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COMMUNITY PROFILE

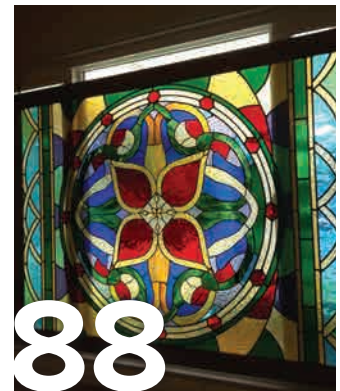
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On the Cover

The Lincoln Hills Cyclists Group is a colorful bunch. See article on page 22.
Photo by David Wright

Calendar of Events

May 17 - June 17

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

Date Event	Page #
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SIGN UP FOR ENEWS



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

Upcoming Association Meetings: May 15 – June 23

Finance Committee	Wednesday, May 18, 9:00 AM
Board of Directors Annual Meeting of Members	Thursday, May 19, 9:00 AM
Board of Directors Special Meeting	Thursday, May 19, Follows Annual Meeting
Board of Directors Organizational Meeting	Thursday, May 19, Follows Special Meeting
ARC/Architectural Review Committee	Monday, May 23, 9:00 AM
Board of Directors	Thursday, May 26, 9:00 AM
Board of Directors Executive Session	Thursday, May 26, 11:30 AM
Compliance Committee	Wednesday, June 1, 9:00 AM
Accessibility Committee	Wednesday, June 1, 9:00 AM
Properties Committee	Thursday, June 2, 9:00 AM
Elections Committee	Friday, June 3, 9:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, June 7, 9:30 AM
Board of Directors Workshop	Thursday, June 9, 10:00 AM
Board of Directors Executive Session	Thursday, June 9, 1:00 PM
ARC/Architectural Review Committee	Monday, June 13, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, June 14, 10:00 AM
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

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

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

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



Board of Directors' Report Community

Marie Barnes, Director

Merriam-Webster defines a community as a unified body of individuals, such as people with common interests living in a particular area or a group of people with a common characteristic or interest living together within a larger society. That definition certainly matches what Lincoln Hills is, but we are so much more than that.

We live in a large community of 6,783 homes. The developer was smart by breaking the community into smaller sections-villages. You may feel overwhelmed by 11,000 residents but not by smaller neighborhood sections. This allows residents to feel closeness and pride with immediate neighbors. Some villages are

very connected (ducks anyone?), some less so, but you have the option of getting together on a smaller, more manageable scale.

Moving out into the community, we have numerous sanctioned clubs where you can join other residents with like interests. There is no club that matches your interest? Get a group together and start one! If you are not interested in a sanctioned group, many residents seek each other out for less formal fun. You can often find small groups walking the neighborhoods and/or trails, setting out lawn chairs in a circle just to chat, playing cards and games at each other's homes, or joining together to read and discuss books. You quickly start to realize that we have a lot more in common with each other than you might think. One of the best things about these groups is that they are resident initiated and free! If you see a group doing something you're interested in, stop and ask about their group dynamic. You will meet new future friends and do something that takes your initiative only-no

Association interaction needed.

At times our community is thought of as separate from the broader field, but we are connected to those who do not reside in Lincoln Hills. We are all Lincolnites, no matter which housing community we live in. Many of our residents volunteer to help out in the wider community, such as Lincoln schools. Some residents even get involved in city functions and politics. Our residents have a lot of life experiences to share. We are definitely part of the bigger community of Lincoln.

Lincoln Hills also plays a role in assisting groups such as the Special Olympics or Food Drives. We

are lucky to have so many caring residents who choose to touch others outside our community positively. I commend our residents for bringing these requests to the Association. Giving back, whether locally or nationally, is a win/win for our community and communities at large.



Serving on the Board of Directors gives an opportunity to engage in all of these things and direct what our residents want/need in the future. It gives you a unique overview of what this community has, both positive and negative. Resident input is vital to understanding where and how we go from here.

Whether you volunteer on a committee, task force, or just voice your opinion, it's important to be a part of what our future becomes. We may not find agreement or feasibility, but we won't know that until we research an opinion or request. Outcomes may not please everyone, but that's part of living in a community. I am so grateful to be a member of this wonderful community.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"Life is like riding a bicycle. To keep your balance, you must keep moving."
– Albert Einstein

From learning to ride a bike as a child to racing on one in triathlons to teaching my own children how to ride, biking has been an integral part of my life experience. Until getting my driver's license when I was 16, bicycling was my means to adventure and freedom...not to mention transportation. Cycling gave my friends and me the ability to explore all that our small college town offered, from the campus facilities to the downtown shops, local parks, secret trails, and even the countryside outside of town.

Besides the practical mobility benefits of cycling, I have also experienced the metaphors for life that come from the various aspects of cycling. For example, a steep hill climb challenge is similar to a challenging work project with a near-term deliverable date. A long-distance ride, such as a century (100 miles) ride, can be equated with strategic planning that is looking out two years or more. A sprint or quick burst on the bike is like that immediate response item that needs urgent attention.

Lincoln Hills certainly offers examples for the items listed above and many more. To serve a community of over 11,000 residents and their guests, it takes the incredible efforts of your resident volunteers and the diligence of your dedicated staff. Every time I consider all that is involved in making the cogs (see what I did there) of the Lincoln Hills machine move, I am amazed. The facilities at Orchard Creek and Kilaga Springs open at 5:30 AM, and depending on the events that are happening, one or both lodges may still have activity until 10:00 PM. Facilities Manager Erik Rosales and his team do an amazing job ensuring that all facilities are ready for

resident use each day. Orchard Creek Lodge alone has the fitness center and indoor pool and spa, seven specific use rooms, billiards, living room, member services desk, lobby, administration offices, ballroom, multiple restrooms, Meridians restaurant, and the Sports Bar. Each day our room scheduler, Elaine, works with Erik's facilities team to make sure each of the specific use rooms are set with the equipment needed for the proposed use. This is just one small example of the teamwork and coordination that go into a day at Orchard Creek Lodge.

I was lucky to spend time with all involved during the preparation of the second showing of *Damn Yankees* in April. Wow! From the volunteers helping get the cast ready to the audio-visual team doing light and sound checks, the producer and director ensuring the show was primed for performance, it was amazing to see all the wheels in motion. The level of skilled volunteers that are willing to support Lincoln Hills' culture and activity is a tremendous asset that contributes so much to this community's active adult lifestyle.

The 'cycle' of life is in abundance in Lincoln Hills!



Memorial Day Holiday Hours

MONDAY, MAY 30

Lifestyle Desk OC/KC – 8:00 AM - 8:00 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 First Quarter Results

Fred Raach, Chair

Financial results for the Association at the end of March were \$33,000 better than expected in the 2022 budget. All departments except Lifestyle and Facilities and Landscape also reported better than expected results through the first three months.

The budget for the first three months of this year showed expenses of \$4.2 million exceeding revenue by \$97,000. Actual expenses were \$42,000 less than planned. These savings were partially offset by revenue \$9,000 smaller than planned, reducing the loss to \$64,000.

Beginning with this month, the chart in the article will show performance by department rather than by expense category. Food and Beverage had outstanding results in sales and expense control in March, which produced the positive result shown in the chart. The Lifestyle Department continues to suffer from major revenue losses due to the cancellation of scheduled trips related to COVID and weather concerns. Facilities and Landscape's results reflect the unplanned need to contract with outside services because of staffing limitations and the increased costs of utilities.

Reserve expenditures in March were \$52,000, bringing the total for the year to \$87,000. The larger expenditures this month were \$14,000 for the replacement of directional signs

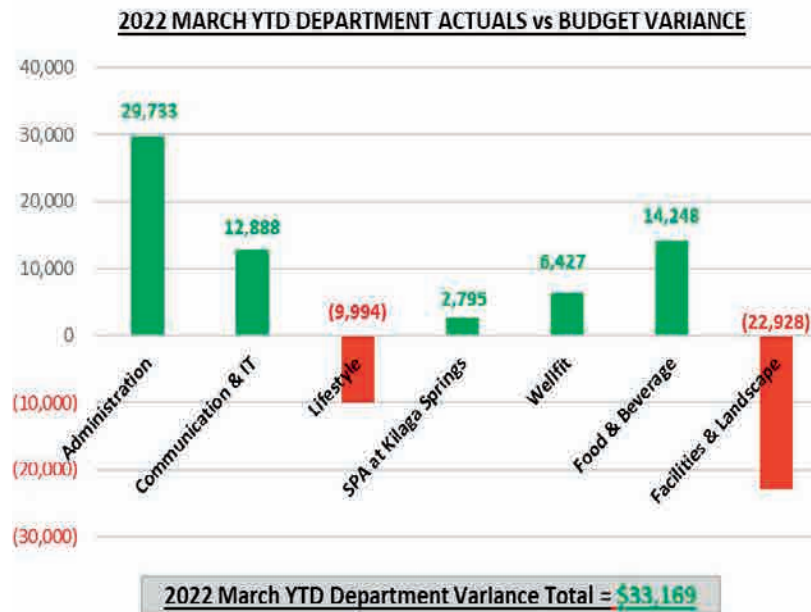
and \$30,000 for the purchase of a replacement dishwasher in Meridians. The reserve balance at the end of the month was \$11,354,000, with \$10,581,000 of the total at our investment adviser firm, UBS. Later this month, the Browning organization, our annual reserve study preparer, will conduct an on-site survey of all 1,200+ reserve items to document their locations and conditions.

The only Community Enhancement Fund expenditures in March were \$3,800 for the Needle Arts Room Expansion, \$2,700 for the Sports Plaza

parking lot expansion, and \$2,700 for a bench in the tennis/pickleball/basketball Multi-Purpose court. The cash balance of the fund at the end of March was \$1,054,000, with \$141,000 committed to previously approved projects, leaving \$913,000 available for future projects.

This month marks the beginning of the budget preparation effort leading to the 2023 budget that will determine the dues for 2023. The Finance Committee and Board members will be involved as assumptions and projections are developed. Previews will be available to residents for comment and input at meetings in early September.

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





Architectural Review Committee New Projects

Richard Bostdorff – Co-Chair

I hope everyone is enjoying the Spring weather and the budding trees and flowers that come with it. This also is the season of new projects. When you are ready to upgrade your landscape, or the outside of your home, please review the Design Guidelines and checklists for your project so that your application is as complete as possible. If there are questions, Jessie Krost will help.

We are happy to have returned to open meetings where you can attend as we review your applications. Please plan to do so if possible. Applications are due one week prior to the ARC meeting date, by 2:00 PM the previous Monday. Having you join us in the meeting will usually speed up the approval. We can ask questions, and you can share information that will clear up any potential issues. An example is that recently we received an application for landscaping, and the resident missed the required plant list in the application. We were able to explain how to complete

the list; they filled it out there at the meeting, letting us approve and move forward with their project. In the past, without the applicant's presence, we would have had to mark the application as incomplete and not only delay it, but would not be able to explain exactly what is needed. We move the meetings along efficiently and hope you will join us, both so we can speed the process, and of course, meet and provide answers to you, our resident clients.

On a related subject, we do have members of that ARC rotating off the committee and have openings for new members. I find it more than a worthwhile way to give back to our community. If you are at all interested, please apply for membership, and we will work with you to make sure it is something you would enjoy. That could include our answering your questions and even an observation opportunity at one of our meetings.

Have a wonderful last month of spring, and thanks for being a resident of Lincoln Hills.



Compliance Committee Is it Magic?

David Mateer, Chair

Lincoln Hills is a fantastic place to live and play. Sometimes we wonder how it stays this way. Is it magic? All the street lights got changed, and I never saw one being changed. Maybe it was magic. Well, I am sure you really know it takes a lot of hard work to keep everything so nice here. The Association takes great care of our facilities and common spaces. This is part of what our dues support.

Similarly, the ongoing property maintenance efforts of all of you keep the neighborhoods an enjoyable and beautiful place to live. Some maintenance items, such as landscaping, are an ongoing effort. Other things, such as house paint, may only need to be attended to every several years. Some of these maintenance items we take care of ourselves however, many of them are done with the assistance of a wide range of service providers that help us all

keep up on everything. If you need assistance with some of the maintenance items, several companies advertise in the Compass that are here to help you. Neighbors in Deed also provides an excellent referral list of companies that can help with improvements, maintenance, and repair of your home. This does require an ongoing investment in our homes, but it is well worth it.

Sometimes a homeowner defers the necessary maintenance. Should you notice this, please bring it to the attention of the Community Standards Department. They can evaluate the situation and work with the owner to keep our neighborhoods looking good.

Yes, Lincoln Hills is a magical place. This is because of everything our great members of the community do, the efforts of the Association, and the companies that support us all. Thanks for doing your part.



Communications and Community Relations Committee CCRC Advisory Council

Denise Bowden, Chair

Last month, the Board article by Robert Copp, mentioned that the CCRC was calling for volunteers to be part of an Advisory Council. The purpose of the Council was to look at communications in the community and put forth ideas for fine-tuning or modifying what we currently have and adding other avenues to, as broadly as possible, reach, inform and gather input from residents.

We had a great response to the call for participants. We were fully subscribed within two days with a group of residents with a variety of tenures in the community, from a few months to many years, representing a wide variety of professional backgrounds.

The initial meeting was held on April 1, with a follow-up meeting on April 14. The focus of the meeting was specifically targeted toward “active” communication between the Board of Directors, the Association, the Executive Director, and community residents.

It will be no surprise that there was widespread agreement among the participants that communications from all sides – residents, the Association, and the Board of Directors need improvement with more opportunities for resident input. It should be noted and emphasized that these comments are not directed specifically at one Board but a growing trend over the past several seated Boards. At the first meeting, the group identified communications that were working, those that needed improvement, and gaps where information was missing or nonexistent. The discussion ran the gamut as expected, identifying many similarities of opinion across the group resulting in ideas that would have an immediate impact as well as having longer implementation times. At the second meeting, attendees were asked to look at their

suggestions, ranking them in order of importance to develop a priority list.

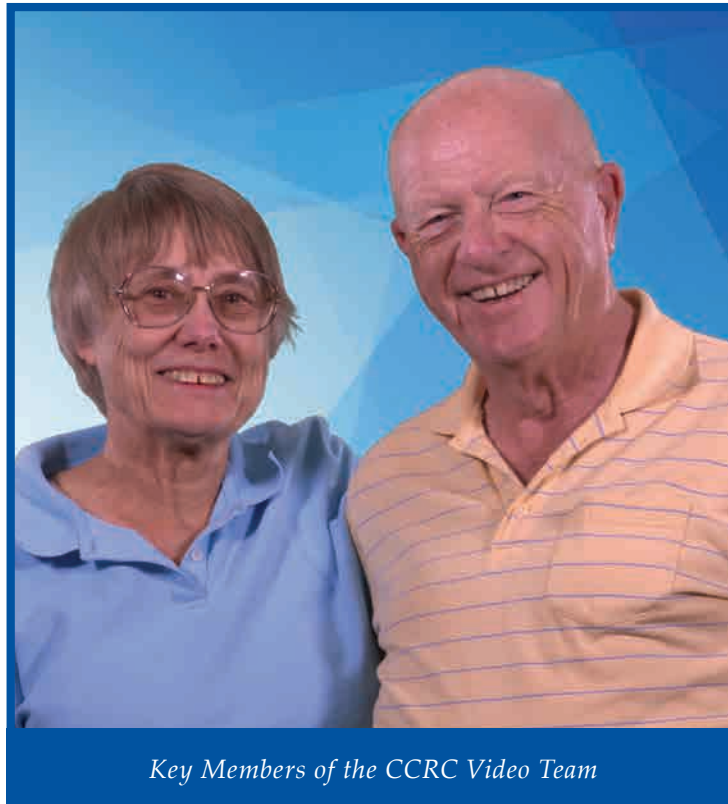
The Council meetings were rich with ideas that could be classified into two categories – those which fostered two-way communication between residents, the Board, and the Association, along with one-way communication consisting more of a reporting/informing delivery. Both categories provide value to the residents, and while the focus was on identifying ideas that foster two-way communication, filling the

gaps in the informational and reporting areas will enhance the effectiveness of the two-way communication.

In the Council’s next meeting, members of the group will present and discuss recommendations with our Board liaison and Executive Director. Plans for moving forward will be covered in the next CCRC *Compass* article.

The CCRC is not just the Advisory Council. Our survey team is collaborating with the Accessibility Committee to field a community survey targeted for the late May/early June timeframe.

The Ambassador program is picking up momentum and seeing a steady stream of tour requests from potential residents. Community Forums have been on hiatus for several months, but we are looking forward to starting up again 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. We also have room for two new members on the committee. If you want to make an impact in our community and get involved with either outgoing or incoming communications, now is the time! There are some exciting opportunities ahead, and we are looking for enthusiastic participants. An application can be found on the Resident Website.



Key Members of the CCRC Video Team



Properties Committee

We Love Trees!

Lynne White, Committee Member

A line from a Joyce Kilmer poem: "I think that I shall never see a poem as lovely as a tree." On May 16 our Nation celebrates Love a Tree Day. Trees are wonderful on so many levels. They provide fuel and building materials and shield us from harsh elements, such as wind and sun. Trees produce food, give us clean air to breathe, and are home to wildlife. The world's tallest tree is a

redwood called Hyperion in the Redwood National Park in California. The tree is 379.7 feet high, in comparison, the Statue of Liberty is 370 feet high. The newest member of the Properties Committee, David Riccitiello, wrote on his interview application that he "would like to explore strategies for addressing the impact that California's recurring droughts will continue to have on the older trees and landscaping." David is a volunteer that wants to preserve and protect our environment. We are so fortunate that David chose Properties because he thought it would be a good fit for him. David brings to our Properties Committee and the community his passion for the environment along with forty years of experience managing an impressive

list of real estate development projects. With two master's degrees, one in management and another in urban and regional planning, he will be a huge asset when Properties evaluates our buildings, facilities, and equipment.

A future project will be updating the Kilaga Springs Lodge. Our approach will be to keep the lodge's history while creating an inviting interior. For our bikers and walkers, we continue to monitor all of the trails.

The occasional blue water at our main waterfalls is a blue dye additive that reduces the algae growth, so we don't have filter clogging on the drainage side. The wrought iron fencing at the outdoor pool at Orchard Creek is replaced and painted. A wall survey has been completed to evaluate the linear feet and to identify issues with the community's knee walls and retaining walls. We have three potential

owners: Our Community Association, Lincoln Hill residents or the golf course. The ownership report is still in progress.

We have two openings on Properties for volunteers. Volunteering is one of the most challenging and rewarding opportunities you will ever encounter. It gives you the chance to bring a change to the people around you, and in the process, it also changes you. The gratification you can obtain by playing a positive role in someone else's life is unparalleled.

For further information about our Properties Committee, look at our Resident Website. On the website, you can view our prior committee meetings, minutes, inspections, and videos. If you have a project for us to consider, you can put your proposal in writing and drop it off at

the Membership Desk at Orchard Creek Lodge or email it to our Executive Director, Kyle Bodyfelt. Join us in Presentation Hall on the first Thursday of the month at 9:00 AM, or receive a Zoom code through the eNews sent out on the first Monday of the month. One of our important goals is to have our residents take an active role in keeping Lincoln Hills a premier place to live. We are always available by email at Properties.Committee@sclhca.com.



Creekcrest Park



Accessibility Committee Demographic Numbers Give New Insight

Judie Panneton, Chair

A clearer picture of our community's residents is developing, thanks to staff-supplied information and analysis by Accessibility Committee member Marcia Van Wagner. Based on membership cards for approximately 10,600 residents, it is clear that more people are "aging in place." Here is a sampling of the demographic information:

- The average age is 75 years.
- 55% of our population is 75 years and older.
- 20% are between the ages of 75 and 80.
- 33% of residents are in the 65-75 year range.
- 10% of the people who live here fall into the 55-65-year-old category.
- Women outnumber men.

The next step is to add demographic information about new residents since 2020. Once completed, a report will be written and used by the committee and submitted to the Board.

Some support groups here have membership numbers that are telling regarding the challenges residents are facing while living in this community. Alzheimer's Dementia Caregivers 150, Bosom Bodies 54, Caregiver Support 14, Glaucoma 06, Hearing Support 90, Low Vision 250, Multiple Sclerosis 25, and Parkinson's 60.

Additional information about residents will come from an anonymous survey that is scheduled to be sent to residents in June with questions that focus on physical and functional challenges. The results will help the committee with its work to identify the needs of our residents and determine if there are possible solutions it wants to suggest to the Board.

The committee learned at its last meeting that transportation in the evening and on weekends is a challenge for those who do not/cannot drive and want to attend activities and events that are offered here. Without the ability to get to and from events/Meridians/etc., residents are missing out on the lifestyle Lincoln Hills is so proud of. Volunteer drivers, with insurance, had been lined up years ago by resident Jean Ebenholz for movies here, but no one used them. The question is – now that people have aged since this was first tried, is there a need, and if so, how big is it, and what are possible solutions with funding concerns in mind?

Currently, some transportation options include



Lincoln Dial-a-Ride (curb to curb and ends at 5:30 PM) 916-745-7560 (The Lincoln Hills Foundation offers discount tickets), a Lincoln "circulator" bus with a transfer point at Twelve Bridges Library; Placer County Transit, 916-745-7560; and a Placer Rides program that enables some riders to be reimbursed on a per-mile basis for eligible trips provided by drivers in private vehicles. Seniorsfirst.org, 530-889-5300, has more information. In addition, a call to Neighbors InDeed can lead to possible ride referrals, 916-223-2763.

The Accessibility Committee has the responsibility of determining what, if any, recommendations it will send to the Board of Directors to assist residents as they age in place. Three new members have joined the committee, including Cathy McGriff and Joan Brandt Love of the Low Vision Support Group, and Tamara Theodore, a retired occupational therapist and psychotherapist. The committee now has eight members.

The next meeting of the Accessibility Committee will be on Wednesday, May 4, 9:00-11:00 AM on Zoom and in the Kilaga Springs Presentation Hall. Videos of previous meetings are on the Resident Website. Please send concerns, comments, and questions to the Accessibility Committee at: AC@sclhca.com.

Election News
2022 Elections Are On!

Make Your Ballot Count

- The owner of each property address may cast a total of 3 votes for one candidate, OR the votes can be divided among separate candidates. Cumulative voting is allowed.
- Be sure to sign the outer envelope. Unsigned envelopes will be invalid.
- Do not make any additional marks or comments on the ballot, or it will be invalidated.
- Make sure your ballot is received on time! You may mail it, drop it in the Election Box at Orchard Creek Lodge, or hand-deliver it to the Inspector of Elections no later than 3:00 PM May 18.
- Make an error on your ballot or envelope? Come to the Lifestyle (OC/KS) or Membership Desk (OC) before 3:00 PM, May 18 to receive a replacement (must return the damaged ballot to receive a new one.)



Date	Day	Event
May 18	Wednesday	All Ballots due by 3:00 PM
May 19	Thursday	Ballots Counted, New Board seated

For more information, contact the Elections Committee at Elections.Committee@sclhca.com, or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab sclhresidents.com > **Committees** > **Elections Committee**.





Lifestyle News & Happenings

Sweet Farewell

Lavina Samoy, Lifestyle Manager

Cycling has been a growing form of exercise. Its popularity picked up during the pandemic as it provided a way to discover the outdoors and safely connect with family and friends. In other countries, it also serves as an eco-friendly means of transportation.

I am a self-taught cyclist. I learned to ride the bike by pushing myself secretly down our driveway on my brother's bicycle. At a young age, I knew that as long as I could pedal, I could keep the wheels rolling and discover new places and experiences.

After 21 years, ten months, and 14 days to be exact, I will be rolling my wheels and leaving my second home, Lincoln Hills. Lincoln Hills has witnessed so many milestones in my life, from the happiest moments (my kids' college graduation) to the most challenging and saddest times (the passing of my brother and dearest mom). We have transitioned from Del Webb to our very own Association management; moved from manual to digitalized registration; worked with six Executive Directors and innumerable Board of Directors; grown the Summer Series from four to nine shows per year despite rain, thunderstorm, smoke, and over 110-degree weather; experienced the devastation of 9/11 and triumphed through the pandemic. I have met so many wonderful residents that I have grown to love. So many good and not so good memories. THANK YOU for

all these. I will forever be grateful. I leave with great hope that kindness and respect will prevail in the community.

I leave on May 14 knowing you and the Lifestyle Department are in good hands with your new Lifestyle Manager, Allison Sertic. I am confident that her experience, enthusiasm, and fun personality will continue to bring Lifestyle to a higher level of service in the future. Please continue to support our offerings. I hope that you are excited about this year's **Summer Amphitheater Concert Series** lineup; my last gift to all of you. Opening with **Top Shelf: Motown and More on June 3**, the remaining seven concerts have been curated for guaranteed fun. See the complete list on **page 60**. **Marc Lapadula** is back for an in-person presentation on **July 19 in the Presentation Hall (details page 65)**. Our Extended travel program brings you back to a four-day, three-night excursion to **Laguna Beach for Pageant of the Masters August 28 through the 31**. We are also excited to introduce our new **Stained Glass** instructor, June Evans, who promises to bring your creativity to the fore in her upcoming classes (**page 82**).

As I go off to pedal away from the community, I hope you will think of me fondly and keep happy thoughts in your hearts for me. I will miss you all! With a grateful heart.



Parking Lot Volunteers



The Communications Corner

The Resident Directory and Paper

Jeff Caponera, Communications and IT Manager

Sum up everything happening in Communications and IT in 550 words or less, Ready. Set. Go! We knew that coming out of the pandemic, things would change, some for the better and some not. One area we did not anticipate this big of a change is in paper. The paper supply chain was deeply affected by the pandemic, staffing, shipping, and the demand for source paper materials continue to worsen. Several newspapers are moving to digital because printing costs are higher, as the demand for print isn't as great. A local printing company is closing its doors after 30 years. With paper stock low and some weights almost non-existent, we had to secure the paper to print the *Compass*, and we took a 12% price increase as a result. We will still be printing the *Compass*; that is not an issue currently. However, the difficult choice was made to not publish a 2022-23 Directory. The specific weight we need for the directory paper is low in stock, and if we were

able to secure the paper required, the cost would be double what we paid last year to print. Typically, the advertising would cover the cost of printing, but advertising budgets have been tightened as many smaller companies are feeling the inflation pinch. Not all is lost, we are still receiving your directory changes, and we still have the digital directory on the Resident's Website. We will revisit the printed directory in 2023.

A summary of a few other things happening are:

- We are busy taking Lifestyle class pictures and capturing active residents for the *Compass*.

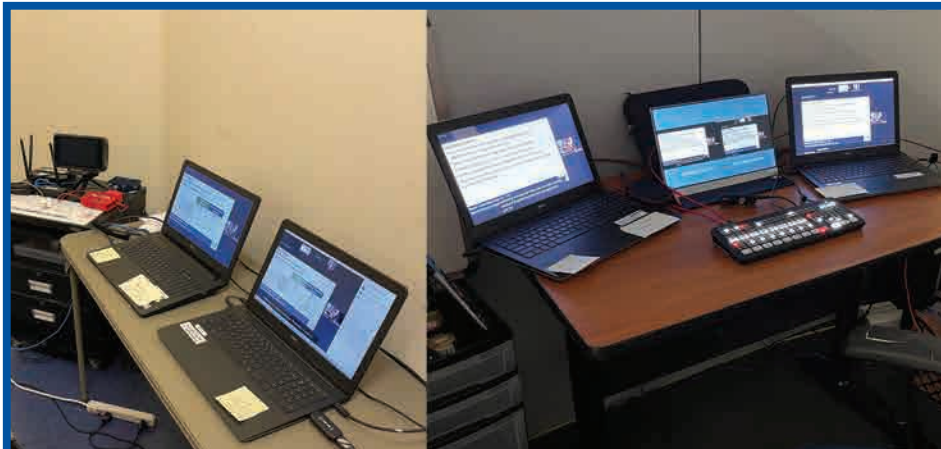
- We are continuing to work with the AV volunteers to enhance the augmented audio in the OC Ballroom and KS Presentation Hall; right now, neck loop technology is the best option if you have a T-Coil hearing aid.

- We had successful captions broadcast during the *Damn Yankees* performance on April 7 and continue to work with the Hearing Impaired Group to improve the captions offerings.

- We worked with *Copper Loop* and got another Induction Loop installed in the OC Aerobics Room, which is now offered in KS and OC Aerobics. You can read more on those systems on the Residents Website <https://sclhresidents.com/group/pages/hearing-impaired-accommodations>.

- We are in the middle of a phone service provider change and working hard behind the scenes to get that change implemented; and making this move will provide monthly savings.

- We understand that not everyone is digital and hope to make these



This is the typical setup that was used to provide captions for the monthly Board Meetings. This was set up in the Orchard Creek Admin office, and Zoom was used to transmit out. At the same time, a separate setup was in place in KS Presentation Hall.

Communication Corner articles more of a mainstay in the *Compass*. eNews continues to rake in the subscribers as we aim to try and reach as many residents as possible. Please make sure that you do not forward your eNews to other residents. At the bottom of that eNews, there is an unsubscribe link specific to your account, and those you forward it to can unsubscribe you without your knowledge.

- Website enhancements continue to happen as we clean up the code for the videos pages.

There is no shortage of projects, and this isn't everything; stay tuned!

Let us serve you with a view

Meridians

Restaurant & Bar

Springtime

Jim Trondsen, Director of Food & Beverage

Happy Springtime Lincoln Hills! This is one of my favorite times of the year as the days are beginning to warm, bulbs are starting to bloom, and it's time to pull the boat from storage and get it cleaned up for a fun summer of water sports. My granddaughters are now 4 and 5, and they love to be in and on the water, going fast on the Sea Doo's with Nana or water splashing in their faces as Papa pulls them down the lake in the boat. Weee go fast Papa, love it, the best time of the year.

I certainly begin to come out from the cold winter months and enjoy the warmth of the days. It becomes a little easier to get up early and get a morning walk in helps to get the day started. We begin to eat a little better as fresh fruits and veggies come into the market from local sources. Nothing like vine-ripe local strawberries, or Heirloom Tomatoes in the summertime, eating healthier is a must, it keeps the blood sugars in check along with all the other health concerns that we all have these days.

As we move into late spring-early summer, we will be working on updating Meridians menu, fresh and healthier, along with some comfort that everyone enjoys. A little expansion along with rotating specials to keep it fresh and interesting, Chef MJ has his wheels turning, and no doubt he will come up with some amazing options for us. June 22 we are featuring Hartford Court Wine Dinner with their highly rated wines from the Russian River Valley, they have some incredible Chardonnay's and Pinot Noir's that are just outstanding, paired with Chef's creativity, and you have an outstanding dining experience.

Next up, we are looking into where we want to go with the Kilage Springs Café. Certainly taking it to the next level with a revamp of the area along with an updated menu. Pastries and breakfast items, updated lunch offerings, and a glass of wine on the patio with some live music in the afternoon, nothing set, but everything is on the table as we continue our efforts to improve and update life in the Food and Beverage Department.

If you are a frequent visitor of the restaurant and café, thank you for your patience, the turnaround and massive increase in our business has been tremendous, so thank you! Please keep in mind that we are still running the same (minimal) staff levels as we have been for the past six months, and it is now beginning to take its toll on everyone, the staff is tired. We are working diligently to continue to hire and bring on more staff to meet the demands of this business, our entire focus is to provide you, our residents, with a place you can be proud of.

Chef's Recipe of the Month:

Homemade Outdoor Bars

Ingredients

- 3½ cups rolled oats
- ¾ cup sweetened dried cranberries
- ⅔ cup sunflower seeds
- ½ cup white chocolate chips
- ½ cup almonds, sliced
- ¼ cup toasted sesame seeds
- ½ cup oat bran
- 3 tablespoons flax seeds
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1½ cups creamy natural peanut butter
- 1 cup honey
- 5 tablespoons olive oil

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C)
2. Combine oats, sweetened dried cranberries, sunflower seeds, white chocolate chips, sesame seeds, oat bran, flax seeds, cinnamon, and salt in a large bowl. Stir in peanut butter, honey, and oil. Press mixture firmly into a 9x13-inch baking pan.
3. Bake in the preheated oven until golden, 12 to 15 minutes. Remove from the oven and let cool for 5 minutes. Transfer to the refrigerator and chill for 10 minutes to set.
4. Slice chilled bars into 2x3-inch squares. Wrap in plastic wrap and store in the refrigerator.





The Spa at Kilaga Springs When Wheels in Motion = Pain

KarriLynn Keith, Spa Manager

For most athletes, avid cyclists, and sports enthusiasts' massages are a lifesaver. Chronic back pain, stiffness, and muscle tension leave even the hardest individuals suffering in agony. For me, all the years of constant physical PT and running in the military has left my back and shins in terrible repair. All the marching in formation with 25lb packs and running on the "grinder" left me with agonizing shin splints that would literally stop me in my tracks. It took years of searching to discover the relief of massage and proper stretching to bring me relief and eventual healing.

I have become quite the connoisseur of massage over the years. Just the word massage brings me wonderful memories and sweet relief when the therapist works out all those knots and tension that trap my shoulders up around my ears. Massage is the ultimate luxury and total necessity, all wrapped into one perfect 60-90-minute experience.

I have to confess I have found a new addiction – not the bad kind, but the one that leaves you coming back for more. Ready for it – CBD Massage.

You have likely heard of CBD which is being added to everything from skincare, lotions, tinctures, and even dog treats. But what exactly is a CBD massage? And is it worth the hype?

When used in massage, CBD lotion will relieve muscle inflammation (soreness) and skin inflammation." Who knew?

What is CBD, exactly?

CBD, or cannabidiol, is an active ingredient found in cannabis and hemp. It interacts with receptors in your brain to help with pain management, anxiety, epilepsy, and insomnia. It can be ingested orally in the form of oils, tinctures, edibles, or used

topically as a balm or cream.

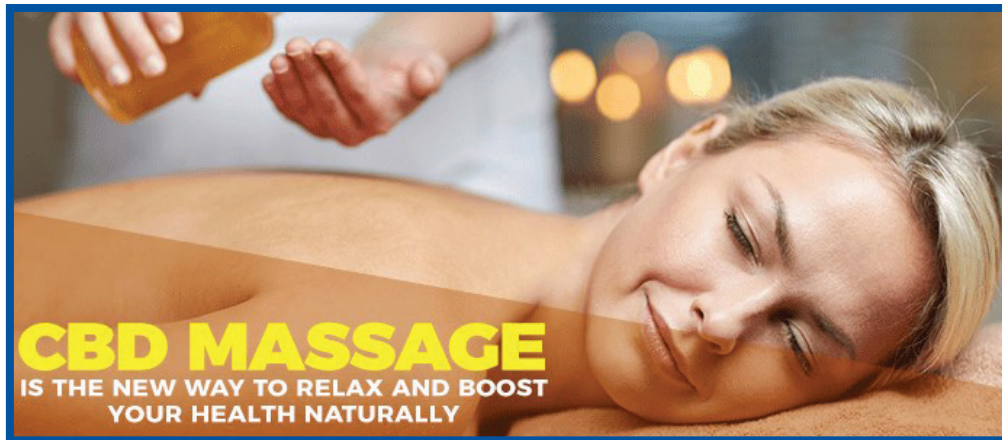
So how does a CBD Massage work?

A CBD massage is just like a regular massage—the difference is in the lotion used on your body. Applying CBD topically stimulates the endocannabinoid receptors during a massage, which can open up stiff muscles and relieve pain.

What is a CBD Massage like?

As my therapist went through the motions of my massage, my mind did not wander to stressful thoughts. Instead, I felt calmer because I was able to relax more deeply. The CBD lotion was letting the healing effects of the massage go deeper.

Once home, I felt incredible. My neck and back were free of the constricting tension. The next couple of days after the CBD massage, I felt less sore, and my muscles stayed relaxed. The verdict? It was like an even



more effective massage, and I loved it.

If you are looking for this type of relief, I challenge you to call Kilaga Springs Spa today and schedule your CBD Massage. We worked for months to find the best CBD products and created a signature massage with you in mind. We cannot wait for you to experience this treatment.

Kilaga Springs CBD Massage

60 Minutes | \$110

90 minutes | \$140

120 minutes | \$175

This is the massage for which you have been waiting. You'll be over the moon with R&R Medicinals revolutionary CBD pain relief, and relaxation fused together for the ultimate massage!

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



WellFit News

Tech Use for Older Adults

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Pew Research center reported that for adults under age 30 and those 65 and older, the gap has narrowed considerably over the past decade. Data that was collected in 2021 found that currently, 96% of those ages 18-29 own a smartphone versus 61% of those ages 65 and over. The gap has narrowed from 53% in 2012. Currently, 83% of those ages 50-64 own a smartphone. Similar trends were seen in social media use. Internet use has surged among older adults 65 and older by 75% from 2010. YouTube topped the list of popular sites to visit.

Health apps can help older adults, especially those with chronic conditions. Such as exercise, nutrition, weight loss, sleep, blood pressure, meditation, mental health, and more. Research has discovered that people between 50-and 80 only use about 44% of health apps on their smartphones, wearable devices, or tablet. In fact, those who say they are in poor health or who have lower incomes or levels of education were far less likely to have ever used such apps.

Individuals with dementia or mild cognitive impairment improved their memory by using a personal assistant application on their smartphones to receive reminders about upcoming events and activities they had scheduled.

Here at Lincoln Hills, we have a couple of apps we use. We have our SCLH app, this app allows you to connect to the resident website, make reservations, shop online, and keeps your membership card handy just in case you forget it. In the fitness centers, we have an app called Preva this is used to monitor your exercise habits on the Precor cardio equipment. We

also use a Mindbody app for our Pilates reformer program. If you are in the program, you can pick the classes you want every month from your phone, or if you cannot make a class take yourself out. Let's start using those handy apps.

On another note, the pools are open! I hope you get a chance to just sit around the pool and enjoy the great weather. If you are new to Lincoln Hills, we have what is called kids swim. Kids swim is

every day from 2:00 to 4:00 PM for ages 4-18. Kids can use the outdoor fun pool or the inside pool in the large body of water. Children are not allowed in the swimming lanes inside or outdoors. Please remember to keep an eye on your grandchildren as we do not have lifeguards on duty. When you come in, you will check in with your guest and use your accompanied guest pass, which you currently have on your account. Everyone gets 30 accompanied guest passes a year. When using the pools, you must check-in at the front desk at WellFit, but you may leave through the building or outside gate. We also ask if you could rinse off before entering any of the pools and dry off before entering the locker rooms to help prevent slipping. Happy hour by the

pool will start June 16, look for our eNews coming out soon.

Punch pass classes have increased by \$1.00 effective May 16. If you purchase a large amount before the increase, that is okay just remember they do expire one year from purchase, and there are no refunds. Passes that were purchased before December 1, 2019 do not have an expiration date.

Use those apps and we hope to see you in the pool.

The image shows a smartphone screen displaying the Preva app. The top of the screen has a navigation bar with 'Back' and 'Preva Tour'. The main content area shows a QR code on the left, which is circled in red, and a strength training workout screen on the right. The workout screen is titled 'Strength' and 'Low Row'. It features an 'Add Set' button and a table of workout sets:

Set	Weight	Reps	Wk. Int.
Set 2	120 lbs	10	120 lbs
Set 1			

Below the screenshot, the text reads: 'Get Guidance Scan the QR code on Precor Discovery strength equipment to view a demo video and enter your sets and reps.' At the bottom, there is a blue button labeled 'Create Account'.



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Neighborhood Watch Wheels In Motion

Teresa Tanin, Neighborhood Watch

May is *National Bicycle Month*, and wheels are in motion. Bicycling on a sunny day, we find ourselves enjoying more time with neighbors—what a great feeling.

Honoring volunteers is another great feeling!

Five Years: Jean Altman, Marlene Anderson, Carol Baynes, Gerry & Lynne Bell, Steve & Kim Bringman, Julie & Richard Campbell, Alice Crawford, Freddie Dempster, Linda Dern, Nancy Dodgion, Ranny Eckstrom, Elizabeth Farley, Chuck Glahn, Kelly Gomes, Milton Greene, Tori Hamamura, Jan Honeywell, Susan Ishimaru, Terri Jones, Gary & Judi Joseph, Joan Kippert, Nancy Krebs, Dan & Anita Lehrer, Rein Lemberg, Carol Lloyd, Halina Loew,

Martie Mattson, Heidi Mazzola, Linda Minor, Barbara Mumma, Susan O’Laughlin, Judy Osborne, Judy Presnall, Fred Raach, Lionel Rainman, Lynde Rammelsberg, Jane Robinson, Marie Salers, Karen Schurr, Jim & Liz Stapleton, Melinda Stephens, Teresa Tanin, Rich Thayer, Jay & Linda Tinsman, Wilma Tope, Christine Uebele, and Dorothy Wood.

Ten Years: Robert Affleck, Judy Bacich, Gillian Bessant, Sara Buck, Glen & Becky Cardaronella, Lezlie Chase, Bob Collins, Art Deardorff, Mae Gagnon, Katherine Galiata, Ron Glidewell, Carol Hofmeister, Sue Manas, June Paquette, Barbara Phillips, Cindy Pulliam, and Martha Yanger.

Fifteen Years: Delores Cherubino, Judy Clawson, David & Barbara Connor, Mike Grossman, Ann Holbak, Peggy & Jim Horan, Sharon Leininger, Marilyn Overton, Gail Stevenson, Pauline Watson, and Al & Carol Witten.

Twenty Years Plus: Marie Bossert, Vonda Carlson, Cece Clark, Bud Conner, Linda Grant, Susan Huch, Susan Jewell, Terry Kardys, Dale Peterson, and Carolyn SanFilippo.

Thank you Volunteers!



Volunteer Appreciation Dessert Party! (photo by: Gary Sloan)

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Recumbent Bike

Wheeling to Fitness

Shirley Schultz, Roving Reporter



Air Bike

Fitness is a state of being. As defined by the Academy of Nutrition and Dietetics, fitness “refers to your own optimal health and overall well-being,” and such factors manifest as you having the energy to do what is important to you, being productive, having

stamina and emotional stability, having physical strength and endurance, and improving your chances for a higher quality of life.

May is National Bicycle Month. You can increase your fitness by using stationary bikes in the WellFit Department. The fitness centers at both lodges offer a variety of stationary bikes.

- **Upright bike.** The upright bike provides an excellent cardio workout while strengthening core and leg muscles and is good for rehabilitation.

- **Recumbent bike.** The recumbent bike supports your back and puts less stress on your upper body and joints. It is a good safe option for those with limited mobility, back pain, joint issues, or injuries.

- **Spin bike.** The spin bike aims to replicate the experience of

cycling outdoors while indoors. You clip your feet into pedals and lean into static handlebars, and resistance is controlled manually by a knob that operates the brakes.

- **Air bike** – at Kilaga Springs only. An air bike is essentially a cross between an elliptical and a traditional exercise bike. Resistance is created by a giant fan that takes the place of a front wheel, so the harder you pedal and the harder you push and pull the handles, the greater the air resistance becomes. Some people call air bikes “misery machines” as you simultaneously work out the upper and lower body and improve your heart rate.

- **Arm bike.** The arm bike enables you to use your arms to increase cardio endurance and improve your oxygen usage during exercise while giving your legs a rest. You can increase your fitness even if your legs feel like lead and your knees are creaking.

- **SciFit lateral machine.** Great for your hips and balance, this machine combines elliptical and lateral movements creating functional exercise to help build stamina, muscular endurance, and coordination.

Lastly, you can go bicycling in the pool. Just suspend yourself with a noodle under your arms from the back and another noodle under that from the front, and bicycle back and forth across the pool wheeling your way to fitness.



Arm Bike



The lead position rotates throughout the pack

Cyclists Group Keeps the Wheels in Motion

David Wright, Roving Reporter



Club spokespersons Diane and Ray at the Lifestyle Expo

On paper, it may be National Bicycle Month, but in the wheel world of the Lincoln Hills Cyclists Group, every month is bike month. The Group considers itself more of a movement than a club—doing at least three rides a week with four to eight riders in its pace lines.

Formed in 2001, the 125-member Cyclists club is grouped into nine ride clusters—from easy neighborhood cruises to hill-raising 50-milers. There is even “the Electric Company”—motor-assisted e-bikers who no longer possess the peddle power of years past. Each level has a different start time, but during special events, the entire club rides together in a single chain.

Club President Ray Watkins originally turned to the Cyclists club as a way to lose weight. Following a 42-year career as a microwave design engineer, he decided he could use a tune-up. He bought a bicycle, and now Ray mounts his trusty steed more than he drives his car—riding “160 miles a week, 52 weeks a year.”

Not only does bicycling decrease body-mass-index, but for seniors seeking balance and core strength during life’s downhill

grade, cycling is a healthier alternative to those pavement-pounding jogs. Golden coasters quickly discover that biking keeps their frames strong, bones aligned, and joints lubricated.

While there are some deep-seated riders in the group, most, like club Secretary/Treasurer Diane McLaughlin, are re-cycling the youth left behind when life shifted gears along the way. After raising a family and pursuing her 23-year CPA career in Truckee, she bought a bicycle to reunite with her childhood bike-riding days. Just after moving to Lincoln Hills in 2013, Diane joined the club “as a new way to air out my brain, enjoy the sights, and meet fun people.”

Cycling can get pricey. Some bicycles run in the thousands of dollars—though bargain hunters can find good-quality used bikes. Accessories include safety equipment, first-aid supplies, helmets, gloves, shoes, brightly colored jerseys, and bike shorts—padded in all the right places. Riders also carry a tool kit for those roadside repairs. Quick-change artists can re-tire a flat with the efficiency of a NASCAR pit crew.

The group begins and ends every ride at its hub—Kilaga Springs Lodge. After each roundtrip, they debrief at the café—critiquing their last ride and spinning their next. Always eager to get up and go, the “Big Wheels” of Lincoln Hills keep on rolling.



Saddled-up and moving out (photo by Tom Frady)

In Memoriam



Edith Anderson

Edith grew up on a mini-farm east of Sana Cruz, California. She received her teaching degree from Fresno State University and was hired by the prestigious Cupertino School District. She taught Kindergarten for 30 years at the same school. After retiring, she and her husband, Marlin, were among the first residents of this community. She co-founded the Garden Club and was active in Needle Arts and Paper Arts. Edith is survived by her husband of 59 years, a son, daughter, and three granddaughters.



John Dargan

Born in Eveleth, Minnesota, John proudly served in the military for 27 years, most of which were in the Air Force, and 14 years in the Pentagon as an illustrator. He worked at the Sacramento Army Depot for 18 years. At age 52, he graduated from CSU Sacramento with BA's in History and Sociology. He volunteered at Kaiser and Sutter Hospitals and was a Docent at Gladding McBean for the Feats of Clay celebration. He loved people and was a storyteller. John was an avid reader, loved to travel, and enjoyed theater, classical music, and ballet. Mostly he loved being with family and friends. He will be greatly missed by his wife, Diane, a son, daughter, three stepsons, nine grandchildren, and one great-grandson.



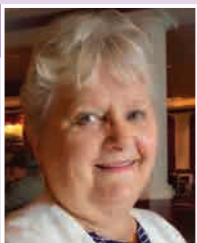
Robert Lazaga

Bob grew up in the Philippines and had a good life until the Japanese invaded his country. Afterward, his family moved to the United States, and he joined the Air Force, serving four years as a radio repairman. He worked for an architectural firm, married, and had three children. His second marriage to Carol lasted 40 years. After retirement, they moved here, where he enjoyed tennis and golf. He had been a volunteer with the Adaptive Golf Group and then became a participant after he got Parkinson's Disease. He also enjoyed drawing trains in India ink. He is survived by his wife, Carol, five children, eleven grandchildren, two sisters, and two brothers.



Jina Parker

Jina was born and raised in New York City. After business college, she was largely self-educated and successful at moving into management and then higher levels. She moved from bookkeeping to Supervisor or Office Management and Controller for import and domestic brand Auto Dealers where she met Charles Hahn, who worked with her. She and Charles moved here and were married in December 2001. She enjoyed early yoga classes. She leaves her husband Charles and other family and friends.



Barbara Samoluk

A Native Californian, Barbara grew up in San Francisco, graduating from Mission High School. She worked for Wells Fargo Bank until her retirement. A lifelong Christian who loved the Lord, Barbara enjoyed meeting new people and signed up to be a monitor at the Fitness Center. She made a lot of friends and was able to disarm anyone who would try to give her a hard time. She was an active member of the Lincoln Hills Tap club for many years and also enjoyed Bunco and mahjong. She and her husband Peter were married for 66 wonderful years and enjoyed many cruises together. Well loved by all, she leaves her two children, six grandchildren, and two great-grandchildren.

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



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Library News

Thank you, everyone, for your generous donations and for returning all books to the libraries. We really appreciate your cooperation.

Spring is in the air, so come to Kilaga and Orchard Creek libraries. We have many books for you, including older books that are very popular. These books can be found at Kilaga Springs library behind the sofa with a light blue sticker. We hope you enjoy this selection.



Finally, we would like to acknowledge our board member and long-time volunteer, Adrian Felice. She will be stepping back from all she has done for many years, and we will greatly miss her.

My choice for a good read is *Secrets of a Charmed Life* by Susan Meissner. Set in the 40s and present day, this is a story of two sisters during WWII in London and their story.

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

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2020 Best in Show - "Caples Lake" by Pete Henshaw; 2020 First Place Painting - "Turban Man" by Bob Green; 2020 First Place 3-Dimensional "Elephant Mask" by Michael Moyer; 2020 First Place Photography "Emerald Bay Moonrise" by Alan Adler



Amateur Radio

Our Group was superbly represented at the Club Expo. Jim, K6GYM, and John, NQ6Q were on hand to welcome inquisitive residents. A wonderful display informed folks about amateur radio opportunities here in Lincoln Hills. Jim, K6GYM, had two working radios and an antenna set up on the desktop. Guests could hear stations chattering on the air as they passed by. Preliminary plans for Field Day are underway. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



LHARG Club Expo: John, NQ6Q, Dan, KN6DRN and Jim, K6GYM



Ballroom Dance

We are providing instruction for the Nite Club Two Step during May. Also, our Spring Potluck took place on May 14 at the Multipurpose Room (KS). In 1965, a 15-year-old teenager, Buddy Schwimmer, developed the Nite Club Two Step. Mr. Schwimmer developed the dance when he noticed that most of his friends just stood still and clung to their dates when romantic songs were played at their parties. Acknowledging that there were some virtues to a three-minute standing clench, Buddy Schwimmer figured there had to be a more interesting alternate style of dance than that. Finding none, he invented his own dance and called it the "Nightclub Two-Step." The name was shortened to "Nite Club" to avoid confusion with the Texas Two-Step.

Contact: Ruth Algeri 916-408-4752



Wood McCann and Jeanne Cervantes



Big History

Although we take a break for the summer, Big History is presenting a few bonus sessions. On May 2, we



discussed the book: *The Dawn of Everything: A New History of Humanity*. This book proposes a new understanding of human history, challenging our most fundamental assumptions about social evolution—from the development of agriculture and cities to the origins of the state, democracy, and inequality—and revealing new possibilities for human emancipation. On June 6, we will discuss DNA: what it is, how it works in your body, how companies analyze your DNA, and how attendees have experienced DNA testing and analysis. Did you find any new relatives? Was that a good thing or a bad thing? Meetings are on Zoom at 10:00 AM.

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



Billiards

Please check our website for everything there is to know about our group. The annual dues are \$10. We welcome new residents, residents returning to pool, and residents who have not played before. You are able to play casual play at OC during Association open hours.



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Our dedicated Mentors

Casual play is available at KS when there are no tournaments or our Mentoring workshop. We are offering free lessons at KS on Tuesdays at 9:00 AM for the first session, and 10:15 AM for the second session. Lessons are available for all residents, men and women, beginners, intermediate, and advanced players. Our picture features our dedicated Mentors! Randy Fann, Ziggy Brien, Dave Polvi, Barbra Minucciani, Mike Greaney, Sue Polvi, Bill Mayo, Don Hanham, and Randy Berry.

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



Bird

We have a good slate of presentations for our upcoming meetings. "Winter Wonderland of Yellowstone National Park" was just presented by Suzanne Hutchinson and Sal Acosta. With birds doing their migration thing at the moment, we can do something to minimize the number of



Bluebirds enjoy mealworms at backyard feeder by John Redmond

collisions birds have with our windows. Glass collisions account for up to one billion deaths of birds in the U.S. each year, with almost half of them happening at home windows. We recommend stickers on our windows to let birds know that something is in the way, and they need to avoid the window. You can order stickers online or purchase them at Wild Birds Unlimited in Roseville. See what you can do to help our birds from striking the windows.

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



Bocce Ball, Mad Hatters

By the time you read this, we will be operating in our summertime starting time of 8:00 AM. Hopefully, you remembered and did not show up at 10:00 AM. Also, hopefully, you were able to watch the Special Olympics on Sunday, April 24. Our Group is open to



Saint Patrick's Day Fun!

all residents of Lincoln Hills. All you have to do is show up on Thursday mornings. New, inexperienced, and handicapped players are welcome. Lessons are available. Paul Mac Garvey has been operating the group for a long time. It would be helpful if one or two players volunteered.

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



Book, OC

April's guest speaker was a hit. A round of applause goes to Kathryn Hunt, Director of Lincoln Library Services, for her insightful presentation on literacy. Developing a habit of reading has many benefits for the young and for people just like us. Since we've been back to in person meetings, we're excited to have a number of new residents join our discussions. All are welcome. We meet in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third

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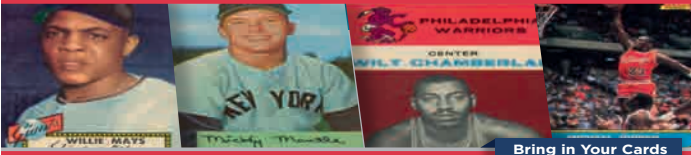
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Thursday of the month. Our June book is *The Four Winds* by Kristen Hannah, followed by a classic that so many find endearing, *Anne of Green Gables*, by L. M. Montgomery. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: *Mo Deal*,
modeal2010@gmail.com



Bridge, Duplicate

We are delighted to see our bridge friends returning to the tables and would like to see our club continue to grow. If you have friends that are playing party bridge, invite them to join us. They might just have a great time. We will have two Championship Games, on May 18 and 21. Remember the Sacramento Regional at the end of May. Also, we have an Exchange Game with Sun City Roseville scheduled on Monday, September 12, in the Pines Room. So, mark your calendar and get in on the fun. Player fees are again being collected outside of the room. It is requested that the partnership pay for both players before receiving a table assignment. Request reservations by email at elisehomer@gmail.com.

Contact: *Susan Brenden* 530-320-9137,
momrnsf@hotmail.com

Website:

www.Bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or drop into the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. The hosts for May are Barbara/Tom Moran at 916-434-8520. March 17 winners were: first-Ralph Madsen/Mark Green; second-Bob Calmes/Chet Winton with high round 1520; third-Harry Collings/Jay Southard; and fourth-Janet Pinnell/Linda Theodore. March 24 winners were: first-Kay/Ben Newton; second-Dee Cole/Ed Hartnett; third-Byron Hansen/John Butler with high round 1940; and fourth-Bob Calmes/Jay Southard. March 31 winners were: first-Jay Southard/Phil Sanderson; second-Kay/Ben Newton with high round 1890; and third-Marggi Holtze/Rich Walliser. April 7 winners were: first-Mark Green/Ralph Madsen; second-Lydia King/Nancy Turrini with high round 2300; third-Bev/Allan Blaine; and fourth-Joanna/Alan Haselwood. April 14 winners were: first-Marggi Holtze/Larry Larsson; second-Linda Theodore/Janet Pinnell; third-Joanna/Alan Haselwood with high round; and fourth-John Butler/Byron Hansen.

Contact: *The hosts for June are Dixie/Jim Parker* 916-409-5949



Bridge, Social

Welcome to all. We enjoy seeing everyone here and hope to see more of you in the coming week. The winners for March 4 were; first-Linda Scott, second-Barbara Moran, third-Joanne Quemann, and fourth-Linda McDermott. March 11 winners were: first-Rossanna Jensen, second-Lois Burke, third-Francis Kamienski, and fourth-Phil Sanderson. March 18 winners were: first-Chet Winton, second-Jay Southard, third-Caroi Mayeur, and fourth-Lois Burke. March 25 winners were: first-Eleanor Amar, second-George Hubbard, third-Francis Kamienski, and fourth-Joanne Quermann. Congratulations to all our players. If you're missing information or just have a question, you are welcome to come to our Wednesday advanced beginner training at 10:15 AM or call Linda McDermont at 408-390-4311.



Ceramic Arts

This is a last-minute reminder to attend our Spring members meeting on Wednesday, May 18, at Noon at the Sports Pavilion. We'll be enjoying a catered lunch and a brief agenda. We're looking for one or two people who would

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Don Gerring
#00631339
916-747-5050



Christine Hamilton
#01151335
Broker Assoc.
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Yvonne Holm
#01969667
916-616-6555



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Contact: www.cagsclh.net

Computers



Apple Users

Photos on the Mac will be the subject discussed at our educational seminar on Wednesday, May 18, 7:00 PM on Zoom. Ken Spencer will discuss this photo management and editing application; introduce many built-in features, including editing tools, as well as ways to keep your photos organized. The latest edition of the Cider Press is available on our website. This month, the tip demonstrates how to add a new city to World Clock on your iPhone or iPad. Check the club website for member Ask the Tech and Open Lab dates.

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



Country Couples

The past few weeks, our group has enjoyed two events. First, we had a booth at the "It's the Lifestyle! Expo!" Lots of people stopped by (ok, maybe at first for the candy) but stayed to watch our slide show and talk to our reps at the table. It generated lots of interest and, hopefully, some new members! We also had a big turnout for our No-Frills Dance. Everyone brought their own lunch, and following food and conversation, we danced for three hours, both partner dances and line dances. We were tired but happy, and we definitely got some exercise! If you love to dance, please come join us.

Contact: *April Cederburg, 916-390-3931*
website: www.sclhcc.com



Rich and Donna at the "It's The Lifestyle!" Expo



Cribbage

We got "Ghosted." The April article got "lost" somehow, so here are the winners from February, March, and early April.

Grant Lee won on February 15. Jerry Carlson won three weeks in a row, February 22, March 1, and March 8. Finally, on March 15, Susan Rogers broke the streak. Then Lana Venturi took the crown on March 22. We didn't play on March 29, but Jack Poshepny rose to the top on April 5. There will be a test later. Our club is growing, but there is still room for you to try to get your name in the *Compass*. You are invited to play any Tuesday in the Card Room (OC) starting at 8:30 AM. See you there.

Contact: *Mel Switzer 510-589-7658*



Cyclists

A comfortable saddle is one of the most important pieces of equipment you can buy for your bike. But as important as having the right saddle is how you install your bike saddle. Many cyclists make key mistakes when they put their saddle on. Putting the saddle too low sacrifices comfort and power while wearing down



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the legs. Sliding the saddle too far forward pushes your pedal stroke backward, thus diminishing your pedal strength. Putting the saddle on crooked may cause either leg to rub against the nose of the saddle and chaff. Getting the nose pitch (the degree to which it points up or down) too far down puts too much pressure on their soft tissues.

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



Euchre

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

Contact: SCLHEuchreClub@gmail.com



Fishing

In 2016, our local specialists, Dan Jorgensen and Joe Fletcher, did a few



Holy Crappie! This is what a Crappie looks like.

turns around Collins Lake. They caught a few nice fish, Bass, Trout, and Crappie, using worms and power bait. I presume the fish ended up in the smoker or frying pan - or maybe Big Dan had that Crappie (1.75 pounds, 13 inches-long) mounted and displayed over the fireplace. Meetings are back on at P-Hall (KS), the second Monday at 7:00 PM. The fishing club is made up of a lot of nice folks. Fly folks meet for breakfast at Meridians on Fridays at 8:00 AM. Bait folks have coffee at Meridians on Fridays at 8:30 AM. If you want to join, contact Ralph.

Contact: Ralph Tonseth 559- 860-9104, ralphtonseth@comcast.net



Garden

On May 21, from 10:30 AM to 12:30 PM, we are having our annual Plant Sale fundraiser at the Sports Pavilion! Proceeds benefit Lincoln Civic Garden Projects. Donations of plants, bulbs, succulents, "gently used" garden books, tools, pots, garden art, etc., may be brought to



Rose Loveall-Morningsun Herb Farm

the Pavilion from 9:00 to 10:30 AM. Raffle tickets will be available at one ticket for \$1, and seven tickets for \$5. Contact Marie Salers at 916-408-3895, Linda Bringle at 916-645-3862 or Linda Garrett at 916-409-5944. Our May 26 General Meeting will feature "HERBS: the Multifunctional Workhorses of the Garden" at 2:00 PM at KS. Rose Loveall from Morningsun Herb Farm (Morningsunherbfarm.com) will do a presentation on hard-working herbs, the culinary stars, the medicinal marvels, the pollinator magnets, and the landscape design workhorses!

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

Website: www.lhgardengroup.org



Genealogy

Our May live presentation will be on Monday, May 16 at 6:30 PM in P-Hall (KS), with Bob Ringo talking about "The Magic of Google." Guests are welcome. Bob has been in Genealogy since 1991

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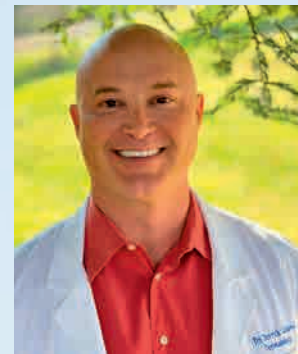
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and is a former President of the Genealogy Club. Also, we urgently need volunteers to help with various activities. Not a member? The application can be found on our website under "Home/Become a member." We have resumed our first and second Monday of the month, "Help Sessions." This year's much-requested Boot Camp began May 2 and will continue the first Mondays, June through November. Space is limited. Watch for the email with more information. Our first session was on "Beginning Genealogy." **Contact: Maureen Sausen**
916-543-8594, sclhgen@gmail.com



Golf

Ladies XVIII

Sharing the NetChix for March are Gwen Hare, Lissi Bedford, and Pat McNiff—all with even-par rounds on the Orchard Course. The wind was a big factor for the field, despite the roll on the fairways. This year, Captain Donna Sanderson is looking at ways to reduce playing time to keep it under five hours. Most are making a concerted effort to complete play within four and a half hours. The timing has improved with awareness and improved golf course management. The next general meeting

of the membership will be June 2, in the Gables/Oaks room, after golf. Upcoming events include a Guest Day/Invitational in mid-June and the Red, White, and Blue tourney, a tribute to Bev Ansbro, on July 7. **Contact: Linda Chappellear**
916-409-0151,
linda_chappellear@sbcglobal.net
Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

A "meet and greet" is planned for every fourth Wednesday. After golf, pull up a chair at the clubhouse and share the day's achievements...or disasters...or just come to say hello to the new members. The most recent to join the club are Lorayne Henderson, Jan Nelson, Margaret Roth, Jean Abelle, and Maddie Krochak. The players who stayed after the Big Sister/Little Sister Tournament shared their applause for the results of the tightly contested event. Laura Niles and Michelle Shipley took first place. Don't



Join the fun after golf on the club house patio.

miss the May 25 Bring a Friend Tournament and add the June 6 Red, White, and Blue Tournament to your calendar. For more activity listings, go to our website. For club membership information, call us.

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

Men's

The next Men's Golf Tournament is sure to fill up fast. It's the Spring Scramble, a Four-Man Scramble (ABCD). It's a very fun and exciting format. Tee offs are on both the Hill and Orchard courses starting at 8:00 AM on May 17. We 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 who plays golf and is 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. It's a great way to meet new people and form new friendships.

Contact: Bob Schoenherr 408-838-5340
Website: www.mgclh.club



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Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, June 2, at 2:30 PM in P-Hall. Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. Discussions range from where the markets are trending, inflation, interest rates, and how these may impact us as investors. All attendees have an opportunity to ask questions. The group is open to all residents. Investors Study is information-only with no individual investing advice. There is an Active-Investors sub-group. If you are interested, call Norm Quanttrn at

916-645-4675. If you have further questions regarding Investors Study, contact Carl Sulzer. *Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com*



Lavender Friends

For 16 years, our club has supported Stand Up Placer's efforts to serve survivors of domestic violence, sexual assault, and human trafficking in Placer County. Most recently, Marie Salers presented the agency with a check for \$887 on behalf of Lavender Friends. Marie, who spearheaded many of our fundraising events, expressed gratitude for the agency's inclusiveness in serving the LGBTQ community. "The club has invited Stand Up Placer staff as speakers at club functions to educate our members of the agency's mission and encourage club members to promote their services to people they know outside of the club," she said, adding, "it is reassuring to know that LGBTQ referrals in Placer County are not



Marie Salers presents a check to Marian Ames

denied when crisis intervention is needed."

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



Mah Jongg, Chinese

At a loose end on Monday mornings? 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 Mondays 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. National Mah Jongg is not just a fun tile game, it's so much more. Since May is National Mental Health Month, it should be mentioned that science has proven



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this game keeps minds young and healthy. We play every Tuesday in the Card Room (OC) 12:30 to 4:00 PM. Everyone is welcome. If you know how to play just bring your 2022 card and join a table. New people interested in the game can join a table to observe. Free lessons are available. Call Penny Grmolys at 916-409-5883, and she'll get you scheduled. Hope to see you next Tuesday, and may the jokers be with you.

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



Mixed Media

The Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Our yearly dues are \$20.00. Feel free to come to our meetings and check us out. We use all kinds of art supplies and experiment with them. We have monthly challenges that are



We had a great time at the Expo in March

shared at our meetings, monthly drawings for an art supply, and we usually have a project we work on together. Our art challenge for June is to use collage fodder for ten days making quick small collage projects. Our challenges are voluntary, and there are no right or wrong ways to do them. If you have any questions about the club, contact our club president, Chris Fetter.

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



Motorcycle

We do a club ride once a month to locations around Lincoln. Most runs are approximately 100 miles, but some go a little further or less. Our club has established safety rules to ensure that all members ride safely, get to their destinations, and back home safely. Many of our members have been riding motorcycles for over 30 years without any problems. We are happy to teach new members these rules to

ensure that they will also be safe when they ride. All are welcome to join us at our monthly meetings at the Multipurpose Room (OC) every fourth Thursday to learn more.

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



Music

"Love: lost and found" was our theme in April. Our Group songs included "Winchester Cathedral" and "Love Me Tender." We are all getting more comfortable setting up and playing on stage at P-Hall (KS). If you play an instrument, sing, or just like to listen, consider coming by. We have an opening and closing Group sing/play along—followed by individual, duos, and small group performances by our members. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukulele Ohana meets Wednesdays from 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

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

Website: www.lincolnhillsmusicgroup.org

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Needle Arts

We're hoping to see everyone at the spring luncheon on May 17 sharing their wears! It's exciting to see the construction of the expanded sewing room underway. Most breakout groups continue to meet, and the Community Service group is anxiously awaiting completion and return to Thursday morning quilting. The tour of members' sewing rooms in April was a big success, and many thanks to our hostesses, Pat Barnhill, Nancy Norton, and Jean Storms. During our June 14 general meeting at P-Hall (KS) at 1:00 PM, we welcome back Nancie Wiseman, who will be sharing stories from her book, "Jail House Journal." Workshops are continuing. Next up is "Intarsia, Knitting Two Yarn Colors Together" on Wednesday, May 18. 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 will hold an orientation for new and experienced mailbox captains and village coordinators on June 10 from 2:00 to 3:30 PM in the Fine Arts Room (OC). This session also



Volunteers learning more about mailbox captains and village coordinators.

welcomes interested volunteers who want to learn more about Neighborhood Watch and how they can be involved. Mailbox captains keep information on their streets' residents, which can be vital in cases of emergencies. Although we don't anticipate accidents in or near our homes, they do happen, and captains often provide important information to the EMTs and/or family contacts. Village coordinators oversee several mailbox captains and maintain a log of residents. Our community is fortunate to have many volunteers who help keep us safe. Please join us to learn how you can make a difference.

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



Painters

The Lincoln Hills Fine Arts Show is happening on June 17-19 at OC, with paintings, photography, ceramics, and more! The Simple Pleasures



Linda Morley, "Burrowing Owl"

Café show is still going strong, until June 6. Stop by the Galleria and view our paintings in the window display near Crate & Barrel. This month we celebrate club member Linda Morley, a multi-talented painter who is currently working in acrylics. Using her own reference photo, she recently created a painting of a Burrowing Owl that was awarded at the March Bird Group meeting. We are now on Facebook! This group is for members only to post their art. General meetings are held on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year. Contact: *Linda Shields* 916-488-7220, linda_c_s@yahoo.com



Paper Arts

Farewell and good luck to our club leader and long-time member, Donna Tewart,

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who will be leaving our community this month. Donna's legacy in the Paper Arts Club includes leadership in the Community Service Program. She organized successful projects like school supply collections and card donations for residents in local care facilities. Most recently, Donna stepped up to be our vice president. Her impact has been great, with too many accomplishments to mention. Thank you, Donna!



Happy trails, Donna!

We will miss you and wish you and your husband all the best in your new venture. Be sure to check our monthly newsletters for updates about activities and meetings. We meet on the first and third Thursdays at 9:00 AM in the Terra Cotta Room (KS).
 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 Fridays from 9:00 to Noon. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Pickleball

Spring has sprung on our courts! Our Scramble Tournament had 192 players. Thanks go to Terrie MacDonald with Intero Real Estate Services for sponsoring the entire tournament. As a bonus, through December, Terrie will be donating \$250 per closed transaction to our non-profit pickleball club! The Club Championship Tournament will be held May 24-25. We will be playing men's and women's doubles and singles. Our Pickle Palooza will be on June 9 with food, games, vendors, and prizes. Sign-ups began on May 1. Only club members may participate. Our Intro to Pickleball class is



Don (93)/Pat play with Dick (90)/Pat weekly!

held Wednesday afternoons. For reservations, email welcometopickleball@gmail.com . We are open to all residents. All equipment will be provided, but please wear tennis shoes. For more information see our website.

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



Players

We are all glad to take a breath and some well-deserved time off after our successful run of *Damn Yankees*. Our Script Committee is busy reading plays and musicals to choose from for our next big production in November at the Ballroom. Auditions for the November show will be held sometime in September. There will be productions of Reader's Theater in August and October. Audition times will be announced. We will be updating our logo soon. Discussions for this have been slated for our May meeting.



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Our meetings are held on the second Monday of the month at 4:00 PM, P-Hall (KS). We always welcome new members to fill the roles of actors, dancers, stage, and technical crews.

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



Poker

We play a variety of poker games every Monday from 1:00 to 4:30 PM, Tuesdays from 3:30 to 8:00 PM, and Fridays from 1:00 to 4:30 PM in Multipurpose Room (OC). Games are played using script. With two tables available, we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw. Players will be seated as long as they arrive 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 Marcorelle
925-658-2404,
pmarcorelle@hotmail.com



RV

Our rallies are packed with fun and interesting places to visit. In June, we will be staying at Coachland RV in Truckee. There are thousands of

fun things to do in the area, such as visiting the Hellman-Ehrman Mansion, built in 1903, at Sugar Pine Point. Hiking the old train tunnels on Donner Pass will be interesting, as they are now home to makeshift art galleries of beautiful graffiti, visited by hundreds of people. Also, we wouldn't miss the docent led tour of Donner Museum and Pioneer Monument. Join us every second Tuesday of the month in the Placer Room (KS) at 4:30 PM if you would like to see what we are all about. Contact Sharon Skar, Membership Chairman, at 916-434-7799 or marlowensharon@gmail.com for any questions.

Contact: Mary Romo 707-738-6311,
mromo50170@gmail.com
Website: www.LHRVG.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools (SCHOOLS) is a group of Lincoln Hills residents who volunteer to tutor students in Lincoln Elementary Schools and Phoenix High School. Volunteers share their talents and skills helping children in the classroom under the guidance of their teacher. The only requirement is to enjoy helping kids learn, one-on-one or in small groups. Teaching experience is



Third graders at the Effie Yeaw Nature Center

not needed. Since the COVID-19 epidemic, many volunteers have been able to help remotely. Teachers also may need help with field trips, such as to Effie Yeaw Nature Center, Sutter's Fort, historic Fruitvale School, or the SMUD Museum. If you are interested in becoming part of this much appreciated volunteer opportunity, contact Cyndi Colloton to find out more about the program.

Contact: Cyndi Colloton,
ccolloton@yahoo.com



Scrabble

We welcome any interested residents to join us for a game or two of Scrabble. We play every Monday afternoon starting at 1:00 PM in the Card Room (OC). It is a drop-in game, no reservations or advance notice is required. All the game materials are provided. If you like word games, come and try it out.

Contact: Anne McMaster

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

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Shanghai

We welcome you to join us in playing the card game Shanghai. This game is played in groups of three to five players. Find out what is meant by a SET, and a RUN. Also find out what happens when you complete a SHANGHAI! We play every Friday night in the Card Room (OC). Deals start at 5:30 PM, and we usually complete two rounds. If you've never played - we can show you that evening.
Contact: Howard Beaumont
 916-408-0395,
 hbeaumont@wavecable.com



Singles

Dining Out is back! Join us at 4:00 PM on Wednesday, May 19, at Race Day Cycle in Lincoln. On Thursday, May 26, we will be meeting in the Ballroom (OC). Doors open at 6:00 PM for "Kick-Up Your Boots! It is country dance night, and we will be doing some line dancing! Meet us on June 5 at 4:00 PM on the Sports Bar patio for our birthday celebration. Help us plan our future Activities on June 7 in the Ceramics Room (OC) at 4:15 PM. Our famous Game Night returns on June 9 at 6:00 PM. We will have a short business meeting, which will be followed by the exciting games of cornhole,

a putting contest, skeeball, and many others! There will be prizes!
Contact: Susan Platt 916-397-0850,
 foster.p.susan@outlook.com



Softball

The League's player draft was held in April, and as a result, there're nine teams competing in the Summer Recreation Co-ed Division. Four games are played each Monday and Wednesday starting at 8:00 AM, with a very small number of Friday games in the mix for July and August. The fourth week in May brings another Hotdog Day, and as most of you know, we have the best deal in town with our "Hotdog Meal Deal." Come join us, root for your favorite team, and enjoy a delicious hotdog, bag of chips, and soda or water, all for \$6.00. Remember to visit our website for league schedules, the player application, and the most current information on all League activities and special events.
Contact: Heidi Mazzola 916-716-5086,
 lhsoftballweb@gmail.com
Website: www.LHSSL.net



Sports Car

We kicked off the year with several outings. Our Valentine's Day, the first ride of the year, was to The Ridge Country Club (Auburn)



Pre-Drive Briefing by club President Chuck Schmidt

for lunch and a special tour of the Van Howd Sculpture Gallery. Our Marti Gras Party on March 1 saw the Group at Turkey Creek Golf Club for a buffet dinner and dancing to the tunes of the Steve Evens duo. The April 8 Sausage Run took us to Lockeford Meat & Sausage Company for the annual acquisition of some of the area's best sausages. Lunch was held at Theresa's Restaurant in the historic foothill town of Jackson. Theresa's is a favorite restaurant of the Club and is now 100 years young and still managed by the same family.

Contact: Richard Pearl 916-715-9666,
 pennyrich99@gmail.com
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Contact: BBeverly Cieslinski
916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

Marci Cardinal started water walking in the OC pool after facilities reopened last year. Due to a rare congenital heart condition, she has always been physically active but only started water exercise when her husband started lap swimming. She now water walks six days a week, varying her workout with dumbbells, noodles, lap running, and aerobic classes. Cardinal says it's the "best joy of her day." She encourages others to exercise in the pool, no matter their physical condition. She adds, "find



Marci Cardinal, finding her joy at the OC pool.

a physical activity that is not a chore, and you will look forward to it every day." Cardinal, who serves on the Hot August Splash event committee, will be previewing the new club tee-shirt at the next club meeting, June 20, 3:00 PM at OC.

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



Table Tennis

Playing table tennis is great for your hand-eye coordination and balance. Come out and play against competitive players or just play with others for enjoyment and a social connection. There are no dues or fees. All residents are welcome. During Friday morning play, there is a robotic server available for game improvement. Playtimes are Sundays, 9:00 AM to 5:00 PM (except the first Sunday of the month when play



USTA 8.00 Men's Tennis Team Captain Jerry Dong

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 more information or to join our email list, send us an email. We stage a doubles ladder event for all skill levels on the second and fourth Sundays of each month at 2:00 PM.

Contact: Allan Smith 916-316-0796,
pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

In March, the Lifestyle Expo was held. This expo introduced to our residents the wide variety of clubs and organizations that exist here in our community. Many people who stopped by the Tap Company's table inquired about a beginning tap class. Yes! The Monday class at 11:00 AM is for the absolute beginner. In addition, a tap practice is held most Saturday mornings from 8:30 to 10:00 AM to improve upon

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Tennis

“Tennis begins off the court. It’s all in your head. Little things can destroy your game. So, think what a big positive thing can do”—Illie Nastase. It’s not too late to gather your courage and think big. The Tennis Group offers opportunities to develop skills and begin a mentally and physically positive lifelong sport. Contact Steve at stevebringman@yahoo.com for introductory/refresher instruction and Val at vlautug@gmail.com for club player orientation. Kudos to our players who are playing competitive tennis. We have three teams currently: Jim Farrell’s USTA Men’s 7.0 team, Sharon Klotz’s USTA 7.0 Women’s team, and Linda Burke’s SATA “Sun City Slammer’s” 8.0 Women’s team.



Christine Forter, 8.0 SATA team member serves a winner.

We have been busy with tournaments, group play, “live ball” on Sundays, ball machine, and drop-in tennis on Saturdays. See you on the courts!

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



Vaudeville

Tickets are now on sale for the Vaudeville Show coming up in mid-July in the P-Hall (KS). We have a wonderful cast of talented residents and a few surprises as well. Anything goes for this show, so I’m sure you won’t be disappointed. Check this *Compass* for details and show dates.

Contact: Yvonne 916-408-2040, ykrause@yahoo.com



Veterans

Our May 19 presentation will discuss the role of cryptology (secret writing) from ancient times to the amazing little computers we carry in our pockets and purses. This will be a fun, very user-friendly,

and easy-to-understand session presented by Veterans Group Director and Treasurer Jeff Davis. Join us at 1:00 PM in the P-Hall (KS). The Veterans Group will conduct its annual community Memorial Day ceremony in the Amphitheater at 9:00 AM on Monday, May 30. The Lincoln High School Army Cadets will post the colors. The National Anthem and other patriotic selections will be sung by the Lincoln Hills Chorus Men’s Quartet. Lincoln Mayor Holly Andreatta will be the keynote speaker. A two-bell ceremony will honor those who have passed since last Memorial Day.

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



Lincoln Mayor Holly Andreatta



Water Volleyball

May is the month to say I WILL get more exercise. We enjoyed a great Potluck, a fun-filled Ladies Night, and it’s time to come out and play water volleyball! Want to try it? Come to Free Play Saturdays. Don’t know how to play? We provide Training and Mentorship. We

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welcome all levels of players. See our website or call Carol Critch at 925-451-1686. Join us outdoors at Orchard Creek Pool on June 12 at 5:30 PM. Upcoming events include corn hole tournament, Fall Fest, and Skills and Drills classes. Skills and Drills are the first and third Tuesday of the month. Ladies Night is the second Tuesday. We have a little something for everyone to enjoy in and out of the pool.

Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com

Website: www.LHWaterVolleyball.com



Woodcarvers

Why carve wood? One big reason is that it is much easier than carving marble. Seriously, creating a wood carving brings a certain satisfaction. There is a challenge to create a piece that comes close to what is imagined. Also, to bring joy to ourselves

and others to whom we gift our carvings. By helping others with wood carving, we are rewarded in turn. Woodcarving is a pleasant hobby, and the Woodcarvers club is here for you with helpful members and a large library of carving books, magazines, and DVDs for plans and ideas. We have carving tools that you can use. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS). Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



Writers

A while back, in Cambridge, England, scientists supposedly asked their computer to scour 300-plus million historic facts to find the most boring day ever. The computer spit out the fact that April 11, 1954, was the 'most eventless day in recorded history.' Nothing

happened—probably due to no social media. Don't allow another day be recorded as the second most boring day in history! Do something historic, legal, and fun, and write about it! It's okay. It may only be recorded in your family history. On that note, the historic Writers' Group meets on the second and fourth Mondays, 5:00 to 7:00 PM Multimedia Room (OC). Please bring 10 to 12 copies of your less-than 1,500 words of prose or poems to share with the members.

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



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Alzheimer's-Dementia Caregiver's Support

Our Group steering committee includes Jean Ebenholtz (jmesme@att.net), Mary Jo Fratessa, 916-759-8760, Barbara Greenfield, 916-202-6963, and Valerie Jordan. We are supported by the Lincoln Hills Foundation. The general meeting is held monthly on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. May, July, September, and November meetings are facilitated by a counselor from Del Oro Caregiver Resource Center. April, June, August, and October meetings are facilitated by guest speakers who are knowledgeable about caregiver issues. The Women's caregiver group meets on the first Wednesday of every month at 1:00 PM in the Multimedia Room (OC). Contact Mary Jo for information. The Men's caregiver group will be resuming soon. Contact Valerie. *Contact: Valerie Jordan 909-625-7443, 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, June 8, at

Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit Memoriams is the 15 of the month to be in the next *Compass*. *Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net*



Bosom Buddies

Mae Gagnon again booked two great speakers. In April, Elizabeth from Wellness Within explained the different programs they offer for people recently diagnosed with cancer, those living with it, survivors, and caretakers. Based in Roseville, they incorporate therapy, music, art, exercise, and nutrition. In May, we heard from Neighbors InDeed that explained what they do for the community, from house repairs to loaning medical equipment such as walkers and wheelchairs. Our meetings are held on



Elizabeth from Wellness Within speaks to Bosom Buddies.

the second Thursday of the month in the Multipurpose Room (OC) at 1:00 PM. Beforehand, members are invited to lunch together at Meridians at 11:15 AM. For reservations, call Val Singer at 916-645-8553. If you're interested in buying our signature Bosom Buddies shirt, call Val to give her your size. *Contact: Judy Stewart 916-408-3597, Ladyj2170@gmail.com*



Glaucoma Support Group

We are pleased to welcome Dr. Xiongfei Liu as our speaker for the June 8 meeting scheduled at 4:00 PM in the Multipurpose Room (OC). Dr. Liu is the newest Glaucoma Specialist affiliated with Sacramento Eye Consultants. He will discuss the "State of Glaucoma." There is always new information about Glaucoma, and we are looking forward to what's new and what's coming soon. For more information, please contact Bonnie. *Contact: Bonnie Dale 916-543-2133, bjdale@aol.com*



Hearing Support Group

Last month we had an open session in which members discussed their experiences with cochlear implants. For our meeting on May 26 in the Multipurpose Room (OC) at



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2:30 PM, we will once again have a social hour in which members can discuss their hearing experiences. Last month, captions were provided for one performance of *Damn Yankees*. The captions appeared on iPads which were secured on stands and were presented in a larger format, making reading them easier. Those using the stands were placed in a special seating area so that the stands did not block other residents. Now both aerobics rooms in KS and OC are looped. Your hearing aid or implant must have a t-coil to use the looping technology.

Contact: Joanne Mitchell

916-408-0533, pipa1@prodigy.net



Low Vision Support Group

Our next meeting is Tuesday, June 7, 2:00 to 4:00 PM, in the Fine Arts Room (OC). Kathleen Shevlin, Manager with the Senior Impact Project since 2013, will talk about senior services and activities designed to help older adults (55 and older) with vision loss continue leading enriched and fulfilling lives. On Tuesday, July 5, 2:00 to 4:00 PM, in the Fine Arts Room (OC), we will discuss "Experiencing Vision Loss." A four-person panel of our members will talk about their experiences. Three members will discuss their journeys of losing vision, and one will speak from the perspective of a partner of someone losing vision. Coping strategies learned will be included. Attendees are asked to participate in the discussion by sharing their experiences.

Contact: Cathy McGriff

916-408-0169,

cathymcgriff1010@gmail.com



Multiple Sclerosis

There's a lot for our members to consider and add their thoughts to at the Tuesday, May 17 meeting, 1:00 PM, Sierra Room (KS). Topics include: planning the end-of-year luncheon; encouraging future participation in our Group by changing the format to in-person meetings one month and Zoom the next; rescheduling meeting date for more participation to the third Wednesday or keeping the third Tuesday; cafe luncheon beforehand at a reserved table; adopt a new member; and success of the MW Walk. Also, this meeting will be a time to share Group memories. All interested are invited to attend, including potential new members and volunteers. We love our Volunteers!

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



Multiple Sclerosis Group



Parkinson's Caregiver Support

We are a support group for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM



Parkinson's Care Givers

at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

Contact: Charlotte James

916-316-1351,

cjames4528@sbcglobal.net



Parkinson's Support

At our April meeting, our guest speaker, Susan Feldman, Community Liaison with Atlas Health Inc., spoke on "How to Age Safely at Home with In-Home Care." Our Support Group meets on the third Tuesday of each month from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway. Masks are optional if vaccinated but required if non-vaccinated. As expected, please do not attend if you don't feel well. For questions, call facilitators Gary High at 916-434-5905 or Susan Feldman at 916-919-0063.

Contact: Catherine High,
cflhigh23@icloud.com



Polymyalgia and/or GCA Support

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

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

Airport Co-Op

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

Basketball Club

Basketball is available at the Sports Plaza on the Multi-Use Court. Currently, this court is reserved for basketball on Friday and Saturday from 11:00 to Noon. This is the best time to find games and shooting partners. Other times, if the court is not occupied, use it. 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. We are becoming a club more information will be available soon. Contact Bob White at bbsglh@gmail.com or call 916-884-3794.

Cloggers

Happy springtime. Time to spring into your faithful clogging shoes and dance your way to good health. What could be better than clogging with a group of friends, stomping the floor with those four taps on each shoe to great country and

western and contemporary music, swinging and bending those ankles and knees, burning off those calories. Well, you get the point. Clogging is the dance du jour. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

The June 7 primary elections are now the focus of the Lincoln Democratic Club. Dr. Kermit Jones, Rebecca Chenoweth, and Paula Villescaz are invited to speak at our Thursday, May 19 meeting. Our annual barbecue will be Thursday, June 16; Fiona Ma, California State Treasurer, has been invited to speak. There are still VIP seats available at \$25 each for the Saturday, May 28 Potters baseball game; see our website for tickets. We heard an enlightening discussion of "Threats to Democracy" by Sacramento State Professor Joseph Palermo at our April meeting. For more information, please visit our website at www.democraticclublincoln.org.

Italian Club

It's time to thank our members for their help and support. On June 9, from Noon to 3:00 PM, we'll hold a Membership Appreciation event at the Sports Plaza. Look for more information in the email flyers and on the website. On July 10, from 5:30 to 8:00 PM, we'll present our Inaugural Dinner and Dance at the Ballroom. Meet the Board, mingle with friends, and enjoy a delicious dinner. For more information about the club and

upcoming events, check out our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

Lincoln Police Department – Volunteer Program

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

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership 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, cut-throat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Group

With the June election just days away, things are happening quickly. Ballots have already been mailed. Please do not mail in your ballot. Surrender your ballot and vote in person. This will be discussed on our website and May 1 Republican Club Newsletter. Wednesday, May 26, from 6:00 to

9:00 PM, we will have Eric Early, a Republican hopeful running for State Attorney General, as our Guest Speaker. Please join us in the P-Hall (KS). Doors open at 6:00, program at 6:30 PM. Communicating conservative views, supporting healthy family values, and local government. Annual Dues are \$15/per person/per year. www.RepublicanClubSCLH.org.

Shalom Social Group

We had a most enjoyable Seder to celebrate our Passover holiday. Almost 100 people enjoyed a delicious dinner featuring matzo ball soup, charoses (apples, nuts, and honey), and

other traditional holiday foods. We have just updated our membership roster to include several new members. We had a very successful hike last month. We still have bocce ball every Sunday and bowling every Wednesday. We look forward to our 20th Anniversary Gala in September, which we postponed because of COVID. For information about membership and our activities, please contact Margie Gulko at margie.gulko@gmail.com or 916-543-5303.

Sons In Retirement

We will hold a three-course gourmet luncheon, with

entertainment, at Catta Verdera Country Club on Tuesday, May 17, at 11:30 AM. RSVP by May 13. This month ladies are invited to attend with their Sir member. The menu offers two entrees; prime rib or salmon. 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. Cost is \$24 per person. Please call David Cesio at 925-899-2193.

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Coffee with the Executive Director

Tuesday, May 17, 9:30 AM, P-Hall (KS)

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: Love Story (1970)

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

A boy and a girl from different backgrounds fall in love regardless of their upbringing – and then tragedy strikes. Starring Ryan O’Neil and Ali McGraw. Rated PG. 100 minutes. Drama and Romance.



Garden Group Plant Sale

Saturday, May 21, 10:30 AM to 12:30 PM, Sports Plaza

Come to our Annual Fundraiser for Lincoln Civic Garden Projects. Donations of plants, bulbs, succulents, “gently used” garden books, tools, pots, garden art, etc., may be brought to the Pavilion from 9:00 to 10:30 AM. Raffle tickets for Garden Prizes will be available: 1 ticket-\$1 and 7 tickets-\$5. Contacts: Marie Salers at 916-408-3895, Linda Bringle at 916-645-3862 or Linda Garrett at 916-409-5944.



Community Memorial Day Celebration

Monday, May 30, 9:00 AM, Amphitheater

The Veterans Group and Association will collaborate in a holiday salute to those whose service ensured the liberty we Americans enjoy today. The program will feature the posting of the colors by the Lincoln High School Army Cadets, music by the Lincoln Hills Chorus Men’s Quartet, a keynote address by Lincoln Mayor Holly Andreatta, and a two-bell ceremony honoring veterans recently deceased. The program will last approximately a half hour, and limited seating will be available. Contact Steve Witmer at 916-408-2455.



Farmers Market Opening Day

Wednesday, June 1, 8:00 AM to Noon, Fitness Parking Lot (OC)

Join the community as we kick off our weekly Farmers Market. Weather permitting, the Farmers Market will be open every Wednesday until November. Lots of fun surprises await, like starting your day with Zumba on the lot. Vendors may contact Elaine Allen at 916-625-4021 or Elaine.Allen@sclhca.com to reserve a space.



KS At The Movies: Belfast (2021)

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

Due to popular request, we are reshewing Belfast. Winner of Toronto Film Festival's People's Choice Award. A young boy and his working-class Belfast family experience the tumultuous late 1960s. Written and directed by Kenneth Branagh, starring Jude Hill, Caltriona Balfe, Jamie Dorman, Judie Dench. Rate PG-13. 98 minutes. Drama.



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.



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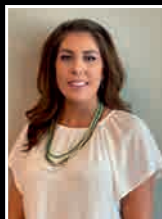
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The Spa at Kilaga Springs

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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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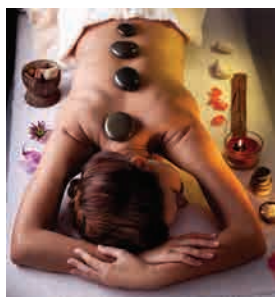
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90-minutes \$135

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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)

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- **LED Light Therapy**

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

(Can only be added to facial service)

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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 for a complete list of services.



The summer event you have all been waiting for is here! Eight bands have been specially chosen to bring you fun and excitement.

This year's Summer Amphitheater Concert Series (SACS) will present 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 for your enjoyment. See ticket price and showtime for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desk.



Top Shelf – Motown and More

Friday, June 3, 7:30 PM, Amphitheater

General Admission \$23 — **LSE400**

Enjoy a hit-filled musical journey through the classic sounds of Motown, with hits and classics from The Drifters and The Temptations to Stevie Wonder, The Four Tops, Smokey Robinson, Aretha, Prince, and more. Top Shelf has become a popular Bay Area musical cornerstone dazzling audiences from San Francisco to Europe for years with unparalleled passion and enthusiasm.

A favorite among our residents, Top Shelf will set the tone for a memorable series ahead. With an evening of reminiscing, snapping, tapping, and dancing.



The Kings Of Queen – An Amazingly Accurate Tribute to Queen

Friday, June 10, 7:30 PM, Amphitheater

General Admission \$23 — **LSE401**

The Kings of Queen was formed by veteran vocalist and frontman Emo Alaeddin. His ability to command his voice and the crowd along with the undeniable talents of his three bandmates, the Kings of Queen, created a stage performance eerily similar to that of the late Freddie Mercury. Based in

Orange County, the fierce foursome will bring iconic Queen anthems to life such as “We Are the Champions,” “We Will Rock You,” and all other hits. They are set apart from other tribute bands as the only band who performs “Bohemian Rhapsody” with all the vocal parts performed live.



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 sea-

soned 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.

2022 Lincoln Hills Summer Amphitheater Series Guidelines & Restrictions

Admission: Wristbands must be worn during concert. Online buyers for individual shows may exchange e-tickets for wristbands at the Lifestyle Desks prior to concert date. Online receipt required for wristband pick up. On concert date, wristband exchange will only be honored at Orchard Creek Lifestyle Desk. Lost tickets/wristbands will not be replaced.

ADA: The designated paved area is located in the Amphitheater’s center top tier. Additional paved areas adjacent to the First Aid booth are also available for handicap seating. Patrons with wheelchairs have priority access.

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

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on

Amphitheater’s bottom tier.

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

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

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

OC Fitness Center/Pool: Closes at 6:30 PM.

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

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

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

Ticket Pricing: Individual ticket prices may be found on the concert article in *Compass*. All sales are final. No refunds or exchanges unless show is canceled. No child pricing.

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

*Indicates new performances on sale May 17

—Community Event—



Community Dance Party

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

Lifestyle continues your themed dance parties until May. Dance to the music of your favorite Disk Jockey, DJ Tom. DJ Tom is known for playing all types of music, catering to all dance styles. A no-host bar will be available from 6:00 to 9:00 PM. Reserve your table by buying your tickets early; seats are non-reservable. To have more fun at the party, we encourage party-goers to dress up based on the party's theme decor. Limit five tickets per resident. Pre-sale is available Online and at the Lifestyle Desk. Event day ticket sales are only available at the Lifestyle Desk.

Disco A-Go-Go Dance Party

Tuesday, May 17 — **LSE394**
\$10 pre-sale; \$12 day of event

Grease Lightning Dance Party

Tuesday, May 31 — **LSE395**
\$10 pre-sale; \$12 day of event

ONLINE: SCLHRESIDENTS.COM

Coming in June – Three Tuesday Dance Nights at \$5 per person!

***Tuesday Dance Night**

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

\$5 per person/per dance night

Tuesday, June 14 — **LSE418**

Tuesday, June 21 — **LSE411**

Tuesday, June 28 — **LSE412**

In June, dance night will be simplified with no advance reservations necessary. No reserved tables, no decorations, and no sales limit. Enjoy music from DJ Tom and a no-host bar throughout the night. Purchase tickets at the Lifestyle Desk or Online. Tickets sales close at 8:00 PM on the day of the event. 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**

Tickets are now on sale for the Vaudeville Show. We have a wonderful cast of talented residents and a few surprises. Anything goes for this show, so we're sure you won't be disappointed.

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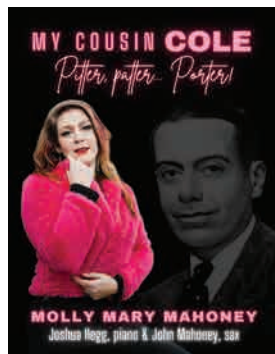
—Concert—

**My Cousin Cole
Pitter, patter... Porter
Starring Molly Mahoney**

Wednesday, May 18
7:00 PM, P-Hall (KS)
Reserved Seating \$24

— **LSE390**

When her genealogy revealed that Cole Porter is her cousin, she knew she had to create a show to honor his music. Fresh off performances in San Francisco, San Diego, New York City, and London, Molly Mahoney combines her spellbinding Big Band singing and classical performance abilities to create a unique experience of story and songs highlighting love songs by Cole Porter. Memorable songs will include “Night and Day,” “It’s De-Lovely,” “Let’s Do It,” and more. *It’s Pitter, patter...Porter!*



The James Heffner Solo Trio

Wednesday, June 15
7:00 PM, Ballroom (OC) — **LSE384**
Premium Reserved Seating \$19
General Admission \$16

Guitarist/Multi-Instrumentalist James Hefner performs an eclectic set of all the best hits. His repertoire spans a wide range of musical genres and includes songs by artists such as Eric Clapton, Tom Petty, Tom Jones, and more. With over 300 songs committed to memory, James uses his arsenal of music gear to create a concert to remember. With a “looper” on his guitar for creating his own backing tracks on the spot and a “smart vocal harmonizer” for adding two additional vocals to his performance on the fly, you’d swear that you’re listening to a full band.

**Midnight Flyers: A
Tribute to the Eagles**

Friday, May 27, 7:00 PM
Ballroom (OC)
Premium Reserved
Seating \$24 — **LSE389**
General Admission \$20



Audiences and critics alike love the Midnight Flyer band’s energy and spot-on recreation of The Eagles’ music. This Bay Area group is considered one of the premier Eagles tribute acts, packing theaters and selling out shows along the West Coast and beyond. With a repertoire of more than 100 songs, Midnight Flyer shines in concert with arrangements and vocal harmonies, delivered with the authenticity and vitality that recall the earliest Eagles performances.

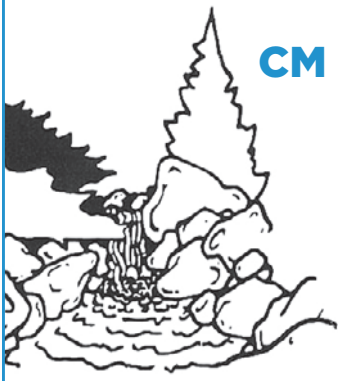
***Roseville
Community
Concert Band**

Happy Birthday USA!
Monday, July 4
2:00 PM, Ballroom (OC)
— **LSE410**

Reserved Section
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 in our community. 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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—Presentation—

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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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*Indicates new trips on sale May 17

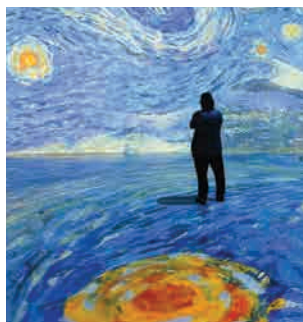
†Venue may require Proof of Vaccination or negative COVID test and photo I.D. for admission. Face mask may be required on bus and venue. Please see eNews for up-to-date information. Attendees will be emailed complete information a week prior to trip.

Featured Trip



***Beyond Van Gogh!**
Sutter Health Park
Tuesday, November 29
\$110 — **LST403**

Immerse yourself in the world of Vincent Van Gogh. 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.



ONLINE: SCLHRESIDENTS.COM

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—

Made In Tahoe Festival
Palisades Tahoe (formerly Squaw Valley)
Saturday, May 28
\$59 — **LST397**

Held each May in the Village at Palisades Tahoe, the Made in Tahoe Festival is a celebration of anything and everything that is made with love locally. The extravaganza includes booths that showcase the various offerings of local artisans, including handmade skis, jewelry, and unique pieces of art. Beyond the shopping for handmade treasures, there is also live music, entertainment, food, beer, and chef's tastings. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc., on your own. Wheels roll from OC at 9:30 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 WWII to the end of the Cold War, spanning nearly 70 years. Wheels roll from OC at 8:00 AM ~ return 6:00 PM.



MAY 2022 COMPASS | 67

— Performances —



*High Voltage – The Best of Broadway

Harris Center in Folsom, CA

Thursday, June 23

\$90 — **LST404**

El Dorado Musical Theatre presents 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. It is 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.

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.

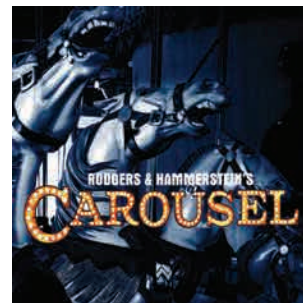
Kinky Boots

†Kinky Boots

Tuesday, June 14

\$111 — **LST380**

Broadway’s huge-hearted, high-heeled, multiple Tony®-winning Best Musical! With songs by Grammy® and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and friendships we discover when we embrace each other’s differences. Inspired by true events, Kinky Boots takes you from a gentlemen’s shoe factory in Northampton to the glamorous catwalks of Milan.



†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 reimagined 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.

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—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. Dodgers

Sunday, June 12

\$145 — **LST394**

It's Matt Cain Bobblehead giveaway day! Wheels roll from OC at 10:00 AM for a 1:05 PM First Pitch ~ return 6:40 PM.

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

**Sacramento Rivercats**

Cheer on the Sacramento Rivercats from the Pacifico Porch at Sutter Health Park and enjoy a pre-game BBQ Buffet (i.e., Tri-Tip, BBQ chicken, hot dogs, seasonal sides, and one non-alcoholic beverage). Enjoy the game and buffet without the hassle of traffic and parking on our motorcoach.

Sacramento Rivercats vs. Tacoma Rainiers

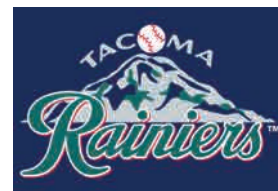
(Seattle Rainiers

AAA affiliate)

Sunday, May 22

\$129 — **LST389**

Wheels roll from OC at 11:15 AM, for a 1:05 PM game ~ return 4:45 PM.



—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 check out local wine tasting rooms on your own. See Lifestyle Desk for the lunch menu. Wheels roll from OC at 9:00 AM ~ return 7:30 PM.

Overnight/Extended Travel**South Lake Tahoe Overnight Getaway with Dinner at Harrah's Lake Tahoe**

Tuesday, May 24-25

— **LST390**

\$300 per person

double occupancy

\$360 single occupancy

Relax and enjoy the beauty of the Sierras and leave the driving to us on our deluxe motor coach roundtrip transportation. Dine with friends and meet new ones at our group dinner at Friday's Stations Steak and Seafood House. We will arrive in time for lunch on your own with free time for gaming, exploration of the Village, or even a gondola ride at Heavenly. The fee includes hotel accommodation, coach transportation, dinner, driver gratuity, and luggage handling. All other meals and activities on your own. Wheels roll from OC at 9:00 AM ~ return approximately 3:00 PM. **Registration Deadline May 17, 2:00 PM.**

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**San Francisco Bay
Dinner Cruise
Overnight at
Hyatt Regency**
Thursday, July 28
to Friday, July 29
— **LST400**



\$451 double occupancy; \$599 single occupancy

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 w/tomato vinaigrette, Oven-roasted chicken, or Braised short ribs. Vegetarian option 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!" The theme will be "Wonderful World." See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Nixon Library and Museum in Yorba Linda. Please advise at 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 loge 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 Nixon Library and 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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- Intrathecal Pump Implant & Management
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- Minimally Invasive Lumbar Decompression
- Ketamine Infusion for PTSD, Refractory Depression & Pain

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

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



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*Indicates new class on sale May 17

Classes

—Art —



*Mixed Media Art Journaling

Tuesdays, June 14 & 28

9:00 AM to Noon (OC)

\$45 plus \$5 supply fee paid to instructor — **LSC3217**

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: “Peacock”

Friday, June 17

5:00 to 8:00 PM (OC)

\$55 — **LSC3241**

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. *About the Instructor:* Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, June 1-29

9:00 to 11:30 AM (OC)

\$95 (five sessions) — **LSC3229**

Learn new ways to paint and polish your skills. More emphasis will be on acrylics. Art demos will be done on a regular basis with group critiques and individual instruction. Quite often, optional projects will be offered 1 or 2 times a month. Instructor: **Sandy Lindblad**. Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandyindblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor—

*Continuing Watercolor

Thursdays, June 1-29

9:00 to 11:30 AM (OC)

\$80 (four sessions, No class June 23) — **LSC3788**

Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This is not a class for people wanting to take watercolor for the first time. This class will be limited in size to allow for individual one-on-one work. Contact the instructor for more information. Instructor: **Faye August** at watercolorist55@gmail.com or 916-209-3643.

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Ceramics

—Pottery—



*Beginning/Intermediate Ceramics

Tuesdays, June 7-28
1:00 to 4:00 PM (OC)
\$64 (four sessions)

— **LSC3266**

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, June 7-28
9:00 AM to Noon (OC)
\$64 (four sessions)

— **LSC3253**

OR

Thursdays, June 2-30
1:00 to 4:00 PM (OC)
\$80 (five sessions)

— **LSC3290**

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



Shabby Chic Ribbon Flag

Monday, May 23
1:00 to 3:00 PM (KS)
\$45 (no additional supply fee) — **LSC3792**

Choose from a large selection of fun red and white ribbon and trim to create this unique shabby chic flag just in time for the upcoming patrio-

tic holidays. Instructor: *Judy Ragland-Craftopolis*. Registration deadline May 16. Maximum 20 students.



Paint with Your Pup

Monday, June 27
9:00 AM to Noon
\$40 — **LSC3796**

Your dog will "paint" a no-mess masterpiece by pushing paint around an 8x8 canvas safely enclosed in a ziplock bag with peanut butter on the outside. It's fun to watch, and the result is a

one-of-a-kind piece of art. Instructor: *Judy Ragland-Craftopolis*. **Optional frame available with dog's name added in vinyl to the glass - \$25 (pre-order)**. Frame orders and payment will be taken during the class. Completed, framed pieces will be available for pick up Monday, July 11, or special delivery arrangements can be made. Pre-order the frame with name by emailing Craftopoliscc@gmail.com. Registration deadline May 20. Maximum 15 students.

—Card Making—



*Card Making

– Advanced

Mondays
June 6 & 20
9:00 AM to Noon (KS)
\$30 (two sessions)

— **LSC3302**

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



*Card Making

– Beginner/Intermediate

Wednesdays
June 8 & 22
9:00 AM to Noon (KS)
\$30 (two sessions)

— **LSC3313**

Prerequisite:

Completion of at least four to eight sessions of previously offered Introduction to Card Making – Beginners and/or have instructor's approval to participate. This class will build on your card-

making skills while introducing you to some new and different card-making and papercraft techniques. Most supplies will be provided, but you will need to bring your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline: May 24.



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

Fridays, June 10 & 24
9:00 AM to Noon (KS)
\$30 (two sessions) — **LSC3324**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you. This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited; sign-up early to reserve your space. All supplies will be provided. Instructor: **Dottie Macken**. Registration deadline: May 24.

Dance

—Clogging—

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



***Beginning Clogging**

Tuesdays, June 7-28
10:00 to 11:00 AM (KS)
\$40 (four sessions)
— **LSC3335**

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, June 7-28
11:00 AM to 12:30 PM (KS)
\$60 (four sessions) — **LSC3363**

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 dancing to some Irish songs this month. The class will feature lots of reviews of steps from previously learned dances. We'll keep it a bit more simple to get our clogging legs back into shape. We will also learn new dances, easy to intermediate, from recent workshops and conventions. 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.**



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—Country Western Dancing—



***Country Couples Western Dance Beginner Level 1 & 2**
Mondays, June 6-27
7:00 to 8:00 PM (KS)
\$28 (four sessions) — **LSC3356**

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

***Country Couples Western Dance Level 3 & 4**
Mondays, June 6-27
6:00 to 7:00 PM (KS)
\$28 (four sessions) — **LSC3346**

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: "East Coast Swing and the Bosa Nova." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—



***Hula**
Thursdays, June 2-30
1:00 to 2:00 PM (KS)
\$65 (five sessions)

— **LSC3408**

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, June 2-30
11:00 AM to Noon (KS)
\$45 (five sessions) — **LSC3420**

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, June 7-28
1:00 to 2:00 PM (KS)
\$36 (four sessions) — **LSC3449**

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, June 3-24
3:00 to 4:00 PM (KS)
\$28 (four sessions) — **LSC3491**

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



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***Level 1 – Absolute Beginner (Intro)**

Mondays, June 6-27

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3458**Instructor: *Cathy Paris***OR**

Thursdays, June 2-30

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3525**Instructor: *Yvonne Krause-Schenck*

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

***Level 2 – Beginner**

Fridays, June 3-24

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3501**Instructor: *Sandy Gardetto***OR**

Thursdays, June 2-30

10:00 to 11:00 AM (KS)

\$35 (five sessions) — **LSC3555**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, June 2-30

3:30 to 4:30 PM (KS)

\$28 (four sessions, No class June 9) — **LSC3546**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, June 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3535**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, June 1-29

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3511**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, June 6-27

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC3477**Instructor: *Cathy Paris***OR**

Wednesdays, June 1-29

10:00 to 11:00 AM (KS)

\$35 (five sessions) — **LSC3608**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, June 2-30

5:30 to 6:30 PM (KS)

\$28 (four sessions, No class June 9) — **LSC3714**

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, June 2-30

4:30 to 5:30 PM (KS)

\$28 (four sessions, No class June 9) — **LSC3468**

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.



***Beginning Tap**
Mondays, June 6-13
11:00 AM to Noon (KS)
\$20 (two sessions)
— **LSC3574**

This class works on the basics of tap dance at a slower pace. It is a continuation class, however, new students are welcome.

***Tap Technique**
Mondays, June 6-13
10:00 to 11:00 AM (KS)
\$20 (two sessions) — **LSC3564**

OR
Tuesdays, June 7-14
10:00 to 11:00 AM (KS)
\$20 (two sessions) — **LSC3734**

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

—West Coast Swing—

***Intermediate/Advanced West Coast Swing**
Wednesdays, June 1 & 15
6:00 to 8:00 PM (KS)
\$30 (two sessions) — **LSC3724**

Prerequisite: Must know the basics of West Coast Swing Dancing and be at an intermediate to advanced level or have the instructor's approval. Partners necessary. The first hour and 15 minutes of the class will focus on dance instruction, and the last 30 minutes will provide dance practice to music. Class size is limited, sign-up early to reserve your space Instructor: *Dottie Lovato Macken*. Registration deadline May 24.

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Glass Art

—Stained Glass—

***Stained Glass**
Mondays, June 6-27
9:30 AM to
12:30 PM (KS)
\$80 (three sessions,
No class June 13)
— **LSC3584**



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. 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*.

Music

—Folk Guitar—

***Beginner Folk Guitar Class for Fun Folks**
Tuesdays
June 14-28
1:00 to 2:00 PM (KS)
\$30
(three sessions)
— **LSC3782**



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. 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, June 14-28
2:00 to 3:00 PM (KS)
\$30 (three sessions)
— **LSC3783**



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).

Writing

Letters That Define Our Lives

Cancelled

10:00 AM to Noon (KS)
\$75 (four sessions) — **LSC3769**

Part One Discussion: What letters define moments in American life? How has letter writing and its value changed during the past 100 years? Class includes reading selections from "America 1900-1999, Letters of the Century," edited by Lisa Grunwald and Stephen J. Adler. Part Two Reflect & Write: Write a "Legacy Letter." This is a personal, timeless document to share with family members or friends. At a life intersection or transition, a *Legacy Letter* is an opportunity to reflect on life lessons, values, favorite phrases, hope, and dreams for the next generation. Class includes sample letters, discussion of the purpose, and individual time to reflect and write. Instructor: *Janice Kelley*.

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Spotlight
On



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June 20 | 1:00 pm | Aerobics Room (OC)

introducing our new WellFit Comprehensive Assessment and the new ZIBRIO Stability scale developed by NASA and MIT that will become available at SCLH.

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



IMPORTANT UPDATE

- PRICE INCREASE -

Punch Pass and Fast Pass
Class prices will increase
by \$1 as of May 16, 2022.

See the Punch Pass & Fast Pass
section for more information.

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.

Fitness Floor (OC)

- **Wednesday, May 25**
3:00 to 4:00 PM
- **Tuesday, June 14**
3:00 to 4:00 PM
- **Wednesday, June 22**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, May 25**
3:00 to 4:00 PM
- **Wednesday, June 8**
3:00 to 4:00 PM
- **Wednesday, June 22**
3:00 to 4:00 PM

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

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.*



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 or go to www.lhpclub.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 to register. Class size is limited to three each session.



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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. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online through online enrollment on the Resident Website. There is a four person minimum required to run the class, so please sign up early.*

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.

Outdoor Tai Chi / Qigong L1/L2 (Seasonal)

Returning in the Fall.

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, June 7-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

OR

Wednesdays, June 1-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$60 (five sessions)

OR

Fridays, June 3-24

2:00 to 3:00 PM, Aerobics Room (OC)

\$48 (four sessions)

OR

Saturdays, June 4-25

2:00 to 3:00 PM, Aerobics Room (OC)

\$48 (four sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing



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

Tai Chi / Qigong L2

Thursdays, June 2-30

2:00 to 3:00 PM, Aerobics Room (OC)

\$60 (five 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, June 7-28

3:10 to 4:10 PM, Aerobics Room (KS)

\$48 (four sessions)

OR

Fridays, June 3-24

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

\$48 (four 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

June 1-29

2:00 to 3:00 PM

Aerobics Room (OC)

\$60 (five 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, June 1-29
 3:05 to 4:05 PM
 Aerobics Room (OC)
 \$85 (five sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the 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*.

Personal Improvement

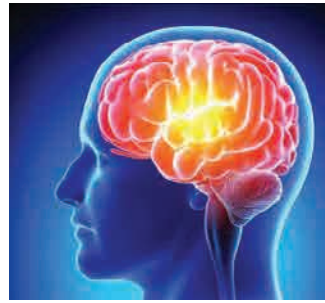
The following Personal Improvement classes are offered through the WellFit Department.

Going Out in a Box
Getting Your Stuff Together
End of Life Options: Preparing for Death
 *All three classes are returning in October.
 9:00 AM to Noon, Multimedia Room (OC)
 Instructor: *Marcia VanWagner*.



New! Why Your Breath Matters
 Mondays, June 6-27
 2:00 to 3:00 PM
 Aerobics Room (OC)
 \$60 (four sessions)

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



Static in the Attic: Understanding About Memory And How To Preserve It!
 Friday, June 3
 9:30 AM to Noon
 Multimedia Room (OC)
 \$35

Are you noticing word grope syndrome and “senior moments?” Are you frustrated because you can’t remember the names of people but recognize faces? Come find out why these occur and what you can do about it. This single session workshop covers the current scientific information about memory, the components of memory, changes with age, and tips and techniques for improving memory and leading a brain wellness lifestyle. Extensive materials and hand-outs are included in the fee. Instructor: *Dr. Alice Jacobs, Ed.D, MBA, MS, MA, MCHES*.



Monday Meditation
 Coming back in the Fall.
 4:10 to 5:10 PM
 Aerobics Room (OC)
 \$60 (four sessions)

Leave your stress at the door. Open your mind and soothe your soul with our new Monday Meditation. This class will provide you with a great way to start your week off right. We will discuss enriching topics and then settle in for an extended guided meditation based on the topic. The timeless practice of meditation can help you cultivate more than just a healthy mind and body. It can also grow patience, forgiveness, compassion, and wisdom to help cope with whatever life throws your way. Instructor: *Sheri Mandell*.

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New! Introduction to Movement on the Pilates

Thursdays
June 9-30
3:00 to 4:00 PM
Fitness Center -
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(OC)

\$68 (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.*



New! Mindfulness & Meditation

Thursdays, June 2-23
4:30 to 5:30 PM
Aerobics Room (OC)
\$60 (four sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness

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



Living with Parkinson's
Wednesdays, June 15 & 22
1:00 to 2:00 PM
Multimedia Room (OC)
\$48 (two sessions)

Learn how to live a stronger and more functional life through exercise, current therapy techniques, and lifestyle adaptations. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. Lisa will teach the first class, and Danielle will teach the second.

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Traditional Shotokan Karate
 Saturdays, June 4-25
 10:50 AM to 12:50 PM
 Aerobics Room (KS)
 \$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and has over 48 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit santenkarate.com. Instructor: *Al Trimarchi*.

Nutrition

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

Stay Hydrated

Monday, June 20
 11:30 AM to 1:30 PM
 Placer (KS)
 \$48

Stay hydrated without being bored to tears! Beyond water, what works, how does hydration affect my body, and can I please have flavor too? In this class, we will sample "aguas frescas" (infused waters) while learning. Instructor: *Kerin Gould*, Ph.D. is the author of "Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables...Now what?"

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Pilates Reformers and Towers

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

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

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody. See the class grid on page 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:
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Rex Owens
WellFit Fitness Supervisor
Rex.Owens@sclhca.com



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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers.

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 \$99.00. Coming in June.
- **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.

Small Group Training (SGT)

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



Urban Poling (Balance and Fall Prevention)

Mondays & Fridays, June 3-27

(starts on Friday, June 3)

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own. 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). Limited availability of loaner Activator® Poles. Instructor: *Rex Owens*.

Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, June 7-30

12:55 to 1:55 PM

Aerobics Room & Indoor Track (OC)

\$136 (eight sessions)

This is a fitness class 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, June 7-28

8:30 AM

\$68 (four sessions)

First class meets at OC Fitness Center

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, June 7-30

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 correct settings and weights appropriate for you. Instructor: *John Ramos*.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays

June 7-30

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class

focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, and 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. Instructor: *Deanne Griffin*.

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SGT—Progressive Bootcamp L2/3

June 6-29

3:05 to 4:05 PM

Aerobics Room (KS)

\$136 (eight sessions)

Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level.

The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Instructor: *John Ramos*.

**SGT—TRX Circuit L2**

Tuesdays & Thursdays

June 7-30

12:55 to 1:55 PM

Aerobics Room

(KS)

\$136 (eight sessions)

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

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

Mondays & Wednesdays

June 6-29

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor:

*Renae Schmidt***OR**

Tuesdays & Thursdays

June 7-30

10:45 to 11:45 AM

Aerobics Room (KS)

\$136 (eight sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*

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

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays

June 6-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$136 (eight sessions)

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

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

Wednesdays

June 1-29

11:50 AM to

12:50 PM

Indoor Pool

(OC)

\$85 (five sessions)

Instructor: *Nina Baldi***OR**

Fridays, June 3-24

10:45 to 11:45 AM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher*

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



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- ✓ Bowen Mini Treatments



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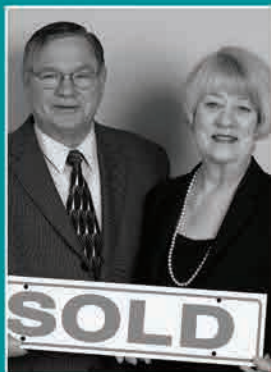
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SGT—Rock**Steady Boxing**

Tuesdays, June 7-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, June 9-30

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.**



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 purchase date.**

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

SGT—**ParkinsonStrong Combo**

Thursdays

June 9-30

3:05 to 4:05 PM,

Aerobics Room

(KS)

\$68 (four

sessions)

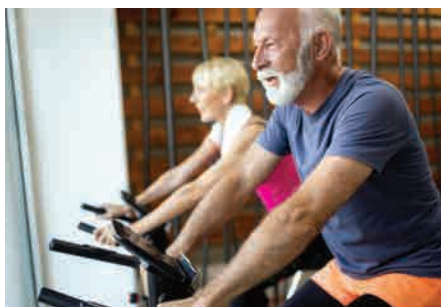
OR

Mondays, June 6-27

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

\$68 (four 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 purchase date. No exceptions and no refunds. In comparison, other similar classes**

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OC WellFit Class Schedule May/June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	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>		10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1- L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 - <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Linda/Joanie</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>		SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Lisa</i>			SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	June 6-27 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>	5:00pm Stretch It Out L1/L2 - <i>Sheri</i>	4:30 - 5:30pm - June 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: schresidents.com							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.

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

KS WellFit Class Schedule May/June 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>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba & Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Juanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - 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>Juanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	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>	May 22nd 12-1:30pm Karate Class
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>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			SGT - Fit 101 - <i>John</i>			
5:30		SCLH Booking 5:00-6:15pm			SCLH Booking 6:00 to 8:00pm		
Punch Pass - Group Exercise Classes 55 minute \$5.50							
Fast Pass - 30 min Group Exercise Class \$3.50							
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com							
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

OC Aqua WellFit Water Walking/Volleyball/Class Schedule May/June 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>Jen</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Jen</i>	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jen</i>	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jennifer</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>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							
<p>L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$5.50</p>							

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

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

Pilates Reformer WellFit Class Schedule May/June 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>Nina/Sandra</i> <i>No class May 7, 14</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer - L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30		Cardio Jump Basics L1/L2 - <i>Andee</i>			Cardio Jump & Core L2 - <i>Gretchen</i> 11:45		
3:00				June - 3:00 PM! Introduction to Movement on the Pilates Reformer - <i>Andee</i>			
4:15	Reformer Basics L1 <i>Andee</i> 4:15pm				Cardio Jump & Core L2 - <i>Gretchen</i> 12:45		
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: schresidents.com							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on schresidents.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON-SAT: 8:00 AM-9:00 PM SUNDAY: 8:00 AM-5:00 PM	The Spa at Kilaga Springs MON-FRI: 9:00 AM-6:00 PM SATURDAY: 9:00 AM-5:00 PM
Membership Desk MON-FRI: 9:00 AM-5:00 PM	Meridians Restaurant Meridians / Sports Bar MON-FRI: 11:00 AM-8:00 PM SAT-SUN: 10:00 AM-8:00 PM
Lifestyle Desks (OC/KS) MON-SAT: 8:00 AM-8:00 PM SUNDAY: 8:00-4:00 PM	Curbside Pickup: DAILY: 11:00 AM-7:00 PM SCLH Delivery: DAILY: 4:00 PM-7:00 PM
WellFit (OC/KS) MON-FRI: 5:30 AM-8:30 PM SAT-SUN (OC): 7:00 AM-8:00 PM SAT-SUN (KS): 5:30 AM-6:00 PM	Kilaga Cafe WED-FRI: 7:00 AM-3:00 PM

ADMINISTRATION

Executive Director
 Kyle Bodyfelt.....916-625-4060Kyle.Bodyfelt@sclhca.com
Executive Assistant/Office Manager
 Christy Goodlove916-625-4062 ... Christy.Goodlove@sclhca.com
Communications & IT Manager
 Jeff Caponera916-625-4057Jeff.Caponera@sclhca.com
Compass Editor
 Theresa Renken.....916-625-4014Theresa.Renken@sclhca.com
Community Standards Manager
 Open916-625-4006xxx.xxx@sclhca.com
Director of Finance
 Staci Erskine916-625-4024 Staci.Erskine@sclhca.com
Membership
 Lisa Hammons916-625-4068 Membership@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant.....MeridiansRestaurant.com
 Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe
 To-Go Orders & Info: 916-408-1682
Director of Food & Beverage
 Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com
Catering Sales.....OrchardCreekLodge.com
 Don Giles916-625-4043 Don.Giles@sclhca.com

BOARD OF DIRECTORS

Laura Thiele.....President Laura.Thiele@sclhca.com
 Jack Harris.....Vice PresidentJack.Harris@sclhca.com
 Craig Fraser.....Treasurer Craig.Fraser@sclhca.com
 Robert CoppSecretary Robert.Copp@sclhca.com
 Tom Dunipace.....DirectorTom.Dunipace@sclhca.com
 Diana PetersDirector Diana.Peters@sclhca.com
 Marie BarnesDirector Marie.Barnes@sclhca.com

LIFESTYLE

Lifestyle Desks
 Orchard Creek: 916-625-4022Kilaga Springs: 916-408-4013
Lifestyle Manager
 Allison Sertic.....916-625-4073Allison.Sertic@sclhca.com
Lifestyle Assistant Manager
 Suzanne Hughes916-408-4609 ... Suzanne.Hughes@sclhca.com
Lifestyle Class Coordinator
 Betty Maxie.....916-408-7859 Betty.Maxie@sclhca.com
Room Booking & Club Coordinator
 Elaine Allen.....916-625-4021 Elaine.Allen@sclhca.com
Lifestyle Trip Coordinator
 Scott Cason916-625-4002 Scott.Cason@sclhca.com

WELLFIT

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

THE SPA AT KILAGA SPRINGS

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

FACILITIES

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

GENERAL NUMBERS

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

COMMITTEES

Accessibility AC@sclhca.com
 Architectural Review..... ARC@sclhca.com
 Clubs & Community Organizations..... CCOC@sclhca.com
 Communications & Community Relations CCRC@sclhca.com
 Compliance..... Compliance.Committee@sclhca.com
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