

# COMPASS



Navigate Your Way Through Sun City Lincoln Hills



**21** Playing Tribute

**23** Life on the Road as Vegas McGraw





**IN STOCK FLOORING - IN STOCK CABINETS**

**KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES**

**COUNTERTOPS - BACKSPLASH - FLOORING**

**TILE - HARDWOOD - VINYL - LAMINATE**



**NATOMAS**

4021 N. FREEWAY BLVD #100  
SACRAMENTO, CA 95834

**ROCKLIN**

6848 FIVE STAR BLVD #6  
ROCKLIN, CA 95677

**VACAVILLE**

1671 E. MONTE VISTA AVE #N111  
VACAVILLE, CA 95688

**ELK GROVE**

(COMING SOON!)



# Contents

## ASSOCIATION NEWS

- 5** Board of Directors' Report
- 6** Executive Director
- 7** Committee Reports
  - Finance
  - Architectural Review
  - Compliance
  - Communications and Community Relations
  - Properties
  - Accessibility
  - Election News
  - Neighbors InDeed
- 15** Department News
  - Lifestyle News & Happenings
  - Communications Corner
  - The Spa at Kilaga Springs
  - WellFit News

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## COMMUNITY PROFILE

- 19** Dr. Barbara Branch—We Celebrate Your Life
- 21** Playing Tribute
- 23** Life on the Road as Vegas McGraw

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## IN EVERY ISSUE

- |           |                 |            |                   |
|-----------|-----------------|------------|-------------------|
| <b>24</b> | In Memoriam     | <b>63</b>  | Entertainment     |
| <b>25</b> | Bingo           | <b>67</b>  | Trips             |
| <b>27</b> | Club News       | <b>73</b>  | Class Index       |
| <b>51</b> | Support Groups  | <b>75</b>  | Lifestyle Classes |
| <b>55</b> | Bulletin Board  | <b>83</b>  | WellFit Classes   |
| <b>56</b> | Community Perks | <b>102</b> | Contacts & Hours  |
| <b>57</b> | Spa             | <b>103</b> | Ad Directory      |
| <b>60</b> | SACS            |            |                   |



**67**



**89**



**23**



**13**



**21**

**On the Cover**  
Vegas McGraw.  
See page 23.



# Calendar of Events

June 15 - July 16

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

Date Event	Page #
6/15 Coffee with the Executive Director .....	56
6/17 Sound of Music - Movie.....	56
6/20 How to Improve Your Balance .....	56
6/21 Tuesday Dance Night .....	63
6/22 Ironstone Winery.....	71
6/23 Bingo.....	25
6/23 High Voltage .....	68
6/24 Vegas McGraw .....	60
6/28 Tuesday Dance Night.....	63
6/28 Rodgers & Hammerstein's Carousel.....	68
7/4 Happy Birthday USA! .....	63
7/6 Jackson Rancheria.....	67
7/6 Pickleball Novice Clinic.....	85
7/8 Stax City .....	60
7/11 Watermelon Wreath .....	77
7/11 Block Print Watermelon Napkins .....	77
7/11 Superfoods of Summer .....	89
7/12 Kiss Me Kate .....	68
7/13 Pickleball Advanced Beginner Clinic .....	85
7/15 Golden Revue Variety Show .....	63
7/16 Golden Revue Variety Show .....	63



Upcoming Association Meetings: June 15 – July 28	
Finance Committee	Thursday, June 16, 9:00 AM
Board of Directors	Thursday, June 23, 9:00 AM
Board of Directors Executive Session	Thursday, June 23, 11:30 AM
ARC/Architectural Review Committee	Monday, June 27, 9:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, July 5, 9:30 AM
Compliance Committee	Wednesday, July 6, 9:00 AM
Accessibility Committee	Wednesday, July 6, 9:00 AM
Properties Committee	Thursday, July 7, 9:00 AM
ARC/Architectural Review Committee	Monday, July 11, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, July 12, 10:00 AM
Board of Directors Workshop	Thursday, July 14, 10:00 AM
Board of Directors Executive Session	Thursday, July 14, 1:00 PM
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

*Meetings subject to change. Visit [sclhresidents.com](http://sclhresidents.com) for the most up to date information.*

## VOLUNTEER OPPORTUNITIES

### Compass Writer Needed

Do you enjoy getting to know your community better? Are you interested in telling a story? We have a perfect opportunity! The *Compass* is actively looking for an individual with a team player attitude and a writing background to develop articles for the *Compass*.

Requirements:

- A resident for a minimum of one year
- Able to meet deadlines
- Willing to write about many different topics
- Willing to research the topic, residents, staff and/or event to obtain information for an upbeat article
- Provide photos for your article
- Willing to work with a group of writers with differing opinions

Please contact Theresa Renken, *Compass* Editor, at [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com) to learn more about this exciting volunteer opportunity.





## Board of Directors' Report Looking Back

*Laura Thiele, President*

A new Board was seated in May. Looking back, the prior term was greatly impacted by the pandemic and having three Executive Directors. We started the term with Bob Richardson. When he needed to leave the workforce, we brought in an interim Executive Director, while conducting a search, resulting in the hiring of Kyle Bodyfelt. Despite the pandemic and changing Executive Directors, the Association's accomplishments were many.

### Outstanding Projects and Issues:

We focused on completing projects and addressing outstanding issues.

- We hired a new Food and Beverage Director, Jim Trondsen, who has greatly improved the dining experience and financial results.
- We also completed numerous projects:
  - Approved in 2019, the Sports Plaza project adding seven pickleball courts and a croquet field.
  - Also approved in 2019, Sports Plaza parking lot and sewing room expansions.
    - Major repairs to the Softball field fence and Blue Heron bridge.
    - Bus stops were removed.
    - The knee walls and retaining walls were surveyed, and financial responsibilities summarized.
    - A legal update of the Governing Documents.
    - Spring Valley's speed limit was restored, allowing golf carts to be used legally.

To ensure we had the capacity to handle multiple projects with limited staff, we hired a construction company that does project management.

### Visibility:

The Board implemented changes to add visibility for our residents, including the new Reserve Spending Approval process using a consent agenda. Projects are individually discussed at Properties and Finance Committee meetings and then listed on a consent agenda and approved in mass during Board meetings.

This gives our residents the opportunity to provide input and allows the Board to control spending while not turning our Board meetings into maintenance discussions.

Also, Board meeting materials are attached to agendas rather than minutes, allowing the community to see information almost a week before the meetings.

### Money:

Given the COVID shutdown, we did not need to raise dues. Any money not spent is returned to the members through future dues calculations. This situation has come to an end, and dues will once again rise to account for inflation. With the Fixed Mandatory Assessment suspended, future improvements may need to be paid for through dues. The Board held a special election to determine if members wanted to reinstate the Fixed Mandatory

Assessment. While the vote did not pass, more than two-thirds of those voting were in favor of reinstatement.

### Accessibility:

We formed the Accessibility Committee. This committee is focused on improving

inclusiveness through adopting technology and implementing reasonable accommodations as residents manage physical/functional challenges. As a result of this focus, we wired the aerobics rooms for the hearing impaired, ordered pool lifts, continued installing automatic doors, and will soon be removing curbs. Maybe, more importantly, we are better communicating what is already available and receiving greater feedback through committee meetings. Small changes can allow our residents to stay active and engaged.

### In Closing:

Our Staff, our Executive Directors, this Board, and our Committee Members have worked hard over the last 15 months to reopen our facilities and establish a new normal while we continue living through this pandemic.

On behalf of the entire Board, it has been both an honor and privilege to serve you. Thank you for the opportunity. We look forward to continuing living in this beautiful and amazing community.



*At their April meeting, the Board of Directors recognized the Properties Committee for their volunteer service to the community. Pictured left to right: David Riccitiello, Sarah Lambrose, Bill Szabo, Christine Uebele, Rich Lujan, Lynne White, Ron Slagle. Not pictured: Robert Ress.*





## A Note from the Executive Director

Kyle Bodyfelt, Executive Director

*"Sal, we gotta go and never stop going 'till we get there." "Where we going, man?" "I don't know but we gotta go." – Jack Kerouac, On the Road*

June is often a time of travel for pleasure, graduations, family reunions, and celebrations. Whether traveling near or far, we are often on the road this time of year. You may be traveling yourself to see family, kick off your summer, or beat the central California heat. Or perhaps, you are the one hosting travelers to enjoy the beautiful amenities of your Lincoln Hills community.

Between the outdoor swimming season, the summer concert season in the Amphitheater, and other fun activities and events, there are good reasons for family and friends to visit. Lincoln Hills staff look forward to meeting your guests and providing service to them throughout their stay here. It is important to remind everyone of some of the rules related to having guests at your home and the Association amenities.

Guests of residents are welcome in the community, although guest participation may be restricted for certain events or activities. A guest under the age of 55 may temporarily reside in a residence as a guest for up to 60 days in any calendar year.

If you have overnight guests, please utilize your driveway for their overnight parking. Besides detracting from the look and feel of Lincoln Hills, street parking also impacts safe driving on the community streets.

When bringing guests to use the swimming pools, fitness centers, tennis courts, pickleball courts, bocce courts, or walking trails, it is important to note that your guests are your responsibility. Besides showing hospitality by being with your guests, your presence at the private amenities also protects your fellow residents' interests. All guests using the private Lincoln



Hills amenities must have either an Accompanied Guest Pass or Unaccompanied Guest Pass Card. These guest pass cards must always be current and available for review prior to guest use at any Association facility.

We also want to remind you that when you are venturing out of Lincoln Hills for your own getaway, you have some resources in the community to provide a bit of reassurance while you are away. For example, you can contact Curator Security to provide a vacation check of your home. You can also connect with Neighborhood Watch for security tips for a worry-free vacation, such as providing your itinerary and a house key to a trusted friend. Preparing your home's safety and security can ease your mind as you embark on an adventure.

As the summer kicks off, we hope you enjoy safe and fun times with family and friends, whether entertaining your guests at Lincoln Hills or traveling to a location near or far. I know that I will enjoy my first summer here and look forward to seeing many of you at various locations around the community. This will be a great time to interact with staff and residents as I learn about a summer in the Hills.

*Independence Day Holiday Hours*

**SATURDAY, JULY 4**

- Lifestyle Desk OC/KC – 8:00 AM - 1:30 PM
- Administration & Membership – Closed
- WellFit OC/KS – 5:30 AM - 5:00 PM
- The Spa at Kilaga Springs – Closed
- Kilaga Springs Café – 7:00 AM - 3:00 PM
- Meridians – 11:00 AM - 8:00 PM



**Finance Committee**

**April Results**

*Fred Raach, Chair*

In April, the Association continued its positive performance, ending the month **\$70,000** better than expected in the budget plan for 2022. Six of the seven operating departments also were ahead of plan, with only Lifestyle behind.

The plan for the first four months of this year called for a gross income of \$5.6 million, which includes both our dues and revenue from operations. The actual income was just \$45,000 less, largely due to low participation in Lifestyle trips. Expenses, defined as both operational costs and the amount put into the reserve fund, were projected at \$5.8 million. Actual expenses were \$115,000 less, producing the \$70,000 net improvement.

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

This month the Administration Department experienced two large, unbudgeted expenses – \$33,000 of added federal income tax and \$12,000 of additional charges for human resource services – but remained better than budget at the end of April. Somewhat lower profitability from the *Compass* magazine, less advertising income, and higher production cost produced an over-budget April for the Communications & IT Department. It remains ahead of budget for the

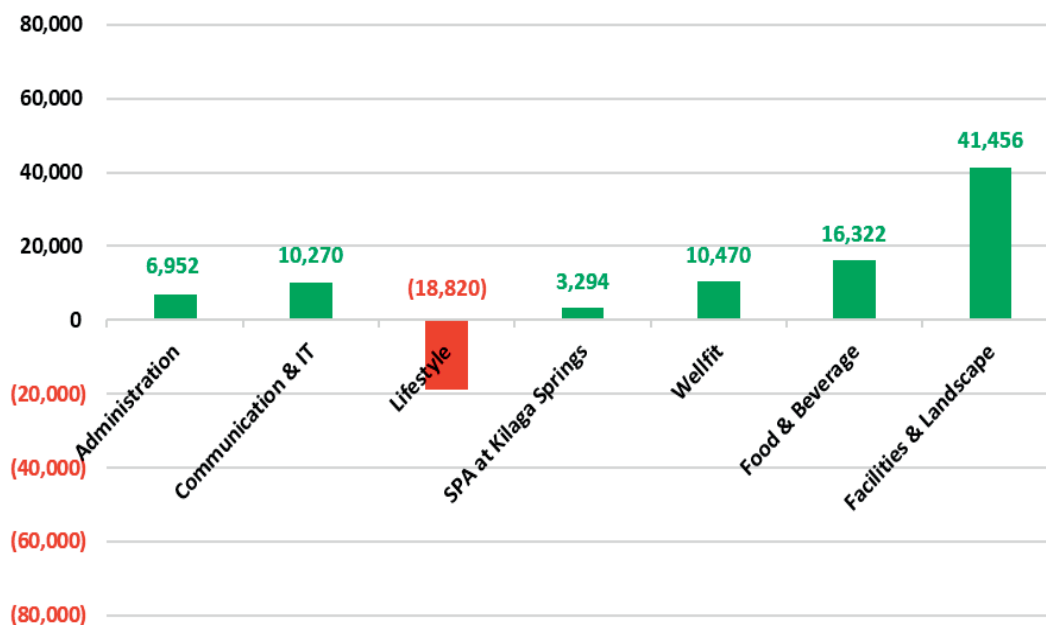
year to date. The lost revenue from trips caused the Lifestyle Department to go another \$9,000 over its budget this month. The WellFit, Spa, and Food and Beverage Departments generated positive results in April, further improving their positions compared to plan. Facilities & Landscape’s April results were \$64,000 better than plan, as a result of deferral of some landscape and open space maintenance projects and less water usage than expected.

Reserve expenditures in April were only \$74,000, bringing the total for the year to \$150,000. The reserve balance at the end of the month increased to \$11,459,000, with \$10,597,000 invested through our investment adviser firm, UBS.

In April, Community Enhancement Fund expenditures were \$162,000. The largest items were \$103,000 for continuing work to complete the Sports Plaza parking lot and \$46,000 to reimburse the reserve fund for a fencing cost that had been incorrectly charged to reserves. The April expenditures reduced the balance of the fund to \$892,000, with \$76,000 committed to previously approved projects, leaving \$816,000 available for future projects.

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 APRIL YTD DEPARTMENT ACTUALS vs BUDGET VARIANCE**



**2022 April YTD Department Variance Total = \$69,944**





## Architectural Review Committee Questions

*Carol Dummett, Chair*

With the announcement of drought season, we suggest limiting only necessary planting until fall. However, continue to submit your applications for approval so your improvement will be ready for installation.

Now is a good time to consider installing artificial turf with a 2 ½ inch blade in the front yard, which saves water and results in a beautiful, long-lasting home improvement. Remember, you have one year from the date of approval to install the improvement, but it must be completed within 90 days after the commencement of work.

Please use the Resubmission Form along with the original Application if you wish to revise a particular Application. This allows us to review the original submittal along with the proposed revisions. Modifying your improvement without prior approval may result in a non-compliance issue, which we want to avoid. Remember to file a Notice of Completion once your improvement is completed. It only takes a few minutes; complete the form with attached photo(s) and place it in the ARC Dropbox. This will be evaluated based on the Approved Application and retained in your file once there is final approval.

We always enjoy receiving questions and concerns by the homeowners., therefore, we have listed some of the most frequent inquiries in an effort to reach out to the entire community.

Homeowners are responsible for maintaining and replacing wooden fencing as needed, including regular painting with Sherwin-Williams color "Sanderling SW7513". The fence style, material, and gate cannot be

modified but simply repaired or replaced.

Please be aware that the removal of a wrought iron fence, or other established improvements, requires ARC approval.

Tree removal does not require ARC approval; however, the planting of all trees must be approved by ARC with the required setbacks shown on the plan as outlined in Appendix A. Setbacks are measured from the adjoining property line and the edge of the

sidewalk; they do not include the distance from the house.

Solar Tubes placed on the roof do not require ARC approval.

All hedge-type plantings along property lines must be maintained in a rear yard at 5 feet 6 inches and 4 feet in front yards.

Painting season has arrived. Please do not attempt to interchange palettes. You must select one palette

number and only use the body and trim colors outlined for that paint combination.

You may also use your previously approved paint color by attaching the previously Approved Application to our Paint Application and submit it to the ARC for approval.

Community Standards is available to assist with color selections and filling out the Paint Application. They also can provide addresses for the proposed palettes for a visual of the applied colors. Please contact Jessie Krost, Community Standards Coordinator at [Jessie.Krost@sclhca.com](mailto:Jessie.Krost@sclhca.com), for additional information.

Hopefully, we have answered many of your questions in this monthly article. We live in a very special place so thank you for doing your part in maintaining our lovely community.





## Compliance Committee What Are My Color Choices?

*David Mateer, Chair*

Lincoln Hills currently offers 36 palettes of house paint to choose from. The palettes were updated several years ago with the professional assistance of Sherwin Williams. There are more base color options compared to what was offered when the community was established with additions of greens and greys and some additional earth tones mixed in. Each palette has two trim colors. You may use either of both trim colors for the selected areas of your home. Moving to these palettes when you repaint will help to give your home and our community an up-to-date appearance.

If you are doing paint touch-ups, you may use the colors that were previously approved for your home. Please be sure you have the prior ARC approval or builder color information. Please do not make the mistake of trying to color match 10-year-old paint. I can assure you the color has faded some over the years.

Del Webb and Pulte have included many items to our homes to provide for variety in appearance and also an upscale look. This may seem to make it a little more complex when it is time to repaint compared to the typical 1970s house. However, thanks to the excellent material provided by the Architectural Review Committee, it is really easy. Just follow the instructions on the Paint Application.

But some of the terms are not what you may use in your daily conversations. Stucco pop-outs are the areas where the stucco “pops out” and are above doors and typically above and below windows. For “Craftsman Style” homes (ones with shingles), all the wood trim around the windows or shingles are

considered wood pop-outs. Roofline trim is easy. It is the gutters and wood fascia along the roofline. All stucco and wood pop-outs must be painted the same trim color. Similarly, the entire roofline trim must be one trim color. The pop-outs and roofline may be the same or have different trim colors.

There are specific color choices for the front door and shutter colors. Be sure to use these only for those areas. The garage door can be the body color or one of the trim colors you are using on the roofline or pop-outs.

There are also many types of “Architectural

Features” that may be found on our homes. These include recessed stucco areas, faux roof beams and braces, vents, and Spanish-style faux attic vent tubes. These items can similarly be the body color, or from the colors you are using on the roofline or pop-outs.

Of course, if your house has shingles, there is a choice for that also. If you do not have stone or brick on the front of your house, you may also paint the areas below the horizontal pop-out the trim color not



*Architectural Feature Examples*

used on the pop-outs.

If you are getting a little overwhelmed at this point, don't worry. When the time comes, the application instructions are really helpful. Also, the Community Standards Department staff are available to assist you through the entire color selection and approval process.

The color palettes are available on the ARC page of the Resident Website. They are also on the Sherwin-Williams Website under Color / HOA Color Archive. When painting your home, any paint brand may be used and can be color-matched to the approved colors.





## Communications and Community Relations Committee CCRC Advisory Council – Moving Forward

*Denise Bowden, Chair*

As we began our assignment, the CCRC Advisory Council's purpose was to evaluate our community communications, fine-tune or modify the current models and add other vehicles to reach, inform and gather input from residents. When an organization fosters improvement in communications, it facilitates better community understanding, underlying knowledge, and greater overall involvement. It is expected that the Board of Directors and HOA will be able to make better decisions because they have feedback, and the residents feel more involved in the business of the community.

The month of April was one of the initial discussions ending in a presentation from council members to our Board Liaison, Robert Copp, and Executive Director Kyle Bodyfelt. It was a great example of "active, engaged communication," as the team highlighted areas where modifications or improvements could be made to increase the information flow to and from residents.

The Council meetings were rich with ideas that fell into two categories: two-way communication between residents, the Board, and staff and one-directional related more to reporting or informing. Both approaches are critical to an effective communications model and provide value to all stakeholders as well as build trust.

It is important to remember that there are some key conditions for effective communication. There needs to be an honest desire to provide and receive information with trust that personal agendas are set aside – "just the facts, ma'am." Openness to really listening and hearing the message is critical for all stakeholders, and perhaps most importantly, there needs to be a shared interest and commitment to the outcome.

Our original intent was to rotate members through the council, but the current members became very invested in the work and want to continue so the initial group will stay intact. For our next steps, we will take the recommendations and create sub-teams to dive into the details working in partnership with staff. Moving forward, we will expand the team, and we will be looking for additional volunteers, both generalists and individuals with expertise in specific areas, to join the team.

All of this does not happen overnight. As a group, the council will identify "low hanging fruit," those things that can be implemented quickly and show results. There are other recommendations that will take a much longer time to complete but present interesting opportunities for moving forward.

The initial report presented to Robert Copp and Kyle Bodyfelt will be posted on the Resident Website. Watch your eNews for an announcement.

We cannot forget about our survey team. They are preparing

to field a survey on behalf of the Accessibility Committee, and we will cover the results in the next *Compass*.

Another area of CCRC activities will be starting up again. Community Forums have been on hiatus for several months, but we are looking forward to bringing those back in the second half of 2022. The team is looking for new ideas and accepting new members for a sub-team. If you are interested, email [CCRC@sclhca.com](mailto:CCRC@sclhca.com). We also have room for two members on the committee. If you are interested in making an impact in our community and getting involved with either outgoing or incoming communications, now is the time! An application can be found on the Resident Website.



*Photo by Don Bowden*



## Properties Committee Decisions, Decisions!

*Lynne White, Committee Member*

Decision Fatigue is “the idea that after making many decisions, your ability to make more and more decisions over the course of a day becomes worse. By the time the average person goes to bed, they’ve made over 35,000 decisions. Easy or difficult decisions can be exhausting and overwhelming. What to wear, what book to read, what time to wake up, what to order from a menu are examples,” according to Lisa MacLean, MD, chief wellness officer at Henry Ford Health System. According to the New York Times, there is a reason some major politicians and businessmen reduce their everyday clothing down to one or two outfits to limit the number of decisions they make in a day.

Lincoln Hills is very fortunate that Properties is a committee of several people rather than one person. We can agree on good choices and decisions as a group, which keeps us from collectively looking for shortcuts due to fatigue. One shortcut could be that we become reckless, act impulsively, and not think through the consequences. Another shortcut is to do nothing, which seems like the ultimate energy saver! By doing nothing, we wouldn’t make or agonize over a decision. On our Properties Committee, we support each other, so we never suffer from Decision Fatigue in our volunteer service to the community. We carefully review all projects, including a lot of discussion and analysis for the appearance, maintenance, and care of the Association’s physical properties.

Because we always avoid shortcuts, here is a list of some of our projects:

- In May, the bocce ball courts and tennis courts were resurfaced.
- Orchard Creek and Kilaga Springs Lodges parking

lot sealing and striping are on hold pending ADA changes.

- In the near future the parking lot resurfacing at Anglers Cove will be scheduled.
- The automated swinging doors at WellFit will be replaced with a sliding door.
- The windscreens on four tennis courts and 47 bollard lights at the Amphitheater, Orchard Creek Lodge, and WellFit are scheduled for replacement.



*Merilee Imamoto at Meridians*

- The Azolla in our ponds and waterways will again be tested, followed by spraying. This is not a simple process due to the fact that we must coordinate this project with several agencies.

- An ongoing effort to clear the beaver dams will aid in Azolla control. In our open spaces, we have mounds of dead blackberry bushes, which will be removed over time.

- For our young visitors, we have installed new facing on the playground step surfaces.

- Our tree trimming is ongoing, as is mulching which is now completed in eight parks plus Walden View and Millpond slopes and trails in Villages 1 and 43B.

We cannot say enough about our desire to have volunteers. Currently, there

are two openings on the committee We are looking for residents who are detail-oriented, want to be part of a team, and have a strong desire to keep our community in pristine condition. Simply fill out an application to interview and be part of a committee that never suffers from Decision Fatigue as our community remains one of the top 55+ active adult places to live.

If you have some time, check out our new Resident web page, which is informative and educational. We are always available at [Properties.Committee@schca.com](mailto:Properties.Committee@schca.com).





## Accessibility Committee Survey and Transportation

*Judie Panneton, Chair*

Look for an email link to an anonymous survey that will help the Accessibility Committee learn about some of the challenges our residents are experiencing. There are less than ten questions on the survey. If you know of neighbors, who may need help completing their surveys or want printed copies or other accommodations, please tell them to contact the Membership Desk (OC) at 916-625-4000.

As part of its purpose, the Accessibility Committee has been directed, “to assist and advise the Board of Directors on matters related to improving the inclusiveness within our community, related to policies, programs and events as residents manage physical/functional challenges.”

Hours were spent working in collaboration with the Community Relations Council and members of the Accessibility Committee to develop this survey.

Two of our newest committee members, Joan Brant-Love and Cathy McGriff, have shared information about transportation options for people who need rides to places like the doctor’s office, the grocery store, etc., and Lincoln Hills activities/Meridians Restaurant. The organization, Seniors First of Placer County, offers a booklet entitled, “How Do I Get There If I Don’t Drive?” In addition, there

is information about public transportation, and fee-based vehicles that will pick you up and drop you off at your home, including people with disabilities. There also are county “transit ambassadors.” These volunteers help passengers “use public transportation by riding with them or assisting them with their mobility devices.” (Mobility devices include cellphones and tablets/computers.)

Those who pay for rides to medical appointments may be able to get reimbursement (\$.58 cents per mile up to 200 miles per month) through Seniors First. For qualifications and other information, you can contact 530-889-9500.

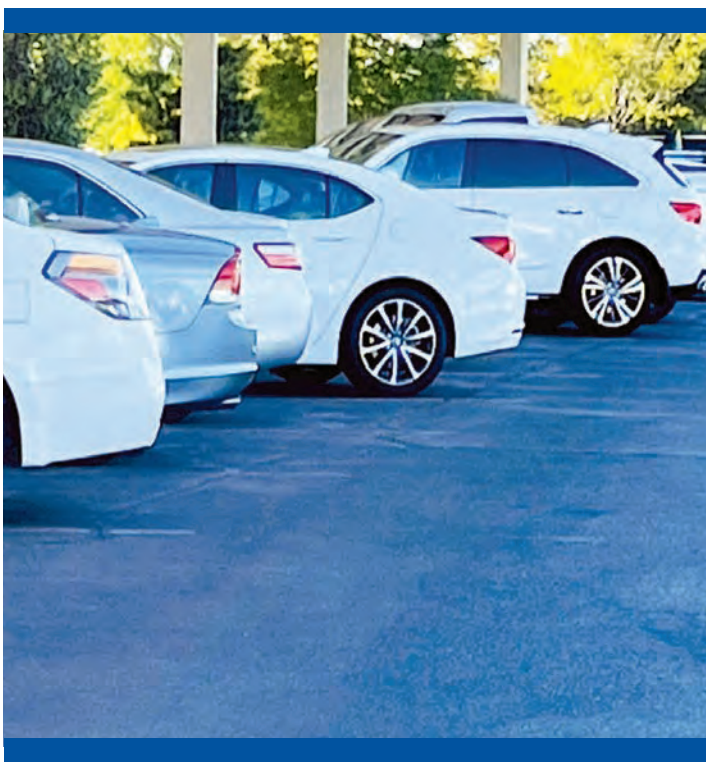
The committee has learned of interest from some members of the Low Vision and Glaucoma Support Groups for evening, low-cost transportation within our community.

Records show that of the 8,000 calls to Neighbors InDeed each year, about 100 transportation inquiries are made.

I recently called Neighbors InDeed for a resident who needed emergency surgery and rehabilitation care. Did you know the organization has a spreadsheet of in-home care providers’ names, contact information, services they offer, and more? Medical equipment is also loaned to residents. Neighbors InDeed can be reached at 916-223-2763.

There is no doubt that aging has its challenges, and our neighborhood is changing. With new people moving in and original owners celebrating more birthdays, our committee is hearing varied opinions on the research we are doing and the possible recommendations we may consider making to the Board. Some residents have told us they are concerned about dues going up (even though nothing has been recommended.) Others have reminded us that Del Webb developed Sun City Lincoln Hills as an “active adult community.” They believe the neighborhood will be adversely affected if we do what they consider too much to accommodate those with physical/functional challenges. Then, there are those who suggest we try an experiment, for example, to provide low-cost transportation for our community events and to Meridians.

The Accessibility Committee’s next meeting is June 1, at 9:00 AM on Zoom and P-Hall (KS). Our email address is [AC@sclhca.com](mailto:AC@sclhca.com).



## ELECTION NEWS

# Congratulations!

## Congratulations to Our Newly Elected Directors!

**Chuck Cunningham • Tom Dunipace • Don Bowden**

- Sun City Lincoln Hills Members submitted 4109 valid ballot envelopes for counting, which is 61% of the homeowners.
- Two Candidate Forums were attended live and via Zoom Livestream by approximately 200 people. Videos of the Forums were viewed 531 times.
- Members submitted 46 questions which the Elections Committee then used to develop the ten questions asked at the Candidate Forums.
- Videos of the Candidate Statements were viewed 274 times.
- A special thank you to all the candidates who ran!

**Thank you to our Lincoln Hills Members for your participation!**



*Your new Board of Directors from left to right: Directors Tom Dunipace, Chuck Cunningham, Don Bowden, President Craig Fraser, Treasurer Laura Thiele, Secretary Marie Barnes, and Vice-President Robert Copp*

There are openings to serve on the Elections Committee for the 2023 Election. Applications are on the Resident Website or at the Orchard Creek Membership Desk.

For more information, contact: [Elections.Committee@sclhca.com](mailto:Elections.Committee@sclhca.com).





## Neighbors InDeed Handy Helper Tasks

Janet Roberts

As residents of Lincoln Hills, we are sometimes unable to take on a job or a task around the house and wonder who could do it for us. While we can check the *Compass*, we forget to consider the Handy Helpers from Neighbors InDeed or decide for

ourselves that it's something that they cannot do. However, it's time to give us a try again. We have expanded our services as requests become more common and doable. Listed below are Handy Helper tasks that are approved and not approved.

### Handy Helper Tasks - Approved

- |   |   |
|---|---|
| <input type="checkbox"/> Assemble: artificial Christmas tree (6' or less)                 | <input type="checkbox"/> Moving: light furniture/boxes (<35 lbs.)               |
| <input type="checkbox"/> Deadbolt screws, check & replace                                 | <input type="checkbox"/> Refrigerator filter: replace                           |
| <input type="checkbox"/> Electrical: GFIs/switches/plugs/doorbells                        | <input type="checkbox"/> Showerhead: replace                                    |
| <input type="checkbox"/> Furnace filters: replace   | <input type="checkbox"/> Smart vent: program                                    |
| <input type="checkbox"/> Garage door: lube/program  | <input type="checkbox"/> Smoke alarm, CO detectors: batteries                   |
| <input type="checkbox"/> Garbage disposal: unjam  | <input type="checkbox"/> Smoke alarm: replace (except on 12' or higher ceiling) |
| <input type="checkbox"/> Hang pictures/mirrors (<20 lbs.)                                 | <input type="checkbox"/> Sprinkler controller: replace/adjust                   |
| <input type="checkbox"/> Home Entertainment Equipment, Telephone: diagnose/adjust/connect | <input type="checkbox"/> Sprinkler heads/emitters: replace/adjust (1 or 2)      |
| <input type="checkbox"/> Light bulbs and/or reset GFI                                     | <input type="checkbox"/> Thermostat: program/replace batteries                  |
| <input type="checkbox"/> Mattress: turn (1 HH + assistant)                                | <input type="checkbox"/> Water heater: check for rust                           |

### Handy Helper Tasks - Not Approved

- |  |   |
|--|---|
| <input type="checkbox"/> Caregiver relief                                      | <input type="checkbox"/> Healthcare related tasks                           |
| <input type="checkbox"/> Check the entire drip system                          | <input type="checkbox"/> Install grab bars                                  |
| <input type="checkbox"/> Climb in attics or clean gutters                      | <input type="checkbox"/> Install weather stripping                          |
| <input type="checkbox"/> Climb on the roof or work on eaves                    | <input type="checkbox"/> Lift or move anything over 35 lbs.                 |
| <input type="checkbox"/> Computers: diagnose/adjust                            | <input type="checkbox"/> Plumbing fixture replacements (except showerheads) |
| <input type="checkbox"/> Hang anything on outside walls (except Ring doorbell) | <input type="checkbox"/> Plumbing repairs – Interior                        |
|  | <input type="checkbox"/> Relight pilot lights                               |
|  | <input type="checkbox"/> Transport Caller in automobile                     |
|  | <input type="checkbox"/> Use Caller's debit or credit card                  |
|  | <input type="checkbox"/> Work on 14' or higher ceilings                     |



Note that there are more tasks not listed that are "maybes" and not on the list, so just call at our 24/7 message center 916-223-2763.

We never answer the phone because we're handling other calls, but we will always call you back between 9:00 AM to 5:00 PM, Monday through Friday.



## Lifestyle News & Happenings

### My Journey Led Me Here

Allison Sertic, Lifestyle Manager

*It's not the destination, it's the journey.* — Ralph Waldo Emerson

I started on my road pretty early in life, as I started working in my mother's catering and events business at the age of 12. Every job was different, tailored for the occasion, venue, budget, and audience. Every event offered new challenges, and I was very fortunate that my mother trusted me enough to just "throw me right in" without much direction, as nothing teaches a person how to problem-solve better. This early-life experience gave me the courage and confidence to take many detours while I fed my curiosities and followed my passions. I've had amazing employers that trusted me enough to give me opportunities and support to learn new things, create and innovate, collaborate with like-minded people, and to nurture and teach others to find and grow their own strengths and talents.

I used to call myself a "Jill of All Trades" when asked, "What do you do?" Oftentimes, admittedly, it made me feel like I wasn't a fully formed adult or that I was somehow "less" than all of the others who had seemed to figure it out. Then, in 2016, I watched a TED Talk by Emilie Wapnick ("Why Some of Us Don't Have One True Calling") – it changed everything for me. Validation. Confirmation. Yipee! I found my label. Multipotentialite perfectly describes me! And, now, I've found my home here at Lincoln Hills. I cannot be more thrilled to have this opportunity to pour all my experience, skills, and knowledge, as well as my passion and energy, into this role. I am truly excited and up for the challenge and just so grateful to come

behind Lavina into this incredible department and team she worked so hard to build.

Now that I have told you how my figurative road led me here let me tell you how actual roads bring fabulous entertainment and experiences to residents and guests. In my five weeks here, I've witnessed that Lincoln Hills offers high-caliber entertainment. I also know, by the amount of verbal and written feedback I've received, that attendees feel the same way. We are so fortunate to work with Steven Shore, Producer, and Partner of Esses Productions. Steven, who lives in the Bay Area, has been the contracted Programming

Producer for Lincoln Hills for more than ten years. He cares deeply about providing quality performances, so-much-so, he drives up to Lincoln for every concert he produces with us. He is always here to welcome the talent who drive distances to come perform here at Lincoln Hills.

Scott Cason, our Lifestyle Trip Coordinator, hits the road many times per month to take residents on day and overnight bus trips. From arts events, Broadway shows, and museums, to wine tastings, casinos, and shopping trips, to games for the sports fans, an adventure is always to be had. Send Scott an email at [Scott.Cason@sclhca.com](mailto:Scott.Cason@sclhca.com) with any suggestions or requests you may have.

As a realistic optimist, I know there will be bumps in the road in my work here. I promise to go slowly over those bumps and learn from them, so I can be ready to pick up more speed on the other side. One day I may have it down so well that I can coast, and just simply enjoy the ride







## The Communications Corner

### Finding New Ways to Communicate

*Jeff Caponera, Communications and IT Manager*

Happy summer, and we are at the mid-point of 2022. Time flies when you are having fun. We are continuously trying to find ways to reach better those that are not connected digitally or may not have email. We have the *Compass* that comes out monthly, and we have eNews that comes out daily. We started putting eNews on the website during the pandemic closure because we wanted to make sure the vital information we were sending out almost daily to the community reached as many people as possible. Coming out of the pandemic, we kept the Sunday eNews on the website because we knew a few people were still reading it. We send out anywhere from 8 to 10 eNews a week. Every event in eNews is posted on the calendar and shows under Today in SCLH. It is put in the Blog under the SCLH News Blog if it is critical information.

We have recently established the eNews archives on the Resident Website via the main home page link. If you missed one or cannot locate it in your inbox, you will find the 25 most recent eNews sent out.

A summary of a few other things happening (but not limited to) in this busy little corner of the community are:

- The switching of our phone service provider had to be delayed because we needed access to the switches to change the credentials to the new provider. Next is setting up the Administration portal so that the Auto Attendant and Hunt Groups all work correctly. Making this move will provide monthly savings. The phone issues in Kilaga Springs were

unrelated to the provider change and were because of a broken T1 circuit that is soon to be changed.

- There is so much information on the Resident Website that it is sometimes difficult to find or overwhelming. Website enhancements continue to happen; as you may have noticed, the home page looks cleaner now, and links point directly to the pages you are looking for and take fewer clicks to get there. Please email [Help.Desk@sclhca.com](mailto:Help.Desk@sclhca.com) if you have trouble locating the information you seek.

- A new wireless access point will be added outside the OC Ballroom in the Pre-Function hallway. This WAP will help with the lack of Wi-Fi access in that area.

- We are printing fewer flyers with the high cost of paper, so make sure you look at the marketing monitors in both lodges, eNews, and the *Compass* for information on upcoming events.

- A friendly reminder that the computers in the Orchard Creek and Kilaga Springs Lodge libraries and the computer room in Orchard Creek are public computers. We notice that residents stay logged in to their email and social media accounts. Please remember, if you use one of these computers to log out of everything. If prompted to save your password, always click on no. This practice will help protect your privacy.

- Thank you to Pete and Patty Beckett, Jeff Hanner, Harlan Felt, and Jim Moon for their tireless efforts in A/V services, Videography, and everything they do for the Association. All of you volunteers are amazing.

There is no shortage of projects and never a dull moment.



#### SCLH Community Maps

Navigating your way through Sun City Lincoln Hills is a click away.

[Click Here](#)



#### Architectural Review Committee

If you have a question about Design Guidelines, Architectural, and Landscape Standards.

[Click Here](#)



#### Community Standards

If you have a complaint or concern regarding compliance with our Community Standards.

[Click Here](#)



## The Spa at Kilaga Springs Skincare on the Road

KarriLynn Keith, Spa Manager

I Love, Love, Love traveling and getting to experience new places. I was blessed to cover the Pacific Northwest and the Midwest territories for years as a Regional Education Director for Medical Spas and Spa Resorts. I would always take time to explore each city's beautiful culture and amazing food and often find a quiet place to treat myself to a massage or manicure as a reward for a job well done.

The beauty of each location truly energized my soul, and I felt so alive. I am sure most of you would agree new adventures are definitely rejuvenation to the mind and body. However, sometimes we can lose that joy due to the constraints on traveling and airline issues. One too many times, my bag made it to an exotic location that I wasn't, which created a frustrating conversation at baggage claim.

What I have learned is that it is not worth the stress of arguing with a grumpy TSA agent (they have the most thankless jobs in the world). It is much better just to embrace it and find a way to make it fun. Here are my tried-and-true traveling tips to ensure you have everything you need to make your traveling skincare regime a success.

### 1. Pack Light with Travel Sizes

This one is a pretty basic, no-brainer of a tip, but transferring your current skincare can be quite stressful. Just remember the basics and have fun with it. I like to use it as my self-care time. I invested in some cute and stylish, smaller, travel-friendly sizes to make my travels feel like a home away from home.

This tip has saved me endless headaches of having a TSA agent rifle through my bags as I rush to make my flight.

You want to know my secret – packing your skincare in a TSA-approved toiletry bag or silicone stasher bag has absolutely been my saving grace.

### 2. Pack for the Climate You Are Headed To

Remember you will require different skincare solutions for a beach vacation than you will for camping in the wilderness. Common skincare staples include a cleanser, serum, moisturizer, and SPF. Oh, and do not forget bug spray.

### 3. Keep Yourself Hydrated

Whether you are traveling by plane, car, or train, chances are your skin will tend to be drier than what

your skin is typically. Find a stylish reusable water bottle to be sure you will get your daily recommended amount of water at zero cost while reducing waste.

### 4. Reward, Indulge and Experience New Things

My philosophy is skincare is part of

self-care, so if you have a favorite item that you know makes you look and feel better or may even make you more inclined to partake in a bedtime ritual, bring that with you. It's all about keeping your skin happy, healthy, and looking great.

Now that you have all the traveling secrets and are ready to hit the open road do not forget to stop by The Spa at Kilaga Springs and pick up any last-minute skincare needs or stock up for your world travels. Remember to take lots of pictures because we want to live vicariously through you. Safe travels!







## WellFit News

### Outdoor Swimming Equals Good Times

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Swimming and summer go hand in hand. Warm weather, sunny days, and lots of free time are the perfect setup for days by the pool. While swimming is a fun pastime during summer is also a fantastic sport to participate in and socialize with your friends, family, and neighbors.

It is recommended that you try to get about thirty minutes of exercise most days of the week. Even a better way to log those minutes of activity than in the pool. Have you had a stressful day? Get in the pool! Swimming has been shown to be a proven stress reliever. Whether you swim laps or simply walk, you are sure to feel relief as stress melts away. Swimming is a versatile sport; you can swim independently or as a team like the Water Volleyball Club. You will tone muscles and strengthen your entire body when you swim every day. The natural resistance to the water combined with repetitive swim strokes, works to strengthen your muscles and build your stamina. Hanging out at the fun pool also provides a way to connect with friends as well as make new ones.

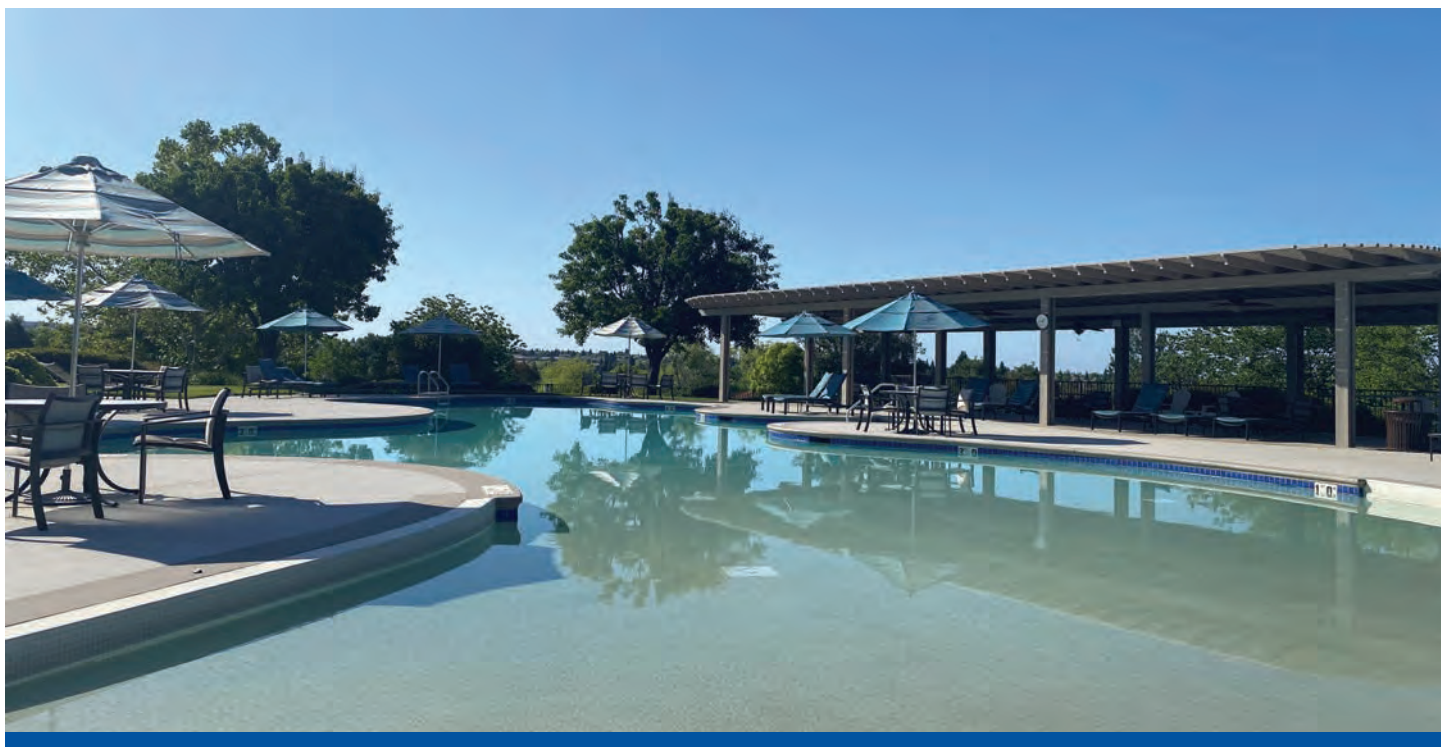
If you are new to Lincoln Hills, we provide a reservation system for lap lanes only. You can go online or use your SCLH app to reserve a lane for 30 or 60 minutes at a time. We do ask that everyone cancels their reservation if they cannot make it. If you do not

cancel three times within the month, the system will not allow you to make a reservation for the remaining time in that month. Drop-in is also available if there is a lane open. Just make sure to check in at the front desk if you have a reservation or looking for a drop-in spot.

Lincoln Hills provides kids swim every day from 2:00 to 4:00 PM. Children must be older than three and out of diapers. When you come into the WellFit center, you will be asked to check in your guest (child) with one of your accompanied guest passes. We also provide colored noodles and toys for the kids and residents. Please do not use the white noodles that are located inside, as these are for classes.

Do not forget that every Thursday is Thirsty Thursday out by the pool from 4:30 to 7:30 PM that includes live entertainment, food, and a bar. Guests of residents are welcome to join as long as they come with the residents. You may bring your own chair as it does tend to get a little busy at this time. No outside food or drink is allowed, and you must be 21 or older to attend. If it is not a Thursday but you would like to grab a beer or a cold refreshment, you can do that through Meridians after 4:00 PM and just let them know you are taking your drink to the pool as we do not allow glass around the pool area.

Happy swimming!





Barbara Lee Branch,  
September 6, 1948 –  
April 7, 2022

## Dr. Barbara Branch— We Celebrate Your Life

*Teresa Tanin, Neighborhood Watch*

We celebrate many events throughout our lives. The one celebration that connects us more than others, however, is the celebration of life. Neighborhood Watch celebrates the life of Dr. Barbara Branch, a dedicated volunteer who never turned down a project or a person in need. She was always there with a helping and capable hand. Whether as a former Executive Director, National Night Out Coordinator, Training Coordinator, videographer, or Co-Website Master, Barbara's tenacious yet uplifting talents drew others around her to perform at their best.

Dr. Branch joined Neighborhood Watch shortly after moving to Lincoln Hills 16 years ago to be more involved in the community. Barbara brought over 35 years of experience as a teacher, a principal, and an administrator with the Sacramento City Unified School District. She also continued to teach Gifted Education courses after retiring in 2016 as the Executive Director of the California Association for the Gifted. After graduating from UC Davis with her bachelor's and then master's degrees, she obtained her doctorate from USC. As a lifelong teacher, she carried that same push for excellence into her many volunteer roles.

Barbara loved to research family history and was the President of the Lincoln Hills Genealogy Club, where she guided others to find their own lineage. Barbara was also an avid communicator. Not only was she the Communications Director for AAUW, but she also wrote their monthly newsletter, "Branch Lines." Her involvement was instrumental in the development of AAUW's Plan for Success.

Success was Barbara's mantra, whether in education, communication, or organization. As a member of the SCLH Elections Committee, her volunteer work was of great benefit to the evolving Association. If you missed a meeting or event, Barbara provided videos for residents through eNews, so no one missed out. When not assisting with Association business or filming videos, Barbara wrote monthly articles for AAUW, Sun Senior News, Clubs, and the Elections Committee. Barbara did not stop there however, there were food drives to organize. She volunteered for the Rise Against Hunger, with 1,000 meals collected to feed the hungry. She also helped plan the AAUW annual food drive, benefiting St. Vincent De Paul, and managed Salt Mine food donations through Neighborhood Watch collections.

Barbara's younger days were filled with ballet lessons, horseback riding, and clarinet practice, to name a few. She continued to be active in Lincoln Hills, swimming daily, playing softball, traveling

and attending outdoor concerts, always inviting friends to join her. Barbara was not one to sit at home, but if she did, it would be while working on her computer or hanging out with her loving dog Zozo.

Barbara volunteered a great deal of her time, but she made sure that her friends were right there when it came time to unwind. Her recent birthday celebration was joined by some of her close friends. As we all gathered around the fiery Teppanankai table (her favorite/everything Japanese), we all raised our glasses to toast her day as the chef began his culinary performance. It was Barbara's fiery personality, however, that flared up in laughter as we toasted her special day.

Barbara never missed a chance to enjoy life. Friends and colleagues alike were blessed by her presence, her knowledge, and her zeal for getting things done.

Dr. Barbara Branch, we celebrate your life. We celebrate you. Thank you, Barbara, for making our lives richer for knowing you.





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## Playing Tribute

Linda Lucchetti, Roving Reporter



Artists play tribute to Kiss, Billy Idol, and Tim McGraw

It's been said that music is the soundtrack of our lives, stirring up thoughts and emotions. If you grew up in the 1950s or 1960s, you may still recall your favorite tunes on the radio – the same ones that now accompany those precious memories of best friends, a first love, or

going to prom. How many times have you heard a song and said, "That reminds me of a time!"?

Of course, behind the music are artists responsible for these tunes. Attending rock and roll concerts is ideal for reminiscing about days gone by. But, let's face it, many of the bands and individual acts we rocked to then have hit rock bottom now. For whatever reason, whether the curtain came down on their tours, or these performers are no longer living, we may never hear or see them again...or will we?

Ladies and gentlemen: Put your hands together for tribute bands and artists. Tribute bands perform as a specific group. The artists must be part musician and part actor, not only playing the original popular songs, but also offering the audience a total experience of 'being there' by replicating the

music, copying the clothing, and sometimes emulating the appearance of band members.

Who first shook up the stage with the tribute band concept? The music industry credits two performers – Elvis Presley and the Beatles. During his reign, the "King" inspired thousands of Elvis impersonators.

The Beatles tribute band idea was front and center in 1977, when years after the foursome last performed together, a Broadway musical revue, *Beatlemania*, first opened in Boston. This "rockumentary" spread to New York and then throughout the country, spawning a wave of Beatles tribute bands, many still around today.

What makes tribute bands all the rage are their catchy names, the hit songs they revisit, the original band's success, concert ticket affordability, and reachable venues. For decades, tribute bands' popularity has amplified the entertainment world by providing band aid and paying homage to a crowd of timeless groups like Grateful Dead (Dark Star Orchestra), Queen (The Kings of Queen), and The Beatles (The Fab Four), to name a few.

This year when you visit the Summer Amphitheater Concert Series (SACS), sit back, relax or get up and dance. No matter what, let the tunes blast you back to the past. The performers may have changed, but the memories and music remain. Rock on!



A Bruno Mars tribute is out of this world



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Trista Touchstone, Adam's own "Faith Hill," frequently travels with him

## Life on the Road as Vegas McGraw

*David Wright, Roving Reporter*



Daughter Lilly giving Adam a kiss for the road

During the Summer Concert Series, we buy our tickets, place our chairs and watch the acts magically appear right on cue. But on the other side of the stage, things tend to be a bit more hectic. Exhaustive road trips are all part of the experience for Adam D. Tucker. Performing as Vegas McGraw since 2009, Adam brings his show to the Lincoln Hills Amphitheater next week.

A life-long Tim McGraw superfan, Adam discovered that he bears a remarkable likeness to his idol. "Tim McGraw is my Elvis Presley, and I want to portray him respectfully," Adam confides. He perfected his impersonation, recruited talented band members from Nashville and West Virginia, and signed a contract with a Las Vegas promoter. Suddenly, he was "no longer Adam, but Vegas McGraw"—playing over 1,000 concerts in 46 states and four countries.

The self-described "downhome country boy from 'Smalltown,' West Virginia" is more of a "showman, entertainer, and businessman" than a musician. With an amplified work ethic drummed into him by his supportive parents, Gary and Mary Tucker, Adam arranges all the flights, hotels, and road trips, himself. He flies east to meet the band or flies the band west to meet him—shifting

between one motorhome for east coast tours and another for gigs out west. The band crams into the RV amongst their instruments and equipment while Adam does all the driving—through bad weather, mechanical breakdowns, and even a tire fire, which he extinguished with a sweaty t-shirt from the previous night's performance.

Sleep comes when it can—usually in catnaps between tasks. He stays in shape by eating healthy, working out at gyms throughout the country, and even doing pushups during gas stops.

Despite the constant travel, family is a priority. On most trips, his "own Faith Hill," Trista Touchstone, accompanies him as his "shotgun rider." Whenever possible, he brings his children, Lilly and Beau. Adam schedules some family fun time after the soundchecks—returning just in time to don his signature black cowboy hat and get his McGraw on.

Feeding off the energy, dancing, singing-along, and applause, Adam brings out the cowboy in his audience. After every concert, he meets and greets with fans and then immediately hits the trail again—driving all night to the next venue. The road might be bumpy for Adam Tucker, but he likes it; he loves it, and wants some more of it.



Beau upstages Dad



## In Memoriam



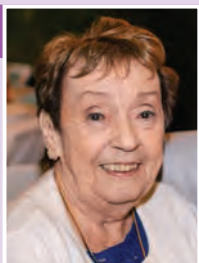
### Stanko Bubanja

Born in Montenegro, Stanko completed his education in Civil Engineering in Croatia. His engineering assignments working for Bechtel took him around the world, including Tanzania, Ghana, Saudi Arabia, South Korea, England, and others. He loved running races with his daughter and winning top spots in his age category. He reached the master World top spot in 5K in the senior games. His life ended when he was struck by a truck in Lincoln Hills. He is terribly missed by his wife of 61 years, Pearl, two children, and many relatives and friends.



### John Campbell

John grew up in Indianapolis, Indiana, and Southern California. He studied computer programming and software Engineering. He spent four years in the Air Force and four more years in reserves. His career was in Aerospace, and then he moved on to work with PC and Apple computers, the new age. He was forever learning. Married for 66 years to Rhonda, they had three boys, a granddaughter, and one great-granddaughter who all miss him very much! His favorite time was dinner with the family, followed by a hot game of Dominoes. John was a founding member of the LH Photography Club and started the Round Table Special Interest Group for Photographers. He also enjoyed reading, skiing, ancient history, and traveling. For a while, he was a mentor of the Macintosh (Apple) group.



### Jackie Ann Fogg

A vivacious and generous woman, Jackie was born in Kankakee, Illinois. She especially enjoyed making crafts and planting flowers in her backyard. But more than anything, she loved to shop! She was a member of the "Red Hat Society" in Lincoln Hills and also played Bunco. She would decorate her yard according to the seasons and holidays. She leaves behind three children, and three grandchildren, all of whom she loved dearly. She kept in touch with her many friends, sometimes spending hours on the telephone. She was a beacon of light in their lives and is greatly missed.



### Jon Michael Solander

Jon was born and raised in Sacramento. During his time at Sacramento City College, he worked for Southern Pacific Railroad as a caboose brakeman in the summer and the mail car at Christmas. His first steady job was as a field engineer for IBM, installing and servicing computer equipment. Jon created Tele-Video Production Services in 1979 and was a pioneer in video depositions. He enjoyed his young life in San Francisco with an eclectic gang of friends playing banjo, listening to Dixieland Jazz, costume parties, Vaudeville shows, and much more. He was an avid movie buff and threw movie parties on his big projection screen. Here he was an active member of Rods and Relics and the Players Club, and he provided technical services for the Association and performing arts. He also loved to dance, loved cats, and collecting antique radios. He loved his classic cars and car shows. Jon is survived by cousins and dear friends.

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.



Serving the Lincoln Senior Community

presents:

## BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, June 23. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for blackout. Daubers and water are for sale, as well as pop-ups. The doors open at 12:30 PM, and games begin at 1:00 PM. No alcoholic beverages are allowed during the games. To reserve a table for 8, send an e-mail to: [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



## Volunteer Opportunities

### Committee Openings

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

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

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

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Nick Cowles  
#02066942  
916-216-5877



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



Don Gerring  
#00631339  
916-747-5050



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



Yvonne Holm  
#01969667  
916-616-6555



Donna Judah  
#00780415  
916-412-9190



Wendy Judah-Olsen  
#01764197  
916-276-4194



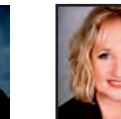
Tish Leo  
#01217695  
916-257-3410



Jean Lund-Morriseau  
#01966589  
916-751-0712



Jim McWilliams  
#00470129  
916-296.6358



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



Kathy Nowak  
#01327209  
408-348-0641



Tara Pinder  
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Ann Renyer  
#01746828  
916-343-6044



Michael Renyer  
#00894446  
916-343-6044



Bill & Jan Rexrode  
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916-408-3997



Loree Risi  
#01203309  
916-716-0854



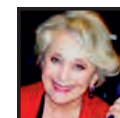
Keneta Sanchez  
#00960821  
916-257-1004



Doreen Traxel  
#00822877  
916-698-0801



Jackie Van Zant  
#01114878  
Broker Assoc.  
530.448.9815



Tangi Walker  
#00820609  
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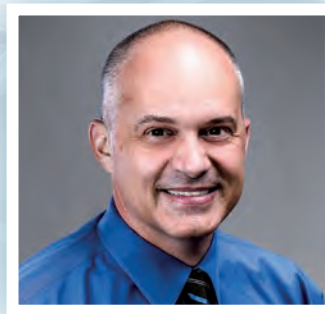


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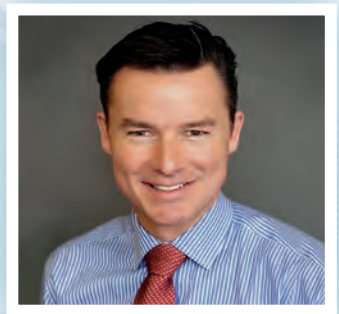
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### Amateur Radio

The month of June is a particularly exciting month in Amateur Ham Radio. Every year, on the last weekend of the month, Ham Operators grab their gear and go outdoors to make as many contacts as possible. The Group will be setting up near the Sports Plaza on Saturday morning, June 25. Consider coming by before playing Pickleball or Tennis and saying hi to us. Meetings are held at the South Tower every Monday 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*

**Fourth Annual Lincoln Hills Amateur Radio Group Field Day 2022**

**2022 FIELD DAY**

When: Saturday, June 25 11:00 AM thru Sunday, June 26 2:00 PM  
 Where: Near the Lincoln Hills Sports Pavilion  
 Why: The objective of Field Day is to contact as many Field Day radio stations as possible on all amateur bands and to learn how to operate in abnormal situations

*Field Day 2022*



### Ballroom Dance

Our Club has provided instruction for the Tango during June. The Spring Potluck was held Friday, June 10. Information about the Spring Potluck will appear in the July article. The Tango originated in the lower-class districts of Buenos Aires and Montevideo. The dance began to spread internationally around 1900. Cultural norms were generally conservative at that time, so Tango dancing was widely regarded as extremely sexual and inappropriate for public display. There are multiple Tango styles. The Ballroom Tango style was simplified and adapted to the preferences of conventional ballroom dancers. The American Ballroom Tango has evolved with an emphasis on leading and following skills. The head snaps and leg flips are totally foreign to other tango styles and were introduced in 1934. *Contact: Ruth Algeri 916-408-4752*



*Jamie Wedell and Cathy Razumich*



### Big History

We may be on summer break for our presentations, but we are continuing the

fun and socializing. Members of Big History will meet on June 20, from 11:00 AM to 12:30 PM, at the Sports Pavilion for our Summer Social Picnic. Entertained by the Strummin Sisters with good food and drink, \$10 buys it all. If you are not already a member, consider joining Big History for \$15 a year. Delight with your peers in learning for the sheer joy of it as we explore the history of the Cosmos, Earth, Life, and Humanity. Exciting presentations are planned for the fall. *Contact: Ranny Eckstrom 916-708-0165, bhsclh@gmail.com*



### Billiards

Have you ever wanted play pool, or used to play and haven't played in years? Now is your chance! We are offering a Mentoring class on Tuesdays, 9:00 AM for the first session, and 10:15 AM for the second session, at KS. Lessons are for beginners, intermediate, and advanced players. The lessons are free. Our workshop is open to all residents, men, and women. Just show up and see what we have to offer. We are giving free cues away from time to time.

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Cue winner Bill Scott center, Steve Fowler, Dave Polvi

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Contact: Tony Felice 916-955-0501, [atfelice3@gmail.com](mailto:atfelice3@gmail.com)

Website: [www.lhbilliards.com](http://www.lhbilliards.com)



### Bocce Ball, Mad Hatters

On Thursday, May 5, we successfully transitioned to our summer hours. At 8:00 AM, there were almost enough players to fill eight courts. The donuts were a big draw, and there were some left for the late arrivals who hadn't adjusted to an early rising yet. On Sunday, April 24, Lincoln Hills hosted the Special Olympics Northern California (SONC) Bocce Tournament. The courts were loaded with athletes, parents, grandparents, officials, tents, and chairs. Officials included mothers and daughters from the National



Donna helps on the handicapped court

Charity League doing timing and scoring and 12 volunteers from the Mad Hatters calling ins and outs, measuring, enforcing rules, and keeping things going on the courts. Also, many SONC volunteers kept things organized and provided lunch for everyone.

Contact: Paul Mac Garvey 916-543-2067, [lhboce@gmail.com](mailto:lhboce@gmail.com)

Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



### Book, OC

Our guest speaker, Kathryn Hunt, Director of Library Services at Lincoln Library, gave a wonderful presentation at our April meeting. Many of us agree that we learned so much more about our library services and the importance a library has in the community. We also welcomed a number of new members. If you like to read and enjoy engaging in lively discussion, please join us. We meet in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third

Thursday of the month. Our June book selection is *The Four Winds*, by Kristen Hannah, and in July, we'll read a much-loved classic, *Anne of Green Gables*, by L.M. Montgomery. To get on the monthly email distribution list, email your request to [ocbookgroup@gmail.com](mailto:ocbookgroup@gmail.com).

Contact: Maureen Deal, [mdeal2010@gmail.com](mailto:mdeal2010@gmail.com)



### Bridge, Duplicate

Our club is growing! May brought us some new players, so if you see a new face, please be sure to offer them a hearty welcome. Taking advantage of the great weather, we also held a May Social at the Sports Pavillion. Sandwiches, chips, a cookie or two, along with a no-host bar, promised a fun afternoon. Thank you, Pat Lewis, for organizing this. We also want to offer a shout-out to Sheila Ross, with support from Dwight Curry, for their efforts in rallying our support for the Salt Mine, Lincoln's local charity. Fees are again being collected outside of the room. It is requested that the partnership pays for both players before receiving a table assignment. Request reservations by email to [elisehomer@gmail.com](mailto:elisehomer@gmail.com).

Contact: Susan Brenden 530-320-9137, [momrnsf@hotmail.com](mailto:momrnsf@hotmail.com)

Website:

[www.Bridgewebs.com/lincolnhills](http://www.Bridgewebs.com/lincolnhills)

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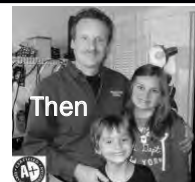
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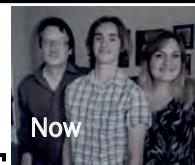
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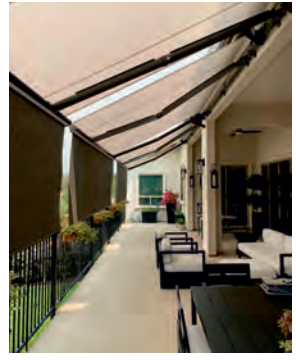
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**Bridge, Partners**

Call for reservations or drop into the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM. The hosts for June are Dixie/Jim Parker, 916-409-5949. April 21 winners: first-Phil Sanderson/Chet Winton; second-Shari/Jim Kiley; third-Carla/Mark Green; and fourth-Dee Cole/Ed Hartnett. Frank Kamiensky/Wally Zahue had high round 1480. April 28 winners: first-Nancy Rice/Carol Mayeur; second-Janet Pinnell/DiDi Martin; third-Carla/Mark Green, with high round 2400; and fourth-Kurt Wolf/Stam Mutnick. May 5 winners: first-DiDi Martin/Janet Pinnell; second-Chet Winton/Phil Sanderson; third-Byron Hansen/John Butler; and fourth-Harry Collings/Jay Southard, with high round 1920. May 12 winners: first-Chris Jacobson/Chuck Dietz, tied with Rose Phelan/Kurt Wolff, who also had high round 1490; and third-Bev/Allan Blaine. *Contact: The host for July is Jay Southard, 510-585-8445*



**Bridge, Social**

Welcome to all. We enjoy seeing everyone here and hope to see more of you in the coming week. The winners for the week of April

1 were: first-Jay Southard, second-Alan Haselwood, third-Mo Scarpitti, and fourth-Theresa DeVito. April 8 winners were: first-Barbara Moran, second-Linda Scott, third-Alan Haselwood, and fourth-Nancy Griffin. April 15 winners were: first-Chet Winton, second-Tom Mack, third-Jay Southard, and fourth-Phil Sanderson. April 22 winners were: first-John Butler, second-Geri Miller, third-Joanne Quermann, and fourth-Kurt Wolf. April 29 winners were: first-George Hubbard, second-Bob Belknap, third-Phil Sanderson, and fourth-Kurt Wolf. Congratulations to all our players. Beginning Bridge Classes are going to start September 7 at OC.

*Contact: John Woodbury 760-522-8758, johnnymike700@gmail.com*



**Bunco**

For May, we had a potluck after Bunco play. Bunco was called several times, and the traveling bear was all over the room. There was lots of laughter coming from the card room. A couple of roll-offs occurred after bunco play was completed. Everyone had a fun time playing and catching up! Bunco play is on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00

AM. We are a non-membership group with a \$5 'pay to play' fee. The April Winners were: Bunco - Sharon Shook, Wins - Phyllis Papagiannis, Losses - Diane Lundin, 50/50 - Anita Santos, and Traveler - Amy Norman. Our next Bunco date is Thursday, June 16.

*Contact: Kathy Sasabuchi, ksasabu@icloud.com*



**Chorus**

Last month we revealed our "chasing rainbows" was not in vain! Our musical pot of gold prompted one elated audience member to say, "Delightful, uplifting, colorful sounds of joy filled the Ballroom and my heart. Thank you for this spirit-filled matinee to echo the child within." The entire second half was filled with memorable, poignant Disney movie musical numbers...from the reminder that..."If you walk the footsteps of a stranger, you'll learn things



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you never knew" ("Colors of the Wind," *Pocahontas*)...to a chimney sweep's claim that "though I spends me time in the ashes and smoke, in this 'ole wide world there's no 'appier bloke" (*Mary Poppins*). We'll "see ya real soon" on September 6, our season-opening rehearsal. New members are welcome to join us!

Contact: *Mari Long 916-409-9136, mlong24sjca@sbcglobal.net*  
 Website: *www.lincolnhillschorus.org*

**Computers**



**Apple Users**

The Photos app on your iPhone is a powerful organizer for all your photos. Andy Petro will demonstrate how you can organize those photos using photo editing as well as creating videos and slideshows on your iPhone. Join us (in person) on Monday, June 27, 10:30 AM in P-Hall (KS). Club members have access to private tutoring. This service helps you learn Apple hardware and software on a one-to-one basis. You will find tutor names and contact information under the support tab on our club website. Before you head to the Apple store, check out our classified section. Ask the Tech hour and

Open Lab dates are also found on our website.

Contact: *Vicki White 916-913-6833, LHAUGinfo@icloud.com*  
 Website: *www.lhaug.org*



**Country Couples**

Since the previous publication, our members have held two events. We had a wonderful time kicking up our heels at the "Wild, Wild West" dance party in June. We also enjoyed gathering together in March for dinner at the Claim Jumper in Roseville. Our get-together events are organized by long-time members Rich and Donna Pick, pictured here. Those taking Country Western Dancing classes on Monday evenings learn the dances which are incorporated in our club dance list. Country Couples is a fun way to learn dances, enjoy music, meet new people, and exercise mind and body! For more information, please contact April Cederburg. Contact: *April Cederburg 916-390-3931, aprilced@sbcglobal.net*  
 Website: *www.sclhcc.com*



Event Planners, *Rich and Donna Pick*



**Cribbage**

In June, as we all know, the weather starts to get hot. But

here are the people who got hot early. Our April winners were: Jodi on April 12, Mel Switzer on April 19, Bob King on April 26, and Jodi again on May 3. We play every Tuesday starting at 8:30 AM in the Card Room (OC) for warm-ups, and our tournament play starts at 9:00 AM. If you win, you could be a little richer, maybe enough to buy a small breakfast. If you're the "biggest loser," you can go out and buy a donut. We have room for you at the table, and maybe you'll win the Egg McMuffin. For questions, call Mel. See you on Tuesdays at 8:30 AM.

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Contact: SCLHEuchreClub@gmail.com



### Fishing

We had our first barbecue in two years at the Sports Pavilion in May. Those who could make it had a piece of tri-tip or chicken with a great assortment of side dishes. We passed the time with fishing stories and sharing what was happening with our great life in Lincoln Hills. Thank you to the volunteers and those attending this festivity. Monthly meetings are back on at P-Hall (KS) on the second Monday of the month at 7:00 PM. For coffee or breakfast, each Friday, the Fly anglers meet at Meridians restaurant at 8:00 AM, and the Bait/Spin folks meet at the Meridians Sports Bar at 8:30 AM. If you want to join our fantastic club, contact Ralph [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net) or Henry.

Contact: Henry Sandigo 415-716-0666,  
[hsandigo@icloud.com](mailto:hsandigo@icloud.com)



I don't have a BBQ picture.



### Food Adventures

Our club continues to get bolder with each month's reports that COVID-19 cases continue to decline in the numbers of new cases and in the seriousness of those cases.



Farmers Market Scene

We had our first General Meeting in months on April 25, together with a special gathering in the KS Kitchen that featured homemade cookies made by our fearless club chefs. In May, we had our Progressive Dinner that was quite the affair indeed, and we might just plan another one in the not-too-distant future. In June, we'll do a luncheon at OC, and in July, we'll enjoy an adventure into Trader Joe's appetizers, no doubt pleasing a lot of our members. Even more good fun is on its way.

Contact: Don R. Rickgauer  
916-847-8791,  
[SCLHFoodAdventuresClub@gmail.com](mailto:SCLHFoodAdventuresClub@gmail.com)

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# June is **PRIDE** Month

## Lavender Friends Club

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The Lavender Friends Club is a group of LGBTQ residents and those in friendship. Club goals are to create social activities for its members, to extend members support and to offer service to the wider community. Some of our recent social events have included a BBQ, Wine Tasting, Bocce Ball, Billiards, a Holiday Dinner/Dance, Chili Cook-off and more!

[www.lavenderfriends.com](http://www.lavenderfriends.com)

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**Garden**



Joe Janisch-Painter, Gardener, Naturalist, is the guest speaker for the June 23 General Meeting, 2:00 PM, OC. After many years of artistic training and gardening in three different states during his travels, he has continued to produce a variety of art and backyard gardens. In 2017, he moved to Lincoln Hills, where gardening and painting occupy his days. After spending the last 40 years away from California, he is back and enjoying the weather and natural resources that California has to offer. Because Lincoln Hills presents unique gardening challenges, he has found that container gardening for veggies is the best way to go. After five years of growing a wide variety of veggies, he has found that they can be grown year-round through continuous rotation.



Joe Janisch, Painter, Gardener and Naturalist

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

P-Hall (KS) with speaker Bill Kress. Bill has been a genealogy researcher for many years and has documented his family history from both USA and European sources. His topic will be digital files – how to acquire, label, organize, store and archive them. The goal is to provide a long-term, robust framework for genealogy sources that can be used for both local computer-based and cloud-based family trees. Guests are welcome. We have changed our first Monday of the month “Help Session” by adding an afternoon session, 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 “Researching Sources.”



Bill Kress, our June speaker

Contact: Maureen Sausen, 916-543-8594, nomosshere@wavecable.com  
Website: www.sclhgen@gmail.com



Sporting the tartan plaid: Cameron, Blaney, Tamanti, Garcia and Meloney

“Open” flagsticks waving them in for an “Ode to St. Andrews.” While several in the field of 99 turned out in tartan to play a ChaChaCha, all enjoyed a luncheon afterward in the Ballroom as scores were tabulated by Dunipace. First place teams included Lynch/Jenkins in the mixed (male/female) category and teams Chappellear, Lambson, McGraw, and Kelsey; and Blaney, Tipton, Katros, and Garcia in the women-only flights. Philpott won the women’s long drive, and Acosta took the men’s long drive. Members winning CTP’s were Tipton, Robinson, and Hur, and guests Jenkins, Hanson, Lee, and Philpott. Even the breezy day was reminiscent of golf at the Old Course.

Contact: Linda Chappellear

**Genealogy**



Our June live presentation will be on Monday, June 20 at 6:30 PM in

**Golf**



**Ladies XVIII**

Thom and Fitzmaurice chaired the Spring Fling. Guests were greeted with Scottish flags and

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Fundraiser kickoff is June 15 at 11:30 AM (OC). Important: Play Orchard #15 from white tees (as Par 5). Do not play red tees! Orchard #14 includes a bog right after the creek. To play, assign a spotter, and land tee shot 20-30 yards from the creek (150 yards to the pin). If your ball goes into the creek, move to the drop zone (one stroke penalty). If it goes into the bog, move to the drop zone (no penalty), or skip the tee shot and go directly to the drop zone (two stroke penalty). Welcome, Teresa Jacobsen and Margaret Guiliani! Remember, for directions to the clubhouse after your round, see our website. *Contact: Nancy Hastings, Membership 925-337-9391, nhast38@yahoo.com Website: www.lincsters.com*

**Men's**

The Spring Scramble, a Four-Man Scramble (ABCD), just finished, and what an exciting format. Tee offs for the Red, White, and Blue tournament begin on July 12 at 7:30 AM. This is a four-man stroke play with a twist. Hope to see you there. We have 280 returning members and 30 new members for a total of 310 members this year. If you know someone that plays golf and they're not part of the Men's Golf Club, let them know about us.

We are always looking for new members to join in on the fun. *Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com Website: www.mgclh.club*



**Investors' Study**

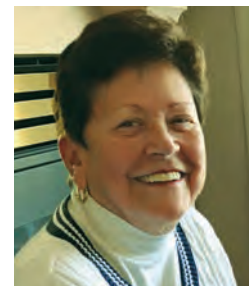
There will be no meeting in July as we take a summer break. We will be back on August 4 with a regular meeting. The group is open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group. If you are interested in the Active Investors sub-group, call Norm Quatrain at 916-645-4675. If you have further questions regarding Investors Study, contact Carl. *Contact: Carl Sulzer 916-462-0986, CarlSulzer@gmail.com*



**Lavender Friends**

Several years ago, Sheila Rose, our membership coordinator back then, had a problem. "I didn't think the newer members were really getting to know the existing members — or vice versa," Sheila remembers. The solution? A soiree that featured food, beverages, and mingling. The upshot? "It was a big hit!" Indeed, these mixers became a tradition — until COVID-19 sidelined them. But now they are back — returning

earlier this month (as of this writing) with a catered BBQ at the Sports Pavilion. The timing was fitting since this is Pride



*Sheila Rose: Founder of our club's mixers*

month, honoring the contributions of LGBTQ Americans — including us at Lavender Friends. Meanwhile, the mixer's goal remains the same: "to get acquainted and reacquainted," says Sara Vega, our new membership coordinator.

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



**Line Dance**

On Sunday, April 24, we were able to hold our first social in over two years. During that time, we were not able to have classes, then had classes in the parking lot and then inside dancing with masks. Thanks to our wonderful teachers, we got through and now are able to hold social dances again. It was a joy for our group to dance, socialize and enjoy candy! Making it all possible were Yvonne, Sandy, Cathy, and Jeanie, who picked the dances and taught them so

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that we could enjoy our day. A special thanks to Yvonne for taking over as DJ. Mark your calendars for August 14 in the Ballroom (OC) for our next dance social. Also, December 5 is our holiday social.



**Mah Jongg, Chinese**

Looking for some free fun? 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. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome, and 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. And this group is very helpful, welcoming, and fun. Hope to see you next Tuesday, and may the jokers be with you.

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



Beautiful Michael Arline art



**Mixed Media**

The club invited guest artist Lisa Jones to our June 15 meeting. She presented a lesson entitled "Playful Pockets – Mixed Media Junk Mail." We meet on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The yearly dues for the club are \$20. We



Nan Griffin teaches art using shaving cream and acrylic ink

are a group who enjoy playing with all kinds of art mediums, from crayons to acrylic paints. You name it, we probably use it. In April, we learned to use shaving cream with acrylic ink. Those who came to the June meeting got a small wooden house to decorate for the July Art Challenge. Challenges are always voluntary and motivate us to get creative. Come check us out anytime, we always welcome new people.

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



**Motorcycle**

We do a club ride once a month to locations around Lincoln. Most of the runs are approximately 100 miles, but some go a little further or less. In May, we went to the town of Volcano. It is a quaint 49er town with several historical plaques and buildings. Nearby is the

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Black Chasm Cavern, a cave that offers spectacular views of a variety of rock formations. If you would like to join us or learn more about us, you are welcome to attend our monthly meetings at the Multipurpose Room (OC) every fourth Thursday of the month at 5:30 PM to learn more.



Main Volcano Plaque

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



**Music**

Under the wonderful leadership of Laurie, a bunch of us have been getting together to just “Play & Sing” at Stone House Park. All types of acoustic instruments and voices can be heard there. 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



Play & Sing

individual, duos, and small group performances. Our next meeting is on June 29 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 music-group. 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**

General meetings are taking a summer hiatus, with the next scheduled general meeting on September 13. Watch for further details. The spring luncheon and retreat were both big successes. Mark your calendars now for next year’s spring retreat scheduled for April 24-28, 2023, and the fall retreat for September 25-29, 2023. All breakout groups are once again meeting in the expanded sewing room. Check the calendar outside the sewing room or NA website for details. Upcoming workshops include the rescheduled knitting workshop – Intarsia, Knitting Two Yarn Colors Together, led by Marcia Watkins on July 13. On August 12, Betty Kisby will



Members enjoying “Share Your Wears” at the Spring Luncheon

lead a workshop on Working with Accuquilt. Watch NA emails for sign-up details or contact Jean Storms at 916-768-0989 or jeanstorms272@gmail.com to register.

Contact: Jeanne Helland 916-409-5512,

needleartspres@gmail.com

Website: www.sclhna.com



**Neighborhood Watch**

We lost two directors in April and May. Dr. Barbara Branch, a longtime volunteer in many groups and a former executive director for Neighborhood Watch, died after a brief illness in mid-April. She will be greatly missed. Another loss is Bonnie Smedberg, our “Welcome Packet” coordinator, who moved to Grass Valley to be with



Dr. Barbara Branch, former executive director

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family. We're fortunate to have Stephanie Guillory, presently a village coordinator, join the board as a director. However, we still have openings for directors as well as village coordinators and mailbox captains. Neighborhood Watch looks after our community and helps keep us safe and connected. To find out how you can be involved, go to our website and look under "Want to Volunteer." Our volunteers make a difference! *Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com Website: www.sclhwatc.org*



**Painters**

Be sure and visit the Fine Arts Show on June 17-19 in the Ballroom (OC), where many of your friends and neighbors in this wonderful community have their creative work on display. See our paintings at Buonarroti Ristorante (460 Lincoln Blvd.) through September 19. We are 76 painters of all levels and mediums. Our dues are reasonable, and we offer interesting programs, fun activities, and plenty of opportunities to grow as an artist. We are



"Goat" by Tracy Bolton

on Facebook! Our private group is up and running for you to post your latest masterpiece, ask a question or share some painting tips. Our general meetings are held on the third Tuesday of every month at 1:30 PM in the OC Art Room, and dues are \$15 a year.

*Contact: Linda Shields 916-488-7220, linda\_c\_s@yahoo.com*



**Paper Arts**

We created three lovely cards each with a daffodil designer paper theme, during our June meeting. Our guest project leader was Judy Perkin of Stampin Divas. For updates and news about club meetings, activities, and Open Lab, be sure to check the monthly Newsletters distributed via email to members from June Paquette. We meet on the first (General Meeting) and third (Open Lab) Thursday of the month in the Terra Cotta Room (KS) at 9:00 AM.



*Our farewell card for Donna Tewart, created by Maureen Morton*

*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) on the first and third Friday from 9:00 AM to Noon. We look forward to seeing you soon.

*Contact: Denise Jones 916-543-3317*



**Pickleball**

Pickleball is the fastest-growing phenomenon around the world. Did you know that pickleball is now the official sport of Washington? To many people in our club, pickleball is also a lifestyle. We play for social interaction, camaraderie, exercise, and fun! You will often see players sitting and chatting in our turquoise loungers long after they have finished their match. We support each other and have made friendships that spill over to other areas in our lives. If



*Dianna Hendrickson & Lori Schaumleffel winning Gold in Chico!*

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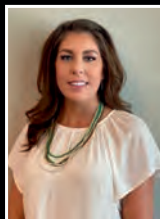
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Contact: Molly Morris 408-386-9054, [mollyfmorris@gmail.com](mailto:mollyfmorris@gmail.com)  
Website: [www.lhpbclub.com](http://www.lhpbclub.com)



**Players**

At our May meeting, Craig Stultz reported that Damn Yankees was a financial success even though it was a big-budget show. Julie Africa announced that the Play Reading Committee should have a selection for our next November show this month. Readers Theatre Director, Jane Patton, states the audition date for the August 6 & 7 show is July 8, 1:00 to 3:00 PM P-Hall (KS). Rehearsals will start immediately after actor selections are made. David Africa reminded us that Vaudeville will be on July 14, 15, and 16. Our meetings are held on the second Monday of the month at 4:00 PM, P-Hall (KS). We welcome new members. Experience is helpful but not required. We are always looking for new actors, singers, dancers,

stagehands, and technical crews. Contact: David Africa, President 916-708-0009, [djafrica@sbcglobal.net](mailto:djafrica@sbcglobal.net)  
Website: [www.lhplayers.org](http://www.lhplayers.org)



**Poker**

We play 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, and 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 by 12:45 PM (Mondays and Fridays) or 3:15 PM (Tuesdays). The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcocelle 925-658-2404, [pmarcocelle@hotmail.com](mailto:pmarcocelle@hotmail.com)



**RV**

The California coast at Pismo Beach can be a bit nippy and windy in the spring, but our group of 15 rigs had a wonderful time despite the weather. Golf, potlucks, wine tasting, nightly games, a catered BBQ dinner, and a Sherlock Holmes melodrama entertained everyone for five days. Fort Bragg in May is our next destination

with an interesting itinerary of planned excursions. Thank you, all Wagonmasters, for the work you put into planning the fun and entertainment of our rallies. It's always appreciated by the members. If you have any type of RV, join our fun-loving group. Meetings are every second Thursday of the month in the Placer Room (KS) at 4:30 PM. For information, please call Sharon Skar, Membership Director, at 916-434-7799 or [marlowenshaon@gmail.com](mailto:marlowenshaon@gmail.com).

Contact: Mary Romo 707-738-6311, [mromo50170@gmail.com](mailto:mromo50170@gmail.com)  
Website: [www.lhrvog.com](http://www.lhrvog.com)



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Crystal Elledge volunteers at Phoenix Continuation High School. Volunteers at Phoenix tutor one on one with teenagers in English, Math or History with a goal of obtaining a High School diploma. They are a diverse group of teenagers, and close



Crystal Elledge with a student at Phoenix Continuation High School



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to 90 percent have lived through a trauma - domestic violence or homelessness. But here there is a real sense of community, and they all support one another. Where they had been truants before, now they choose to be in school. Crystal feels like she's making a difference in their lives. Many have graduated and gone on to college or junior college. The SCHOOLS annual meeting will be held on August 31 at P-Hall (KS). Plan to attend and hear about K-5 and Phoenix schools where volunteers are needed.

Contact: Crystal Elledge, ceelledge@sbcglobal.net



### Scrabble

We welcome all interested residents to join us for a game or two of Scrabble. We play every Monday afternoon in the Card Room (OC) at 1:00 PM. All game boards and materials are provided. No reservations or advance notice is needed. Stay for one, two, or more games. We welcome newcomers.

Contact: Anne McMaster



### Shanghai

Friday nights is the place to learn to play the card game Shanghai. You are welcome to come and learn. We play at OC every Friday, starting at 5:30 PM. We play at tables of three to five

players, with three decks of cards. If you need more information, please give me a phone call, and I will be glad to help you.

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



### Shuffleboard

Over 50 residents have enjoyed learning to play the newest Lincoln Hills court sport: Shuffleboard! Due to this great response, we applied to the CCOC for club status, which was approved and forwarded to the BOD, who approved the Shuffleboard Club at their April 28 meeting. Meanwhile, orientation and play has continued every Friday and Sunday from 3:00 to 5:00 PM on two slick plastic 40-foot "roll-out" courts at the Fitness Center (KS). Free instruction is offered at every session, so come out and play a "no impact-no lifting" sport that can be enjoyed by residents of all fitness levels. 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



Shuffleboard World Championships - Vienna Austria, 2019



### Softball

If you are looking for a fun way to celebrate Independence Day, join us at Del Webb Field on July 4 for the All-Star Games, Hall of Fame Induction Ceremony, and our almost famous hotdog meal deal. This year's HOF inductees are Dale Stephens and Charlie Schuman—two very deserving guys. A couple of notable events occurred in May—Rod Violette celebrated his 90th birthday at the field with his teammates, family, and friends honoring him with song, balloons, and treats. Also, our most recent "Super Fans," Ed and Judy, were presented with smart looking t-shirts to show our appreciation for always being there to cheer us on. Check our website for the latest news, updates, and event schedule.

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

Website: www.LHSSL.net

### Softball, Coyote

The Coyote 75's won the recent Mother's Day Classic at Big League Dreams Park in Manteca, finishing with a perfect 5-0 record. Manager Nick Fox described it as a total team effort. Consistent hitting up and down the lineup was reflected in a team on-base percentage well above .700. The Coyotes played outstanding

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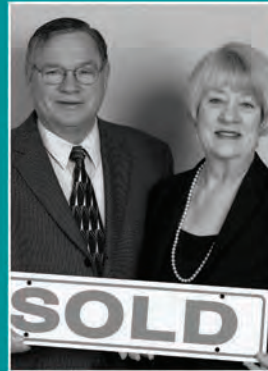
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infield defense, along with a number of timely catches by the outfield. In the final and determining game, the team won in extra innings after trailing late in the game. The Coyotes averaged over 17 runs per game, holding their opponents to just nine runs per game. Our next report will cover the Rock'n Reno Challenge Cup held earlier this month.

Contact: Gage E. Johnson  
916-409-9619,  
gage.retired@gmail.com



**Sports Car**

Calling all sports car owners!

If you're not a current member and drive a sports car, think about joining our group. Merriam-Webster defines a sports car as "a low, small, usually 2-passenger automobile designed for quick response, easy maneuverability, and high-speed driving." Club president Chuck Schmidt puts it simply: "we know it when we see it." May saw a second Ride to Auburn's Ridge County Club for lunch, followed by a private



May Ridge Ride Participants

tour of the nearby Van Howd Art and Sculpture Gallery. June will see a day ride to Capay Valley for lunch. We meet on the first Monday of each month, P-Hall (KS), at 6:30 PM.

Contact: Richard Pearl 916-715-9666,  
Pennyrich99@gmail.com  
Website: www.lhsportscars.com



**Sun City Squares**

Our square dance class, which started last January, is doing great.

Learning to square dance requires many months of patience and commitment. That is why we can only start one class a year. If you're interested in square dancing, please contact me, and I will add you to our list of interested dancers for our 2023 class. Already an experienced dancer? Consider joining us for plus on Mondays at KS from 1:00 to 4:00 PM for some great exercise and fun. We also are looking for advanced dancers to join our club on Thursday at KS from 1:00 to 3:00 PM. Please stop by on Mondays or Thursdays and see how fun square dancing is.

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



**Swimmers & Water Walkers**

Our next club meeting is Monday, June 20, 3:00 PM, in the



Hot August Splash Committee meeting

Fine Arts Room (OC). Deborah McIlvain, Director of Lifestyle, WellFit & Spa, will be our special guest. We will discuss our water exercise mentor program and debut our new club T-shirt, modeled by Maci Cardinal. We will also talk about our Hot August Splash event, planned for August 28, and poll those present about exercise preference (swimmer or water walker), which pool you use, and how frequently. Please be aware of the new lane reservation system that started in May. A no-show of three times within a month will result in loss of reservation privileges. See you June 20. We now have 180 club members!

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



**Table Tennis**

Our Club is calling to all of you Golf, Pickleball, Tennis, or Bocce players to come in from the summer heat to our cool air-conditioned room and play some Table Tennis. The

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social interactions, in addition to the healthy exercise, have made table tennis a very popular activity for many residents. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays, 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). For even more information or to join the LHTTC email list, email: pingpongsclh2@gmail.com.

Contact: Carl Lynch 916-316-0796



### Tap Company

Get ready to flap-heel-flap-heel to the brand-new beginner tap class on Monday at 11:00 AM. For the first time in four years, Alyson Meador, our fabulous instructor, has started a basic beginner class. If you have never taken tap, or you took tap many years ago, then this is the class for you. Registration

opens on June 17; however, you can start mid-month by purchasing a drop-in class. Contact us about tap shoe information. We have a few loaner pairs. It is possible we might have your size! The Bloch half-inch heel lace shoe is recommended by Alyson. Shuffle on over and join the fun. Bring your friends, too.

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



### Tennis

"I play much better when I am happy and having fun. That's common sense,"-Jim Courier. Pictured are two mixed doubles teams that played a highly competitive match at our Cinco de Mayo Tournament. Hard to tell who won this hair-splitting match because afterward, they were happily posing and having a good time. That's the joy of mixing serious competition and having fun. You too can begin



Tournament champs Trish Ross, Steve Bringman, Cathy Vaillancourt, Bob Sanguinet

your tennis experience with new physical and mental challenges and plenty of laughter. Contact Steve at stevebringman@yahoo.com for introductory/refresher classes and Val at vlaugtug@gmail.com for club orientation. Drop-in tennis is offered Saturdays and Wednesdays from 8:00 to 9:30 AM, and Ball Machine Practice is on Saturdays from 8:00 to 9:20 AM. Watch for a new "Live Ball" session coming in June. See you on the courts!

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

Website: www.sclhtg.com



### Vaudeville

Don't forget to purchase your Vaudeville Show Tickets. They are on sale now for only \$12. Our show dates are July 14 and 15 at 6:00 PM and two shows on Saturday, July 16, at 2:00 and 6:00 PM. All Shows are at P-Hall (KS). We haven't had a show since 2019 and are anxious to entertain all of you. Our show this year proves to be exciting, with a lot of new faces and veterans of the show as well.

Contact: Yvonne 916-408-2040



### Veterans

Our members and guests enjoyed their annual Flag Day barbecue on Tuesday, June 14, in the Sports Pavilion. This picnic is one of four social events planned annually

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by the group. Others include a St. Patrick's Day luncheon in March, an Oktoberfest celebration in the fall, and a holiday luncheon in December. Get ready for summer with a bright, new American flag. Top-quality American flags are available for \$30 each at the Veterans Group's flag sales table in the OC lobby on the 15 of every month between 8:00 AM and 4:00 PM. This is also a great opportunity to meet some Veterans Group members and find out more about the club. Fly the flag proudly on our country's holidays and observances.

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



### Water Volleyball

June is busting out all over—sun, fun, and Water Volleyball! Want to just try it out? Free Play Saturdays! Dip your toe in the volleyball pool of



Cinco de Mayo party on the Pavilion!

fun. Don't know how to play? We provide Training and Mentorship. All levels of interested players are welcome. See our website or call Carol Critch at 925-451-1686. Water Volleyball has some future events like monthly Ladies Night Play and an outdoor pool volleyball game on July 10. Not sure you have the skills? Attend a Skills and Drills class. The Skills and Drills class are held on the first and third Tuesday night of the month. Improve your skills and learn how to be a better player. Save the Date, October 7, for the Fall Festival.

Contact: Diane Ferrari 916-412-9599, dferrari\_56@hotmail.com

Website: www.LHWaterVolleyball.com



### Woodcarvers

Many of our members looked forward to last month's Sacramento Woodcarver's Show. There were great woodcarving pieces and two featured master woodcarvers. Some of our members entered their work, and it's always fun to attend the show and see how we did. The entry levels range from novice to expert, so there is a category for everyone. Once our pieces are judged, we get feedback on why the work received its rating. It's good to enter the show to get that feedback and learn ways to improve our work. There's something for everyone at this event. We meet every Wednesday in the Sierra Room (KC) from 1:00 to 4:00 PM. Come join us!

Contact: Lionel Rainman 916-253-9534,

lrainman1414@yahoo.com



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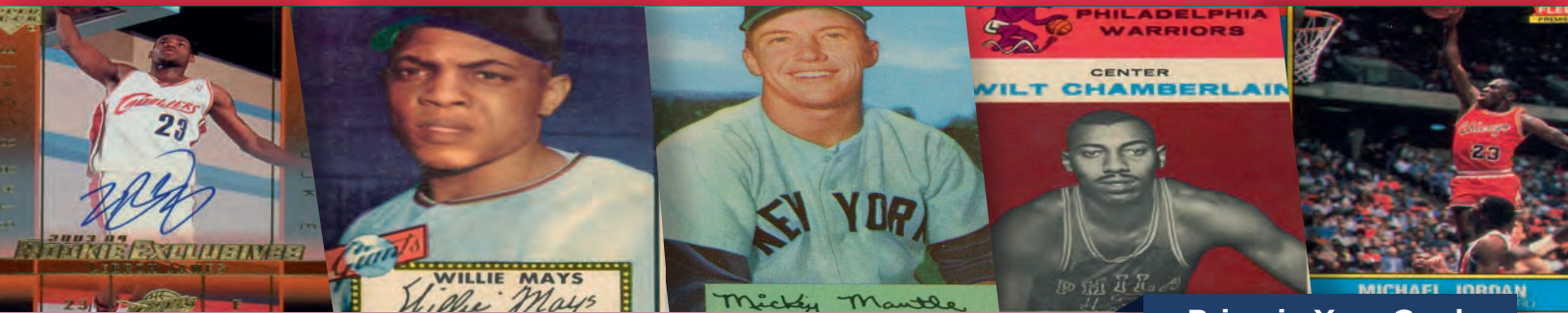
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### Alzheimer's-Dementia Caregiver's Support

Our Support Group steering committee includes Mary Jo Fratessa, Barbara Greenfield, Valerie Jordan, and Gail Marculescu. These programs are supported by the Lincoln Hills Foundation. The general meeting is held monthly on the fourth Wednesday at 1:00 PM. Our Wednesday, June 22, meeting in the Multipurpose Room (OC) welcomes a panel discussion about home care and facility care options. The Women's caregiver group meets at 1:00 PM on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary Jo Fratessa (916-759-8760) for information. The Men's caregiver group is resuming its meetings on the third Thursday of every month in the Multimedia Room (OC), with the next meeting on June 16, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482 for information.

Contact: Valerie B. Jordan  
909-625-7443, [vjordan46@gmail.com](mailto:vjordan46@gmail.com)



### Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. You are invited to join us Wednesday, July 13, 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 916-765-1745, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)



### Bosom Buddies

We were fortunate to have Pat Togstad at our last meeting to talk about Neighbors InDeed, an organization that provides a lot of services for our residents, such as changing lightbulbs and batteries, replacing filters, adjusting sprinklers, and doing minor repairs. They also loan out medical equipment, including walkers, canes, and wheelchairs. Neighbors InDeed wants to help people "stay in their homes as long as they can." Their 24-hour message center is 916-223-2763. Kaye Parks, a member of the quilting club, donated a beautiful



Our May speaker Pat Togstad talked about Neighbors InDeed.

quilt to Bosom Buddies. We want to say "thank you" for her kindness and for thinking of us. We meet on the second Thursday of the month (except for July) at 1:00 PM in the Multipurpose Room (OC).

Contact: Judy Stewart 916-408-3597, [ladyj2170@gmail.com](mailto:ladyj2170@gmail.com)



### Gam-Anon

Gam-Anon can help if your life is affected by someone else's gambling problem. Our meetings are held on the first and third Fridays of each month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road in 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. The church requires face masks to be worn at the meetings. For support between meetings, you can 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](http://www.gam-anon-loomis.com)



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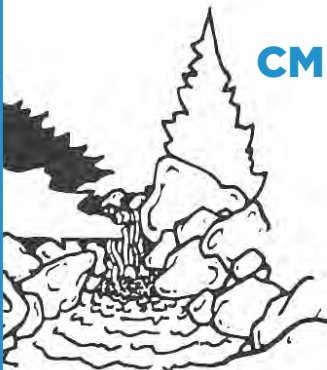
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### Glaucoma Support Group

Our next meeting will be on July 13 at 4:00 PM in the Multimedia Room (OC). We will be discussing traveling with Glaucoma. Having a somewhat active lifestyle can benefit from learning how to travel with Glaucoma. In anticipation of some fun and exciting travel plans, let's come and share our ideas that make it less complicated to travel. For questions or information about our support group, please contact Bonnie.  
**Contact: Bonnie Dale 916-543-2133, bjdale@aol.com**



### Hearing Support Group

At our meeting in May, Joe Cortez filled us in on his cochlear implant procedure. In April, we had a lively discussion on a variety of topics. The group was advised of free hearing tests at Sacramento State, and we now have business cards to make contact with them easy. We also reviewed the Hearing Support documents on the Lincoln Hills website. Our plans for the June meeting are still open.  
**Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net**



### Low Vision Support Group

Our next meeting is Tuesday, July 5, 2:00 to 4:00 PM, in the Fine Arts Room (OC). Our topic will be "Experiencing Vision Loss." A four-person panel of our members will talk about their experiences, including coping strategies developed. Three members will discuss their personal journeys of losing vision, and one will relate the experience as the partner of someone losing vision.

The August 2 meeting will be from 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. Meetings are open to all residents.

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



### Multiple Sclerosis

In celebration of survival from pesky COVID-19 mutants, we are planning a summer social of Root Beer Floats and Bingo on Tuesday, June 21, at 1:00 PM. Paula and Mike Marchand will host at their home. Please phone or text 916-588-0503 by Friday, June 17. There



### 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 AM 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

If you have been diagnosed with Polymyalgia Rheumatica and/or GCA, you would probably like the camaraderie of this brand-new group. If you e-mail, please put "PMR/GCA" in the subject line.  
**Contact: Adrian Felice 916-408-4332, adrianfelice55@gmail.com**





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### Basketball Club

Join in for some basketball fun on Fridays at the multi-purpose court from 11:00 AM until Noon. This is the best time to find games and shooting partners. Games are 3 on 3, with the teams being made up based on the availability of players. The first team to 10 wins and will play the next round. Other times, if the court is not occupied, use it. Or, times can be scheduled by signing onto the Resident Website, - Wellfit - Wellfit Reservations - Activities Reservation, select SP-Multi-Use Court from the drop-down, and pick an available time slot. Contact Bob White at [bbsglh@gmail.com](mailto:bbsglh@gmail.com).

### Cloggers

Happy summer! Want to stay cool? Well, you can't get any "cooler" than being a clogger! (Clogging is an Irish-Appalachian dance with four taps on each shoe. We make a lot of noise.) Lively music? Check. High energy? Check. Lots of movement? Check. Rhythm and beat? Check and check. Clogging is not only "cool," it is a time of friendship and fellowship and, most of all — fun. Not to mention burning calories, of course. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

### Democratic Club

Members are bristling with enthusiasm as we busy ourselves with election activities in the coming months. Speakers at our upcoming meetings will include volunteers suggesting ways to support our candidates, elected officials, and other experts in politics and campaigning. Campaigns are not all we do, however. We had a great time at the Potters

game last month. Our social and community projects are ongoing, and we continue our volunteer work at the Placer Food Bank. To join our club or for information about our activities, please visit our website at <https://democraticclublincolnca.org>.

### Italian Club

It's always a festive and fun occasion when we present our Annual Inaugural Dinner and Dance. This year we'll celebrate on July 10 from 5:30 to 8:00 PM in the Ballroom (OC). We'll meet, mingle, and dine with incoming board members, club members, and friends. Let's have a 'latte' fun! Come to "Everything Coffee" on August 27 from 2:00 to 4:00 PM (KS). Check your emails or the website to find out what's brewing! Go to our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) for information about the club and upcoming events. 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 in 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](mailto:bigline38@icloud.com).

### Republican Club

Great In-Person turn out to vote: It worked! With June Election behind us, we are now gearing up for November! We have a lot of work and fun ahead! June 8 Potter's Game - McBean Park provided a fun-filled evening. The mid-May Auburn Home Show

offered an opportunity to distribute information on candidates, etc. Other events for volunteers are coming up! Placer County Fair, Rods & Relics, and Lincoln 4th of July Parade! Eric Early, R-hopeful (R-State Attorney General), was Guest Speaker on May 26. Our Club is growing, and community impact is spreading. Join us. Annual Dues \$15/pp. [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org).

### Shalom Social Group

It's a food-centric spring. We are still beaming at the success of our Passover Seder in April. The food, the ceremony, and the camaraderie made it a 100% success! Everyone there enjoyed the deli theme of our Women Together luncheon in May. And our own Hagai Narkis, a retired chef, will teach cooking classes for small groups starting in June. Our spring picnic has been rescheduled to October. Our ongoing activities - bocce ball on Sundays, bowling on Wednesdays - continue. To learn more about us, please contact Margie Gulko at [margie.gulko@gmail.com](mailto:margie.gulko@gmail.com) or 916-543-5303.

### Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, June 21, at 11:30 AM. The cost of this luncheon is \$20 per person. There will be entertainment following the lunch. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative COVID test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call David Cesio at 925-899-2193.





**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 lincolnca.gov.



**Coffee with the Executive Director**

Wednesday, June 15, 9:30 AM, P-Hall (KS), Zoom available for those unable to attend

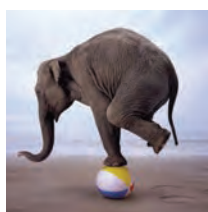
Come for a cup of coffee with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



**KS Movie Classic: The Sound of Music (1965)**

Saturday, June 17, 1:30 PM, P-Hall (KS)

A young novitiate is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer. Stars Julie Andrews and Christopher Plummer. Rated G. 172 minutes. Biography, Drama, Musical.



**Spotlight on How to Improve Your Balance**

Monday, June 20, 1:00 to 1:50 PM, Orchard Creek Aerobics Room

To learn more about how to measure and improve your balance featuring our new ZIBRIO Stability Scale, developed by NASA and MIT (test and measures balance), and our new Comprehensive Assessment developed by the Wellfit team, attend this free educational event. If you can measure it, you can improve it.



**KS At The Movies: 1917 (2019)**

Date and time TBD, P-Hall (KS)

At the height of the First World War, two young British soldiers, Schofield (Captain Fantastic's George MacKay) and Blake (Games of Thrones' Dean-Charles Chapman) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers – Blake's own brother among them. Rated R. 119 minutes. War, Drama.

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online at [KilagaSpringSpa.com](http://KilagaSpringSpa.com)

## The Spa at Kilaga Springs

Summer fun and all that glorious sun may have you longing for those springtime temperatures and cool delta breezes. Escape from the scorching heatwave and enjoy the cool, quiet, and blissful serenity of our gorgeous Nail Atrium for a Dazzle Dry Nail treatment, or indulge those tired, achy muscles in our rejuvenating and healing CBD or NEW Aromatherapy Massage. We have a fantastic team of Therapists ready to meet your needs. We offer an array of self-care services and fabulous skincare ranging from Hydropeptide, Essence One Aromatherapy, Jane Iredale, Grande Cosmetics, Sonoma Lavender, and many other items for long vacations or just to treat yourself to a moment of self-care. Stop by and visit us at The Spa at Kilaga Springs for all your summer skincare needs.

### —Best Sellers—



#### **CBD Massage**

60-minutes \$110

90-minutes \$140

120-minutes

\$175

This is the massage you've been waiting for. You'll be over the

moon with R&R Medicinals revolutionary CBD pain relief, and relaxation fused together for the ultimate massage. We worked for months to find the best CBD products and created a signature massage with you in mind. This treatment utilizes a topical CBD analgesic for all those problem areas followed by a full body massage with an artisan-crafted massage cream to treat everything from chronic pain to sprains, strains, and even arthritis. We can't wait for you to experience this treatment.

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



## **Kilaga Springs Specialty Facial**

\$150

These facials are designed to deliver advanced treatments using potent ingredients. Choose your treatment from the following benefits and goals. Choose from; Collagen Boosting Facial, Advanced

Exfoliation Facial, or our Intense Hydration Facial.



## **Hydrafacial Deluxe**

\$239

Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial 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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Interventional Pain Solutions believes in utilizing the most modern, peer-reviewed, and accepted techniques to care for you. We are committed to following the most recent guidelines as issued by the Centers for Disease Control and endorsed by the Surgeon General of the United States.

We offer many different forms of treatment including but not limited to:

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- Facet Joint Injections
- Stem Cell Injections
- Sacroiliac Joint Steroid Injection
- Transforaminal Epidural Injection

### Spinal Cord & Dorsal Root Stimulation & Other Treatments

- Intrathecal Pump Implant & Management
- Kyphoplasty & Vertebroplasty
- Platelet Rich Plasma
- SI Joint Stabilization
- Minimally Invasive Lumbar Decompression
- Ketamine Infusion for PTSD, Refractory Depression & Pain

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Dazzle Dry is the only vegan nail care system to dry in just five minutes and last up to three weeks. It applies and removes like a traditional polish, delivers the performance of a gel polish without the need for UV light, and strengthens natural nails in the process. Perfect for even the most delicate Nails!

**DAZZLE ME MANICURE \$44 OR  
DAZZLE ME PEDICURE \$48**

Receive as our treat a Moisturizing Paraffin Hydration treatment with every Dazzle Dry service  
**(Value \$18)**

Special Offers Valid  
June 15 - July 15

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

60 MINUTES - \$110 | 90 MINUTES - \$140  
120 MINUTES - \$175

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### Hot Stone Tension Relief Massage

90-minutes \$135

The healing power of touch combines with the earth's energy in this relaxing, muscle-melting massage. Smooth, warm stones glide across your body in long, flowing strokes while the heat helps to relax and soothe tired, sore muscles.



### Aromatherapy Massage

60-minutes \$100

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.



### BOWEN Treatment

One Session 90-minutes \$65

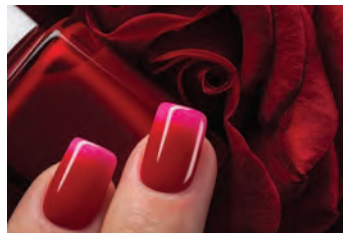
Bowenwork is a system of touch that initiates a series of responses throughout the nervous system, musculoskeletal and fascial systems, as well as energetic pathways. Bowenwork addresses core issues, not just symptoms. It helps with chronic conditions from asthma to bunions, acute injuries such as sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health.



### Signature Pedicure

\$49

Immerse yourself in total relaxation and soak your cares away with the healing benefits of our specially blended foot scrub. Treat yourself to a luxurious experience designed to relax, soothe, soften and hydrate.



### Dazzle Me Dry Nail Treatments

Manicure \$44

Pedicure \$48

Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.

### Best Seller Service Add-Ons

Enhance your next massage or facial by incorporating a hand or foot treatment.

- **Fabulous Foot Repair** – \$18

Polish, rejuvenate, hydrate, and renew with magnesium and plant-based exfoliants and shea butter.

- **Radiant Hand Repair** – \$18

Smooth, brighten, hydrate, and help inflammation with magnesium and plant-based exfoliants and shea butter.

- **Anti-Aging Neck & Décolleté** – \$18

(Can only be added to facial service)

Intensely resurface, clarify, brighten and smooth away the appearance of wrinkles with five powerful exfoliants, serum, and mask.

- **LED Light Therapy**

\$28 15-minutes/\$55 30-minutes

(Can only be added to facial service)

The ultimate treatment for winter-ravaged skin. Will accelerate skin repair by promoting collagen and reducing the appearance of fine lines and wrinkles, scars, sunspots, and blemishes.

### All About The Feet

\$48

A refreshing Peppermint balm is applied using a combination of Reflexology, Swedish, and Pressure Point Massage. This treatment helps stimulate the muscles in your feet, and lessons stiffness reduces pain in ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

*We also offer seasonal treatments, hair removal, body treatments, make-up application, and nail services. Check out our website at [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com) for a complete list of services.*





*This year's Summer Amphitheater Concert Series (SACS) presents a variety of musical genres that will have you singing and dancing! Food concessions, bars, and gates open an hour prior to the concert.*

*Please read and follow the Amphitheater Guidelines on the Resident Website for your enjoyment. See ticket price and show-time for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desk.*



**Vegas McGraw – The Award-Winning Tribute to Country Icon Tim McGraw**

Friday, June 24, 7:30 PM, Amphitheater

General Admission \$23 — **LSE402**

Adam D. Tucker, known to many as Vegas McGraw, has entertained hundreds of thousands of fans with his Tim McGraw tribute act for over a decade. Vegas McGraw presents a powerful show that thrills and captivates audiences with mega-hits like “Don’t Take the Girl,” “I Like It I Love It,” “Real Good Man,” and “Live Like You Were Dying,” along with the hits of today. An award-winning Vegas Tribute act, get ready to experience the glitz and glamour of Vegas and the sensational sound of Nashville right in your own backyard.



**Stax City – Tribute to 50’s & 60’s R & B Era**

Friday, July 8, 7:30 PM, Amphitheater

General Admission \$23 — **LSE403**

Their name tells it all – a high-energy band covering the legacy of Stax Records, the Memphis label renowned for its shimmering, sultry blues and soul style. This eight-piece band presents a classy, mixed collection of old-time favorites that features melodic horn parts, powerful vocals, and a driving beat on the drums. Celebrating the music of James Brown, Wilson Pickett, Otis Redding, Al Green, Tower of Power, and more, these are the sounds that set the stage for today.



**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.



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Celebrating

# TOM JONES

starring David Burnham

## RESCHEDULED SHOW

THURSDAY, AUGUST 18  
7:00 PM, BALLROOM (OC)

Tickets from original date will be honored

Award-winning Broadway star and acclaimed recording artist David Burnham celebrates the electrifying and legendary Tom Jones through stories and songs. 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 chart-topping hits "It's Not Unusual," "What's New Pussycat," "Delilah" and more. The show features a four-piece band led by Musical Director Todd Schroeder.



Premium Reserved Seating \$24 | General Admission \$20 | Event Code: LSE368

Purchase your tickets Online at [www.SCLHResidents.com](http://www.SCLHResidents.com) or at the Lifestyle Desk (OC/KS).



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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.

### Financing Options Available



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



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

### Complimentary LASIK Consultations

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

### State-of-the-Art Care

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

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**Cody Meikle**  
Entertainment Coordinator  
Cody.Meikle@sclhca.com



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

\*Indicates new performances on sale June 17

—Community Event—

**Tuesday Dance Night**

6:00 to 9:00 PM  
Ballroom (OC)  
\$5 per person/  
per dance night  
Tuesday, June 21  
— **LSE411**  
Tuesday, June 28  
— **LSE412**



Dance night- simplified! No reserved tables, no theme or decorations, and no sales limit. Enjoy music from DJ Tom and a no-host bar (in the Ballroom, open 6:00 to 8:30 PM). Purchase tickets at the Lifestyle Desk or online. Tickets sales close at 8:00 PM on event date. The event is not open to the public. Residents may invite and purchase tickets for their guests.

—Community Performing Arts—

**The Golden Revue  
Vaudeville Variety  
Show**

Thursday, July 14  
6:00 PM, P-Hall (KS)

— **LSE413**

Friday, July 15, 6:00 PM  
P-Hall (KS) — **LSE414**

Saturday, July 16, 2:00 PM Matinee, P-Hall (KS)  
— **LSE415**

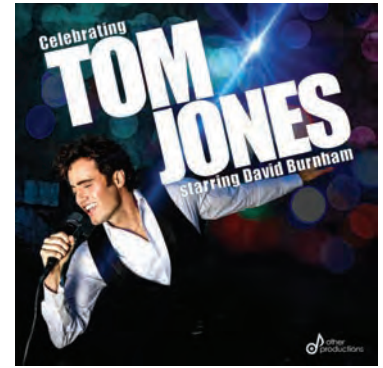
Saturday, July 16, 6:00 PM, P-Hall (KS) — **LSE417**

The Vaudeville Troupe will present their annual variety show with acts ranging from song and dance to comedy plus much, much more. This show is geared toward a variety of acts that will guarantee to entertain every member of the audience. Get your tickets early for the show is sure to sell out.



—Concert—

\*Celebrating  
**Tom Jones, Starring  
Broadway's  
David Burnham**  
Friday, August 18  
7:00 PM Ballroom (OC)  
— **LSE368**  
**RESCHEDULED** —  
*Your previously  
purchased reserva-  
tions/tickets are still  
valid for this concert.*



Premium Reserved Seating \$24  
General Admission \$20

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.

**Roseville  
Community Concert  
Happy Birthday USA!**

Monday, July 4, 2:00 PM  
Ballroom (OC)

— **LSE410**

Reserved Seating \$13  
General Admission \$9

The tradition is back! After a two-year hiatus, the Roseville Community Concert Band (RCCB) is back to celebrate the 4th of July. Considered one of the best symphonic bands in the area, they perform throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Tickets are required for all guests, including children.







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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.

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

\*Indicates new trips on sale June 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



#### \*An Evening with Michael Bublé

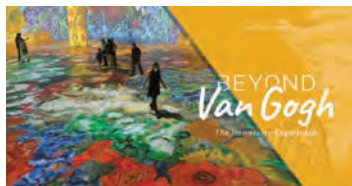
Golden 1 Center  
Saturday, September 24  
\$255 — **LST405**

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 - 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.

#### 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.

### Day Trips

#### —Casino—

#### Jackson Rancheria

Wednesday

July 6

\$45 — **LST399**

Very popular with residents,

we are returning to Jackson Rancheria Casino in Amador County. Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 9:00 AM ~ return 5:00 PM.



#### —Festivals—



#### \*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 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—

**High Voltage –**

**The Best of Broadway**  
 Harris Center  
 Folsom, CA  
 Thursday, June 23  
 \$90 — **LST404**

An evening of great entertainment as High Voltage brings “The Best of Broadway.” This show features two hours of some of the best numbers from classic and contemporary Broadway musicals. This is High Voltage’s final performance of the season, and it’s sure to be a remarkable and memorable experience! Wheels roll from OC at 5:45 PM, Show at 7:00 PM ~ return 10:00 PM.

**\*Christmas with**

**Johnny Mathis**  
 Gallo Center for the Arts, Modesto  
 Monday  
 November 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, all of which has assured his reputation as one of the most enduring vocalists in music history. Johnny has recorded close to 80 albums, including six Christmas albums that have made him the undisputed and iconic “Voice of Christmas.”

**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.

**\*Rodgers & Hammerstein’s Carousel**

Tuesday, June 28  
 \$111 — **LST381**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway At Music Circus

for the first time in 20 years. Critics called the 2018 Broadway revival of “Carousel” a “miraculous fusion of sentiment and craftsmanship” (*Wall Street Journal*) with “the theater’s most beautiful and enduring songs” (*Variety*), including “If I Loved You,” “You’ll Never Walk Alone,” and “Soliloquy.” A powerful musical theatre classic about love, relationships, and redemption.

**\*Kiss Me, Kate**

Tuesday, July 12  
 \$111 — **LST382**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical, a Broadway version of Shakespeare’s “The Taming of the Shrew.” The beloved multiple Tony-winning

musical comedy is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer's wittiest lyrics and catchiest melodies, including the favorite songs "Another Op'nin', Another Show," "So In Love," and "Too Darn Hot."



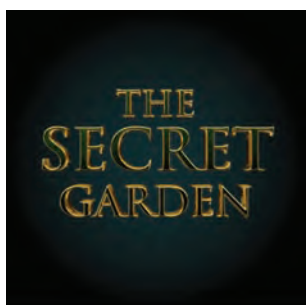
### †Something Rotten!

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 reimaged in brilliant musical style. A compelling tale of forgiveness and renewal, *The Secret Garden* won three Tony Awards®

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.



#### 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.



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## —Tours—

**Ironstone Winery & Downtown Murphys**

Wednesday

June 22

\$149 — **LST398**

Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with wine tasting and canapés in the culinary center, followed by a buffet lunch, tour, and free time. We will then head to downtown Murphys to local wine tasting rooms for you to explore on your own. See the Lifestyle Desk for the lunch menu. Wheels roll from OC at 9:00 AM ~ return 7:30 PM.

**Overnight/Extended Travel****San Francisco Bay Dinner Cruise Overnight at Hyatt Regency**

Thursday, July 28 to Friday, July 29

— **LST400**

\$451 double occupancy; \$599 single occupancy

Enjoy a night on a Hornblower premier dinner cruise on the bay. Relax and let someone else handle dinner while you enjoy the view on our 2½-3-hour cruise. We will have a seated three-course meal with your choice of Salmon with Tomato Vinaigrette, Oven-roasted Chicken, or Braised Short Ribs. Vegetarian option is available. Complimentary tea and coffee. Dance, stargaze, and see amazing views of the city skyline and the magnificent Golden Gate Bridge. Beer and wine are available for purchase. After dinner, relax in your deluxe accommodations at the Hyatt Regency San Francisco, conveniently located minutes from Pier 3. Free time in the morning for breakfast on your own at the hotel or nearby eateries. Trip includes motorcoach transportation, dinner, accommodations, and all gratuities. Complete trip itinerary and restaurant list available at the Lifestyle Desk. In-person registration only, no online enrollment. Wheels roll from OC at 11:00 AM ~ return 2:30 PM.

**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

Driver gratuity and service charge for all included lunches and dinners. Total Meals included: two breakfasts, two lunches, and one dinner.





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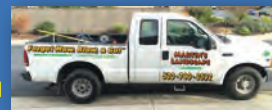
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Balance & Fall Prevention.....	95	Mixed Media .....	76
Bootcamp .....	93	Oil and Acrylic Painting .....	76
Boxing.....	95	Parkinson Strong.....	97
Ceramics.....	76	Pickleball.....	83
Clogging.....	78	Pilates.....	89
Country Couples .....	78	Posture, Core and Balance .....	95
Crafts .....	77	Private Reformer Training .....	89
Fairy Lantern .....	75	Sip and Paint.....	76
Fit - 101.....	93	Stained Glass .....	82
Fun ctional Fitness L3.....	93	Superfoods of Summer.....	89
Fun with Your Grandkids.....	75	Tai Chi .....	85
Going Out in a Box .....	87	Tap.....	81
Guitar.....	82	Tennis .....	83
History of Jazz .....	82	Training Services .....	91
Hula .....	79	TRX Circuit .....	93
Jazz.....	79	Urban Poling.....	91
Karate.....	87	Walk on the Wild Side.....	93
Line Dancing .....	79	Water.....	95
Living with Neck & Shoulder Pain .....	87	Wellfit Class Schedule.....	98
Meditation.....	87	Why Your Breath Matters .....	87
Mind, Body & Spirit.....	86		



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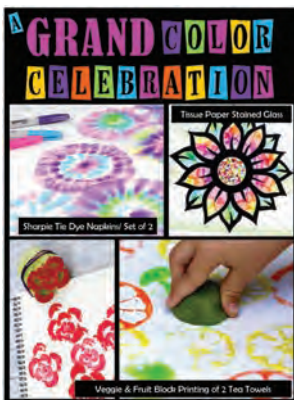
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\*Indicates new class on sale June 17

## 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 grandkid to participate and work together)  
Materials/supplies included in class fee

Max attendees: 18 grand-

parent/kid teams; Open to solo adults, as well.

A grand color celebration. Grandparents and grandkids 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

— **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 either 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 grandkids 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 underpainted 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 — **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 grandkids! 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.**

—Art —



**\*Mixed Media Art Journaling**

Tuesdays, July 12 & 26  
9:00 AM to Noon (OC)  
Fee \$45

Supplies fee \$5  
(paid to instructor) — **LSC3218**

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:**

“Starlit Beach”  
Friday, July 22  
5:00 to 8:00 PM (OC)  
\$55 — **LSC3242**

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, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. To learn more about artist/instructor *Unni Stevens*, visit [www.unniart.com](http://www.unniart.com).

—Oils, Pastels & Acrylics—



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

Wednesdays, July 6-27  
9:00 to 11:30 AM (OC)  
Fee \$80 (four sessions)  
— **LSC3230**

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. Option projects may be offered once or twice per month. Instructor: *Sandy Lindblad*. Visit [www.sandyindblad.com](http://www.sandyindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies.

**Ceramics**

—Pottery —



**\*Beginning/Intermediate Ceramics**

Tuesdays, July 5-26  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)  
— **LSC3267**

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, July 5-26  
9:00 AM to Noon (OC)  
\$64 (four sessions)  
— **LSC3254**

### OR

Thursdays, July 7-28  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)  
— **LSC3291**

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

### \*Watermelon Wreath

Monday, July 11, 10:00 AM to Noon  
Fee \$45 — **LSC3979**  
Materials \$10

Create a perfect Summertime 14" wreath with simple tie technique. All materials supplied. Instructor: *Judy Ragland-Craftopolis*. Registration deadline July 5.

### \*Block Print Watermelon Napkins/Set of 4

Monday, July 11, 1:00 to 3:00 PM  
Fee \$45 — **LSC3980**  
Materials: \$10

Continuing the watermelon theme, create a set of 4 white cotton napkins using a simple block print painting technique. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: July 5.

### \*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.

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**\*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.

**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, July 5-26  
10:00 to 11:00 AM (KS)  
\$40 (four sessions)  
— **LSC3336**

We are moving forward with the current beginners class. We will continue to work through

the eight basic traditional clogging movements at a relaxed pace while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes are required; flat-soled shoes are recommended. Watch for late summer/early fall for New Beginners Class. Instructor: *Janice Hanzel*.

**\*Combine Clogging Class**

Tuesdays, July 5-26  
11:00 AM to 12:30 PM (KS)  
\$60 (four sessions) — **LSC3364**

Starting with easy and progressing into intermediate dances, our new schedule takes a bit of getting used to. 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, July 11-25  
7:00 to 8:00 PM (KS)  
\$21 (three sessions) — **LSC3660**

Western dancing is done to many types of music, country being

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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, July 11-25

6:00 to 7:00 PM (KS)

\$21 (three sessions) — **LSC3348**

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: "Mexican Wind and River City Cha Cha." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—



**\*Hula**

Thursdays, July 7-28

1:00 to 2:00 PM (KS)

\$52 (four sessions)

— **LSC3410**

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 at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina*.

—Jazz—



**\*Jazz for Beginners**

Thursdays, July 7-28

11:00 AM to Noon (KS)

\$36 (four sessions)

— **LSC3421**

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, July 5-26

1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC3450**

Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Instructor: *Melanie Greenwood*.

—Line Dance—



**\*Country Line Dancing**

Fridays, July 1-29

3:00 to 4:00 PM (KS)

\$35 (five sessions)

— **LSC3492**

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, July 11-25

4:00 to 5:00 PM (KS)

\$21 (three sessions) — **LSC3970**

Instructor: *Cathy Paris*

**OR**

Thursdays, July 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3526**

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.



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**\*Level 2 – Beginner**

Fridays, July 1-29

2:00 to 3:00 PM (KS)

\$35 (five sessions) — **LSC3502**Instructor: *Sandy Gardetto***OR**

Thursdays, July 7-28

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3556**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, July 7-28

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3547**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, July 11-25

9:00 to 10:00 AM (KS)

\$21 (three sessions) — **LSC3971**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, July 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3512**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, July 11-25

5:00 to 6:00 PM (KS)

\$21 (three sessions) — **LSC3973**Instructor: *Cathy Paris***OR**

Wednesdays, July 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3609**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, July 7-28

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3715**

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*.

**\*Line Dancing 4 Fun**

Thursdays, July 7-28

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3469**

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.

### \*Tap Technique

Mondays, July 11-25

10:00 to 11:00 AM (KS)

\$30 (three sessions) — **LSC3972**

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

## Glass Art

### —Stained Glass—



### \*Stained Glass

Mondays, July 11-25

9:30 AM to 12:30 PM

(KS)

\$60 (three sessions)

— **LSC3975**

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 tools after they have mastered the basics. 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*.

## 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, July 5-26

1:00 to 2:00 PM (KS)

\$40 (four sessions)

— **LSC3680**

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, July 5-26

2:00 to 3:00 PM (KS)

\$40 (four sessions)

— **LSC3620**

This class is an intermediate class with emphasis on

harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.

**Danielle Merrill**  
WellFit Program Manager  
Danielle.Merrill@schca.com



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

*\*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 through 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.*



## IMPORTANT UPDATE

- PRICE INCREASE -

Punch Pass and Fast Pass  
Class prices have increased to  
\$5.50 and \$3.50 respectively  
as of May 16, 2022.

## WellFit Orientations

### Free Orientation: WellFit Staff

Not know where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register: Fitness Desks or thru online enrollment on the Resident Website.

### Fitness Floor (OC)

- **Wednesday, June 22**  
3:00 to 4:00 PM
- **Tuesday, July 5**  
4:00 to 5:00 PM
- **Wednesday, July 13**  
2:00 to 3:00 PM

### Fitness Floor (KS)

- **Wednesday, June 22**  
3:00 to 4:00 PM
- **Wednesday, July 13**  
3:00 to 4:00 PM
- **Wednesday, July 27**  
3:00 to 4:00 PM

**WellFit Services Available to Assist You in  
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## 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  
4:00 to 5:30 PM  
Pickleball Courts  
Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. 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: [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com) or go to [www.lhpbclub.com](http://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 any Lincoln Hills residents who are 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](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.



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**New! Pickleball - Novice Clinic**

Wednesday, July 6  
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, July 13  
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.

**New! Pickleball - Intermediate Clinic**

Wednesday, July 20  
11:00 AM to 12:30 PM  
Multi-Court  
\$45

Skill level 3.0-3.75, Minimum/Maximum: eight students. The focus of this clinic will be "How to neutralize a banger." Ian will show you how to identify the "Indicator." Come prepared for challenging drills that will enable the student to put their skills into action. Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson*, Pickleball Pro.

**New! Pickleball - Advanced Clinic**

Wednesday, July 27  
11:00 AM to 12:30 PM  
Multi-Court  
\$45

Skill level 4.0+, Minimum/Maximum: eight students. The topic for this clinic is "How to get out of trouble." When you are compromised, better to reset than hit a low percentage shot. Students will participate in competitive drills, learning to level the playing field and stay in the point. Personalized

feedback during game time play portion of the clinic will also be provided. 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.*

**Outdoor Tai Chi / Qigong L1/L2 (Seasonal)**

Returning in the cooler weather!  
10:30 to 11:30 AM, Amphitheater  
\$48 (four sessions)

Enjoy the beautiful outdoors while working on balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Wamsat*.

**Tai Chi / Qigong L1**

Tuesdays, July 5-26  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$48 (four sessions)

**OR**

Wednesdays, July 6-27  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$48 (four sessions)

**OR**

Fridays, July 1-29  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$60 (five sessions)

**OR**

Saturdays, July 2-23  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces





relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Wamsat*.

**Tai Chi / Qigong L2**

Thursdays, July 7-28  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$48 (four sessions)

Having some familiarity with the basics of the Yang long form, Level 2 introduces beginners to 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 Wamsat*.

**Tai Chi / Qigong L3**

Tuesdays, July 5-26  
3:10 to 4:10 PM, Aerobics Room (KS)  
\$48 (four sessions)

**OR**

Fridays, July 1-29  
3:05 to 4:05 PM, Aerobics Room (OC)  
\$60 (five 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 wellbeing. Instructor: *Shifu Anney Wamsat*.

**Tai Chi Ball L1**

Wednesdays, July 6-27  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$48 (four sessions)

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 Wamsat*.



**Mind, Body & Spirit**

Wednesdays, July 6-27  
3:05 to 4:05 PM  
Aerobics Room (OC)  
\$68 (four sessions)

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



**New! Introduction to Movement on the Pilates Reformer**

Thursdays  
July 7-28  
3:00 to 4:00 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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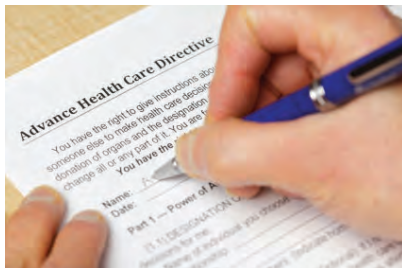
## Personal Improvement

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.*

### Going Out in a Box

Monday, August 22  
9:00 AM to Noon  
Multimedia (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*.



### New! Why Your Breath Matters

Mondays, July 11-25  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$55 (three 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*.



### New! Mindfulness & Meditation

Thursdays, July 7-28  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$68 (four sessions)

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### 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.

### Traditional Shotokan Karate

Saturdays  
July 2-30  
10:50 AM to  
12:50 PM  
Aerobics Room  
(KS)  
\$25 (five 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](http://santenkarate.com). Instructor: *Al Trimarchi*.



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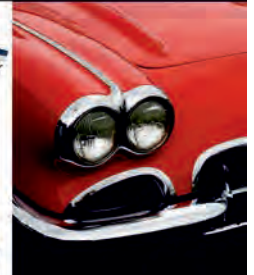
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### Superfoods of Summer

Monday, July 11  
11:30 AM to  
1:30 PM  
Placer (KS)  
\$48



Even though there is motivation-sapping heat, festival-food temptations, and grab-and-go meals all summer, it's also a time of abundant, fresh produce. Some foods we might take for granted are both nutrient-dense and delicious. Let's (re)discover some superfoods and whip up a couple of lazy summer treats. 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](http://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@slhca.com](mailto:Danielle.Merrill@slhca.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 101 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.

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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. One hour session \$99. *Coming on June 20th.*
- **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  
July 6-27  
12:55 to 1:55 PM  
Aerobics Room (OC)  
\$68  
(four 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.*





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**Urban Poling (Indoor Nordic Walking)**

Tuesdays & Thursdays, returns in Fall  
12:55 to 1:55 PM

Aerobics Room & Indoor Track (OC)

\$136 (eight sessions)

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)**

Tuesdays, July 5-26

8:30 to 9:30 AM

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, July 5-28

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

July 5-28

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels 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

July 6-27

3:05 to 4:05 PM

Aerobics Room (KS)

\$119 (seven 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 & Thursday

July 5-28

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*.





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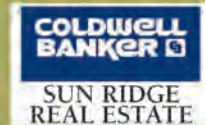
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**SGT—Posture, Core and Balance L1/2**

Mondays &amp; Wednesdays

July 6-27

12:55 to 1:55 PM

Aerobics Room (KS)

\$119 (seven sessions)

Instructor:

*Renae Schmidt***OR**

Tuesdays &amp; Thursdays

July 5-28

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 &amp; Wednesdays

July 6-27

2:00 to 3:00 PM

Aerobics Room (KS)

\$119 (seven sessions)

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

**SGT—Therapeutic Water Exercise L1-L2**

Wednesdays, July 6-27

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi***OR**

Fridays, July 1-29

10:45 to 11:45 AM

Indoor Pool (OC)

\$68 (four sessions, *no class on the 15*)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.

**SGT—Rock Steady Boxing**

Tuesdays, July 5-26

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

**OR**

Thursdays, July 7-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)



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

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**SGT—  
ParkinsonStrong  
Combo**

Thursdays

July 7-28

3:05 to 4:05 PM

Aerobics Room  
(KS)

\$68 (four sessions)

**OR**

Mondays, July 11-25

4:10 to 5:10 PM

Aerobics Room (KS)

\$51 (three 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

**\*Important update:** 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 98-101 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. This new offer starts June 20th! Purchase at the Fitness Center front desks or online enrollment at the Resident Website.



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OC WellFit Class Schedule June/July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joonie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Katie</i>	Step L2/L3 <i>Kim</i>	Low Impact Cardio Aerobics & Stretch L1- L3 - <i>Shirley</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 - <i>Amy</i>		
10:45	Roll, Release & Stretch L2 - <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Roll, Release & Stretch L2 <i>Gretchen</i>		Low Impact Cardio Aerobics & Stretch L1- L3 - <i>Shirley</i>  10:20 - 11:15am
11:50	Zumba Gold Seated L1 <i>Joonie</i>	Sit & Be Fit L1 <i>Joonie</i>	Staying Active with Arthritis L1 <i>Linda/Joonie</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55	June 20th Spotlight On: Zibrio Balance Scale	SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Lisa</i>	New in July! Pilates on the BOSU <i>Cynthia</i>	SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Lisa</i>			SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	Why Breath Matters <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi Ball L1 - <i>Anney</i>	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10		SGT - Fit 101 - <i>John</i>	5:30pm Stretch It Out L1/L2 - <i>Sheri</i>	4:30 - 5:30pm Mindfulness & Meditation - <i>Jennifer</i>			
5:30	5:30pm Yin Yoga L1-L3 <i>Nina</i>		5:35pm Quiet the Mind L1 - <i>Sheri</i>			SCLH Booking 4:10 to 7:00 pm	
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: <a href="http://schresidents.com">schresidents.com</a>							
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.							

Sports Plaza Class Schedule - ends June 30th

Tuesdays/Thursdays
Sports Plaza - Lookout (behind playground)
10:30 - 11:25 AM - ends June 30th Sports Stretch L1-L3 (Seasonal) <i>Nina/Danielle/Jennifer</i>

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](http://schresidents.com)

KS WellFit Class Schedule June/July 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>	<b>New!</b> 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>Joanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - Rotating Instructor	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>Joanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - TBA/Rex	SGT - 'Fun' tional Fit L3 - <i>Deanne</i>	Tai Chi / Qigong L1 <i>Anney</i>	SGT - 'Fun' tional Fit L3 - <i>Deanne</i>	Urban Poling (Nordic Walking) L1 - TBA/Rex	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 - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	<b>3:10pm</b> 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: <a href="http://schresidents.com">schresidents.com</a>							
CLASS CANCELATIONS: 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 [schresidents.com](http://schresidents.com)



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in Aqua Surge L2/L3 <i>Renea</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/L3 <i>Jennifer/Sub</i>	Water Walking drop-in	Water Walking drop-in 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>Jeanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jennifer/Sub</i>	Splash L2 <i>Jeanie</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 <i>Danielle</i>	Water Walking drop-in until 8:30pm	TBA	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
5:30	Water Volleyball 5:45 to 8:15pm		Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm			
8:30							
<p><b>CLASS CANCELLATIONS:</b> 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: <a href="http://schresidents.com">schresidents.com</a></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](http://schresidents.com).

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

Pilates Reformer WellFit Class Schedule June/July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	OC		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					11:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
					12:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
3:00				Introduction to Movement on the Pilates Reformer - <i>Andee</i>			
4:15	4:15pm Reformer Basics L1 <i>Andee</i>			4:15pm Reformer L1-L2 <i>Valerie</i>			
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: <a href="http://schresidents.com">schresidents.com</a>							
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](http://schresidents.com)



Orchard Creek Lodge .....965 Orchard Creek Lane  
 Main Phone: 916-625-4000  
 Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
 Main Phone: 916-408-4013  
 Resident Website .....SCLHResidents.com  
 Public Website .....SunCity-LincolnHills.org  
 Help Desk .....Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	<b>The Spa at Kilaga Springs</b> Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
<b>Membership Desk</b> Mon–Fri: 9:00 am–5:00 pm	<b>Meridians Restaurant</b> Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
<b>Lifestyle Desks (OC/KS)</b> Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	<b>Curbside Pickup:</b> Daily: 11:00 am–7:00 pm
<b>WellFit (OC/KS)</b> Mon–Fri: 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:00 pm	<b>SCLH Delivery:</b> Daily: 4:00 pm–7:00 pm
	<b>Kilaga Cafe</b> Wed–Fri: 7:00 am–3:00 pm

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**THE SPA AT KILAGA SPRINGS**

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 Lincoln Police & Fire .....916-645-4040  
 Neighborhood Watch .....SCLHWatch.org  
 Linda Minor: 707-235-0778  
 Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
 Lincoln Hills Foundation....916-434-0749 .. lincolnhillsfoundation.org  
 Lodge Library Contact.....Adrian Felice: 916-408-4332

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About New Auto Sales ..... 90  
 Eddie's Lincoln Auto Body ..... 56  
 J & J Body Shop ..... 90

**CHURCH**

Valley View Church ..... 28

**CLEANING SERVICES**

All Pro Window Cleaning ..... 95  
 Dana's House Cleaning..... 29  
 Guardian Carpet Care ..... 28  
 Gold Coast Carpet & Uph..... 94  
 Joe's Carpet Cleaning..... 88  
 V & O Cleaning Service ..... 37

**COMPUTER SERVICES**

Comp-Solve Computers..... 29  
 Jim Puthuff & Associates ..... 33  
 PC & Mac Resources ..... 37  
 Porchswing Technology ..... 66  
 Warner Computer Services..... 38

**DENTAL**

Denzler Family Dentistry..... 46  
 Victoria Mosur, DDS ..... 72

**ELECTRICAL SERVICES**

Brown's Quality Electric ..... 45  
 Judeen Electric..... 89

**EYE CARE**

Wilmarth Eye/Laser Clinic ..... 62

**FINANCIAL SERVICES**

Cochrane Support Services ..... 28  
 Edward Jones ..... 74  
 Medicare 101 ..... 42  
 Reverse Mortgage Funding ..... 26  
 Stifel ..... 49  
 TAD Executive Fiduciary  
 Services..... 84

**GOLF**

Electrick Motorsports Inc. .... 54

**HANDYMAN SERVICES**

A-R Smit & Associates ..... 31  
 Bartley Properties ..... 47  
 Blue Collar Concierge..... 34

Home Handyman Services ..... 27  
 L&D Handyman ..... 96  
 Wayne's Fix-all Service ..... 78

**HEALTHCARE**

Body and Sol Medical  
 Phototherapy Clinic..... 22  
 Capitis Medical & Aesthetics... 80  
 Interventional Pain Solutions... 58  
 The Orthopedic Specialty Center  
 of Northern California ..... 20  
 Twelve Bridges Dermatology... 70

**HEATING AND AIR**

Accu Air & Electrical ..... 61  
 Good Value Heating & Air ..... 33  
 Peck Heating & Air ..... 48

**HOME IMPROVEMENT**

1A Advanced Garage Doors ..... 35  
 Ace Appliance Repair..... 96  
 America's Dream Homeworks . 32  
 Brower Mechanical ..... 34  
 Garrett Gregory Tile ..... 34  
 Lincoln Sand & Rocks..... 39  
 Loveland Roofing ..... 72  
 MasterMax Builders ..... 30  
 Nielson Fine Floors ..... 92  
 One Off Wood Designs..... 49  
 O.Tile ..... 65  
 Overhead Door ..... 47  
 Quality Roofing..... 43  
 Screenmobile ..... 40  
 Simply Restored Surfaces..... 84  
 The Closet Doctor ..... 28  
 Thorco Steel ..... 41  
 Zothex Flooring ..... 2

**IN HOME CARE**

Welcome Home Care..... 51

**JUNK HAULING AND REMOVAL**

Junk King ..... 41  
 Sanchez Home & Yard Service . 54

**LANDSCAPING**

CM Ponds & Stuff ..... 51  
 Complete Ponds..... 54  
 Duran Landscaping ..... 96

Hernandez Landscaping..... 30  
 Martin's Landscape ..... 72  
 Rick Myers Landscape Design.. 43

**LEGAL**

C.R. Abrams, P.C., Law Offices .. 80  
 Gibson & Tuttle, Inc. .... 90  
 Robertson Law Group ..... 65  
 Rumley Law ..... 66  
 Seasons Law ..... 72

**MISCELLANEOUS**

Donate Local ..... 88  
 West Coast Vintage..... 50

**MORTUARY SERVICES**

Calvary Cemetery & Funeral  
 Center ..... 66  
 Cochrane Wagemann..... 74  
 Cremation Society of Placer  
 County ..... 94  
 Heritage Oaks Memorial  
 Chapel ..... 90  
 Morgan Oaks..... 48

**PAINTING**

Dynamic Painting ..... 46  
 Painting By Rob ..... 96  
 Preferred Painting ..... 56  
 Sorin's Painting ..... 69

**PEST CONTROL**

Noble Way Pest Control ..... 54

**PLUMBING**

BZ Plumbing Co. Inc..... 46  
 Class Act Plumbing ..... 96  
 Ronald T. Curtis Plumbing..... 45  
 U.S. Plumbing Marshall ..... 92

**PODIATRY**

Lincoln Podiatry Center ..... 74

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln ..... 61  
 Carolan Properties ..... 42

**REAL ESTATE**

Carolan Properties ..... 42  
 Century 21  
 - Mary Olsen..... 39

Coldwell Banker/Sun Ridge ..... 25  
 - Anne Wiens ..... 40  
 - Donna Judah..... 94  
 - Michelle Cowles..... 35  
 - Tara Pinder ..... 66  
 - Tony Williams ..... 96  
 - Yvonne Holm..... 74  
 Grupp & Assocs. Real Estate... 46

HomeSmart Realty  
 - Gail Cirata..... 88  
 - Shari McGrail..... 92  
 - Team McGrail ..... 36  
 Lyon Real Estate  
 - Greg Langer ..... 31  
 Shelley Weisman..... 77  
 Realty One Group  
 - Connie Kincaid..... 86

**RESTAURANT**

Blue Parrot Lounge ..... 32

**SENIOR LIVING**

Ansel Park  
 - Assisted Living ..... 70  
 - Independent Living ..... 88  
 Eskaton Village ..... 64  
 Oakmont of Roseville..... 44  
 Paradise Valley Estates..... 22  
 Sonrisa ..... 52  
 Summerset..... 92

**SENIOR TRANSITIONS**

New Leaf ..... 96  
 Senior Care Authority..... 94  
 Smooth Transition ..... 34

**SHREDDING**

RedDog Shredz ..... 97

**SPRINKLER SERVICES**

Gary's Sprinkler Repair ..... 27  
 Sprinkler Medic..... 38

**TRANSPORTATION**

Apex Airport Transportation.... 96

**TRAVEL**

Club Cruise..... 104

**COMPASS** — A monthly magazine established August 1999

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