedom. Most of us have moved beyond the skinny jeans and muscle shirts. You enter the gym for one main reason...independence. We seek to avoid reliance on medications, devices, or living with assistance. We want to carry our own groceries, drive our cars, and pick up the grandkids. To someone in their 20s, this sounds ridiculously simple and far from concern. When we are young, we take our physical abilities for granted, much like most of us take our country's independence, and the freedom it affords us for granted. When you haven't known any different, it is hard to recognize that what you have deserves honor and respect.

Appreciation of your body's independence — your ability to do what you want when you want — can come from a health challenge or time spent with people who have lost theirs. Those who enjoy good health have choices. We may not act on all of them, but there is a sense of happiness that goes with having them. I can hop in my car and just take off. I can rearrange my living room furniture weekly, just for fun and without permission or help. It sounds crazy to think of such

things, but there is an optimism and sense of hope when you have freedom, both political and physical.

Our health and fitness are about more than what size jeans we wear (we are squeezing into the wrong size most of the time, anyway.) or how attractive we are. It is about our independence. Are you working to hang on to yours?

If you need assistance getting started and becoming more independent, WellFit can help you! We have experienced Personal Trainers that can offer comprehensive assessments using Zibrio stability scale. This will

determine your fall risk and how to develop a program just for you.

We also offer over 60 drop-in punch pass classes a week, all different levels, ten plus small group training classes a month, and do not forget about our specialty pop-up classes, outdoor stretch classes, and Pilates reformer program. You can find all this in your Compass or by visiting the resident website. You can also contact

Danielle Merrill, WellFit Program manager at Danielle.Merrill@sclhca.com or reach out to Rex Owens, Fitness Supervisor at Rex.Owens@sclhca.com they would be happy to help you.

CHECK IT OUT! We are cleaning out the closets! It is time for WellFit's Annual Super Summer Sale. Stop in OC Fitness between July 15 and August 15 and get shopping. We have everything from SCLH logo apparel to gifts and home décor. Look for our ad on page 84.





Independence: The Sense In It

Shirley Schultz, Roving Reporter



Independence Day, Fourth of July, celebrates freedom. Usually, we think of this in terms of governmental independence. In a broader sense, we are reminded that we all desire independence as individuals throughout our lives. For many, aging has a way of tempering that aspiration as our ability to function may deteriorate. Consider the most basic human assets we have for maintaining our individual

independence: our senses. Sight, hearing, taste, smell, and touch are among the key senses that connect us to our surroundings. Reflect on how we can protect, preserve, and perhaps enhance these essential independence mediators.

Fourth of July and other public celebrations often involve blasts from cannons, exploding fireworks, outdoor picnics, food extravaganzas, alcoholic beverages, prolonged sun exposure, and musical venues sometimes excessive enough to damage our sensory nerves. The following are some recommendations for taking care of our senses in such a milieu.

Hearing: Avoid sitting or standing too close to firing cannons, fireworks, and large speakers at music venues. Nerve damage can mean permanent hearing loss. Seek medical evaluation if an eardrum ruptures, although most eardrum ruptures heal on their own. Carry

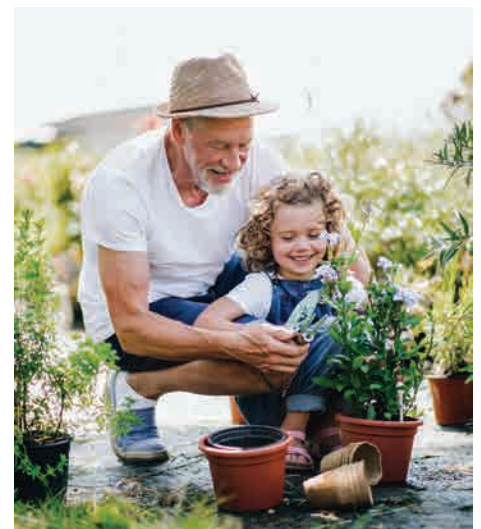
a pair of earplugs with you. When listening to music through headphones, keep the setting below 60%. If you already have hearing loss, consider hearing aids or cochlear implants. Hearing loss makes us feel isolated and can be a safety hazard. The National Institute on Deafness and Hearing estimates one in three adults has some hearing loss by age 65.

Sight: Always wear sunglasses with 100% UVA and UVB protection when outside in the sun or when driving. When the sun goes down, be sure to have adequate bright lighting throughout your house because aging tends to make it more difficult to see in dim light. Get regular eye exams that require dilating your pupils in order to detect eye diseases early. Don't wait for poor vision or blindness to be the first symptom.

Taste and Smell: Since disturbances in these senses can lead to poor nutrition, try to maintain a healthy diet. Ensure good dental hygiene. If possible, avoid medications that affect your taste and smell. If you smoke, Stop.

Touch: Healthy, intact skin is important for pain, temperature, and pressure receptors. Sunburns, bruising, and burns from hot objects may permanently diminish or destroy these touch receptors.

Come to your senses, and enjoy your independence.





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Exercising Independence on the Paddle Field

David Wright, Roving Reporter



Marc Fong at your service

Keeping with the spirit of 76-year-olds fighting to defend their freedom of movement, tennis, and pickleball step up to the net. But when physical exertion and mid-summer heat become too much, a scaled down “back and forth of July” activity may better

prevent our bodies from turning red, white, and blue. Table Tennis not only involves less risk of falling but there is less chance of heat-related emergencies.

The 192 member Lincoln Hills Table Tennis Group plays inside the climate-controlled comfort of Kilaga Springs Lodge. The club began as an ad hoc set of ping pong enthusiasts, originally playing in the Orchard Creek Ballroom. But the carpeted flooring made the tables unlevel, and the lighting was too shadowy. When the newer lodge was first planned, Allan Kiisk, one of the group’s founding fathers, brought his ideas to the table. An engineer by trade, he was instrumental in scoring a user-friendly ping pong room—designing the lighting, the flooring, and even the flattened cardboard box dividers that keep errant kill shots from visiting other tables. Allan wrote the club bylaws and, as its

first president, became the “George Washington of the Table Tennis Group.”

Eighteen years later, passing by the windows of the Multipurpose Room on ping pong days offers a diorama-like scene of residents having a “celluloid ball.” Players, age 60 to 90, man their paddle stations at the seven tables. Some handle the wooden blades with Forrest Gump-like precision—minus the special effects. Others are more laidback, just volleying and socializing for fun. No matter what the experience level, everyone is welcome into a group eager not only to receive serves, but also new members. There are no dues, reservations are not required and loaner paddles are available for drop-in play. The game schedule can be found under Club News in this *Compass*.

Marc Fong, club Equipment Manager, guarantees rapid returns for novice players. “It’s the same story we hear all the time. ‘Oh, I haven’t played in 20 years,’ or ‘I’m afraid I can’t hit the ball at my age.’ Then you start remembering the good times you had, and the ability to play comes back.”

Playing table tennis sharpens the mind, improves hand/eye coordination, promotes good balance, and boosts stamina. The feel-good, friendly sport may not keep us sowing our stars and stripes forever, but it just might help us declare our independence a little longer.



Doubling the fun

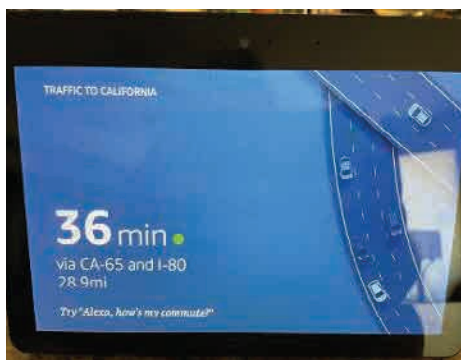


TV's "The Jetsons" featured futuristic gadgets



Tech Tools Can Set Us Free

Linda Lucchetti, *Roving Reporter*



Virtual assistants help beat the traffic

Back in the 1960s, TV's animated comedy about a space-age family named "The Jetsons" rocketed our imaginations. We were fascinated with their futuristic gadgets like a machine that could vacuum the floor on demand, a newspaper available on a screen, and a talking alarm. Who would have thought that just decades later, many of

these contraptions would be commonly found in the home?

Technology has freed up our time and our energy. Research reveals that our houses are basically 97% on the way to being completely controlled by some form of robot. With the help of computers, digital phones, cameras, and robotics, we can command with a swipe of the hand, point of the finger, or sound of the voice.

Speaking of sound, numerous home technologies are now voice activated. We're free to direct a machine to carry out a number of tasks around the house without lifting a finger. Devices can be programmed to understand and complete an instruction like, "Clean the kitchen floor." Personal assistants such as Siri, Alexa, and Echo tell us the news, alert us to traffic and weather, and in a flash, retrieve

information we would otherwise scramble to find in an encyclopedia or dictionary.

It's not all fun and games. It's often safety first. For instance, most cars today contain computers. No need to disobey the law and reach for your phone while driving when you can easily say, "Call my friend," and within seconds, be on a hands-free phone call. Don't bother getting up to see who's at the door when there's a device for that. From your computer, you're notified of a friend (or foe) at your doorstep. And don't waste steps or risk a fall to turn on a light when a simple voice command will do.

Some say that technologies tie us down. After all, many people have become addicted to cell phone usage. On the other hand, consider how modern devices offer independence to senior citizens, the disabled, and multitaskers.

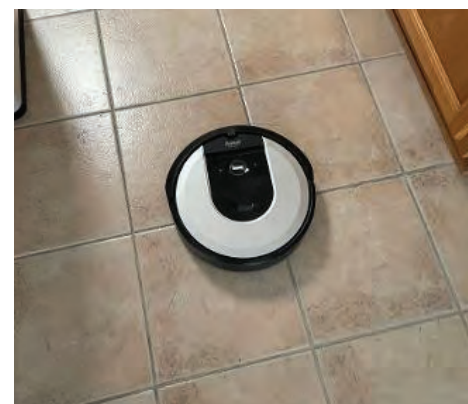
Earlier this month, we celebrated Independence Day on July 4. Groundbreaking tools we revere could have been effortlessly useful to our Founding Fathers. What might *they* have requested from their virtual assistants?

Benjamin Franklin: "Siri – What's the weather tomorrow? I want to fly a kite."

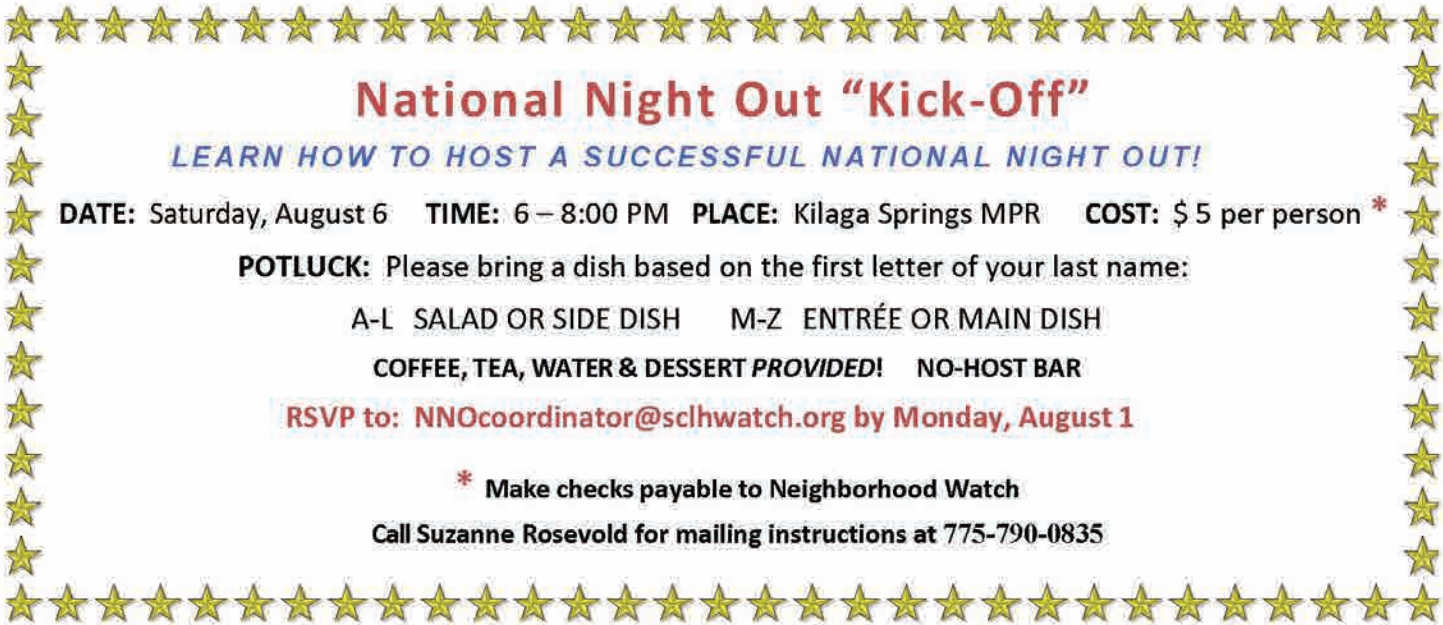
George Washington: "Alexa – Call my dentist. I found splinters in my teeth!"

Paul Revere: "Echo – Where can I find a lantern?"

Tech tools remain revolutionary!



A robot vacuum digs up dirt



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It’s Neighbor Time! Time For A “Kickoff” Celebration!

Teresa Tanin, Neighborhood Watch


Join your friends and neighbors for the Neighborhood Watch “Kickoff” potluck on August 6, Multipurpose Room (KS). This annual Kickoff is a great time to learn more about how to successfully plan a National Night Out event for the first Tuesday in October. When planning National

Night Out events, they can be breakfast get-togethers, backyard BBQs, or evening appetizer parties. Residents, owners, and renters are encouraged to have gatherings to meet their neighbors. Fly the American Flag to show support for our first responders. Turn on your front porch

lights as a sign of community solidarity against crime. Come join the potluck Kickoff on August 6 to plan a more successful National Night Out. Space is limited. Call Suzanne at 775-790-0835 or email NNOcoordinator@sclhwatch.org for more information. Reserve your spot early!

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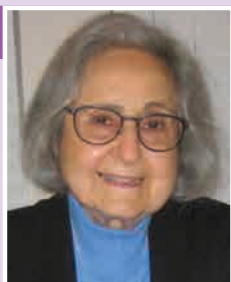
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In Memoriam



Barbara Ann Dickard

Growing up as an Army brat, Barbara had treasured memories of places she lived, like Memphis, Boston, El Paso, and the Panama Canal Zone. After marrying Ted, they moved twice before settling in San Jose, California. Her life centered around her family of five children, church, and community. She and her husband, Ted, often opened their home to foreign exchange students. Barbara cherished all the friends she made. She volunteered at church, and enjoyed many social events. She was a devoted wife, mother, grandmother and friend.



Jean Ebenholtz

Our community has lost a quiet force of a woman who greatly impacted life here in Lincoln Hills. Jean grew up in Queens, NY, graduating with a BA in Economics. She earned an MS degree in Education and Administration from the University of Wisconsin. She met her husband, Sheldon, while she was in high school. After raising their son, she worked for many years as an administrator at the University of Wisconsin and later at the New Jersey Institute of Technology. Jean loved traveling and was a good cook. They retired to Arizona but relocated here for better weather. Jean's passion was serving others. She was involved in Neighborhood Watch, the Support Team, and the Lincoln Hills Foundation. She started the medical equipment loan program with Neighbors InDeed. She created the Alzheimer's Dementia Caregiver's Support Group. Jean will be remembered as a talented, resourceful, and empathetic person who always placed the needs of others above her own.



Franklin Franco

Frank was born in Greenwich Village, NY, in 1919. He graduated from Providence College and got his Master's from University of Southern California. Frank served in World War II as a Naval Aviator and later in intelligence. He also trained the pilots in instrument flight for the Berlin Airlift. Traveling and listening to Opera music were his passions. He is greatly missed by his wife, Lynn, children, great-grandchildren, and many friends.



Donald A. Spiess

Donald was born in Redwood County, Minnesota, on May 17, 1936. He was the oldest of ten children. After serving in the United States Air Force, he worked thirty-two years for Crown Zellerbach in Antioch, California. He loved to bowl, play pool, and swim with his grandchildren. In 2009 he moved with his wife to Lincoln Hills. Donald is survived by his wife of 66 years, Bobbie Dell Spiess, his five children, eleven grandchildren, and twenty-one great-grandchildren. He will be dearly missed.

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

Library News

For all new residents - we want to let you know that the Kilaga Springs Library and the Orchard Creek Library only have donated books. We do not purchase any books and depend on the generosity of our residents for keeping our books up to date. So thank you to everyone that has donated books to us.

Currently, we are accepting books published in 2016 or later. You can find the published date on the back of the title page.

Do we have any authors out there? If so, Sarah Kevin is asking you to email her at sikevinlinc@gmail.com. She is starting a new program that is very exciting.

The latest book I have read is "The Light We Lost" by Jill Santopolo. A story of romance at the crossroads and a 13 year odyssey. Excellent story.

Contacts: Sandy Melnick at 916-408-1035 for donations; Sarah Kevin at 408-858-0880 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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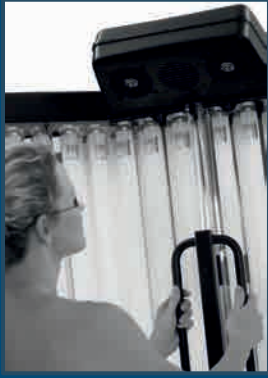
Joshua Crose is an Osteopathic Physician with a strong foundation in Science and Liberal Arts. His professional background ranges from performing original R&D in the Biotechnology Industry to being elected the Physician of the Year at Dignity Health North State Area.

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Amateur Radio

Field Day was held on June 25-26. We will report our results next month. Our weekly meetings and net are well attended. Discussions are lively, especially the Challenge Question posed each week. We find that our hobby is a constant learning experience as well as fun. The group helps each other work through technical problems, both in our Shacks and the Repeater. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



Mila Morrey, Ala Lyubouny, Charlie Shuman, Barbara Swerdlow

dancing to all the ballroom genres. Congratulations and well done to all the contributors and participants. Each month our club provides instruction for a different ballroom dance. Cha Cha will be the dance focus in July. The Cha-Cha dance originated in Cuba and was originally known as the Cha-Cha-Cha. The dance was introduced in the US around 1954. By 1959 the Cha-Cha had gained so much popularity among Americans that it had become the most popular dance in the country.

Contact: Ruth Algeri 916-408-4752



State Renaissance Society, we investigate concepts ranging from the Big Bang to the physical and cultural evolution of humans. This is a look at the big picture of humanity and what was happening globally to our species in the Ancient World. We use a variety of formats, including PowerPoint, professional videos, informed speakers, informal discussions, book reviews, and whatever fits. It's just \$15 a year to join your peers in the learning for the sheer joy of it!

Contact: Ranny Eckstrom
916-708-0165, bhsclh@gmail.com



Billiards

Please check our website for everything there is to know about our group. The annual dues are \$10. We welcome new residents, residents returning to pool, and residents who have not played before. You are able to play casual pool at OC during Association open hours. Casual play is available at KS when there are no tournaments or our Mentoring workshop. We are offering free lessons at KS on Tuesdays at 9:00 AM for the first session and 10:15 AM for

Ballroom Dance



We held our annual Spring Potluck on June 10 at the Multipurpose Room (KS). The event featured a spring theme that included a park-like mural and flowers on each table. Participants brought delicious main dishes, salads, and desserts. Music featured songs that enabled

Big History



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Breakers tournament winners

the second session. Lessons are available for all residents: beginners, intermediate, and advanced players. Pictured are the winners of the Breakers Tournament. First place winners were Jack Ryder, and Wes Hanamura. Second place were Dave Polvi and Bob Cooper-ridge. Open toed sandals meant first place.

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



Bocce Ball, Mad Hatters

Since our last article, we have seen some dramatic changes. Workers have removed the surface and drainage material from all the bocce courts and replaced them with new material. Also, with new striping, the courts look brand new. Unfortunately, or fortunately, curves caused by unevenness in the surface were not removed. Also, they did not replace the sides. Some sides appear to be less reactive (bouncy) than before. I'm sure many players

will have different thoughts. I was told that the surface is similar to that used in backyard putting greens. We still meet at 8:00 AM on Thursdays. All residents are eligible to play by just showing up. New, inexperienced, and handicapped players are welcome. Lessons are available at no cost.

Contact: Paul Mac Garvey
916-543-2067, lhboce@gmail.com
Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



Book, OC

Book clubs are about exploring new books as a group and asking interesting questions. They also help you meet new people and make friends in a relaxed atmosphere. If you like to read and enjoy engaging in lively discussion, please join us. We are fortunate to have a number of new members who have joined the group – some brand-new residents and others who've been around a while. We meet in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. In July, we'll read the much-loved classic *Anne of Green Gables* by L.M. Montgomery. In August, we'll have a guest speaker. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal, modeal2010@gmail.com



Bridge, Duplicate

We have had some non-duplicate bridge players express interest in learning the ins and outs of Duplicate Bridge. If we have any club members wanting to mentor a new player, please reach out to Pat Lewis. The May Social was a great success. Thank you, Pat Lewis, for all of your hard work. And, a giant Thank you to all of the volunteers who donate time and effort to keep our club running. Fees are again being collected outside of the room. It is requested that the partnership pay for both players before receiving a table assignment. Reservations to play are requested by email at elisehomer@gmail.com.

Contact: Susan Brenden 530-320-9137, momrnsf@hotmail.com
Website: www.Bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or drop in to the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. The host for July is Jay Southard and friends 510-585-8445. May 19 winners were: first-Patty/Tom Mack; second-Gretchen/Ed Thomas with a grand slam; third-Nancy Turrini/Lydia King; and fourth-Byron Hansen/

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John Butler. Chet Winton/Phil Sanderson had high round 1570. May 26 winners were: first-Ralph Madsen/Chet Winton with high round 2380; second-John Butler/Byron Hansen; and third-Bob Calmes/Jay Southard. June 2 winners were: first-Phil Sanderson/Chet Winton with high round 1590; second-Dee Cole/Ed Hartnett; third- Kurt Wolff/Bob Calmes; and fourth-Byron Hansen/John Butler. June 9 winners were: first-Lydia King/Nancy Turrini with high round 2280; second-Chet Winton/Phil Sanderson; third-Joanna/Alan Haselwood; and fourth-Gretchen/Ed Thomas. *Contact: The hosts for August are Patty/Tom Mack, 714-504-1881*



Bridge, Social

Welcome all bridge players. The May winners for week one were: first-ED Thomas; second-Frank Kamenski; third-Nancy Griffin; and fourth-Tom Moran. Week two winners were: first- Jay Southard; second- John Butler; third- Joanne Quermann; and fourth- Joanna Haselwood. Week three winners were: first-Eleanor Amar; second- Geri Miller; third- Phil Sanderson, and fourth- Theresa Devito. Week four winners were: first-Karen Tucker; second- Eleanor

Amar; third- Viren Sitwala, and fourth- Frank Kamenski. Congratulations to Jay Southard and John Butler for their Grand Slam on May 13. Beginner Classes are going to start September 7 at OC. If you are missing information or just have a question about bridge, you are welcome to come to our Wednesday advanced/beginner training at 10:00 AM or call Linda.

Contact: Linda McDermont 408-390-4311, johnnymike700@gmail.com



Bunco

In May, our group welcomed a couple of new players: Tracey Weyer, Nancy Gadsby and Helga Baker (April). As beginners' luck would have it, Tracey won a prize. Bunco was called several times and the traveling bear was all over the room. A couple of roll offs occurred after bunco play. The group headed to the pavilion for their annual potluck. Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Card Room (OC). May Winners were: Bunco - Marlys Hebert, Wins - Gail Emery, Losses - Marion Glidewell, 50/50 - Sharon Shook, and Traveler - Tracey Weyer. Future Thursday

Bunco Dates are July 21 and August 18.

Contact: Kathy Sasabuchi 916-524-5712, ksasabu@icloud.com



Ceramic Arts

Have you made your contribution to the Empty Bowls project? Potters at any level of ability can make a bowl. Whether it's a one-of-a-kind hand-built piece or something thrown on the wheel, it will work perfectly and definitely be appreciated. Be creative with your glaze or in your design. You'll be doing something good for our community and having fun, too. What a deal! Sign up in the Ceramics room and have your bowl ready no later than August 5. Summer is here, and that means hotter days and less recreational time outdoors. It's a good time to drop by the Ceramics room and play with clay, catch up with past acquaintances, and see what creative things come to mind. We look forward to seeing you again.

Website: www.cagsclh.net



Chorus

Following the successful performance of our spring concert, we have a hiatus until rehearsals for our holiday concert begin in September. While Chorus members enjoy

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summer break, our volunteer Steering Committee remains busy with music selection, production planning, and marketing activities to present an entertaining December holiday concert. We welcome new members! Consider this an invitation to join us if you enjoy singing and performing and would like to participate in a fun and challenging musical activity. We rehearse weekly as a whole group, and optional sectional practices are held to provide additional practice for specific parts. Members also have access to online tools to assist with individual practice. Please consider joining our musical family! Contact Membership Coordinator Mari Long for more information. *Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net Website: www.lincolnhillschorus.org*

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plus sign in the top right corner). Tap on the Search bar of your screen. Type in the name of the city, and off you go! Check our website for meeting times, Ask the Tech, and Open Labs. Are you new to our community? You will also find an application form on our website. *Contact: Vicki White 916-913-6833*



Country Couples

Our group knows how to throw a great party, and our last dance was no exception. June 4 saw us dancing the night away at our “Wild, Wild West” no-frills dance. We had a wonderful turnout! DJ Jim Keener played a variety of songs we danced to, including both partner dances and line dances. This format gives everyone the opportunity to dance every dance or sit and visit while resting their feet! Everyone brought a dessert to share, and the variety was impressive—all delicious, of course. We were happy to welcome many new members to the event. It was definitely an enjoyable evening. We went home happy, tired, and full! For more information, contact April. *Contact: April Cederburg 916-390-3931, aprilced@sbcglobal.net Website: www.sclhcc.com*



Cribbage

Well, the fireworks are over, the hot dogs are eaten,

and the back-to-school sales are about to begin. But the good news is the Cribbage Club is still rolling strong! The following players were “popping off like bottle rockets” lately: Lynn Bell on May 10; Garry Lancaster on May 17; Jodi on May 24; a tie between Jack Poshepny and Grant Lee on May 31; Brian Burns on June 7 and “first timer” Kim Petruzzelli on June 14. We play every Tuesday starting at 8:30 AM in the Cardroom (OC) for warm-ups. Tournament play starts at 9:00 AM. If your grandpa taught you cribbage, guess what? You qualify to relearn the game with us. The rules haven’t changed, so come give it a try! It’s fun!

Contact: Mel Switzer 510-589-7658, melectrics@aol.com



Cyclists

Your bike frame is easy to take for granted. Some of the most dangerous frame damage can occur in simple, everyday situations. Two of the most dangerous ways people park their bikes are leaning their bikes against the car. It’s not steady, and before long, it falls over. Secondly, is the curb lean, where you prop your bike pedal on top of the curb with the wheel on the lower pavement allowing it to balance on the pedal. All it takes is a gust of wind or a bump from a passerby to knock the bike over.



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

Website: www.lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out the website, www.trickstercards.com/home/euchre/. Look for the option "play to 10, 9-Ace". We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Cardroom (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Fishing

The weather is getting better, not too hot, especially in the hills. So many of our anglers are going out to Bucks, Englebright, Stampede, and other Lakes. A few anglers are planning a trip to Montana to float a special river. A few just recently plied the Fall and Sacramento River for a few days and had a glorious time. So don't lag, get out there. Monthly meetings are back on at P-Hall (KS), second Mondays at 7:00 PM. For coffee or breakfast, every Friday, the Fly anglers meet at Meridians restaurant at 8:00 AM, and the Bait/Spin folks at Meridians Sports Bar at 8:30 AM. If you want to join our fantastic club, contact Ralph at ralphtonseth@comcast.net or Henry.

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



Jerry with a pretty rainbow - catch and release



Food Adventures

Our club has emerged from the pandemic without any notable scars, as evidenced by the highly



Farmers' Market Scene

successful Food Adventures we have shared with our members in May and June; and will share on July 25. May saw us put together a Progressive Dinner Party for 40 of our members. In June, we came together at the Secret Garden (OC) for an attractive luncheon. In July, we're putting Trader Joe's to test by shopping their long list of appetizers to select samples of the best they have for a special treat for our members in the Kitchen (KS) at the end of our July 25 meeting in P-Hall (KS).

Contact: Don R. Rickgauer 916-847-8791,

SCLHFoodAdventuresClub@gmail.com



Garden

Anita Clevenger will be the guest speaker for the Thursday, July 28 General Meeting at 2:00 PM in KS. Her presentation is titled: For the Love of Old Roses - Pivoting to Preserve. The presentation will describe heritage roses, where and how they have been found in historic

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Anita Clevenger-Vice President,
Heritage Rose Foundation

sites in California, and how rose lovers are working to preserve them for the future. She is the Vice President for Publications of the Heritage Rose Foundation and is the chief editor of its Newsletter. Anita is also a Lifetime Sacramento County UC Master Gardener and has written many articles about roses and general gardening for publications around the world. Brown Bags Sales and Master Gardeners Q&As are available before the meeting with Door Prizes at the end.

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

Website: www.lhgardengroup.org



Genealogy

Who doesn't like Ice Cream? Did you have an ancestor who especially liked Ice Cream? What was their favorite flavor? Did they churn their own? Our July 18 Meeting will be an Ice Cream Social, for members only, from 6:30 to 7:30 PM, in the Kitchen—across from P-Hall (KS). Come join

us for ice cream and conversation. We have changed our first Monday of the month "Help Session" by adding an afternoon session, by appointment, from 1:00 to 3:00 PM. The first Monday evening session will just be a walk-in, no appointment. The next Boot Camp is on August 1 from 6:30 to 7:30 PM, titled "Sources – Searching Like a Pro. Google Search engine", by Bob Ringo.

Contact: Maureen Sausen 916-543-8594,
sclhgen@gmail.com

Website: www.suncitylhgc.com



Golf

Ladies XVIII

Captain, Donna Sanderson, chaired the Invitational, "Golf with Friends." Players were greeted with a quick breakfast before posing for team pictures with funny golf sayings that, to lots of chuckles, were revealed in a slideshow during lunch. Afterward, the top five teams in each flight were announced. The best players in Flight One were Blaney, Hales (guest), Royball, and Tipton, with the low score of the day, 58. In Flight Two, the team of Ashe, Lopera, with guests Mackey and Noyes, grabbed first with 61. The Flight Three winners were Hing, Lim, and Owens, with guest, Tse carding



Flight One winners: Hales, Tipton,
Royball and Blaney

59. Our Golden Girls surprised everyone with a song and dance number, "Thank you for being a friend," and many joined in the closing. It was a hoot.

Contact: Linda Chappellear
916-409-0151,

linda_chappellear@sbcglobal.net

Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

Help needed! On Wednesday, October 11, the Lincsters and Ladies XVIII golf groups will co-host a tournament to support the Placer Breast Cancer Foundation, a volunteer-based group dedicated to raising monies for research, education, and outreach programs supporting the fight against breast cancer. Can the Lincsters count on your support? You can donate a gift, sponsor a hole, or write a check for this important cause. We also would welcome your support as a volunteer for the golf

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tournament. For questions about this event, contact a Breast Cancer Tournament Chairwoman: either Ingela Butters at 408-234-5148, email ingelabutters@sbcglobal.net; or Kim Hall at 408-396-8171, email: philkim2125@gmail.com. Your donation is tax-deductible! Watch our website for updates. *Contact: Nancy Hastings, Membership 925-337-9391, nhast38@yahoo.com Website: www.lincsters.com*

Men's

After playing golf for decades, John Duggan got his first Hole-in-One on May 24...and at a spry 93 years old (his 94th birthday is July 28th)! He did it on, arguably, one of the toughest par-3 greens on the Orchard Course. Congratulations, John! By the way, John found out the hard way that there is no "hole-in-one insurance" provided for Sweeps, so his bar tab was over \$120! John was more than happy to pay it. Be sure to offer your congratulations to John next time you see him. The next tournament is the Summer Heat on August



John Duggan Gets His First Hole-In-One

16, starting at 7:30 AM. This is a two-Man Better Ball event, so find your partner and sign up soon.

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



Hiking & Walking

Join us! The weather is ideal for walking and hiking. In June, we had three great hikes. The group went to Sugar Pine Reservoir, Little Bald Mountain, and Shirland Canal. Check the website for upcoming events. Meet old friends and make new ones!

Contact: lhhikers@gmail.com Website: www.lincolnhikers.org



Sugar Pine Reservoir



Investors' Study

Our next meeting is Thursday, August 4, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their play-book of market information and observations. Discussions

range from where the markets are trending, inflation, interest rates, and how these may impact us as investors. All attendees have an opportunity to ask questions. The group is open to all residents. Investors Study is information-only with no individual investing advice. There is an Active Investors sub-group. If you are interested, call Norm Quanttrin at 916-645-4675. If you have further questions regarding Investors Study, contact Carl Sulzer.

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



Lavender Friends

Almost 60 men and women turned out last month for the return of our all-member mixers. That's nearly two-thirds of our membership – and club president Marilyn Kupcho joked that Placer County Elections would love to have had that turnout in the recent primary. The event, organized by membership chair Sara Vega, featured a catered BBQ dinner, ice cream, and lots of visiting. Sixteen of the men and women who joined during the pandemic and several of our founding members were among the crowd. Sara especially thanked the volunteers — decorators, servers,

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Our membership mixers returned last month with a BBQ buffet.

and registrants — who helped make the gathering in the Sports Pavilion such a success. “People really were ready to reconnect,” she said. Lavender Friends is a club for LGBTQ residents and their supporters.

Contact: Marilyn Kupcho
408-828-2778, mkupcho@gmail.com
Website: www.lavenderfriends.com



Mah Jongg, Chinese

Want to celebrate the arrival of summer? Then why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it’s similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you’re a resident and are interested in an informal and fun way to start the week, please drop into the Card Room

(OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

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



Mah Jongg, National

Greetings Everyone, we play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. All are welcome. It’s so nice to see some new faces stopping by. If you know how to play, just bring your card and join a table.

New people interested in the game can join a table to observe. Free lessons are available. Call Penny Grmolyes at 916-409-5883, and she’ll get you scheduled. Learning can be a challenge but very rewarding once you do. This group is fun, welcoming, and very helpful to new or experienced players looking for an afternoon of games. Hope to see you next Tuesday, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860,
Natmahjclub.sclh@gmail.com



Mixed Media

We meet on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Members are notified by email about what we are doing at the next club meeting and what supplies are needed. At our club meetings, we have an exciting drawing for an art supply. Towards the beginning of the meetings, there is a time for members to share their art, as well as share our monthly art challenge. The art challenge for August will be to use dryer lint in your art. No rules for the challenge, and it is voluntary. Come and share what you have done at our August meeting. If you would like more information or have contact our President.

Contact: Chris Fetter 916-276-7895,
christine.fetter@yahoo.com



Mixed Media Club always puts a smile on our faces!



Music

We continue to get together for “Sing & Play.” The latest venue was the Secret Garden (OC). Members can watch their emails, and visitors can contact us for future places



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and times. If you play an instrument, sing or just like to listen, consider coming by. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos, and small group performances. Our July 27 meeting is from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukulele Ohana meets Wednesdays from 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: www.lincolnhillsmusicgroup.org



Needle Arts

Our general meetings resume on September 13. Breakout groups continue meeting in the bright and spacious sewing room. Be sure to check the calendar on the window outside the sewing room for the times and days of the various groups. Workshops are also continuing. On August 12, Betty Kisbey will host one on how to work with AccuQuilt. You will create a block to decorate a shopping/grocery bag you will make in the afternoon. Workshop details will be provided when



Pat Barnhill cutting the ribbon on Sewing Room Expansion

you sign up with Jean Storms at jeanstorms272@gmail.com. Do so as soon as possible. If you know another NA member in need of a little cheering up, contact Shirli Lent at shirliknitter@gmail.com. Start planning now to attend next year's spring retreat scheduled for April 24-28, 2023.
Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com
Website: www.sclhna.com



Neighborhood Watch

National Night Out is a good opportunity to socialize and welcome new residents. To "Kick Off" this event, Neighborhood Watch will host a potluck Saturday, August 6, from 6:00 to 8:00 PM in the Multipurpose Room (KS) to provide information about what you and/or your neighbors can do to make



Come join the fun!

this year's event a successful one. Bring a dish with enough to serve ten people based on your last name: A-L, a salad or side dish, M-Z, an entrée. Coffee, tea, water, and dessert will be provided, as well as a no-host bar. Make checks payable to Neighborhood Watch. Please RSVP by August 1 to NNOcoordinator@sclhwatch.org or call Suzanne Rosevold at 775-790-0835.

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



Painters

We had 22 entries for our "song" painting challenge at the May meeting, and everyone was worthy of a ribbon. The winners are open category- Linda Morley (first), Tracey Bolton (second), and Jane Barry (third). The Winners Circle are Rudi Franke (first), Joan Kline (second), and Susie Crawford (third). Well done, all! Look for these amazing works of art in the OC display cases this month. The next challenge theme will be "Farm"



"Wedding Announcement" oil painting by Christopher M. Olsen

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at our August 16 meeting. See our paintings at Buonarroti Ristorante (460 Lincoln Blvd.) through September 19. We offer interesting programs, fun activities, and plenty of opportunities to grow as an artist. General meetings are on the third Tuesday every month at 1:30 PM in the Fine Art Room (OC). Dues are \$15 a year.

Contact: Linda Shields 916-488-7220, linda_c_s@yahoo.com

Website: <https://www.facebook.com/groups/958148364841531>



Paper Arts

Don't forget to stop by our window (OC) to see the array of cards with a theme created by our members and displayed each month. To help with the collection of these cards, Dottie Macken conducted a "Special Project with a Twist" session during the Open Lab in June. Members were asked to bring a card for the window display and, in return, participate in a card kit project. Thank you, Dottie! We meet on the first and third Thursdays in the Terra Cotta Room (KS) at 9:00 AM for



A friendly June project card

general meetings and Open Lab. Be sure to check the monthly Newsletters (email) for updates about activities, projects, and meetings.

Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Pickleball

Are you just learning the game of pickleball? You need a paddle but don't want to spend a fortune, or your family is visiting, and you need more paddles? You're in luck! The Pickleball Club is now offering a limited edition pickleball paddle and four free balls for only \$40 with free delivery within Lincoln Hills. Call or text Mike McElroy at 916-223-1260. The exclusive paddles are also for sale at our Intro to Pickleball class—free to all residents. Sign up at welcometopickleball.com. The

class is now held Wednesday mornings 9:00 to 10:30 AM. The summer schedule has many ways to play with or without a four-some. Drop-in continues every morning while evening events remain popular during the summer. Come join us! Contact: Molly Morris 408-386-9054, mollymorris@gmail.com Website: www.lhpbclub.com



LHPB Exclusive Paddle



Players

Free performances of Readers Theatre "A Potpourri of Short Plays" will be held on August 6 and 7 at 3:00 PM in P-Hall (KS). Beat the summer heat. Come see our cool show! The cast will perform four short amusing contemporary plays. Our meetings are held on the second Monday of the month at 4:00 PM at P-Hall (KS). We welcome new members. We are always looking for new actors, singers, dancers,



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stagehands, and technical crews. It takes many behind-the-scenes hands to put on a good show.

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



Poker

The Poker Group plays a variety of poker games every Monday from 1:00 to 4:30 PM, Tuesday from 3:30 to 8:00 PM, and Friday from 1:00 to 4:30 PM in Multipurpose Room (OC). Games are played using script. With two tables available, we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw. Players will be seated as long as they arrive at least 15 minutes before game time. The seating arrangement will eliminate people not being able to play because tables are full.

Contact: Paul Marcorelle 925-658-2404



RV

Thank you to the Versaitis/Hayden Wag-onmaster Team for organizing the Ft. Bragg Rally. What a beautiful coastal town with so much historical value. The Botanical Gardens, Mendocino and the Mendocino Headlands St. Park, the harbor with its clam chowder and fish & chips, cute little dress shops, art galleries, and golfing were amongst the list of



Ft. Bragg Botanical Gardens

activities to keep up occupied. Dinner out at a casual Italian Restaurant proved hectic for the restaurant as their electricity was out. They persevered and served some great meals. Nightly cocktails and potlucks finish out our busy days. Interested in joining? Contact Sharon Skar, Membership Director at 916-434-7799 or marlowensharon@gmail.com. The meetings are on the second Thursday of each month at 4:30 PM in the Placer Room (KS). Drop-ins are welcome.

Contact: Mary Romo, President
707-738-6311,
mromo50170@gmail.com
website: www.lhrvg.com



SCHOOLS

Some of our volunteers have continued to help teachers over the past two years, using some imaginative ways without being with children in the classroom. Barbara Fickel has volunteered at Twelve Bridges Elementary School for 16 years. She says



Barbara Fickel, Volunteer at Twelve Bridges Elementary School

finding the SCHOOL'S volunteer program was the answer to her prayers. She took the school year off in 2020-2021 but has returned to help Mrs. Evangelisti with paperwork and homework without being in the classroom, which she missed. Teachers are asking for volunteers for the next school year. You need not have had experience, and the hours are up to you. Many spend three hours a week, some less. Our annual meeting will be on August 31 at 10:00 AM in P-Hall (KS) for new or returning volunteers.

Contact: Cyndi Colloton,
ccolloton@yahoo.com



Scrabble

We welcome any interested residents to join us for a game or two of Scrabble. We play every Monday afternoon starting at 1:00 PM in the Card Room (OC). It is a drop-in game; no reservations or advance notice is required. All the game

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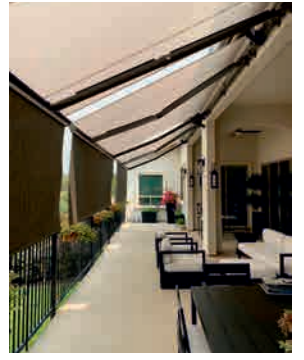
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materials are provided. If you like word games, come and try it out.

Contact: Anne McMaster

SHUFFLE BOARD

Shuffleboard

Our players beat the heat! Now that the hot summer months are here, we're enjoying indoor play in air-conditioned comfort at the Aerobics Room (KS). We have added a third 40-foot "roll-out" court in response to the increased participation at our Friday and Sunday 3:00 to 5:00 PM sessions. New scoreboards have greatly simplified keeping score during games.



Shuffleboard doubles play at the KS courts

We provide orientation, instruction, and friendly game competition to residents of all experience and fitness levels. We teach basic skills as well as strategy for more advanced competition. Everyone can learn to play this sport, especially since there is no bending or lifting required during play. Don't worry if you have to come

late; we will add you to a team on one of the games in progress... everybody plays!

Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com



Singles

Join us on Thursday, July 21 at 4:30 PM for Dining Out at Bennett's in Roseville. On Thursday, July 28, we will be meeting in the Ballroom (OC) at 6:00 PM for our rescheduled "Kick-Up Your Boots" country dance night. Tuesday, August 2 at 4:15 PM is our Activities Meeting in the Ceramics Room (OC). Come and share your ideas for future events! Birthdays will be celebrated on Sunday, August 7 at 4:00 PM in the Sports Bar or Patio (OC). Our Business Meeting and trivia games will be held at 6:00 PM on Thursday, August 11, in the Ballroom (OC). The second Saturday breakfast will be at 9:00 AM on August 13 in the Sports Bar (OC). Dennis Reid will welcome you to this fun event! Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Softball

The summer league Co-ed Division is entering its final months of play, and competition is intense. Siinos is in first place with a record of

9-3, but Schaack PT is a close half-game back, and Mary Olsen is 1.5 back. There's still a lot of softball to play. Regular season play continues Mondays and Wednesdays until mid-August. Come to the field and enjoy the action. Bud Conner celebrated his 90th birthday on June 19. Bud has been playing in the league for over 20 years. He's a dedicated softball player and a genuinely nice man. And he still rides his bicycle down to the field on game day. Well-done! Please visit our website for the latest news and special event information.

Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com

Website: www.LHSSL.net



Sports Car

The club is regaining its traveling 'mojo' with recent trips to Pescatore Winery for a lovely dinner, June's day trips to Capay Valley and the Willo Steakhouse, and July's upcoming Folsom Zoo day trip. Plans are also



Club members enjoying the beautiful Pescatore Winery scenery

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in the works for a day trip to the Shenandoah Valley winery region and a possible Fall visit to Thunderhill Raceway Park in Willows for laps around the track. Also under discussion are a dinner cruise on the American River, a murder mystery dinner, and a road trip to Nevada City.
Contact: Richard Pearl 916-715-9666, Pennyrich99@gmail.com
Website: www.lhsportscars.org



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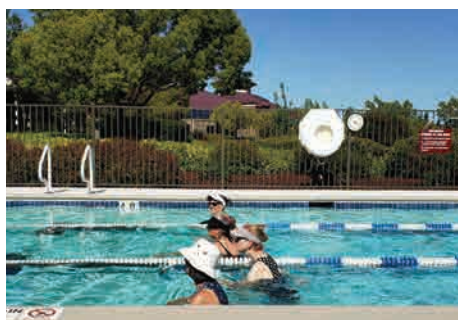
Summer is upon us, but we have found one of the best ways to stay cool is with square dancing in the Multipurpose room (KS). Our beginning dancers are enjoying continued learning with a variety of new Square Dance Callers all summer long. Come check out their progress every Monday from 1:00 to 3:30 PM. On Thursdays, our advanced square dancers take to the floor from 1:00 to 3:00 PM with a thirst for expanding their expertise. They are also being challenged with various callers all summer long. So, stop by and enjoy watching them as well. Interested in square dancing? Give me a call. I would love to hear from you.
Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

The Hot August Splash event at the outdoor lap pool (OC) is on August 28, with a pizza party afterward in the alcove area above the pool. Information was handed out at the June 20 meeting and sent to members via email. Activities at the lap pool begin at 4:00 PM and will demonstrate basic techniques for water walking and swimming freestyle. A limited number of water exercise aids will be displayed. The deadline to submit payment for the pizza party is August 20. A sample of the club T-shirt was shown at the June 20 meeting. Order forms with payment must be received by July 18. We are looking forward to seeing all members at Hot August Splash!

Contact: Jim Kline, swimmers.walkers@gmail.com



Water walkers at OC lap pool



Table Tennis

Our play times are Sunday, 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM); Tuesdays, 6:00 to 9:00 PM; and Fridays, 8:00 AM to Noon in the Multipurpose Room (KS). Meanwhile, here are some table tennis fun facts. At the 1936 World Championships, two defensive players battled for one hour for just one point. The whole match took four hours. Table tennis was banned in the former Soviet Union because the sport was believed to be harmful to the eyes. Parker Brothers trademarked the name "Ping-Pong," forever creating confusion over whether to call the game ping-pong or table tennis. The most popular table tennis grip in recreation and professional play is the shake hand grip.

Contact: Carl Lynch 916-316-0796, pingpongsclh2@gmail.com
Website: https://sclhresidents.com/group/pages/table-tennis-club



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



Tennis

"I play for the love of the game. I think about having fun and what a pleasure playing tennis is." Evonne Goolagong. We invite you to have fun and enjoy the pleasure of many tennis activities. New to tennis? Need a refresher? Contact Steve at stevebringman@yahoo.com for free lessons and Val at vlaug-tug@gmail.com for orientation



Tennis player Kim Schlumberger

to our club and to find groups for play. Drop-in is Wednesdays and Saturdays from 8:00 to 9:30 AM for players between 2.5 and 3.0 levels on courts One and Two. Saturday morning ball machine practice is for all levels and runs from 8:00 to 9:20 AM. Check out our bulletin boards, website, and calendar for ongoing league matches and plenty of entertainment. Stay hydrated, and see you on the courts!

Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com
Website: www.sclhtg.com



Veterans

Residents and guests enjoyed gorgeous weather and a poignant program at the Amphitheater on Memorial Day to remember and honor those service men and women who gave their lives to keep America free. The keynote address was given by Lincoln Mayor Holly Andreatta. The Lincoln High



The crowd enjoyed a splendid morning (photo by Rick Maness)

School Army Cadets assisted with the ceremony, which included inspiring vocal pieces by the Lincoln Hills Chorus Men's Quintet and a two-bell ceremony honoring Lincoln Hills veterans who recently passed away. Special thanks are due to Bob Ringo, who organized this year's event. Mark Soto, founder of the Honor Group, will be the featured speaker at the July 21 meeting. Over the years, the nonprofit has gifted many wheelchairs and service dogs to injured, ill, and wounded veterans.

Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com



Water Volleyball

It's July, and you still have time to enjoy the summertime in the pool playing water volleyball! Want to just try it out? Free play Saturdays! Dip your toe in the volleyball pool of fun. Don't know how to play? We provide Training and Mentorship. All levels of interested players are welcome. See our website or call

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Carol Critch at 925-451-1686. Water Volleyball has some future events like monthly Ladies Night Play, Bring a Friend Tuesdays, and the October 7 Fall Festival. Not sure if you have the skills? Attend a Skills and Drills class. Skills and Drills classes are held on the first and third Tuesday night of the month. Improve your skills, and learn how to be a better player. Come on out. The water is great!
 Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com
 Website: www.LHWaterVolleyball.com



Woodcarvers

Recently, some of our club members participated in the Sacramento Woodcarvers Show, and many of us attended the show. Our members exhibited their work in various categories and brought home ribbons for

their efforts! The show is always a pleasure to visit as everyone's work is inspiring, unique, and well done. That inspiration takes place in our club meeting every week as we share our work with each other. Whether a member is a beginner or an advanced woodcarver, there's always an approach, a technique, or a design to learn. Members are generous with their time and talent as others learn from them. Come join us every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).
 Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



Relief Carving by Carol Judd. Ribbon winner at carving show.



Writers

Ponder this: A bit more than 1,000 years ago, on June 15, 1215, England's King John signed the Magna Carta. This was "the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world." Your book, essay, or poem may not be as historical as the Magna Carta. However, mark your calendars for the Writers' Group meetings held on the second and fourth Mondays, from 5:00 to 7:00 PM in the Multimedia Room (OC). Bring 10 to 12 copies of your less-than 1,500-word poetry or prose. We love to read along while you read aloud.

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

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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Gail Marculescu. These programs are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday. All are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday, July 27, 1:00 PM general meeting in the Multipurpose Room (OC) welcomes Stefani Wilson from Del Oro Caregiver Resource Center. The Women's caregiver group meets on the first Wednesday of every month in the Multimedia Room (OC). The next meeting is on August 3, 1:00 PM. Contact Mary-Jo Fratessa at 916-759-8760. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is July 21, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.
Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. You are invited to join us Wednesday, August 10, at Joan Logue's home at 3:00 PM for

a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit Memoriams is the 15 of the month to be in the next *Compass*.
Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

Our September lunch meeting will induct new officers. So far, we have one volunteer. Verity Gould has offered to be our treasurer. If you're interested in being an officer, we promise you'll have a lot of help. Contact Kathy Woodward at 916-253-9348 or Mary Shelton at 916-409-9923. We're gearing up for the "Relay for Life," an annual fundraiser for cancer research to be held on August 27 and 28 at the Placer County Fairgrounds in Auburn. We'll have a booth in the shade. If you haven't registered, call Peggy



Peggy Ryan with the "Relay for Life" tee-shirt.

Ryan at 916-765-8848. Donations are appreciated but not required. Please write your checks to the American Cancer Society. More details about the rally will be in the August edition of *Compass*. This is a fun event!

Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Our meetings are held on the first and third Friday of every month from 7:00 to 8:30 PM at the First United Methodist Church 6414 Brace Road, Loomis. There will be signs directing you to the room. A Gambler's Anonymous meeting also starts at 7:00 PM in another room if your gambler wishes to attend a meeting. Please bring a face mask in case one is needed. For support between meetings, call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for a referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. Please leave a message if you text or call the contact person from this article.

Contact: Kay F. 916-204-1624

Website: www.gam-anon-loomis.com



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Glaucoma Support Group

The meeting on August 10 will be at 4:00 PM in the Multimedia Room (OC). Glaucoma may cause a reduction in the ability to maintain the simple ways you function in your home. There are some simple ways to make it easier to manage everyday tasks. Do you have a tip to share? Join us as we talk about the tips that work for each of us. For additional information, please contact Bonnie. *Contact: Bonnie Dale 916-543-2133, bjdale@aol.com*



Hearing Support Group

Last month our guest speaker was Terri English, who gave a presentation on FM Hearing Assistive Technology. Our program for our July meeting has not yet been developed. We'd also like to remind our members that excellent captioning is available now at all our support group meetings. You don't need any special technology in your aids or implants to see them. Each month we do a brief update on technology and support available in our area, as well. Any suggestions regarding topics for speakers in the future would be appreciated! *Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



Low Vision Support Group

Our next meeting is Tuesday, August 2, 2:00 to 4:00 PM, in the Fine Arts Room (OC). Toni Boom, Director of Clinical Services & Occupational Therapist at the Low Vision Clinic of the Society for the Blind, will detail how the clinic enables people with low vision to use their remaining vision to its fullest potential. The September 6 meeting will be from 2:00 to 4:00 PM, in the Fine Arts Room (OC). "Accessibility Features of Smart Phones and Tablets" will be presented by Ken Spencer, Independent Apple Consultant. Ken will get us up to date on the capabilities of our phones and tablets. We will learn how to better use our Apple and Android devices. Low Vision Support Group meetings are open to all residents. *Contact: Cathy McGriff 916-408-0169, cathy McGriff1010@gmail.com*



Multiple Sclerosis

Are you new to Lincoln Hills? Do you have a friend or a family member with MS? Text or call Jeri Di Fiore, who will share information about our group and provide referral suggestions. Our summer break is until Tuesday, September 20. We are an active group, enjoying two socials this year at Paula and Mike Marchand's home. Also,

we celebrated the success of the Lincoln Trailmixers MS walk. Team Captain Joni Deutsch did it her way by leading groups on community trails. Together, our members collected over \$8,000 for the MS Society to fund such programs as the Navigator Referral Program, Education, Research, etc. Have a great summer, and see you in September!

Contact: Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com



Parkinson's Support

Our group is for those with Parkinson's Disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway. For questions, call facilitators Gary High at 916-434-5905 or Susan Feldman at 916-919-0063.

Contact: Gary High, gwhigh@wavecable.com



Polymyalgia and/or GCA Support

Have you been diagnosed with Polymyalgia Rheumatica or GCA? A new support group is now forming. If you are interested, please contact Adrian.

Contact: Adrian Felice 916-408-4332, adrianfelice55@gmail.com

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A Course in Miracles

This study group discusses the non-dualistic teachings of this book. It looks for answers to questions often asked at some point in our life concerning our identity as a Spiritual Being, such as: where did I come from, why am I here, where am I going when I die, and what is it all about? This is the call of the spiritual journey, the "divine discontent" that spurs us onward to seek answers not found in the satisfaction of worldly accomplishments. Call 916-409-5253 for more information as we explore the answers provided by this book.

Airport Co-op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information and to join visit our website www.lh-airportcoop.org click the membership tab, download the application, mail along with required documentation to the address on the application or phone Barb Iniguez at 916-408-7812.

Basketball Club

Join in for some basketball fun on Tuesdays and Fridays at the Sports Plaza Multi-Purpose court from 9:30 until 11:00 AM. These are the best days and times to find games or shooting partners. Games are 3 on 3 with the teams being made up based upon the availability of players. The first team to 10 wins and will play the next round. This is for all residents, both male and female, and their guests. Other times, if the court is not occupied, use it. Or, times can be scheduled by signing onto the Resident website, then WellFit. Contact Bob White at bbsglh@gmail.com.

Cloggers

Cool? Do you want to stay cool? Last month we wrote about the coolest people around - the cloggers! Who or what are "cloggers"? Well, clogging is a type of Irish/Appalachian folk dance, with 4 taps on each shoe. We cloggers can move our arms to help keep that important balance (as opposed to Irish dancers who keep their arms straight at their sides). And since our shoes have 4 taps each, we make a lot of happy noise. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Members thoroughly enjoyed our annual picnic, our first in three years because of Covid. We had excellent food and celebrated the success of our candidates in the June primary elections, due in no small part to the efforts of our volunteer campaign workers. We continue our work at the food bank, with our next session coming soon. We have several interesting programs planned for this year, including a topics forum in September by the League of Women Voters and Placer County Transportation Director Mike Lukens in November. For more information, please see our website, www.democraticclublincolnca.org.

Italian Club

Brush up on the fascinating facts and folklore of Italy and get ready for a fun and festive time at "So You Think You're Italian." This event is set for August 27 from 12:30 to 3:30 PM (KS). Check your email messages or the website for more information. Mark your calendars for September 18 when the club presents an Italian Street Fair from Noon to 4:00 PM at McBean Pavilion in Lincoln. To learn more about the club and upcoming events, check out our website

at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Club

With a successful Primary behind us, we begin General Election prep! Congratulations Kevin Kiley – Congress and Joe Paterson – Assembly, running against Democrats in November. Congratulations to Shanti Landon, our new Placer County Supervisor! For complete election results, see our website. Potter's hit 3 home runs in one inning at the LHRC Game Night. Hot, but a lot of fun! No July meeting. Annual Dues \$15/pp. www.RepublicanClubSCLH.org.

Shalom Social Group

Building on past successes, the Group continues its programs. Bocce ball and bowling continue on Sundays and Wednesdays, respectively. Our Women Together luncheon in the Kilaga kitchen, catered by our own Hagai Narkis and his helpers, was a great success. We have renewed focus on our new members; we now introduce one of them with a brief biography in our monthly newsletter. Plans for our 20th Anniversary Gala in September are coming along, and we get more and more excited about it as the pieces come together. To learn more, please contact Margie Gulko at Margie.gulko@gmail.com or 916-543-5303.



Farmers Market

Wednesdays, 8:00 AM to Noon, Fitness Parking Lot (OC)

Weather permitting, the Farmers Market will be open every Wednesday until November. Vendors may contact Elaine Allen at 916-625-4021 or Elaine.Allen@sclhca.com to reserve a space.



Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website www.lincolncalifornia.gov.



Document Destruction

Monday, July 18, 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. 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.



Coffee with the Executive Director

Wednesday, July 20, 9:30 AM, P-Hall (KS), Zoom available for those unable to attend

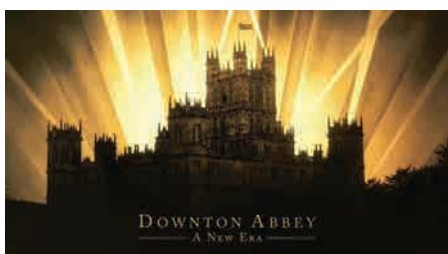
Come for a cup of coffee with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



KS At The Movies - for the Grandkids: Encanto (2021)

Wednesday, July 20, 11:30 AM, P-Hall (KS)

The Madrigals are an extraordinary family who lives hidden in the mountains of Colombia in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift – every child except Mirabel. However, she soon may be the Madrigal's last hope when she discovers that the magic surrounding the Encanto is now in danger. Rated PG. 1 hour 42 minutes. Family, musical.



KS At The Movies: Downton Abbey: A New Era (2022)

Friday, July 29, 1:30 PM, P-Hall (KS)

From award-winning creator Julian Fellowes comes the much-anticipated cinematic return of the global phenomenon, reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa. Rated PG. 2 hours 5 minutes. Drama, Romance.

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—Best Sellers—



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90-minutes \$135

The aromatic essences of plants can profoundly affect the human body, mind, and emotions. This aromatherapy adventure begins as your spa therapist guides you in choosing one of our 'flight of five' aromatherapy blends – *I love, I play, I rejoice, I restore, I unwind* – to balance your constitution. Your chosen blend is then massaged into your body using styles and techniques which enhance the action of the oil you have chosen.



CBD Massage

60-minutes \$110

90-minutes \$140

120-minutes \$175

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- Receive as our treat a Fabulous Foot Treatment when you book this amazing Massage (Value \$18).



Signature Hydrfacial \$179

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Hydrfacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, moving onto the Extract+Hydrate, removing debris from pores with painless suction and nourishing with intense moisturizers that quench the skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.



Kilaga Springs Custom Facial \$130

We offer seasonal treatments designed to address specific needs of our skin as the weather changes. LED Light therapy enhancements for additional anti-aging benefits. In addition, we have a series of Designer Image Skincare Peel treatments offered in the fall and winter for advanced exfoliating benefits. The Hydropeptide facial offers clinical results and a luxurious experience. This facial provides a custom-tailored experience that allows for the choice of Hydropeptide products best suited for your skin. Hydropeptide uses the power of peptides that work on a cellular level to increase hydration, visibly reduce fine lines and wrinkles and enhance skin's natural luminosity.



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• LED Light Therapy

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Classic Rock Rebels – The Biggest Hits from the Biggest Rock Bands

Friday, July 22, 7:30 PM, Amphitheater

General Admission \$23 — **LSE404**

Classic Rock Rebels is the premier classic rock tribute band performing the biggest hits from the biggest rock bands of all time, including Led Zeppelin, The Rolling Stones, The Doors, and more, with some of the best talents out of Los Angeles.

Former members of Montrose, Quiet Riot, Dokken, and Lynch Mob, the band elevates the concert experience to a whole new level in the Classic Rock Tribute circle. With such seasoned musicians painting a picture of the '70s and '80s concert-like atmosphere makes this band a rock till the sun comes up experience.



Uptown Funk – The Ultimate Tribute to Bruno Mars

Friday, August 12, 7:30 PM, Amphitheater

General Admission \$23 — **LSE405**

International touring sensation Uptown Funk invites you to experience the essence of Bruno Mars, his live band, and the music that defines today's pop culture. Expect an exciting, fresh, fun, unique, and high-energy concert with hits like "24K Magic," "Treasure," and "Uptown Funk." Uptown Funk's stage production

captures Bruno Mars' music and performance with accuracy and unmatched attention to detail, from songs to dance moves. Be prepared to dance the night away.



Surf's Up – Tribute to The Beach Boys

Friday, September 2, 7:00 PM, Amphitheater

General Admission \$23 — **LSE406**

Surf's Up, America's premier Beach Boy's party band, returns to our stage to make waves. They have been perfecting and recreating the Beach Boys sound for 25 years. Just like the original, the band keeps it to the family consisting of two

brothers, Donny & Danny, their father Don, Sr., and cousin Denny. Their sibling harmonies capture the authentic blend of the Beach Boys like no other bringing the magical "Sound of Summer" to the stage. Beyond the Beach Boys, Surf's Up plays a variety of music from the 60s, '70s, and 80's to keep the party rockin' all night long.



Keep On Truckin' – The Woodstock Experience

Friday, September 16, 7:00 PM, Amphitheater

General Admission \$23 — **LSE407**

A tribute to the Woodstock Generation, the band performs Rock, Blues, Funk and R&B, faithfully recreating the musical experience of the greatest decade in music. Together for more than ten years in Sacramento, the band's five seasoned

musicians hail from New York to California, with several stops in between. The band members' individual experiences range from international stage performances, Live TV appearances, movie soundtracks, recording sessions, and performing to sold-out crowds at festivals, arenas, and auditoriums. Come with us and take a step back in time to enjoy the music that influenced a generation.

Individuo



August 23, 2022 | 7 PM
(OC) Ballroom

\$20 Per Person
Event Code: LSE420



The Dynamic Latin Pop Duo Indivíduo featuring Tiffany Joy and Maqui Reyes will perform their energetic and unique show in Spanish and English. The "lounge style" set-up will allow you to dance in your chair or on the dance floor.



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 or online on the Resident Website

*Indicates new performances on sale July 17

—Community Event—

***Dance Night, Structured Style**

6:00 to 9:00 PM, Ballroom (OC)

\$8 per person/per dance night

Tuesday, August 2 — **LSE429**

Tuesday September 6 — **LSE431**



Dance Nights, Structured Style are tailored for those dancers that like a structured program that follows traditional form and protocol for Ballroom, Country, and couples' dances that require lanes. The center of the dance floor will be saved for Line Dancing. DJ Tom will provide music, and a no-host bar will be available. (Additional information to come in the August *Compass*.)

***Dance Night, Free Style**

6:00 to 9:00 PM, Ballroom (OC)

\$8 per person/per dance night

Tuesday, August 16 — **LSE430**

Tuesday, September 27 — **LSE432**

Dance Nights, Free Style are geared for those dancers that prefer an unstructured, more carefree dance atmosphere. Dance alone, dance in a group, dance any style. The Twist, the Floss, the Electric Slide, Moonwalk, or Chicken Dance — it's all welcome! DJ Tom will provide music, and a no-host bar will be available. (Additional information to come in the August *Compass*.)

—Concert—

***IndiviDúo: Latin Pop Duo Dance Concert**

Tuesday, August 23

7:00 PM, Ballroom

(OC)

\$20 per person

— **LSE420**

General Admission

Cocktail-style

Seating with Dance Floor



Californian songwriter Tiffany Joy and Colombian musician Maqui Reyes met in 2010 in Buenos Aires and decided to set their solo musical careers aside to form the dynamic Latin pop dúo "IndiviDúo." The unique story of this San Jose duo transforms their music into something special, as eclectic and joyful as the two themselves. The energy they generate on stage is a unique alchemy, a true experience for the viewer who can feel that something special vibrates wherever these two share their voices and souls. They will perform primarily Latin American songs along with some well-known English hits.

***Mig O'Hara and Colin Ross - Evening Concert and**

The American Songbook - Afternoon Presentation by Colin Ross

Tuesday, August 30

Concert: 7:00 PM, P-Hall (KS)

Presentation: 3:00 PM, P-Hall (KS)

Reserved Concert Seating & Presentation Package

\$25 per person

General Admission CONCERT ONLY \$20 per person

— **LSE427**



Composer and multi-instrumentalist Colin Ross, and singer-songwriter Mig O'Hara on vocals and guitar, will play from a huge repertoire of original and traditional jazz, boogie-woogie, and blues, swing, rockabilly, and Americana music. As an "appetizer" to the evening's concert, Colin will give an engaging presentation on the American Songbook. Reservations can be made online, or tickets can be purchased in person at the Lifestyle Desks at OC and KS.



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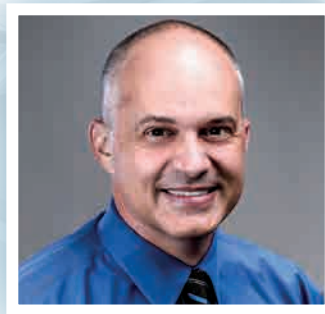


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**Great Movie Performances:
The Very Best Acting Moments in
Twenty Great Films**

**Marc Lapadula
Yale University
Tuesday, July 19
1:30 PM, P-Hall (KS)
Reserved Section
Seating \$17 — **LSE399****

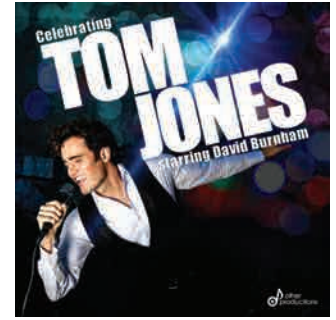
It's certainly not easy to create a limited, compelling list of powerful and memorable acting performances in cinema history (and it would be quite impossible to include them all). Nevertheless, Yale Film Professor, Marc Lapadula, has undertaken that daunting task. We will examine the talents of Katherine Hepburn, Cary Grant, Marlon Brando, Peter Sellers, Clint Eastwood, Dustin Hoffman, Cloris Leachman, Robert DeNiro, Meryl Streep, Daniel Day Lewis, Jodie Foster, Anthony Hopkins, Jack Nicholson, Tom Hanks, Denzel Washington, and others.



**Celebrating Tom Jones,
Starring Broadway's
David Burnham**
Thursday, August 18
7:00 PM Ballroom (OC)
RESCHEDULED — *Your
previously purchased
reservations/tickets are
still valid for this concert.*

Premium Reserved Seating \$24
General Admission \$20 — **LSE368**

Join award-winning Broadway star and acclaimed recording artist David Burnham as he celebrates through stories and songs one of the most electrifying performers and iconic voices, the legendary Tom Jones! This exciting show shares the stories and songs that have made Sir Tom Jones one of the most iconic performers for the past five decades, including the chart-topping hits such as "It's Not Unusual," "What's New Pussycat," "Delilah," and more. Featuring a four-piece band led by Musical Director Todd Schroeder, this is a journey rediscovering the passion and prowess that truly celebrates Tom Jones' career.



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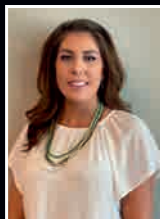
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Scott Cason
Lifestyle Trips Coordinator
Scott.Cason@sclhca.com



Register at the Lifestyle Desk (OC/KS)
or online on the Resident Website

*Indicates new trips on sale July 17

†Venue may require Proof of Vaccination or negative COVID test and photo I.D. for admission. Face mask may be required on bus and venue. Please see eNews for up-to-date information. Attendees will be emailed complete information a week prior to trip.

Featured Trip

***The California Academy Of Sciences**
Tuesday
September 6
\$110 — **LST409**



Embark on epic science adventures in the heart of Golden Gate Park. Meet the nearly 40,000 animal residents, from a colony of playful African penguins to the lovable alligator with albinism, Claude. Zoom through the cosmos in the immersive 75-foot planetarium. Explore hands-on exhibits that showcase Earth's dazzling biodiversity, and learn how the Academy is working to regenerate the natural world. Wheels roll from OC at 8:00 AM, 5 hours at the museum ~ return 6:00 PM.

—Festivals—

***Benicia Peddlers Fair**
Saturday
August 13
\$55 — **LST408**



This outdoor event began in 1963 with a few collectible and antique stores displaying their items on tables outside St Paul's Church. It now spans the entire 11 Blocks of First Street in the historic town of Benicia. The event offers connoisseurs, and new collectors alike, an opportunity to examine and purchase items that include period furniture, decorative antiques, and much more. The fair gives a rare opportunity to ask questions from knowledgeable dealers. Wheels roll from OC at 7:00 AM, 4 hours at the fair ~ return 3:30 PM.

California State Fair
Thursday, July 21
\$75 — **LST406**



The California State Fair, which is held annually in Sacramento, is an amazingly popular event that brings almost a million people each year. Like many other state fairs, the first in California (in 1854) premiered when the state was looking to promote its farming and agriculture industry. For the next few years, the fair moved from city to city, beginning in San Francisco and eventually settling in Sacramento in 1859, where it remains to this day. Wheels roll from OC at 10:30 AM, Fair open at 11:00 AM ~ return 6:00 PM.

—Museums—

Castle Air Museum
Atwater, CA
Tuesday, July 19
\$75 — **LST402**



Home to over seventy restored vintage military aircraft ranging from pre-WWII to the present-day fighters. The Castle Air Museum houses a fascinating collection of wartime memorabilia, uniforms, historic photos, and personal military artifacts from the past century. The Museum is proud to

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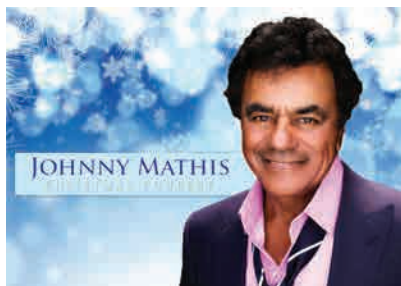
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display the most complete lineage of Bomber Aircraft on the West Coast, dating from prior to WWII to the end of the Cold War, spanning nearly 70 years. Wheels roll from OC at 8:00 AM ~ return 6:00 PM.

— Performances —



Christmas with Johnny Mathis
Gallo Center for the Arts, Modesto
Wednesday
December 21
\$175 — **LST407**

Celebrating his 65th year in the music

industry, legendary singer Johnny Mathis' sublime vocal approach to music eclipses passing fads and trends. He has performed songs in an incredible variety of styles and categories – from music composed for stage and film to golden era jazz standards, contemporary pop hits, and holiday music. Johnny has recorded close to 80 albums, including six Christmas albums that have made him the undisputed and iconic "Voice of Christmas." Wheels roll from OC at 4:30PM for a 7:30 PM show ~ return 11:30 PM.

Broadway At Music Circus

†Broadway At Music Circus is a truly unique musical theatre experience renowned by theatre professionals and fans across the country. Each summer, the Broadway At Music Circus series features new productions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



†Something Rotten!

Tuesday, July 26
\$111 — **LST383**

With 10 Tony® nominations, including Best Musical, *Something Rotten!* is "Broadway's big, fat hit!" (*NY Post*). Featuring large song and dance numbers

and a wacky cast of over-the-top characters, the musical received show-stopping standing ovations

throughout its Broadway run. Set in 1595, this hilarious smash tells the story of two brothers who set out to write the world's very first musical. With its heart on its ruffled sleeve and sequins in its soul, It's "The Producers + Spamalot + The Book of Mormon. Squared!" (*New York Magazine*).



†The Secret Garden

Tuesday, August 9
\$111 — **LST384**

The enchanting literary classic is reimagined in brilliant musical style. A compelling tale of forgiveness and renewal, *The Secret Garden* won three Tony Award® and

three Drama Desk Awards when it premiered on Broadway in 1991. Orphaned in India, 11-year-old Mary Lennox returns to Yorkshire to live with her embittered, reclusive uncle Archibald and his disabled son Colin. The estate's many wonders include a magic garden that beckons the children with haunting melodies and spirits from Mary's past who guide her through her new life.



†The Color Purple

Tuesday, August 23
\$111 — **LST385**

With a fresh, Grammy-winning score of jazz, gospel, ragtime, and blues, *The Color Purple* is an unforgettable, intensely moving musical based on Alice Walker's

Pulitzer Prize-winning novel and the Oscar®-nominated film. *The New York Times* calls it "exquisite! A joyous celebration of storytelling." This stirring family chronicle—a young woman's epic journey through joy, despair, anguish, and hope to discover the power of love—leaves its mark on the soul.

—Sports—



San Francisco Giants

Enjoy all the excitement of a Giants game without the hassle of driving or parking in the city. Watch all the action from your lower box seats. Below prices include roundtrip motorcoach transportation, Lower level box seating, and driver gratuity.

Giants vs. Diamondbacks

Thursday, August 18

\$125 — **LST395**

Wheels roll from OC at 9:30 AM for a 12:45 PM First Pitch ~ return 6:00 PM.



- to give them an evening they would never forget. Wheels roll from OC at 6:30 PM for an 8:00 PM show ~ return 11:30 PM.

New!

***Giants vs. Dodgers**

Sunday, September 18

\$145 — **LST410**

Wheels roll from OC at 9:00 AM for a 1:05 PM First Pitch ~ return 6:30 PM.



Beyond Van Gogh!

Sutter Health Park

Tuesday

November 29

\$110 — **LST403**

Beyond Van Gogh



is a rich and unique multimedia experience, taking the viewer on a journey through over 300 iconic artworks, including “The Starry Night,” “Sunflowers,” and “Cafe Terrace at Night,” now freed from their frames. Set to a symphonic score and using the artist’s own dreams, thoughts, and words to drive the experience as a narrative, Van Gogh’s art comes to life by appearing and disappearing, flowing across multiple surfaces, and heightening the senses with their immense detail. Wheels roll from OC at 2:00 PM, entrance to exhibit at 3:00 PM ~ return 6:00 PM.



Oakland Athletics

Looking to watch the Giants away from Oracle Park? Cheer on the away team (or home team). Watch the Battle of the Bay from your Lower infield seats. Pricing includes roundtrip motorcoach transportation, Lower infield seating, and driver gratuity.

Oakland A’s vs. San Francisco Giants

Saturday, August 6

\$115 — **LST396**

Wheels roll from OC at 1:00 PM for a 4:07 PM First Pitch ~ return 9:30 PM.



—Performances—



An Evening with Michael Bublé

Golden 1 Center

Saturday, September 24

\$250 — **LST405**

Michael Bublé made a vow to himself to keep the flames of the great classics of the American Songbook alive and well, to not only breathe new life into them but to bring his singular style, vocal power, and passion to these timeless tunes that he loved. The most crucial for him, was to bring all this music together in concert and take his audiences on a special journey

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San Francisco Bay Dinner Cruise

Overnight at Hyatt Regency

Thursday, July 28
to Friday, July 29

— **LST400**



\$451 double occupancy; \$599 single occupancy

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Four days, three nights! Laguna Beach Pageant of the Masters Art Festival & Nixon Museum



Sunday, August 28

to Wednesday August 31 — **LST401**

\$1210 double occupancy; \$1659 single

Join your Trip Coordinator, Scott, on an amazing trip to the world-famous arts festival in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" – this year's theme is "Wonderful World." See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Richard Nixon Library & Museum in Yorba Linda. Please advise, upon registration, your preferred food choice for Terra Laguna: Chicken, Salmon, or Vegetarian. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. A signed liability waiver is required for each participant. Registration is exclusive to in-person sales at the

Lifestyle Desk, no online sales. Wheels roll from OC at 8:00 AM, August 28 ~ return August 31 4:30 PM.

Trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite), including daily breakfast
 - Complimentary hotel evening reception at Ayres Hotel
 - Lunch at Harris Ranch on the way to Laguna Woods
 - Free time to enjoy the beach/shopping/lunch on Balboa Island in Newport Beach on your second day
 - Reserved lower-level ticket to Pageant of the Masters Show
 - Admission to Art-A-Fair at the Festival of the Arts
 - *Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds prior to the show
 - Entrance to the Richard Nixon Library & Museum in Yorba Linda on the third day
 - Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip (Breakfast on your own at the hotel)
 - Lunch at Hilmar Cheese Factory on the return trip
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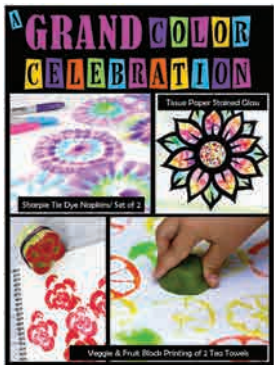
Register at the Lifestyle Desk (OC/KS)
or online on the Resident Website

*Indicates new class on sale July 17

Classes

—Summer Fun with Your Grandkids!—

Attention Grandparents — now is the time to schedule fun activities with your grandchildren. The Lifestyle and Wellfit Departments are offering classes to create a memorable summer vacation together. Each class is different and has its own requirement. Please read the descriptions thoroughly prior to registration. All classes require a grandparent to be enrolled in the class. Enroll early for the best options, as space is limited to ensure safety and encourage a fun experience for all attendees. Please have one adult enrolled per two grandchildren. Register for all classes at the Lifestyle Desk and online, unless otherwise specified.



“GRAND” Color Celebration

Monday, August 1
10:00 AM to 1:00 PM (KS)
— **LSC3976**

Fee \$60 (total price for grandparent and grandchild to participate and work together)
\$25 for second grandchild
Materials/supplies included in class fee. Maximum

attendees: 18 grandparent/grandchild teams; Open to solo adults, as well.

A grand color celebration. Grandparents and grandchildren team up to create three colorful crafts.

- Create two tissue-paper “stained glass” shapes (lots of shape options to choose from)
- Tie-Dye with Sharpies: a set of 2 napkins
- Stamp two tea towels with fruits and veggies

Aprons will be provided. **Recommend ages six and up with grandparents.** Additional pieces of each craft can be purchased and created at the event. Instructor: *Judy Ragland-Craftopolis*. Sign up deadline July 25.

Fairy or Dragon Lantern
Monday
August 1
2:00 to 4:00 PM (KS)
Fee \$45
(Both Grandparent and Grandchild) — **LSC3977**



Materials \$20 for 1 lantern/\$40 for 2 lanterns

This magical craft is ideal for **ages 10 and up** and creates a beautiful garden light. Choose a fairy, mermaid, or dragon shadow to capture in your jar, add LED lights, embellishments and/or glitter, if desired. Perfect craft for grandparents and grandchildren to work on together or for each to create a lantern. Please note at registration if you would like one or two lanterns. Instructor: *Judy Ragland-Craftopolis*.



Sip and Paint with Your Grandkids: “Rooster”

Wednesday, August 3
9:00 AM to Noon (KS)
Fees \$45 for Adult and \$25 per grandchild — **LSC3967**

Enjoy a fun and creative morning painting. Each participant will receive an under painted canvas to create their own masterpiece while sipping lemonade and nibbling cookies and fruit. Step-by-step instruction, acrylic paint supplies, and a lesson on color mixing and brush strokes will be provided during class. All art supplies and snacks are included in the cost. No art experience is required. Instructor: *Unni Stevens*. **Age prerequisite: 7 years.**

Ceramics

Thursday, August 4
9:00 AM to Noon (OC)
Fee \$20 (Per Grandchild. No charge for Grandparent)
— **LSC3280**

Have fun working with clay with your grandchildren! Clay and tools, a demonstration of basic sculpting/hand-building techniques, as well as class guidelines will be provided. Grandparents with ceramic experience and materials can choose their own projects to explore. Instructor: *Jim Alvis*. **Age prerequisite: 7 years.**

Clogging

Tuesday, August 2

1:00 to 2:00 PM (KS)

Fee \$10 — **LSC3965**

Come enjoy an hour of learning a few steps of what is known as an American Folk Dance called Clogging. No special shoes are required. Enter the room ready to get up on your feet and participate with your special loved one. Grandpas are especially encouraged to come. We might even be able to sneak in a special Big Circle figure called “Wind Up A Ball of Yarn.” Super easy and super fun! If you have more than one grandchild, you may register more. Bring your enthusiasm and small bottled water, if you’d like. Instructor: *Janice Hanzel*. **Age Prerequisite: 5+.**

**Line Dance for Fun**

Friday, August 5

1:00 to 2:00 PM (KS)

Fee \$7 — **LSC3966**

Get your body moving while spending quality time with your grandchildren. Yvonne will have everyone in the class learn a complete line dance number, with simple steps, to a popular country song. Instructor: *Yvonne Krause-Schenck*. **Age prerequisite: 7 years and up.**

**Zumba Kids Jr. (Ages 4-6)**

Tuesday, August 2

8:30 to 9:00 AM

Amphitheater

\$10 (includes one grandparent and up to 2 grandchildren)

— **WLS296**

For ages 4-6 plus grandparent, this energetic class introduces kid-friendly Zumba dance routines and helps incorporate fitness as a natural part of children’s lives by making exercise fun. Wear comfortable tennis shoes and clothes that you can move and groove in. Don’t forget your water. Instructor: *Joanie Hill*.

Zumba Kids (Ages 7-11)

Tuesday, August 2

9:00 to 9:30 AM, Amphitheater

\$10 (includes one grandparent and up to 2 kids)

— **WLS297**

For ages 7-11 plus grandparent, this energetic class introduces kid-friendly Zumba dance routines and

helps incorporate fitness as a natural part of children’s lives by making exercise fun. Wear comfortable tennis shoes and clothes that you can move and groove in. Don’t forget your water. Instructor: *Joanie Hill*.

—Art—

***Mixed Media Art Journaling**

Tuesdays, August 9 & 23

9:00 AM to Noon (OC)

Fee \$45 (two sessions)

Supplies fee paid to Instructor \$5

— **LSC3219**

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: “Vineyard”**

Friday, August 19

5:00 to 8:00 PM (OC)

\$55 — **LSC3243**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instructions. Learn how to

mix colors, brushstroke, pallet knife techniques, and oils. 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. To learn more about artist/instructor *Unni Stevens*, visit www.unniart.com.

—Oils, Pastels & Acrylics—

***Oil and Acrylic Painting:****Intermediate/Advanced**

Wednesdays, August 3-31

9:00 to 11:30 AM (OC)

\$100 (five sessions) — **LSC3231**

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done

on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Instructor: **Sandy Lindblad**. Visit www.sandyindblad.com. Email Sandy at sandski2@yahoo.com prior to class regarding supplies.

—Watercolor—



***Introduction to Watercolor Materials**

Thursday, August 4

9:00 to 11:00 AM

Free — **LSC4111**

Materials fee paid to instructor: \$5

Interested in taking up watercolor? The class will provide guidelines on where to shop for your supplies and how to identify and choose the appropriate tools needed to pursue watercolor painting. There will be a handout with detailed reference information as a guide when purchasing materials for the Beginning Watercolor class. Class registration is required. For more information, contact the instructor, **Faye August** at 916-209-3643 or watercolorist55@gmail.com.

***Beginning Watercolor Part 1 - Basics**

Thursday, September 8-29

1:00 to 3:30 PM

\$95 (four sessions) — **LSC4112**

Participants will learn fundamental skills in using watercolor. The four basic critical skills covered include Color, Shape, Value, and Texture, learning the essential brush strokes using both round and flat brushes, controlling water and pigment mixtures, the importance of creating values (lights and darks), recognizing and using shapes, and achieving texture through the use of edges. Participants will receive a weekly email containing reference materials and weekly exercise handouts to use during each class. Participants are encouraged to attend the Introduction to Watercolor Materials workshop to learn about watercolor materials they will need for class. Instructor: **Faye August**.

***Continuing Watercolor**

Thursdays, September 8-29

9:00 to 11:30 AM

\$80 (four session) — **LSC4113**

Want to expand your knowledge and skills in

watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This class will be limited in size to allow for individual one-on-one work. Contact the instructor for more information. Instructor: **Faye August**, at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**

Tuesdays, August 2-30

1:00 to 4:00 PM (OC)

\$80 (five sessions)

— **LSC3268**

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, demonstrating 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 2-30

9:00 AM to Noon (OC)

\$80 (five sessions)

— **LSC3255**

OR

Thursdays, August 4-25

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC3292**

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

Water Marbling Silk Scarf, Canvas Cosmetic Bag, and Coaster Set

Monday, July 25
 9:30 to 11:30 AM — **LSC3981**
 Noon to 2:00 PM — **LSC3982**
 2:30 to 4:30 PM — **LSC3983**
 Fee \$45; Materials \$40



Learn the ancient technique of water marbling using paints, basic tools, and easy-to-follow instructions. During the session, you will start with six pulp-board coasters which will create a gorgeous marbled 100% silk scarf canvas cosmetic bag. Additional items can be made if time allows; pricing varies. Instructor: *Judy Ragland-Craftopolis*. Registration deadline July 18.

Water Marbling Coaster Set, Fabric Fan and Lampshade

Monday, August 15
 9:30 to 11:30 AM — **LSC3984**
 Noon to 2:00 PM — **LSC3985**
 2:30 to 4:30 PM — **LSC3986**
 Fee \$45; Materials \$45



Learn the ancient technique of water marbling using paints, basic tools, and easy-to-follow instructions. During the session, you will start with six pulp-board coasters, then a fan, and finish with a lampshade. You will have a selection of small 12"-14" lamp bases to choose from. Additional items can be made if time allows; pricing varies. Instructor: *Judy Ragland-Craftopolis*. Registration deadline August 8.

Yarn & Ribbon Wall Hanging

Monday, August 29
 Time: 10:00 AM to Noon
 Fee \$45; Materials \$10
 — **LSC3987**



Create a trendy wall decoration using a wood dowel, a selection of yarns, ribbons, wood beads, and easy macrame techniques. You choose the color scheme and style! Instructor: *Judy Ragland-Craftopolis*. Registration deadline August 22.

Mixed Media Monogram

Monday, August 29
 1:00 to 3:00 PM
 Fee \$45; Materials \$10
 — **LSC3988**



Create a totally unique 8" tall paper Mache' monogram letter to hang as décor or display on a mantel. Using themed scrapbook paper & ephemera, ribbons and charms, buttons, and bling, you choose your favorite style! Lots of idea sample pictures provided for inspiration. Please note your choice of 1 letter upon registration. Instructor: *Judy Ragland-Craftopolis*. Registration deadline August 22.

—Beading—

***WWE/"Leftovers" Necklace**

Tuesday, August 16
 9:00 to Noon (OC)
 \$25 plus \$10 material fee paid to instructor
 — **LSC4078**



No! It's not wrestling. WWE, in this case, means "wear with everything." A necklace made from "leftover beads" connected with a rainbow of seed beads goes with almost everything in your wardrobe. Choose the length of the necklace from short to "long enough to double." The best part - Cathie has accumulated all her "leftovers" and her stash of seed beads to share. All the beads and findings you'll need will be on hand. You'll need to bring a small non-terry towel or bead mat, scissors, and a small ruler. Instructor: *Cathie Szabo*.

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—Cardmaking—

***Card Making**

– Advanced

Mondays

August 8 & 22

9:00 AM to

Noon (KS)

\$30 (two sessions)

— **LSC3304**

Prerequisite: This class will build on your card making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for Beginner or Intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline July 24.

***Card Making**– Beginner/
Intermediate

Wednesdays

August 10 & 24

9:00 AM to

Noon (KS)

\$30 (two sessions)

— **LSC3315**

Prerequisite: Completion of at least four to eight sessions of previously offered Introduction to Card Making – Beginners and/or 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. Most supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline July 24.

Card Making –*Intro to Basic Card
Making – Beginners**

Fridays, August 12 & 26

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC3326**

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



will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited; sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. Registration deadline: July 24.

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skill.

***Beginning Clogging**

Tuesdays, August 2-30

10:00 to 11:00 AM (KS)

\$50 (five sessions)

— **LSC3337**

New Beginners Class starts August 2. Encourage your friends and neighbors to come join this fun class. No special shoes required, flat-soled shoes

are recommended. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention will be paid to balance skills. Instructor: *Janice Hanzel*.

***Combine Clogging Class**

Tuesdays, August 2-30

11:00 AM to 12:30 PM (KS)

\$75 (five sessions) — **LSC3365**

Starting with easy and progressing into intermediate dances, We will continue working on some new material and go over some old favorites. The class will feature lots of reviews of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent past and online workshops and conventions. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

—Country Western Dancing—



***Country Couples Western Dance
Beginner Level 1 & 2**
Mondays, August 1-22
7:00 to 8:00 PM (KS)
\$28 (four sessions)
— **LSC3627**

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*.

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 Level 3 & 4**
Mondays, August 1-22
6:00 to 7:00 PM (KS)
\$28 (two sessions) — **LSC3349**

After you have completed the Beginner Class and are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. Dances taught this month will be: "Love going to make it", and "Kissin on you." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—



***Hula**
Thursdays, August 4-25
1:00 to 2:00 PM (KS)
\$52 (four sessions)
— **LSC3411**

This is 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. **Prerequisite:** New dancers contact the instructor *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.

This is 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. **Prerequisite:** New dancers contact the instructor *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.

—Jazz—



***Jazz for Beginners**
Thursdays, August 4-25
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC3422**

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 Greenwood* 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 on TV and video.

***Jazz Performance**
Tuesdays, August 2-30
1:00 to 2:00 PM (KS)
\$45 (five sessions) — **LSC3451**

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*.

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—Line Dance—

***Country Line Dancing**

Fridays, August 5-26

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC3493**

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

Mondays, August 1-29

4:00 to 5:00 PM (KS)

\$35 (five sessions) — **LSC3460**Instructor: *Cathy Paris***OR**

Thursdays, August 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3527**Instructor: *Yvonne Krause-Schenck*

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

***Level 2 – Beginner**

Fridays, August 5-26

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3503**Instructor: *Sandy Gardetto***OR**

Thursdays, August 4-25

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3557**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, August 4-25

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3548**Instructor: *Cathy Paris*

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.

***Level 3 – High Beginner/Improver**

Mondays, August 1-29

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3537**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, August 3-31

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3513**Instructor: *Sandy Gardetto*

The high beginner class is for those with previous dance experience and who 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.

***Level 4 – Easy Intermediate**

Mondays, August 1-29

5:00 to 6:00 PM (KS)

\$35 (five sessions) — **LSC3479**Instructor: *Cathy Paris***OR**

Wednesdays, August 3-31

10:00 to 11:00 AM (KS)

\$35 (five sessions) — **LSC3610**Instructor: *Sandy Gardetto*

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.

***Level 5 – Advanced**

Thursdays, August 4-25

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3716**

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.*

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***Line Dancing 4 Fun**

Thursdays, August 4-25

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3470**

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 quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

—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.

New *Beginning Tap

Mondays, August 1-29

11:00 AM to Noon (KS)

\$50 (five sessions) — **LSC3576**

Grab a friend and come join us! We are starting from fresh, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, the act of repeating, reversing, and counting patterns is excellent for brain health.

***Tap Technique**

Mondays, August 1-29

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC3566****OR**

Tuesdays, August 2-30

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC3747**

Learn and hone your tap techniques through fun musical exercises and routines.

Glass Art

—Stained Glass—

If you have a stained glass project in a stained glass locker and you no longer taking classes, please pick up your project by September 1, 2022.

***Stained Glass**

Mondays

August 1-29

9:30 AM to 12:30 PM

(KS)

\$100 (five sessions)

— **LSC3586**

Learn the basic techniques of making stained glass, leaded glass, and mosaic art projects. First-time students will be provided tools and supplies during class along with glass to make their first project. A list of tools and supplies will be given to the students who wish to purchase their own. Each month we will alternate between stained glass, leaded glass, and mosaics. The class is for beginners who have not done stained glass projects. Safety is important, so please, no sandals. Safety goggles and masks are required for grinding glass and soldering. Space is limited. Instructor: *June Evans*.

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Movies



History of Jazz (Part 1)
Fridays
August 12-
September 2
10:00 AM to Noon
(KS)
\$40 (four sessions)
— **LSC3781**

We will spend our first session looking at the origins of Jazz: the artists, the times, and the only country where music like Jazz could even happen. Our journey begins in the heart of the 19th century in the great city of Jazz's birth, New Orleans. We will discover the strands of music that led to Jazz: Blues, Gospel, Ragtime, Classical, Military, Caribbean, and African. But most of all, we will meet the people, some well-known and some not so well known, who pioneered a new kind of music, a music that exemplified a nation. Instructor: *Ray Ashton*.

Music

—Folk Guitar—



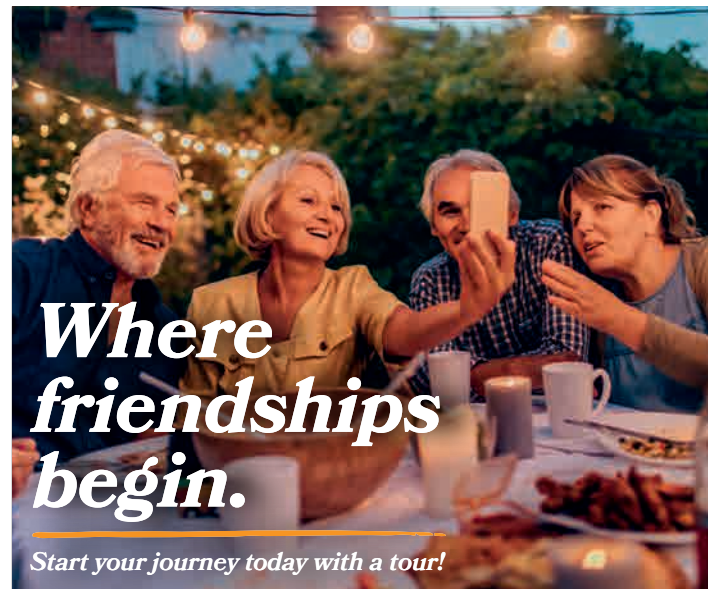
***Beginner Folk Guitar Class for Fun Folks**
Tuesdays
August 2-30
1:00 to 2:00 PM
(KS)
\$50 (five sessions)
— **LSC3681**

Have fun learning the guitar, no prior music knowledge or good singing voice is 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, plus how to choose and purchase a guitar and guitar aides will be discussed. *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. He enjoys teaching and sharing his musical expertise with his students.



***Intermediate Folk Guitar Class**
Tuesdays
August 2-30
2:00 to 3:00 PM
(KS)
\$50 (five sessions)
— **LSC3621**

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



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WellFit Orientations

Free Orientation: WellFit Staff

Unsure 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 offers and get you started on your fitness journey. Register at Fitness Desks or online enrollment on the Resident Website.

Fitness Floor (OC)

- **Wednesday, July 27**
3:00 to 4:00 PM
- **Tuesday, August 17**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, July 27**
3:00 to 4:00 PM
- **Tuesday, August 17**
3:00 to 4:00 PM

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

**Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups. Events go on sale on the 17 of each month. Register at*

Orchard Creek, Kilaga Springs Fitness Desks, or online enrollment on the Resident Website.

All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website. Look in the WellFit section or online enrollment.

Lessons

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



Intro to Pickleball
Wednesdays
9:00 to 10:30 AM
Pickleball Courts
Free

This class is for any resident interested in learning about pickleball. No equipment is necessary; just wear clothing appropriate for pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register at welcometopickleball@gmail.com or go to www.lhpbclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Intro to Tennis
Thursdays
11:00 AM to Noon
Multicourt #11
Free

This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.

New! Pickleball - Novice Clinic

Wednesday, August 10

11:00 AM to 12:30 PM

Multi-Court

\$45

No experience is necessary. Skill level 2.0-2.5, Minimum/Maximum: eight students. Ian will explain the court quadrants, rules, scoring, and basic strategy. In addition to the enjoyable drills, the basic pickleball strokes will be demonstrated. Coach led play towards the end of the clinic. Instructor: *Ian Dickson*, Pickleball Pro.

New! Pickleball - Advanced Beginner Clinic

Wednesday, August 17

11:00 AM to 12:30 PM

Multi-Court

\$45

Skill level 2.5-3.0, Minimum/Maximum: eight students. "How to create an advantage at the beginning of the rally. " Utilizing the serve and return as a weapon. The most important/difficult shot in pickleball, "The 3rd Shot," will be covered. Analysis and suggestions for improvement during the game time play portion of the clinic will also be provided. Requirement: must know rules, scoring, and have been playing games. Instructor: *Ian Dickson*, Pickleball Pro.

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 seven days prior to class start. No refunds, no make-ups.*

Tai Chi / Qigong L1

Tuesdays, August 16-30

2:00 to 3:00 PM

Aerobics Room (OC)

\$39 (three sessions)

OR

Fridays, August 19-26

2:00 to 3:00 PM

Aerobics Room (OC)

\$26 (two 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 Siegel-Wamsat*.

Tai Chi / Qigong L2 - Single Sessions

*Take one or take them all!

Thursday, August 18

2:00 to 3:00 PM

Aerobics Room (OC)

\$15 (one session)

OR

Thursday, August 25

2:00 to 3:00 PM

Aerobics Room (OC)

\$15 (one session)

*This is not a beginner class. Having some familiarity with the foundation of the Yang-style forms, Level 2 expands the foundations and breaks down the intricacies of the moves. We look to add additional sections of the form, emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi / Qigong L3

Tuesdays, August 16-30

3:10 to 4:10 PM

Aerobics Room (KS)

\$39 (three sessions)

OR

Fridays, August 19-26

3:05 to 4:05 PM, Aerobics Room (OC)

\$26 (two sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Qigong, paired with stillness and moving meditation, will improve body mechanics, balance,

and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi Ball
All Levels -
Single Sessions

*Take one, or take them all!

Wednesday, August 17
2:00 to 3:00 PM
Aerobics Room (OC)
\$15 (one session)

OR

Wednesday, August 24
2:00 to 3:00 PM
Aerobics Room (OC)
\$15 (one session)

OR

Wednesday, August 31
2:00 to 3:00 PM
Aerobics Room (OC)
\$15 (one session)

Tai Chi Ball is a fusion of mind-body exercise, traditional Tai Chi Ball, Qigong, and dance with modern core strengthening exercises and balance postures. This class begins using light-weight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through ball practice. Instructor: *Shifu Anney Siegel-Wamsat*.



Why Meditation?

Mondays, August 1-29
4:10 to 5:10 PM
Aerobics Room (OC)
\$85 (five sessions)

Leave your stress at the door and start your week off right! Join Sheri each week as we take on a new topic and then meditate. The first half of the class will be education and the second half a guided meditation. Week one we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. Week two, we will tackle how to let go of stress. Week three, how to create a positive mindset. Week four, why it is important to cultivate gratitude, and finally, we will learn how to manifest our best life. Instructor: *Sheri Mandell*.



Introduction to Movement on the Pilates Reformer

Thursdays
August 4-25
2:00 to 3:00 PM
Fitness Center -
Reformer Studio
(OC)
\$72 (four sessions)



Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This is a progressive class that starts with the very basics of safely introducing your body to the fundamentals of Reformer and then slowly builds up to teach you proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to properly engage your core muscles. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist*.

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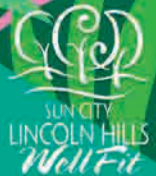
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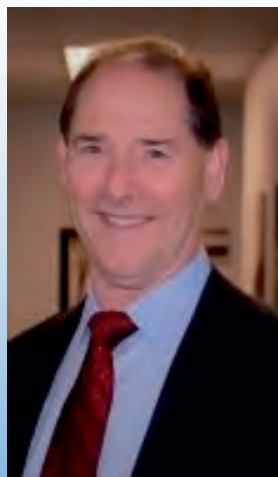
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Laser Cataract Surgery brings a new level of precision and safety to cataract removal. Dr. Wilmarth and his staff will discuss the many options for intraocular lens (IOL's) implantation and help you select the lens that fits your visual goals and financial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

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



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

Complimentary LASIK Consultations

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

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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

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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department. These are programs that provide learning and development in areas of life that are unique to each individual. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

Why Your Breath Matters

Mondays
August 8-29
2:00 to 3:00 PM
Aerobics Room (OC)
\$72 (four sessions)

When you engage in breathing exercises or simply breathe effectively, you can: reduces stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles. Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.



Mindfulness & Meditation

Returning in September
Aerobics Room (OC)
\$72 (four sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins, Serotonin, Oxytocin & Dopamine) in the brain; which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.



Living with Neck and Shoulder Pain

Wednesday
August 17
1:00 to 2:00 PM
Multimedia Room (OC)
\$25



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. During this class, students will follow a PowerPoint presentation and be able to ask questions throughout, with Q & A at the end as well. Keep your body strong and happy to support longevity. Instructor: *Lisa Kwon*, Occupational Therapist.

Going Out in a Box

Monday, August 22
9:00 AM to Noon
Multimedia (OC)
\$25

We have all said it. "This is my last move; I'm going out in a box." It is hard to imagine the future and what your needs may be as you get older. Yet, most of us will live with some burden of disease in our last years, and a sudden death may not happen. So what's Plan B? What will trigger Plan B? What are the elements of Plan B? What steps can you take today to put Plan B together? Let's talk about what we know about causes of death and how they affect us. Let's talk about resources and options. Having Plan B will make all the difference. Instructor: *Marcia VanWagner*.



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- Ketamine Infusion for PTSD, Refractory Depression & Pain

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Getting Your Stuff Together

Monday &
Tuesday
September 12-13
9:00 AM to Noon
Oaks Room (OC)

\$40 (two sessions) + \$30 material fee paid to the instructor on the first day of class.

As we continue to emerge from our pandemic lock-down, we are thinking differently about our future. What am I going to do about all my “stuff”? Who will help me? Am I protected? We feel overwhelmed at the enormity of getting older and end up doing nothing. “Getting Your Stuff Together” helps create order out of the chaos, helps you figure it all out, helps your chosen advocates, and alerts you to the issues around the complexity of dying. Take a small first step. Instructor: *Marcia VanWagner*.



End of Life Options: Preparing for Death

Wednesday
September 21
9:00 AM to Noon
Multipurpose Room (OC)
\$25

How do you imagine your death? How do you communicate your wishes? You will learn about options at the end of life, how to plan and how to communicate your plans. You will learn about your Advance Health Care Directive and if you need a POLST. You will learn about naming a personal representative, who will speak for you if you cannot, and what you want them to say. Instructor: *Marcia VanWagner*.



Traditional Shotokan Karate

Saturdays, August 6-27
10:50 AM 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 48 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 santenkarate.com. Instructor: *Al Trimarchi*.

Nutrition

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

New! Healthy Cooking for Mindful Eating – Summer Salads and Such

Tuesday, August 30
11:00 AM to Noon
Multimedia Room (OC)

\$20 + \$10 supply fee paid to the instructor at the beginning of class.

Food brings people together, and nothing is better than enjoying a delicious meal. However, healthy and delicious do not always coincide. Join us for the first class, where we will create and sample an item, learn useful shortcuts, and take home recipes you will enjoy. Add your recipes to a recipe book in class that you will create as you go. Take the entire series, or enjoy them a la carte. Class pairs well with Mindful Eating for Healthy Living. *Sign-ups end Friday, August 26, so we know how many to shop for. Instructor: *Sheri Mandell, HHC*.



Mindful Eating for Healthy Living

Tuesdays, August 2-23
11:00 AM to Noon
Multipurpose Room (OC)

\$72 (four sessions)

Are you an emotional eater on a diet roller coaster? If you have



tried every diet only to return to your same old eating habits, this class is for you. Diets fall short because they do not address the real reasons behind overeating. Mindful Eating dives into the issues that drive us to overeat and encourages change from within. This is not a diet, it is an attitude towards food that encourages awareness of what you eat and why. Instructor: *Sheri Mandell, HHC*. *This class pairs well with Healthy Cooking for Mindful Eating and Healthy Living Exercise Punch Pass (drop-in) class.

Mediterranean Cooking

Monday
August 15
11:30 AM to
1:30 PM
Placer (KS)
\$48



Did your doctor mention the Mediterranean Diet as a good model to follow? Fortunately, it's not a "diet" in the sense of deprivation and recipes that taste like dirt and twigs, but rather a focus on fresh, light, vibrant food. We will talk about the ingredients that are featured in a Mediterranean Diet, why they work, and how to use them deliciously. In this class, we will sample a couple of simple recipes while learning. Instructor: *Kerin Gould, Ph.D.*, author of "Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables...Now what?" Producewithapurpose.net

Pilates Reformers and Towers

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

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

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes. Online class scheduling is from 7:00 AM to 10:00 PM.

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.

Drop-in for guests (non-residents; guests of residents only) \$25 per class

Please contact Danielle Merrill 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)
\$40
(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 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. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

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

Rex Owens
WellFit Fitness Supervisor
Rex.Owens@sclhca.com



Register at the WellFit Desk (OC/KS)
or online on the Resident Website

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. You can also visit the Resident Website under WellFit/Personal Training/ meet the trainers. Please respect a 24-hour cancellation policy.

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 \$69, 3 session package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person. Each billed for shared session.
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer). One hour session \$99.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Trainer assesses general ability level. Half-hour session \$39.

All training is non-refundable and has a 1-year expiration date from time of purchase. 24-hour cancellation policy.

Small Group Training (SGT)

Small group training classes are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class. Classes fill up quickly; please sign up at least seven days prior to the class start. No refunds and no make-ups. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online. SGT classes run for 55 to 60 minutes.*

New! Pilates on the BOSU
Wednesdays
August 3-31
12:55 to 1:55 PM
Aerobics Room (OC)
\$85 (five sessions)



The BOSU (BOTH Sides Up) is a fun piece of gym equipment that has both a domed side and a flat side to exercise on. You will use both sides as you challenge your balance and strength and bring awareness to your core muscles while having fun in the process. You will learn proper breathing techniques and incorporate all muscle groups. Variations and modifications will be offered. The class will be done on the floor on a mat. Instructor: *Cynthia Bullwinkel.*

Urban Poling
(Balance and Fall Prevention)
Returns in the Fall

This class continues our programs for those that have difficulty with balance. Learn simple exercises that will help improve balance, core strength, and reflexes to prevent falls. Walking 30 minutes at least three times a week gives you a full-body aerobic exercise by simply adding poles to your walking routine. You



will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (OC). Class is indoors and outdoors, weather permitting. Instructor: *Rex Owens*.

Urban Poling

(Indoor Nordic Walking)
Returns in the Fall

This fitness class is designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a full-body aerobic exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Limited loaner poles are available. Instructor: *Lisa Fisher*.

SGT—Walk on the Wild Side L1 (Seasonal)

Returning in the Fall
First class meets at OC Fitness Center
\$68 (four sessions)



Experience the beautiful trails of Lincoln Hills with a trainer teaching 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.' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher*.

SGT—Fit 101

Tuesdays & Thursdays
August 2-25
4:10 to 5:10 PM
Aerobics Room Class alternates (OC Tuesday – KS Thursday)
\$136 (eight sessions)



Starting a new experience may seem a little

overwhelming. That's why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new tools and techniques to add to your workout routine, including the appropriate settings and weights. Instructor: *John Ramos*.

SGT—"Fun"ctional Fitness L3

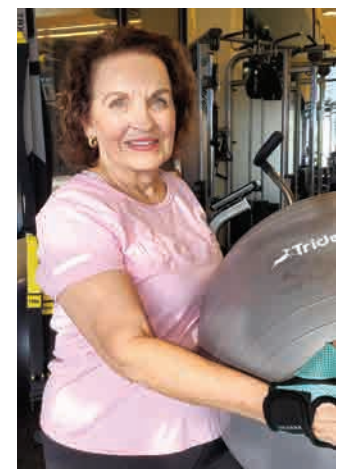
Tuesdays & Thursdays
August 2-30
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$119 (seven sessions, no class August 18-23)



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 is encouraged. *This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin*.

SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays
August 1-31
3:05 to 4:05 PM
Aerobics Room (KS)
\$170 (ten 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. *This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.

SGT—TRX Circuit L2

Tuesdays &
Thursdays
August 2-25
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 make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. *This class is eligible for the SGT drop-in if space is available. Instructors: *Craig Wasley/MaryAnn DePietro*.

SGT—Posture, Core and Balance L1/2

Mondays &
Wednesdays
August 1-24
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor:

Rena Schmidt

OR

Tuesdays &
Thursdays
August 2-25
10:45 to 11:45 AM
Aerobics Room (KS)
\$136 (eight sessions)
Instructors: *Craig
Wasley & MaryAnn
DePietro*



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.

SGT—Balance & Fall Prevention L1

Mondays &
Wednesdays
August 1-24
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: *Rena Schmidt*.



SGT—Therapeutic Water Exercise L1-L2

Wednesdays, August 3-31
11:50 AM to 12:50 PM
Indoor Pool (OC)
\$85 (five sessions)
Instructor: *Nina Baldi*

OR

Fridays, August 5-26
10:45 to 11:45 AM
Indoor Pool (OC)
\$68 (four sessions)
Instructor: *Lisa Fisher*

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



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SGT—Rock Steady Boxing

Tuesdays

August 2-23

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays

August 4-25

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)



This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at Fitness Centers.* Instructor: **Craig Wasley.**

SGT—ParkinsonStrong Combo

Thursdays

August 4-25

3:05 to 4:05 PM

Aerobics Room (KS)

\$68 (four sessions)

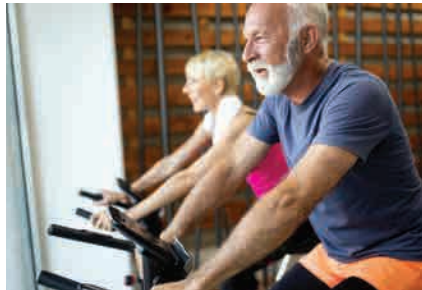
OR

Mondays, August 1-29

4:10 to 5:10 PM

Aerobics Room (KS)

\$85 (five sessions)



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

Punch Pass & Fast Pass Classes

Due to rising costs, Punch Pass & Fast Pass Class prices increased by one dollar on May 16, 2022. Please use your old passes first before purchasing more, as all passes expire ONE YEAR after the purchase date. No exceptions and no refunds. In comparison, other similar classes in our area cost about \$25 per class or require a \$150+ monthly membership fee. Lincoln Hills prices continue to be below the average. We offer competitive classes with top-notch instructors at a lower rate.

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 94-97 for days and times. Purchase these passes through online enrollment on the Resident Website or 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 the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

***All passes and sessions are non-refundable.**

***Punch Passes & Fast Passes expire one year after the purchase date.**

NOTE: Punch Passes purchased before December 1, 2019, will never expire.

***New! Premium Punch Pass Deal.** Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$247.50. Purchase at the Fitness Center front desks or online enrollment at the Resident Website. *Reminder, these passes expire after one year.*

SUMMER FUN

KS WellFit Class Schedule July/August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba & Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Juanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Kim or Helena or Katie</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Juanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>		
11:50	Balance and Fall Prevention - <i>Renee</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>		SGT - 'Functional Fit L3 - <i>Deanne</i>	Returning in the Fall! Urban Poling (Nordic Walking) L1 - <i>TBA/Rex</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joon</i>		SCLH Booking 1:30 to 3:00 pm
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - <i>TBA</i>		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			SGT - Fit 101 - <i>John</i>			
5:30		SCLH Booking 5:00-6:15pm			SCLH Booking 6:00 to 8:00pm		
Punch Pass - Group Exercise Classes 55 minute \$5.50							
Fast Pass - 30 min Group Exercise Class \$3.50							
L1 - beginner L2 - intermediate L3 - advanced * More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule July/August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
	Aqua Surge L2/L3 <i>Reneo</i>		Aqua Surge L2/L3 <i>Jennifer/sub</i>		Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jennifer</i>	8:45am Aqua Intervals L2/L3 <i>Jennifer/sub</i>	Power Waves L3 <i>Jennifer/sub</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joonie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jennifer/sub</i>	Splash L2 <i>Joonie</i>	9:50am Aqua Intervals L2/3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Lisa</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	Power Waves L2/L3 Last class is July 11 <i>Returning Soon! TBA</i>		Power Waves L2/L3 <i>Returning Soon! TBA</i>				
5:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
8:30							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							
<p>L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$5.50</p>							

Class schedules in the Compass may not reflect recent changes. For current class schedules visit the WellFit page on schresidents.com.

*Water Volleyball schedule for the Klilaga Springs pool available on WellFit's online reservation page.

Pilates Reformer WellFit Class Schedule July/August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>			Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30					Cardio Jump & Core L2 - <i>Gretchen</i> 11:45		
2:00					Cardio Jump & Core L2 - <i>Gretchen</i> 12:45		
3:00				Introduction to Movement on the Pilates Reformer - <i>Andee</i> - July			
4:15	Reformer Basics L1 <i>Andee</i> 4:15pm			Reformer L1-L2 <i>Valerie</i> 4:15pm			
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: schresidents.com							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on schresidents.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Tue: 11:00 am–8:00 pm Wed–Sun: 7:00 am–8:00 pm
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	Curbside Pickup: Daily: 11:00 am–7:00 pm SCLH Delivery: Daily: 4:00 pm–7:00 pm
WellFit (OC/KS) Mon–Fri: 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:00 pm	Kilaga Cafe Mon–Fri: 7:00 am–2:00 pm

ADMINISTRATION

Executive Director
 Kyle Bodyfelt.....916-625-4060Kyle.Bodyfelt@sclhca.com
Executive Assistant/Office Manager
 Christy Goodlove916-625-4062 ... Christy.Goodlove@sclhca.com
Communications & IT Manager
 Jeff Caponera916-625-4057Jeff.Caponera@sclhca.com
Compass Editor
 Theresa Renken.....916-625-4014Theresa.Renken@sclhca.com
Community Standards Manager
 Wendy Moulder916-625-4006 Wendy.Moulder@sclhca.com
Community Standards Coordinator
 Jessie Krost916-625-4008 Jessie.Krost@sclhca.com
Director of Finance
 Staci Erskine916-625-4024 Staci.Erskine@sclhca.com
Membership
 Lisa Hammons916-625-4068 Membership@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.....OrchardCreekLodge.com
 Don Giles916-625-4043 Don.Giles@sclhca.com

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 Don BowdenDirector Don.Bowden@sclhca.com
 Chuck CunninghamDirector Chuck.Cunningham@sclhca.com
 Tom DunipaceDirector Tom.Dunipace@sclhca.com

LIFESTYLE

Lifestyle Desks
 Orchard Creek: 916-625-4022Kilaga Springs: 916-408-4013
Lifestyle Manager
 Allison Sertic.....916-625-4073 Allison.Sertic@sclhca.com
Lifestyle Assistant Manager
 Suzanne Hughes916-408-4609 ... Suzanne.Hughes@sclhca.com
Lifestyle Class Coordinator
 Betty Maxie.....916-408-7859 Betty.Maxie@sclhca.com
Lifestyle Entertainment Coordinator
 Cody Meikle.....916-408-4310 Cody.Meikle@sclhca.com
Lifestyle Trip Coordinator
 Scott Cason916-625-4002 Scott.Cason@sclhca.com
Room Booking & Club Coordinator
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WELLFIT

WellFit Desks
 Orchard Creek: 916-625-4030Kilaga Springs: 916-408-4683
Director of Lifestyle, WellFit & Spa
 Deborah McIlvain ...916-625-4031 .. Deborah.Mcilvain@sclhca.com
Assistant Director of Lifestyle, WellFit & Spa
 Jonathan Leung.....916-258-8289Jonathan.Leung@sclhca.com
WellFit Program Manager
 Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
WellFit Fitness Supervisor
 Rex Owens.....916-408-4825Rex.Owens@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpa.com
 Appointments & Info: 916-408-4290
Spa Manager
 KarriLynn Keith916-408-4071 KarriLynn.Keith@sclhca.com

FACILITIES

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

GENERAL NUMBERS

Curator Security916-771-7185
 LH Golf Club916-543-9200 lincolnhillsgolfclub.com
 Lincoln Police & Fire916-645-4040
 Neighborhood WatchSCLHWatch.org
 Linda Minor: 707-235-0778
 Neighbors InDeed916-223-2763 neighborsindeed.org
 Lincoln Hills Foundation....916-434-0749 .. lincolnhillsfoundation.org
 Lodge Library Contact.....Adrian Felice: 916-408-4332

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Accessibility AC@sclhca.com
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COMPASS Editor: Theresa Renken 916-625-4014

Resident Writers: Linda Lucchetti, Shirley Schultz, Teresa Tanin, David Wright

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