

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



17 Athletes Carry a Torch for Bocce Ball

19 Going for the Gold: Special Olympics
Rolls into Lincoln Hills



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

4021 N. FREEWAY BLVD #100
SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

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

ELK GROVE

(COMING SOON!)

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On the Cover
Carrying the Torch.
Photo by Klara Kleman.
See article page 19.

Calendar of Events

April 18 - May 16

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

Date Event	Page #
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Upcoming Association Meetings: April 15 – May 18

Finance Committee	Thursday, April 20, 9:00 AM
ARC/Architectural Review Committee	Monday, April 24, 9:00 AM
Accessibility Committee	Wednesday, April 26, 9:00 AM
Board of Directors	Thursday, April 27, 9:00 AM
Board of Directors Executive Session	Thursday, April 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, May 2, 9:30 AM
Compliance Committee	Wednesday, May 3, 9:00 AM
Properties Committee	Thursday, May 4, 9:00 AM
Elections Committee	Friday, May 5, 10:00 AM
ARC/Architectural Review Committee	Monday, May 8, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, May 9, 10:00 AM
Board of Directors Workshop	Thursday, May 11, 10:00 AM
Board of Directors Executive Session	Thursday, May 11, 1:00 PM
Landscape Cost Reduction Committee	Friday, May 12, 9:00 AM
Finance Committee	Wednesday, May 17, 9:00 AM
ELECTION DAY & ANNUAL MEETING	Thursday, May 18, 9:00 AM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

- Accessibility Committee
- Architectural Review Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Compliance Committee

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



Board of Directors' Report

Don Bowden, Director

It is hard to believe that 11 months have passed since I became a member of the Board of Directors. During that time, I became very aware of how important volunteers are to this community.

We have several hundred volunteers who give their time and energy to support our Association, and we could not get everything done without them. I want to express my appreciation and acknowledge those that work at the lodges, gyms, concerts, special events, and dance nights. It may sound like fun, but they are all working to ensure residents are safe and have a good time.

The governance of our community is also guided by volunteers. The Board itself is made up of volunteers as well as all our seven standing committees who support and uphold the Association's Governing Documents. These volunteers

allow Lincoln Hills to operate and maintain the community.

This community is made up of residents with a myriad of backgrounds and life experiences. Many residents move here fresh from retiring and are still in the "work" mindset. The experience and enthusiasm they bring might be the catalyst for some new thinking and fresh ideas.

If you are not sure you are ready to jump into committee work, I encourage you to attend a meeting or two. You may find you have a lot to contribute.

Volunteering can bring immense satisfaction. It allows individuals to positively impact the community, utilize their skills, meet new people, and feel a sense of purpose and fulfillment. Volunteering can also provide opportunities for personal growth, and helps to keep minds active and young. Consider being a volunteer. Our community needs you.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

February 23, Board of Directors' Meeting: Summary of Action Items: The Board approved Bill Graham as a new member of the Architectural Review Committee (ARC.) The Board approved the Proxy Package submitted by the Elections Committee for the 2023 Election. The Board approved the following Reserve Projects: Replacement of the Orchard Creek Fitness strength area flooring at the cost of \$35,528, replacement of the Life Fitness strength equipment with Matrix strength equipment at a cost of \$83,127, the replacement of the existing Meridians kitchen food processor for \$6,167, and the replacement of the Kilaga Springs WellFit Blinds on the east side of the fitness area for \$7,950. The Board

approved the final ballot language for the governing document amendment included in the 2023 election.

A note on traffic safety: Lincoln Hills has a number of STOP signs, which were installed to assist with safe travel through the community. While biking into work recently I came through multiple intersections where the drivers of the car did not stop and, in one case, did not even slow down. I receive numerous calls and emails requesting that the Association do more to improve traffic safety within Lincoln Hills. We have communicated this concern to the City of Lincoln, and the City now has a dedicated traffic enforcement officer. Please help in doing your part to keep Lincoln Hills travel safe.



Properties Committee

March Meeting Report

Bill Szabo, Chair

The Chairperson and other committee members thanked Christine Uebele, Vice Chair, for her four plus years of service on the Properties Committee.

Executive Director's Report: Approved in Progress Projects - OC Skylights Replacement, OC Fitness Strength Equipment Replacement, OC Strength Area Flooring Replacement & KS WellFit Exterior Blinds. Proposed/Pending Projects - Kilaga Springs Café Enhancement, Orchard Creek Storage, Ballroom & Presentation Hall AV Upgrade.

Facilities Maintenance Update – Included: Outdoor Pool Update – additional work needed, NID Waterway – work completed, automatic door at OC locker room – completed OC Crafts Wing Sliding door – installed, irrigation main water lines repaired, south water feature – some repairs done, south entry grass – reseeded, Tennis Courts 3 and 4 and upper Pickleball Courts to be repaired, repairs done to fitness and activities roof leaks, activities,

fitness, south and north Gatehouses glass leaks repaired, East Joiner shrub removal completed, OC dehumidifier repaired with new parts – fully functional.

Unfinished Business - Inspection Reports – north and south entries and water features and maintenance buildings. Liaisons Reports - Accessibilities – presentation on Dial-a-Ride. Finance – Proposals forwarded to Finance were accepted and sent to the Board for approval.

New Business: The following proposals were accepted and sent to Finance Committee: LED lighting conversion at Sports Plaza, Ballroom A/V projector replacement, Pilates room renovation, Angler's Cove parking reseal/stripping.

As always, if you see any problems or maintenance issues with any facility, please report them to Erik Rosales, Facilities and Maintenance Manager for general maintenance, or Willie Mayberry, Landscape Supervisor, and Properties Committee chair.



Accessibility Committee

Increasing Personal Service

Judie Panneton, Chair

Have you ever wanted to try a listening device but didn't know what to ask for when attending events in the Orchard Creek Ballroom or Kilaga Springs Presentation Hall? Now, it's a lot easier to find the right fit. Personal appointments are available for all residents, including those with hearing aids and cochlear implants. Appointments can be made by contacting staff members at these email addresses: (Suzanne.Hughes@sclhca.com) for Kilaga Springs Presentation Hall and Jeff.Caponera@sclhca.com for the Orchard Creek Ballroom. Some devices can be used in meeting rooms. In addition to appointments, efforts are underway to add signage to locations where the devices work. (The Audio Everywhere app for smartphones can help residents hear better, too.)

Member Marcia VanWagner recently presented a Community Forum about senior living opportunities and has another one scheduled for June 27, at 9:30 AM, entitled - The Role of a Fiduciary. Arrive

early to ensure a seat since past forums have reached capacity quickly. The Forums are recorded, too.

The Accessibility Committee mourns the recent passing of member Joan Brant-Love who worked tirelessly on important vision capability issues like standardized written communications (including the bills you receive for your meals at Meridians) capability. She was also a strong advocate for more transportation options.

After the deadline for this article, the Committee discussed the possibility of recommending to the Board that an employee be responsible for fielding calls and other communications from residents who need resource information due to a crisis, such as medical, health, or financial. The meeting can be viewed on the Resident Website.

The next meeting is scheduled for April 26 at 9:00 AM in P-Hall (KS) and on Zoom. The Committee link on the Resident Website contains helpful information to make your life more accessible.



Architectural Review Committee

Staying Fresh and Modern

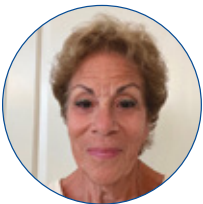
Gary Shamber, Chair

How can we keep a community like ours vibrant and modern when our governing documents seem to force us to maintain an architectural aesthetic that was created over 20 years ago? How will that aesthetic be viewed in another 20 years? Dated? Stale? Many new residents ask this question and test the “status quo” philosophy when they move to Lincoln Hills and begin upgrades. They submit ARC applications that would in effect, change their homes to a different look and feel than that established for the Lincoln Hills community. They then become frustrated when their applications are disapproved.

Change seems to come slowly to a community like ours. Some come from changing laws, like the increased use of artificial turf in response to water restrictions or increases in rooftop solar due to

utility cost increases. Others come as a result of improved practices and technologies, like stamped/colored concrete, which is becoming more common on resident walkways and patios.

Yes, the governing documents do seem to restrict us from making bold changes that would alter the fundamental character of our community. But change does come over time. In reality we have considerable flexibility to make our homes look fresh and modern. Having a greater variety of paint options is a simple way to make our homes unique and modern. Our landscaping guidelines allow creative flexibility to frame and enhance the look of our homes. These, along with attentive maintenance and upkeep, can keep our homes and community looking fresh and modern through time while preserving a look and feel that attracted most of us to this community in the first place.



Compliance Committee

Best of the Best!

Lynne White, Chair

As we wave goodbye to winter, some of our residents will be painting or touching up their home exteriors. Other residents will be trimming their trees and shrubs, so they are tidy and healthy as they burst into life as the weather warms. If you need to paint your wood fences, Sherwin Williams Sanderling 7513 is the color to purchase. You can look at the book of paint color palettes at the Membership Desk. There are free sample chips of every color offered in the paint book. If you are thinking about planting new trees or shrubs, take a look at the Resident Website. Review the Design Guidelines and acceptable tree, plant, and ground cover lists. If you remove a tree, the stump must also be removed, but you do not need approval. New trees need ARC approval. Planning ahead will avoid costly

mistakes. Springtime is a great time to give homes some TLC.

The Compliance Committee works all year, regardless of the seasons. We are a group of fellow residents who are proud to volunteer our time and expertise to ensure the CC&Rs and Design Guidelines are fair and consistently upheld. We are looking for volunteers to participate in every aspect of making sure our 6,783 homes are kept in compliance. Our goal is to maintain the beauty, desirability, and value of our homes. Our volunteers have various occupations and talents. It is important to be a good listener and detail-oriented. Applicants should be comfortable collaborating with residents both in person and by email. We offer an excellent training program. As a premier 55+ active adult community, our volunteers help to keep us the best of the best.



Clubs and Community Organizations Committee

Those Were the Days!

George Herrmann, Vice Chair

The Clubs and Community Organization Committee (CCOC) was a busy and challenging committee when Lincoln Hills was first developed. Residents came from all over California and the country to settle into our wonderful 55+ community. They had ideas about how they wanted to share their time with like-minded people who were their neighbors and friends. The CCOC was an integral part of the start-up process for clubs and community organizations. It took time and effort to form these groups. Bylaws had to be created, rules and regulations had to be adhered to, and the Board of Directors was tasked with approving each club and community organization. The CCOC did part in helping establish the 70 clubs we have today. A lot has changed in the twenty-two-plus years since Del Webb started building Lincoln Hills. Some of our clubs no

longer exist due to decreased membership or lack of leadership. Other clubs have been created and expanded beyond anyone's wildest dreams. A good example of forming a club and growing is pickleball. In the beginning, there were no pickleball courts. Recently, the sport was named "the fastest-growing sport in the United States" by the Sports and Fitness Industry Association.

In the near future, we will be checking club membership to ensure the twenty-member requirement is being met. Our mission is the same: "to promulgate and recommend the rules and regulations for member use of the recreational facilities, and for the administration of proper relationships between the Association and its registered clubs and other community organizations." We are proud of the work we have done for our residents. We always have and always will welcome new clubs.



Communications and Community Relations Committee

Share Your Thoughts

Fred Barnhart, Member

We have emerged! From the pandemic, from winter, from the rains. As we look around at our community, how are we doing? We need your input.

We are fielding a survey to hear your ideas. This survey is the first step in gathering data to identify trends and provide information to the Board about what is important to you as you enjoy your Lincoln Hills lifestyle. The Board and Staff will use your input as the community changes, grows, and adapts over the years.

This will be the first of two ongoing surveys every other year. The next survey will come out in the spring of 2024. This two-year cadence allows evaluation of key findings and important resident

feedback on such issues as safety, clubs, classes, entertainment, landscape beauty, and your satisfaction with the lifestyle.

How do I participate? Every recipient of eNews will receive a unique link to the survey. To sign up for eNews, just go to our Resident Website. (It's easy!)

No email? No problem. Paper copies of the survey will be available at the Membership Desk in Orchard Creek Lodge.

When will it be available? Watch for the announcement in eNews

Will I be able to add my comments? Yes! Feedback from the general comments is invaluable.

When will I see the results? The results will be published in the weeks after the survey closes.



Finance Committee

February Report

Fred Raach, Chair

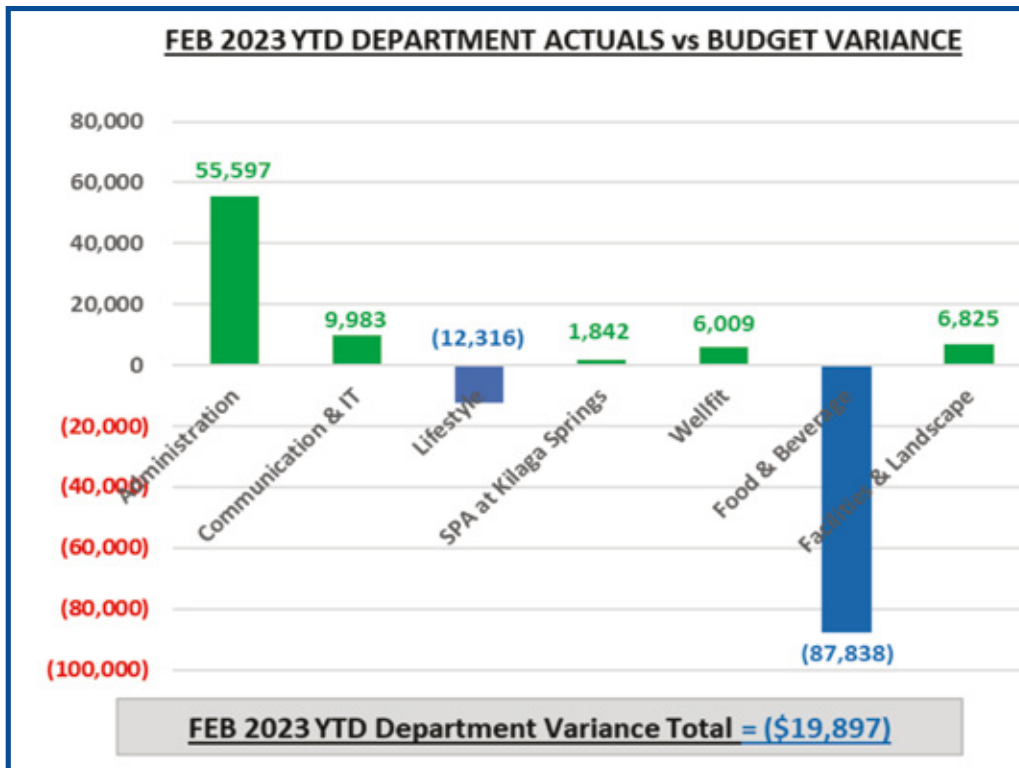
Financial results this year, through two months, are \$19,897 negative to plan (budget) primarily due to revenue which is \$46,771 below expected, partially offset by expenditures which are \$26,874 lower than planned. One encouraging sign this year is a change in how the staff presents their numbers. Clearly, the Executive Director has committed and communicated to his staff that meeting the budget is essential. The presentations by staff at Finance Committee meetings this year include not only what are the results to date but also if they are below expectation, what they will do to get back to the plan, and even if better than planned, what opportunities they are pursuing to further improve their results.

The chart below shows two-month results by department. Administration shows the largest positive variance to budget, which is largely due to having four vacant staff positions. Two were filled in early March, and active recruiting is underway for the other two. In January, Food and Beverage was over budget in both the cost of sales and personnel expenses. By February, the cost of sales had been brought down to the planned level, and the personnel cost had been reduced slightly. In March, it is expected that personnel costs will be managed

close to plan, coupled with increased catering revenue, producing a much improved result.

At the request of the Finance Committee, reports on the monthly and year-to-date electricity production by the solar systems at Orchard Creek and Kilaga Springs lodges will be made at the committee meetings each month. The first report, for February only, showed Orchard Creek Lodge producing 57,474 Kilowatt Hours (kWh) and Kilaga 33,531 kWh. The average cost of a kWh in February was \$.20, so the two systems reduced the Association's electricity costs in February by \$18,200.

Late last year, an improved process, documented in a new project proposal form, was introduced for all reserve and Community Enhancement Fund requests for funds. The process is based on best practices from profit-making businesses, requiring a clear definition of need, expected benefits, and possible alternative solutions before progressing to be considered by the Properties and Finance Committees and The Board. The process was the subject of a Board workshop on March 9 that was recorded and posted on the Association website. In addition to the improvement in the approval process, complete and accessible documentation of project outcomes is mandated as a resource for subsequent project activity.





Election News

Qualified voters (home-owners) should have received a ballot package for the Board of Directors Election in the mail. Six candidates are running for four Board of Director positions. Additionally, there is a proposed amendment to modify existing bylaws regarding the process for changing Association management.



Important things to know:

- Ballot packages were mailed April 10-14.
- All ballots must be received at the Inspector of Elections or in the ballot box inside Orchard Creek Lodge no later than 3:00 PM, May 17.
- Candidate Statements, Member Issue Statements, Candidate videos, Member Issue Statement videos, and Candidate Forum videos can be viewed on the Resident Website.
- Out of town during the Election? You can still vote through Proxy voting. Look for information in the eNews, or contact Michelle Griswold, Executive Assistant/Office Manager, at Michelle.Griswold@sclhca.com.

Make your ballot count:

- All four votes can be cast for one candidate, OR votes can be divided among separate candidates.
- Total votes cast for candidates cannot exceed four.
- A “yes’ or a “no” vote can be cast for the proposed amendments.
- Be sure to sign the white outer envelope. Unsigned envelopes will be invalid.
- DO NOT make any additional marks or comments on the ballot, or it will be invalidated.
- Made an error on your ballot? Contact the Membership Desk for instructions on how to receive a replacement ballot (must return damaged ballot to receive a new one.)
- You may mail your ballot early to make sure it will be received by the deadline.

Date	Day	Event
April 10-14	Monday - Friday	Election Ballots mailed
May 17	Wednesday	All Ballots due by 3:00 PM
May 18	Thursday	Ballot count begins 9:00 AM; Annual Meeting of Members; New Board seated

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



Lifestyle News & Happenings

Reputation is Everything

Allison Sertic, Lifestyle Manager

I have learned a really fun fact: musicians love to perform at Lincoln Hills. They love how our audiences, volunteers, and staff make them feel welcome and valued. Some have said that they feel a part of the community when they are here. The thoughtful communication and service they receive from our producer, our event staff, and volunteers to the personal delivery of dinner from Jim Tronsden himself. This, along with the care our sound vendor and camera operator take to get the concerts perfectly dialed in. Most of all, it is the warm, personal smiles and enthusiasm from the audience when they perform, and then when they stick around to meet them after the show. It is a reputation that has been built and maintained over many years, and it serves us very well.

Steven Shore, and Esses Productions, count on our continual standard of service, as well as the absolute knowledge that concert and show patrons will exude gratitude and kindness. This reputation enables us to bring extraordinary talent while keeping ticket fees affordable for residents. For this reason alone, he was able to procure ten amazing bands for our 2023 Summer Amphitheater Concert Series at lower rates than they play at other venues. Because of this, in this economy where prices have surged, we can offer concerts at \$25 per show for residents and their guests. Sure, tickets went up \$2 this year, but they went up **only \$2**. Take it from folks who know the industry—this is really incredible!

Thank you one and all. Now, please turn to page 62 for our amazing 2023 line-up!

Back by popular demand 

Oregon Shakespeare Festival

In Ashland, Oregon

Monday, June 12 to
Friday, June 16
\$1,225 per person
Double Occupancy
\$1,675 Single
LST451

Registration not available online.
Tickets must be purchased at
Lifestyle desks.



OSF 2023
Theatre & Beyond

Join Lifestyle Trip Coordinator, Scott Cason, and your Lincoln Hills neighbors and friends, on an extended bus trip to the Oregon Shakespeare Festival, one of the most famous in the world!
Five days, four nights -- full itinerary at the Lifestyle front desks.

For more information about the entertainment, visit OSF (Oregon Shakespeare Festival) www.osfashland.org.






The Spa at Kilaga Springs Carrying a Torch for Holistic Pain Management

KarriLynn Keith, Spa Manager

Over the years, I have noticed more pain and stiffness settling in. Like many of you, I did not consider the stress and damage all the sports and activities of my youth would cause me later in life. I have always searched for natural alternatives whenever possible due to my sensitivity to medication and preference for healthy options. Throughout my career, I have been fortunate to discover incredible companies that provide amazing products and treatments focusing on pain relief, stress management, and all-over wellness.

I want to introduce R&R Medicinals. This wonderful, Colorado-based company pioneered the hemp industry as one of the first brands to earn the USDA Organic Certification in 2019. R&R created its formula with high-quality Organic hemp-derived phytonutrients in addition to 11 terpenes and nine cannabinoids, which offer the absolute best combination to mitigate pain, stress, and trouble sleeping.

Our bodies' Natural Endocannabinoid Systems (ECS) regulate a range of functions, including mood,

sleep, and immune responses. CBD and other cannabinoids interact with our bodies to impact these functions, while terpenes possess their own anti-inflammatory, pain-relieving, and calming properties. Here is a look into what products work best for specific concerns:

For localized pain: CBD Pain Creams - Target ECS receptors in the skin, helping reduce pain and inflammation. Contains other anti-inflammatory and moisturizing ingredients to address muscle pain and certain skin conditions.

For chronic, widespread pain: CBD Tinctures - Can target pain throughout the body. Fast-acting and easily absorbed into the bloodstream for maximum relief.

For stress/anxiety: CBD Gummies - Can reduce levels of stress hormones and regulate the ECS to promote feelings of calm.

For trouble sleeping: CBD Softgels - May soothe racing thoughts and reduce pain to promote sleep. Time-release gel capsules help with sleep all night long.



DO YOU SPA?

The Spa at Kilaga Springs invites you to join us for an afternoon of rejuvenation and relaxation as we showcase our amazing NEW Tranquility Spa Treatments that will restore your mind, body, and soul. Indulge in our luxurious Mini Tranquility Spa Treatments from Comfort Zone, Sweet Treats, and take advantage of our One Day ONLY exclusive Spa Deals and Special Promotions!

TRANQUILITY SPA EVENT
THURSDAY, MAY 18TH, 2023
1:00 - 5:00 PM
\$45 ADMISSION &
RESERVATION REQUIRED

SPECIAL EVENT OFFERINGS:
RETAIL DISCOUNT 15% OFF
SWAG BAG WITH SPA TREATS
EXCLUSIVE SPRING DEALS & PROMOTIONS

FEATURING OUR TRANQUILITY MINI TREATMENTS

- PRO SLEEP NECK & SHOULDER TREATMENT
- DEEP HYDRATION FACIAL TREATMENT
- RESTFUL REFLEXOLOGY FOOT TREATMENT
- SPECIAL HYDRAFACIAL EYE & LIP TREATMENT \$99

Limited availability, so call today to reserve your spot for our Kilaga Springs Tranquility Spa Event!
Kilaga Springs Spa 1187 Sun City Blvd., Lincoln, CA 95648 | 916-408-4290 | kilagaspringspa.com



WellFit News

Outdoor Exercise and Stretching are Essential

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Outdoor exercise is sometimes called the green exercise as it provides many benefits beyond those seen with traditional indoor workouts. Performing a workout outside yields benefits beyond what you would experience by completing that same workout indoors. One example of exercising outdoors is increased exposure to sunlight, enhances vitamin D production, which has been shown to improve mood, promote bone health, boost the immune system, and reduce inflammation.

I am sure you have heard it before, you should stretch out after your workout, or before, or both. Stretching has been talked about as something we should do, but usually, it is the first thing we skip when we are in a hurry. Stretching is becoming a hot topic because of the much-needed benefits of mind and body. Stretching can help with flexibility and mobility.

Mobility is the range of motion of your joints. Flexibility is the ability of your muscles, tendons, and ligaments to lengthen. An example of flexibility is being able to reach down and touch your toes. Mobility is your ankle flexing so that you can lower into a squat. Better flexibility and mobility can help improve your physical activity performance, reduce aches and pains, decrease your risk of injuries, and enable your muscles to work more effectively. Our everyday lives can lead to shortened muscles, especially after sitting for long periods of time. Shortened muscles, in turn, decrease the range of motion and triggers body aches and pains.

One outdoor class we are offering this spring is Athletic conditioning & agility (see ad below). If outdoors is not your thing, join one of WellFit indoor group classes like Yoga or Stretch 101. Do not hesitate to reach out to us. We are here for you.

LOOK WHAT'S HAPPENING AT THE LOOK OUT!

We checked the weather,
and no April showers!



Scan QR Code
for
Sports Complex
schedule

- Mondays Stretch 101 ^{with} Lisa
- Tuesdays Therapeutic Exercise ^{with} Nina
- Wednesdays Core, Strength & Stretch ^{with} Katie
- Punch Pass Drop In \$5.50

Contact ***Danielle.Merrill@sclhca.com*** for more details





ED
CURE

HAPPY Partners Agree

**Blissful moments
aren't planned.**

Visit <https://bit.ly/suncitylincoln> or call **916-884-6443** to discover implants for Erectile Dysfunction (ED).



EDCure.org is a website sponsored by Boston Scientific. ©2022 Boston Scientific Corporation or its affiliates. All rights reserved. Rx only. MH-954204-AA FEB 2021



Man getting a scan



Carrying the Torch for Bone Health

Shirley Schultz, *Roving Reporter*



Normal bone versus osteoporosis

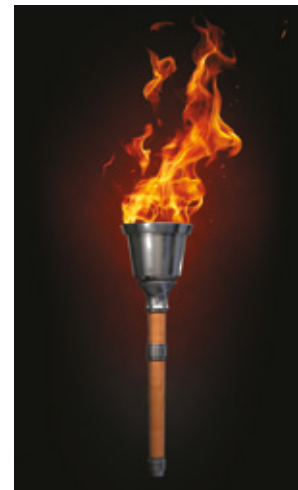
Bones are continuously remodeling or changing. Generally, the body breaks down old bones and makes new bones faster during childhood and adolescence. Most people around age 30 reach peak bone mass, and after that, bone remodeling tends to lose more bone mass than it gains. Over time, a condition called osteoporosis may develop as the bones

become weak and brittle and risk fracturing. Osteoporosis affects about 10 million Americans, women more than men. In addition to full-blown osteoporosis, another 44 million have low bone density. This adds up to about half of all adults over age 50 being at risk for bone fractures.

Many factors affect bone health including the amount of calcium intake, physical activity, genetics, race, age, body size, sex, some medications, hormone levels, Vitamin D levels, and tobacco and alcohol use. A book *Bone Health, and Osteoporosis: a Report of the Surgeon General, 2012*, is the first-ever report in the U.S. illustrating the huge burden bone conditions such as fractures may place on people's health and the health care system. Bone conditions are more common in the older population but should not

be considered an inevitable part of aging. Osteoporosis may be prevented by proper nutrition and exercise and by early diagnosis and treatment.

A DEXA (dual-energy X-ray absorptiometry) scan, which measures how much calcium and other minerals are in the bones, is the test used to determine bone density and fracture risk. The DEXA scan is recommended routine screening for women over 65 and men over 70, and it is also recommended for postmenopausal women ages 50 – 64 if they have risk factors.



Carrying the torch

Calcium absorption requires the presence of Vitamin D. The Recommended Dietary Allowance (RDA) for calcium is 1000 mg a day for adults ages 19-50, or 1200 mg a day for women age 51 and older and for men age 71 and older. The RDA for Vitamin D is 600 international units (IU) daily or 800 IU daily for those age 71 or older. Since you can get the needed calcium and Vitamin D in your diet or from sun exposure, clarify with your doctor whether or not you need to take supplements and, if so, what dose.

Get timely screening so that a bone fracture is not your first symptom of osteoporosis.



ANSEL PARK

INDEPENDENT LIVING

Don't just live, thrive

Ansel Park Independent Living is more than just a community – it's a lifestyle.

With inclusive amenities like chef-prepared dining, weekly housekeeping and dozens of daily social activities, we're here to help you savor every moment of retirement. At Ansel Park, we've created an environment where you can thrive each and every day.

**Come see the Ansel Park difference for yourself!
Call us or visit us online to schedule a tour!**

(916) 713-5434 | AnselPark.com

1250 Orchid Dr., Rocklin, CA 95765

A Sagora Senior Living Community



LUXURY
COLLECTION

TRUSTED ADVICE FROM REAL ESTATE PROFESSIONALS

Buying

- ✓ SHOPPING FOR HOMES
 - We will set up home viewings on your behalf.
 - Based on your needs we will locate the perfect home.
- ✓ SUBMITTING AN OFFER
 - We will help you negotiate the best competitive price.
 - Years of experience preparing contracts.
- ✓ MANAGING THE PROCESS
 - Timelines, inspections and contracts. We are with you through the entire transaction.
 - Final closing and getting your keys!

Selling

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Special Olympics athletes return to bocce ball courts



Athletes Carry a Torch for Bocce Ball

Linda Lucchetti, *Roving Reporter*

“Let me win, but if I cannot win, let me be brave in the attempt.”

This is the motto of the Special Olympics, whose Northern California participants, with the support of volunteers, will bravely march onto the Lincoln Hills’ courts for another exciting bocce ball tournament that rolls out this month.



A message for the ages:
Inspire Greatness

The Special Olympics, founded in 1968, is the world’s largest sports organization for children and adults with intellectual

disabilities and physical disabilities, providing year-round training and activities in 30-plus Olympic-style sports. Some 1.4 million individuals participate worldwide.

With sports like baseball, gymnastics, softball, soccer, and floor hockey, the question is, “Why bocce ball?” We’ve seen bocce ball’s popularity spiral in our own community. Because of the sport’s ease and versatility, our residents love to take a shot at the game. Players expand their social contact, develop physically, and gain self-confidence. Bocce ball is a sport for all ages and skills where competitors can excel while getting exercise and strengthening their concentration.

Next to soccer and golf, bocce ball is the third most participated sport in the world! And bocce ball games have become an especially

popular Special Olympics event.

The visiting players may not realize that they are competing in a sport steeped in history. It’s fascinating to learn that the game dates back to about 5200 BC, a fact authenticated by an Egyptian tomb painting of two boys playing. Eventually, the ball was tossed to the Romans, and bocce was played by everyone – from the rank and file to nobility, including adults, children, men, and women alike. However, back then, the game’s apparatus was very crude, often incorporating whatever could be readily found, like rocks or coconuts.

When Giuseppe Garibaldi came on the scene during the 19th century, the game became Italy’s national sport. Since then, bocce ball has gained a greater exposure. Nevertheless, its attachment to Italy has cemented many of the game’s references to its Italian roots. For instance, the word “bocce” stems from the Italian word that means “bowl” in English, while a “pallino” is the smaller ball that serves as the target.

Bocce ball is not only beloved and enjoyed worldwide but also a competitive sport, measuring a player’s strength, speed, and physical ability against the skills of others. A competitor turns into a champion because “A champion isn’t made of muscle, a champion is made of heart.”

Here’s to the Special Olympics champions!



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Athletes taking the Special Olympics Oath



Going for the Gold: Special Olympics Rolls into Lincoln Hills

David Wright, Roving Reporter



Mad Hatters officiating crew receiving assignments

Flanked by the restless crowd, the torchbearer's face beams as bright as the flame he is carrying. His chest swells with pride as he enters the bocce courts to a standing ovation and hears the battle cry, "let the games begin!" Just like 12 times before, this will be the scene on April 23, when Lincoln Hills again rolls out the green carpet for the Special

Olympics Northern California (SONC) Bocce Tournament.

The big day kicks off with the Opening Ceremony. Teams will be introduced, service awards will be presented, and the athletes will recite the Special Olympics oath. Then, sporting uniform shirts emblazoned with colorful nicknames, 230 mighty gladiators will head to the bocce battlefield to give their all for their team.

Lindsey Boling, SONC Regional Sports Director, sums it all up: "The athletes work for six to eight weeks in order to come here and go for the gold. Lincoln Hills is the biggest bocce event for the region, and everyone works hard to get to it. This is the time when they get to shine and become the star player."

The event would not be possible without the partnership of

our community. Lifestyle/WellFit Director Deborah McIlvain describes how the staff prepares for the Olympians' arrival. "Once the Board of Directors approves the use of the Sports Plaza, we coordinate times with the Special Olympics and our bocce groups. We work with the city for parking permits and the Facilities team makes sure that the courts are clean and ready to go."

As leaders in the Mad Hatters Bocce Group, Paul and Usha Mac Garvey recruit fellow club members. "We use our equipment and officiate the gameplay—acting as referees. The athletes have various skill levels. Some are very independent and will correct us when we make a mistake. Others have limitations that may require us to assist them in rolling the ball. But all the athletes take it very seriously," Paul explains.

Usha, a longtime volunteer, admits, "there are times I think I no longer want to be involved. But when I see how much joy the athletes get out of being here, I just keep coming back."

The competition is fierce. Still, everyone gets cheered—even by their opponents. We could take a lesson in sportsmanship from these well-mannered warriors. Only a few may win a Gold Medal, but in the Special Olympics, everyone is a champion.



Let the games begin!

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Special People—Special Awards!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch celebrates annually the acknowledgment of the special people who volunteer their precious time. During this year's Volunteer Appreciation Celebration, awards were presented while volunteers enjoyed a wonderful variety of free desserts. The Neighborhood Watch Directors served over 120 volunteers that evening to say thank you for serving our community every day.

Five and Ten Year volunteers received personal thank you letters from the Executive Director, Linda Minor. Fifteen and Twenty year volunteers were honored with


beautifully signed certificate awards. This event's photo slide show, including a list of this year's honored volunteers, can be viewed on the NW website sclhwatch.org.

A special gift card drawing (two per Director) was awarded to volunteers sending their reports in on time. Congratulations to Nancy & Dave Millican V25B, Karen Schurr V26C, Robert Thorley V19B, Lynne White V22A, Sharon McCall V2, Joann Howard V4, Pauline Watson V43B, Linda Mateer V1, Susan Ishimaru V37, Patti & Bill Woolsey V32A, Jane Hall and Linda David V16B, Steve Lewis V15,

Marie Basinger V41BC, Kathleen Bailey V21, Irma Hoag V36, Kathy Bezy V38 A, Kathleen Wilens and Heather Brown V30A. Great Job, Mailbox Captains, and Coordinators, for sending in your reports on time, due annually on February 15.

For more information about our safety and security team of Neighborhood Watch volunteers, attend our next General Meeting, May 10, from 1:00 to 3:00 PM, Fine Arts Room (OC). Meet our special award-winning volunteers—the special people of Neighborhood Watch.

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Neighbors InDeed Your Home's Smoke Detectors

Janet Roberts

When do you usually get a smoke detectors “chirping” or “beeping” sounds? In the middle of the night, of course. If you do not have a ladder or cannot use one to change the batteries, you and your pets will not be able to sleep.

Neighbors InDeed (NID) suggests that you prevent this by replacing the batteries every year. Use the same scheduling method used for other routine tasks, such as changing the furnace filter or the carbon monoxide (CO) battery. When it's time to replace them, buy new 9-volt batteries for all the smoke alarm units and call NID to change them. Batteries should all have the same expiration date, or they will expire and begin chirping at different times. Smoke detectors have a 10-year life expectancy, and if you are not sure of the age of your alarms, call NID to check them for you.

The California Building Code requires hard-wired smoke detectors with a battery backup. NID recommends BRK First Alert (Model 9120B) with an Alkaline battery or a BRK First Alert (Model 9120LBL) with a 10-year Lithium battery. Batteries are included in both models, and units are available at Lowes and Amazon. All units must be replaced at the same to avoid problems with different life expectancies. The First Alert plug-in type CO detector with a backup battery is recommended and also available at Lowes and Amazon.

NID can advise you of the smoke alarm options available and will install the new ones once you have them.

Please remember we do not answer the phone, but if you leave us a message at 916-223-2763, we will return your call as promptly as possible between 9:00 AM and 5:00 PM, Monday through Friday.



Lincoln Hills Foundation

Give Where You Live – The Big Day of Giving is May 4

Denise Bowden

Mark your calendars for Thursday, May 4, the yearly Big Day of Giving, also known as BigDog. This is the day that four local counties partner for a day of philanthropy. Beginning at midnight on May 4, and continuing for 24 hours, you can contribute to the Lincoln Hills Foundation to support seniors right here in Lincoln.

Maintaining the funding for key programs is very important, and the ability of the Foundation to continue to support our residents depends on all of us. The need for delivered meals, food boxes, basic necessities, respite care, and transportation continues to increase. Please take advantage of this opportunity to help the Lincoln Hills Foundation continue our work supporting our seniors.

On Thursday, May 4 you can participate in

the Big Day of Giving from the comfort of your home. Donations can be made online at www.bigdayofgiving.org/lincolnhillsfoundation May 4, anytime during the 24-hour period. Don't wait, you can donate now. You can also mail a check to Lincoln Hills Foundation, PO Box 220, Lincoln, CA, 95648. Or you can call 916-409-2016 to make a cash, check, or credit card donation, and one of our volunteer Board members will be happy to pick it up from you.

Are you interested in being a part of this community benefit organization and making a difference here where you live? The Foundation is always looking for residents who bring different skills and want to participate. Please contact us at lincolnhillsfoundation.org today.

In Memoriam



Rita Ellis

Born in Wisconsin, Rita grew up in Los Angeles. She met her husband, Chuck, in high school, and they raised their three boys in Carmichael.

She was a full-time Mom who supported her boys in all their activities, from sports to building a go-cart. She enjoyed traveling, spending time with family and friends, boating, and camping, and she was a 49er faithful! She and Chuck moved here in 1999, pioneers of Lincoln Hills. Rita was involved in the Red-Hat Society, NEV Club, water aerobics, pottery, dance, and Bunco. She was a happy, positive lady and will be missed by her family and friends.

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



presents:

BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, April 27, and May 25. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30, and games begin at 1:00 PM. Please email lincolnhillsfoundation@gmail.com to reserve a table for 8.



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Amateur Radio

The Group participated in the North America QSO Party and made over 75 RTTY contacts. We also connected with over 20 International countries, such as Barbados, Ecuador, Bonaire, and Portugal, in the ARRL DX Contest using SSB Phone. Our Hams & Coffee get-togethers held at Kilaga Café are fun and educational, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Meetings are held at the South Tower every Monday at 6:30 PM. Our Club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



Ballroom Dance

Our Club provides instruction for a different dance each month. The Cha-Cha is being taught in April. It has evolved from dances known as the Danzón and the Mambo. In the early 1950s performing in Havana dance halls, Enrique Jorrín (a Cuban violinist) noticed that some dancers had a difficult

time understanding the Danzón-Mambo rhythm, so he composed the Cha-Cha-Cha, which had a steadier beat that was easier to dance to. Jorrín's music in the 1950s publicized the Cha-Cha and made it a craze in Cuba, the Americas, and Europe. On Saturday, April 29, we will host the Spring Potluck. The theme for this potluck will be "Springtime in Paris." Mark your calendars and plan to attend.

Contact: Sal Algeri 916-408-4752



Doug and Paula Ong



Big History

We are ending our current semester on a bang—including the Big Bang. On April 17, explore the recent discovery of human footprints in New Mexico dating back 23,000 years in "White Sands: Tracking the First Americans." Few of us are aware of the contributions of Central Asia to trade, technology, and culture in the West. Join us on April 24 to hear more about this important but neglected area. Food is closely tied to the



evolution of Homo Sapiens. Learn more on May 1 in "The History of Food." Explore the pre-history and history of chemical elements on May 8 as we present "Elemental History." Join us Mondays from 10:00 to 11:30 AM on Zoom. Stayed tuned for coming attractions in the summer.

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



Billiards

Well, now that Spring is here, and the bad weather is behind us, it is time to get out of the house and join us for the fun and exciting sport known as billiards. We offer a mentoring program that takes place at KS on Tuesday mornings. The first session takes place at 9:30 AM, with signups at 9:15 AM. The second session takes place at 10:30 AM, with signups at 10:15 AM. It is available for beginning, intermediate, and advanced players. We also sponsor a variety of tournaments that take place weekly, Mondays through Saturdays (see the website for



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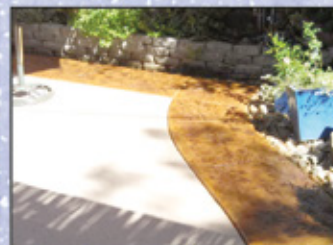
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the schedules). Highlighted this month is the Rookie Tournament, played on Mondays.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
Website: www.lhbilliards.com



Bird

What a great turnout and terrific presentation as Sal Acosta and Suzanne Hutchinson introduced us to The Falklands, South Georgia Island, and the far reaches of Antarctica. This informative talk covered their three-week expedition cruise, where they viewed a variety of mammals and birds, including eight penguin species. The combination of photos and videos provided a good understanding of these vast remote destinations and left many members considering adding this area to their "bucket lists." Then in March, we had Dr. Vickie Joseph, Birds of Prey Health Group, and their falconer give a



Golden Eagle at the March Meeting by O Truman Holzclaw

fascinating talk on their rehab program. We have great meetings. Come to KS at 1:30 PM on the second Monday of the month. We have a robust schedule of birding expeditions.

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



Bocce Ball, Mad Hatters

The warm weather is finally here, so we will be switching back to our 8:00 AM starting time on Thursday, May 4. As an incentive to drag you out of bed two hours earlier than in the winter months, we will bring donuts. Now if we can just figure out how to make Jedi donuts or something else suitable for "May the Fourth Be with You." I'm sure you Star Wars fans will have ideas. As always, our bocce group is open to everyone, and we encourage you to join in. There are no dues, and we welcome players of all skill levels. If you've never played or it's been a while, we will pair you with experienced players



Lana and Mary Enjoying Bocce

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Contact: Russ Petruzzelli
408-439-1848, lhboce@gmail.com
Website: https://sclhresidents.com/group/pages/bocce-ball-group



Book, OC

March's book selection, *The Measure*, by Nikki Erlick, raised meaningful ethical dilemma discussion. The more we discussed, the more personable the conversation became. April we will be showered with social time, a great time to bring a neighbor, and a voluntary book exchange. May's book selection is, *The Woman They Could Not Silence* by Kate Moore. Come and participate in the discussion, or come to listen or sign up to facilitate a book discussion. All levels of participation are welcome. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,
Modeal2010@gmail.com



Bridge, Duplicate

Our exchange with Sun City Roseville Duplicate Bridge Club is coming up on Wednesday, April 19, in the Multipurpose Room (KS). Check our website for further

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information. "Meet-ups" are in the planning stage for after bridge once a month. Players can gather at a local restaurant to talk about the crazy hands played and get to know one another away from the bridge table. Games are Wednesdays starting at 12:30 PM in Multipurpose Room (KS). Open and limited sections are Saturdays starting at 12:30 PM in Sierra Room (KS). For Open section only schedules, go to our website. Contact Elise Homer at least two days ahead of each game for reservations (contact information is below). Our Partnership chairman is Sharon Duley, 916-253-3885.

Contact: Elise Homer 916-303-0751, elisehomer@gmail.com
Website: www.bridgewebs.com/lincolnhills/



Bridge, Partners

Call for reservations or drop in to the Sierra Room (KS) by 5:15 PM Thursdays. Play begins at 5:30 PM. The hosts

for April are Linda McDermott/John Butler 408-390-4311. Winners for February 16: first- Joanne Quermann/Wally; second- John Butler/Byron Hansen; third- Frank Kamienski/Ralph Madsen; fourth- Patty/Tom Mack. Dee Cole/Ed Hartnett had high round 2280. February 23: first - Didi Martin/Janet Pinnell; second - Jay Southard/Bob Calmes; third - Kay/Ben Newton; fourth- Sharon Kluball/John Woodbury with high round 1620. March 2: first - Jyoti/Viren Sitwala with high round 2420 tied with Byron Hansen/John Butler; third- Ralph Madsen/Chet Winton; fourth - Reta Blanchard/Diane Conforti. March 9: first - Janet Pinnell/Didi Martin; second - Carla/Mark Green; third - Chet Winton/Phil Sanderson; fourth - Kay/Ben Newton. Patty VanOospree/Linda McDermott had high round 1890.

Contact: The hosts for May are Bev/Allan Blaine, 916-409-0260.



Bridge, Social

Intermediate bridge lessons are continuing Wednesdays at 10:00 AM in the Card Room (OC). We appreciate John Butler and Alan Haselwood's efforts to make us all better players. There's still room for a few more players. Winners February 17: first- Phil Sanderson;

second - Joanne Quermann; third - Nancy Griffin; fourth- Russ Grover. February 24: first - Viren Sitwala; second - Jyoti Sitwala; third - Chet Winton; fourth- Ed Thomas. March 3: first- George Hubbard; second - Chet Winton; third - Jyoti Sitwala, fourth- Rosana Jensen. March 10: first - Viren Sitwala; second- Jay Southard; third - Donna Moore; fourth - May Leung. Play begins at 12:30 PM Fridays in the Card Room (KS). Please arrive by 12:15 PM. Call Linda McDermott to sign up for play.

Contact: Linda McDermott,
President 408-390-4311,
lindamcdermott1@mac.com



Bunco

We are looking forward to our annual potluck get-together next month after Bunco play. In March, there were several Buncos called. The traveling bear was called down to the last game. Shirley Mohler shared the news she was moving out of state. We thanked her for being our chairperson, and we will miss her greatly. Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. March Winners: Buncos - Kathy Sasabuchi, Wins - Barbara

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Lucchesi, Losses - Charli Hyden, 50/50 - Anita Santos, Traveler - Shirley Mohler. Future Thursday Bunco dates are April 20 and May 18.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Ceramic Arts

In our Spotlight this month is Janie Chlubna, an artist most clay artists will recognize. Janie moved here ten years ago and soon decided to take up painting. While attending the art classes, she became especially interested in what was going on in ceramics and decided to try that. She signed up for a ceramic class and never went back. She is an upbeat person with a sense of humor, and it shows in her work. Her pieces seem to all have at least a touch of whimsy. The picture below is of two of her pieces she made as a special request for a resident who appreciated her work. Janie



Janie

says she enjoys the clay, but the friendships and laughter make it all come together.

Website: www.cagsclh.net



Chorus

If you're into "outta sight" sounds, then our May 5-6-7 concert series will leave you "Feelin' Groovy." Titled "Groovy Sounds of the 60s!," we aim to sock it to you with musical memories of "Yesterday" that you thought may have been "Blowin' in the Wind." We'll break "The Sound of Silence" and "Shake, Rattle & Roll" your soul from "Monday, Monday" 'til the "Surf's Up!" Presented in "Our House" (the Ballroom), you'll definitely feel all the "Love Potion #9" we're putting into our performances. So, you and "Sherry" need to "Stop! In the Name of Love" and part with just a tiny bit of "Green, Green" to reserve your seats today. We guarantee you'll enjoy this far-out musical trip!

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



Computers

Apple Users



Membership in our Club offers access to open labs with one-on-one tech support as well as a member support line for only \$15 per year (form available on our website). Monday, April 24, Andy Petro will present "Discover More Functions and Fun Stuff on Your iPhone with iOS16." He will take a closer look at how to search for "stuff," send emails at specific times, check your medications, stock listings, and other searching features using the iPhone's latest operating system iOS16. Ask the Tech begins at 10:15 AM with program at 10:30 AM in person P-Hall (KS).

Contact: Jack Harris 916-913-6833, LHAUGinfo@icloud.org
Website: www.lhaug.org



Country Couples

Looking for something new and different? Consider joining us! If you're interested in great music, fun partner dancing, line dancing, and good exercise, please join us! Most partner dances that we do are taught in the Country Western Dance class on Monday evenings, as listed in



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Are you looking for a way to make an impact in your community? We invite you to attend a brief informational session where you will learn more about our mission to be the bridge between the most vulnerable in our community and caring volunteers who make a difference.

CONTACT US FOR THE NEXT SCHEDULED INFO SESSION DATE.

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the *Compass*. Our Club is led by John Bibby, Chairman, and Mark Worley, Vice Chairman. Lori Bibby and Karen Worley share the many Event Coordinator duties.

It takes wonderful people like them to lead our Club and make it run smoothly and successfully!

We encourage you to come and observe

Country Couples dancing at our beginner practices in the Fine Arts Room (OC) on Fridays from 9:30 to 10:30 AM.

Contact: April Cederburg, 916-390-3931

Website: www.sclhcc.com



Lori Bibby and Karen Worley, Event Coordinators

Cribbage



Okay, Spring has sprung, and Cribbage is in the air. The burning questions are: Who's in first? What's in second? Is "I don't know" in third? Well, Bud, let me tell you! Jean Stefan was in first with a whopping score of 746 (not her B.A.) on February 14. Howard Beaumont ripped one on February 21; yet Nancy Christensen dethroned him on February 28, but Jodi Deeley outlasted the field on March 7. Our dealer, Tomorrow, tosses cards to our catcher, Today and every Tuesday at 9:00 AM in

the Card Room (OC). The opponent hits it to our left player, Why? Not Because. He's playing on another table. Questions? You should have a few! Like "Who" is in first now? I don't give a darn.

Contact: Mel Switzer 510-589-7658, Melectrics@aol.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 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 Thursday's play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



FOOD

Food Adventures

March was another busy month for Food Adventures. We had our Appetizers Adventure event hosted by three club members in their respective homes, with 18 guests at each home bringing a homemade appetizer and a beverage of their choice. The plan was to consume



Club Cornucopia

all or nearly all the appetizers within sight and to make a serious dent in the beverages brought in as well. Our members have a reputation for making interesting and delicious appetizers, as any first-time guests to this event will see. We are working out the final details for the April QuickBreads Sampling event we'll be doing in KS.

Contact: Don Rickgauer 916-847-8791,

sclhFoodAdventuresClub@gmail.com



Garden

On April 20 from 10:00 AM to 2:00 PM, the Garden Tour—"Beyond the Rocks—Great Gardens," will feature eight homes selected for their beauty, uniqueness, and adaptability to Lincoln Hills. Yard Description packets will be available on tour day for \$5.00 cash in the Fitness Lot (OC) from 9:45 to 11:15 AM. On April 29 and 30, the Rose Show will be held in the OC Lobby at 10:00 AM. Members may bring their roses

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Lincoln Hills Garden Tour

between 8:00 and 10:00 AM on April 29. More info is in the Rose Show participant email. Prizes (Lincoln Hills gift cards) will be awarded at 2:00 PM on April 30. Categories are by color, type, and arrangement. They will be on display for all of our neighbors to enjoy. There's no April General Meeting.

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



Genealogy

Note our new day and time! Our next General Meeting will be Friday, April 21, from 10:00 AM to Noon at P-Hall (KS). Our speaker will be Jim Baker, speaking on "What you need in your 2023 Genealogy Toolbox." Afterward we will meet in the Kilaga Café or outside patio for discussions and treats. This meeting is open to members and guests. Every Monday is the Genealogy Club Computer Lab

at OC from 1:00 to 3:00 PM (club members only). Kate McCarthy will offer interactive workshops. Contact Kate at starkayak@icloud.com for more information. Space is limited so please let her know you are coming. First and second Mondays are Open Computers from 6:30 to 8:30 PM. For appointments, contact Janet Motta at janet_m.25@comcast.net or Bill Kress.

Contact: Bill Kress 916-380-2058,
wckress@gmail.com
Website: www.suncitylhgc.com



Golf

Ladies XVIII

We happily congratulate our member, Gwen Hare, as the new Head Pro of Lincoln Hills Golf Club! She became our January Net Chix winner with a net score of 68 beating Carol Lopez by one stroke. The event was held last month, as a make-up play day, on the Hills course. Sharon Knoll took closest to the pin on hole 16 at 7' 3.5." Karen McGraw is our March Net Chix winner with a net score of 71 narrowly beating out Karen Gabriel and Dell Parker who broke



Gwen Hare,
January Net Chix
Winner

even, and Betty Blaney's 3'1" shot on Hole 16 was closest to the pin. Nancy Sartor won the March Captain's Challenge correctly identifying a picture of Hole 2 on the Hills Bar course. See you in the Sports Bar.

Contact: Linda Chappellear
916-409-0151,
linda_chappellear@sbcglobal.net
Website: www.lincolnhillsladiesgc.
memberplanet.com

Lincsters

Welcome new member Lucy Facchin! Her bio is posted on the website. New bunkers should all be playable by now! To use your private cart, you must sign a Golf Cart License Agreement and provide proof of insurance. Club cart users must sign a liability waiver before playing. Shotgun starts are at 8:30 AM on the back nine. May – October starts are at 8:00 AM, also on the back nine. Don't forget that you can use Sweeps winnings to purchase pro shop merchandise or save them towards the cost of a membership. Go to the Notifications or President's Monthly Newsletter sections on our website for details, including info for handicapped players and rules of play.

Contact: Nancy Hastings,
Membership Chair 935-337-9391,
nhast38@yahoo.com
Website: www.lincsters.com

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Men's

By now, everyone is playing out of traps again, and what a great job they did. They worked through the rain to get it all done. Let's ensure we help out the course and rake after hitting our ball out of it. April's tournament is NCGA Senior Four-Ball Net Qualifier & JFF. This is a two-man better ball tournament, so choose your partner and sign up. This event takes place on April 18, and tee-offs start at 8:30 AM. This will be a packed field, so sign up fast. *Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com Website: www.mgclh.club*



Hiking & Walking

Time to get out and enjoy the spring foliage! April is a great month to explore amazing places in Lincoln Hills and our surrounding countryside with walks and hikes. Watch the website for upcoming hikes on the first Tuesday and the third Thursday. Walkers meet every



Joel Parker Whitney Heritage

Wednesday to navigate a two to three-mile section of the 10 miles of paths in our community. See you on the trails!

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



Investors' Study

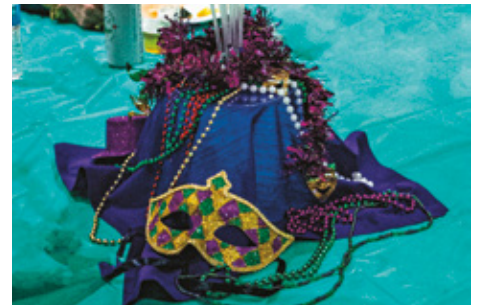
The next meeting is Thursday, May 4, at 2:30 PM in P-Hall (KS). Russ Abbott of Morgan Stanley will present their playbook of market information and observations. Discussions range from current market trends Fed actions on rates and how these may impact us as investors. The Group is open to all residents. The meeting provides an opportunity to learn about markets and ask questions. Investors Study is information-only with no individual investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investors Study.

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



Lavender Friends

Beads, balloons, and bingo provided a festive atmosphere as Lavender Friends brought a bit of New Orleans to Lincoln Hills with their Mardi Gras-themed potluck



Elaborate centerpieces, with a bouquet of balloons, decorated each table.

and party, held at KS at the end of February. After enjoying a sumptuous spread, which included three homemade cakes and dozens of cookies, participants socialized and played bingo and a trivia game (with great prizes). There were stunning table decorations created by one of our members. A highlight was a photo booth with a box of dress-up accessories where people posed for keepsake pictures to remember the event. The winners of the costume contest looked festive in their sparkly bow tie and vest outfits. Lavender Friends is a club for LGBTQ residents and their allies.

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

Website: www.lavenderfriends.com



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try. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you're a player, bring your card and join a table. Order 2023 cards at www.nationalmahjonggleague.org. If you're curious, you're welcome to just observe. Want to learn? Free lessons are offered. Call Penny Grmolyes to get scheduled in a class. We all look forward to seeing you on a Tuesday afternoon. May the jokers be with you.

Contact: Penny Grmolyes
509-939-3882,
Natmahjclub.sclh@gmail.com



Mixed Media

The Club meets on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). At our meeting, we teach an art project that we get to work on during the meeting and learn new techniques. The Club furnishes some supplies that

are needed, and other members are always willing to share. Chris Fetter sends out an email to members before our meeting with information about that month's club meeting. Every month we have a voluntary art challenge that can be shared at our meeting. The Challenge for May is to use the prompt word "nest" and let that take you into creating a piece of art. For more club information, contact our President, Chris.

Contact: Chris Fetter 916-276-7895,
mixed.media.chrisf@gmail.com



Motorcycle

You're never too old to find the Free Road. For adults, finding a new hobby or rediscovering your love for an old hobby means finding a new love in life. Maybe you only dreamed of riding a motorcycle, or maybe you have fond memories of meeting up with friends and feeling the wind glide through your hair as you zoom down the road. Biking is a freeing hobby for active adults. There is never a wrong time to have fun, live your best life, and pursue your interest. Join us at our next social meeting. Call our Membership Chair for more information. Social Meetings are on the fourth Thursday at 5:30

PM, Multipurpose Room (OC). Group Rides are on the second Saturday at 8:00 AM, Twelve Bridges Chevron.

Contact: Manny Perez 916-253-9121,
Manwil412@wavecable.com



Movie Lovers

Our Club selects two movies each meeting to watch, and the following month, volunteers will lead a discussion about the movies we selected. We are surprised each month by what others take away from movies. We meet for two hours on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). On March 9, we had a lively discussion about *The Whale* and discussed the Academy Awards nominees. During our April 13 meeting, we discussed *This Is Where I Leave You* and *The Banshees of Inisherin*. Our next meeting is May 11. If you like movies and enjoy discussing them, we encourage you to join us.

Contact: Cliff Roe, President
408-205-8765,
cliffroe@ix.netcom.com



Music

Our Group welcomes musicians of all levels of play. We always see such a wide variety of musical interests performed each month. The meeting starts out with a Group sing/play

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along followed by individual performances. Come on down to KS and join the fun. 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. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. **Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com**
Website: www.lincolnhillsmusicgroup.org



Needle Arts

“Picnic Days are Here” is this year’s spring luncheon theme. Join us on May 9 in the Ballroom (OC) for this fun event with creative centerpieces and surprise entertainment. Deadline for signups is April 21. Our next general meeting will be held on June 13 in P-Hall (KS) at 1:00 PM. Make sure to join us then, as this will be our last general meeting until September 12. Have you ever noticed the beautiful window displays outside

the Sewing Room (OC)? These window displays change monthly and showcases the many talents of NA members. Next time you’re walking the OC hallway, stop and enjoy the display. Make sure to check the NA website for workshops that will be ongoing. **Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com**
Website: www.sclhna.com



Neighborhood Watch

Our volunteers are the heart of Neighborhood Watch, and to thank them, we held a Volunteer Appreciation Dessert last month. More than 130 mailbox captains, village coordinators, and support staff had a sweet evening with cake, pie, and a variety of savory treats. A number of volunteers received certificates to mark the five, 10, 15, and 20-year milestones of their service. There also was a drawing with gift cards for mailbox captains who turned in



Our cake to say, “Thank You Volunteers.”

their residents’ information on time as well as raffle prizes for gifts generously donated by local businesses. We need directors, village coordinators, and mailbox captains. Learn more about Neighborhood Watch by attending our general meeting Wednesday, May 10, from 1:00 to 3:00 PM in the Fine Arts Room (OC). **Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com**
Website: www.sclhwatch.org



Painters

Lincoln Hill’s fabulous Fine Arts Show is coming June 9-11, and it’s time to paint that magnum opus you’ve been putting off. Look for an email soon, and plan on attending our April 18 meeting for more information. View our paintings at Lincoln’s Buonarroti Ristorante until June 3. Our next Paint Challenge is Fairy Tales/ Nursery Rhymes on May 16. Gift



Multimedia artist Marion Randall’s “Elysian Lake of Gold”

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cards and ribbons were awarded to first, second, and third place in the categories of Beginning, Intermediate, and Advanced. Check us out on Facebook! Our members-only Group lets you download forms and newsletter back issues, post your latest masterpiece, or share painting tips. Meetings are 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 916-761-4549, linda_c_s@yahoo.com
Website: <https://www.facebook.com/groups/958148364841531>



Paper Arts

“Thanks a Latte” to Rosy and Sue for our April project, which included a card of the same name and a cute bunny box perfect for some sweet treats. Thanks to our Community Service Projects Committee — Mary Emmett, Mary Prindiville, Carolyn Sanfilippo, and Nancy Younis, for coordinating our latest effort that helps the Glen Edwards Middle School in Lincoln. Club members can bring their cards and monetary donations to



March window

our monthly meetings or Open Lab. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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



Pedro

Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Pickleball

Pickleball Palooza 2023 is quickly approaching. It will be held on Thursday, May 4, from 4:00 to 6:00 PM, on the lower pickleball courts and is open to all residents. The cost of admission is \$15. Signups for the event began March 6, so check to see if there are still open spots (maximum 200 spots). On our website, go to Home/Coming Events>Pickleball Palooza to sign

up. We are celebrating pickleball with five courts of pickleball fun games (not competition), where you can win tickets for prizes! There will be raffle-prize winners announced throughout the event, vendors to visit, paddles to demo in our designated paddle demo area, food and drink, and music galore.

Contact: Mike Hilton 916-408-0346, mhilton14@aol.com
Website: www.lhpclub.com



Players

Auditions for our June show, *Twelve Angry Jurors*, are now complete, and Director Jane Patton and Assistant Director Julie Africa have just begun rehearsals. The play’s setting is in a jury room following a young person’s trial for the murder of his father. A seemingly open and shut case at the outset quickly becomes quite complex as jurors begin to



Jane: “Great line, huh?”
Julie: “Ooh, yeah, not bad.”

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probe more deeply, often engaging in heated debate. *Twelve Angry Jurors* will challenge the audience's intellect as you're drawn into a courtroom drama complete with suspense, lessons in human nature, and a surprise ending. Performances will be in P-Hall (KS) on June 8-9-10-11. Tickets are on sale April 17, so act fast, as seats will sell quickly! See page 65 for ticket information.

Contact: **Craig Stults** 916-543-6782, craigstults@sbcglobal.net

Website: www.lhplayers.org



Poker

We play a variety of poker games Mondays from 1:00 to 4:30 PM, Tuesdays from 1:30 to 5:00 PM, and Fridays from 1:00 to 4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM on 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

Kudos to our Secretary/ Web Master, Robyn Kain, and Marsha Richardson, for bring-ing our website up to date and running again. Did you visit the New Comers Expo on March 15 or the It's the Lifestyle Expo on March 21 and visit our little RV Jamboree in the OC parking lot? RV's come in all shapes and sizes, and all are welcome to our Group. There are two new rallies added to our tour list: Newport Dunes RV Resort, November 12-17, and Bonelli Bluffs RV in San Dimas, December 28-January 3, for the Rose Parade. Join us for awesome traveling experiences. Meetings are every second Thursday in the Placer Room (KS) at 4:30 PM. Contact Maggie Giuliani for information at 310-963-2350.

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



Steve Beede serenades us on the Oregon Coast



SCHOOLS

We are nearing the end of the school year, but elementary school teachers still often request help with specific needs in their classrooms. A Foskett Ranch teacher recently asked for someone to help with her science projects. This might be something that would interest you. A teacher at Sheridan Elementary requested help in the classroom on Tuesdays, either 9:00 AM or 1:00 PM, in a fourth-fifth grade combined classroom. Many teachers appreciate any help at all. It's not too late to sign up to spend time in a K-5 classroom or at Phoenix Continuation High School, where volunteer tutors help with English, Math, or History. To volunteer at Phoenix High, contact Irma at jmeidm@aol.com. To Find out about volunteering in K-5 classrooms, contact Cyndi.

Contact: **Cyndi Colloton**
408-410-8479,
ccolloton@yahoo.com



Scrabble

Players meet every Monday at 1:00 PM in the Card Room (OC). We welcome any interested residents to join us for a game or two or more of Scrabble. All game materials are provided. No reservations

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or advance notice is needed. It's a drop-in game. Come and try it out.

Contact: Anne McMaster



Shanghai

It seems as if Spring has finally sprung. It's the perfect time for a brisk game of Shanghai in the Card Room (OC) any Friday evening. We gather a few minutes before 5:00 PM to fill tables of three to five players to play the rummy-style game of sets (three cards of the same number) and runs (four consecutive cards in the same suit). We welcome beginning players as well as more experienced players to join us every Friday at 5:00 P.M. Hope to see you soon.

Contact: Mary Ales 916-434-8017, emilysbaba@hotmail.com



Shuffleboard

Weekly Club doubles play is held every Tuesday, Thursday, and Saturday afternoon at the rear bocce area on our two professional-grade PolyCourts. We have two 90-minute sessions daily: 12:45 to 2:15 PM and 2:15 to 3:45 PM, and a special clinic for new players on Saturdays at 1:00 PM. Bring a picnic lunch to the adjacent covered gazebo before playing. Reserve a court up to seven days in advance at Resident Website/Wellfit Reservations/

Bocce-Shuffleboard Court. Shuffleboard equipment is stored in the croquet locker behind the bocce courts. Get the key at the Fitness desk (OC). Email the Club for game rules. Everyone can play this sport. No bending or lifting is required. Have to come late? No problem. You can join a game in progress.

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



Singles

Join us on April 20 at 4:30 PM for our monthly Dine-Out event (location to be announced in our weekly newsletter.) On Friday, April 21, we will be traveling to Sacramento at 5:00 PM to see a River Cats Baseball Game. Our monthly Social and Awesome Auction will be on Thursday, April 27, at 6:00 PM in the Ballroom (OC). Join us on Tuesday, May 2, at 4:15 PM for the Activities Meeting in the Ceramics Room (OC). Sunday, May 7, at 4:00 PM, we will be celebrating birthdays in the Pre-Function Area of the Ballroom (OC). Our Business Meeting will be held in the Ballroom (OC) on Thursday, May 11, at 6:00 PM. Second Saturday breakfast will be in the Sports Bar (OC) at 9:00 AM on May 13.

Contact: Sarah Lambrose 916-543-0035



Ski

Our annual getaway ski trip, which took place last month in Breckenridge, Colorado, was a tremendous success! Unlike in California, we skied for several days under blue skies and had very good snow conditions. Non-skiers had fun snowshoeing, dog sledding, sleigh riding, and enjoying the dining and shopping in this beautiful setting. Take a look at the happy faces of some of us at the top of the mountain. On another note, details for our annual Spring Party will be provided soon.

Contact: Ken Spencer 916-258-2150, LHSkiClub@gmail.com

Website: www.LHSkiClub.com



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Softball

This year marks the 24th year of softball in our community. There's something to be said for continuity. Not only do we have lots of returning

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league members, but we also have lots of returning fans. This year, nine coed teams will play 30 games over four months and then play a two-week double-elimination tournament in late August to determine the league champion. Regular season games are played Mondays and Wednesdays. The Women's Division opener is on Sunday, April 16. Their games are every Sunday at 10:00 AM. The ladies have been busy preparing for the season and special events. May 14 is the first ever mother/daughter/family game to celebrate Mother's Day. Check our website for information on special events, team rosters, and schedules.

Contact: Heidi Mazzola
916-716-5086,
Heidimaz72@gmail.com
Website: www.LHSSL.net



Sports Car

The Club is once again churning on all four wheels, with several trips already completed, social events held, and more day and overnight trips scheduled. March 15 saw 13 sports cars weaving through the back roads from Lincoln to the Capay Valley for lunch at Granzella's Deli Restaurant. In February, a great time was had by all club members who



Traveling the Beautiful Back Roads to Capay Valley

went to the Red Hawk Casino for lunch and then went on to experience Go-Carting on their unique indoor fun track. Several more trips are planned, notably to the Lockford Sausage store and Theresa's Restaurant and an overnight trip to Vikingsholm on Lake Tahoe. Got a sports car and want to have fun? Check out our website for participation details.

Contact: Richard Pearl
916-715-9666, pennyrich@aol.com
Website: www.lhsportscars.com



Sun City Squares

We are a Beginning (SSD), Plus, and Advanced Level Square Dance club. The Beginning and Plus levels meet at KS on Mondays 1:15 to 3:45 PM. The Advanced level



Sun City Square Dancers

class meets at KS on Thursdays 1:15 to 3:00 PM. The Round Dance class (similar to ballroom dancing cued by a caller) meets at KS on Thursdays 11:30 AM to 1:00 PM. Learning to square dance requires months of patience and commitment, and this is why our Club only starts one class per year. We started our newest class in February. If you have previous experience, stop by the Multipurpose Room (KS) and join the Group. The cost is \$8 per class.

Contact: Jackie Carlson
925-207-9415,
jackiec3po@icloud.com



Swimmers & Water Walkers

Our February meeting focused on pool news, the club drop box, updates on pool maintenance, and Sierra Splash 2023. Sierra Splash is an event planned for the entire month of June. Without leaving Lincoln Hills, participants will swim, or water walk, in our Lincoln Hills pools, to Lake Tahoe (93 miles or 558 pool lengths), within 30 days. This activity is open to all residents of Lincoln Hills



Carolyn Shama is 'gearing up' for Sierra Splash

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and will conclude with an awards ceremony in July. One can enter as an individual or as a team. Entry forms should be available in May. Learn more about Sierra Splash at the May 15 meeting. A random drawing for a gift card from Dick's Sporting Goods will be given away to a club member.

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



Table Tennis

Don't let age keep you from enjoying Table Tennis. We have players in their eighties and nineties. It's a great exercise for seniors to keep sharp mentally and physically. We play at Multipurpose Room (KS) on a drop-in basis. Wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays, 8:00 AM to 5:00 PM (except the first Sunday of the month when play commences at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. To become a member, just sign up on the new member sheet at the play sessions or email the Club. There are no membership dues. For more information, see our website.

Contact: Carl Lynch 408-203-0633, pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

The Tap Company's production, "Let's Dance Again!" is now a pleasant memory. We want to thank everyone who came out to watch the show and cheer us on! With over 70 of us involved with this production, there's a lot of people to thank. Those who participated by dancing and singing, directing, producing, choreographing, and the unsung heroes, those behind the scenes. It was a huge team effort, and without a lot of hard work, it could not have been done. A very special thanks to our artistic director, Alyson Meador, who choreographed all the tap numbers. Now a new month begins. Don't forget to sign up for tap classes. From absolute beginner to advanced tapper, there is a class for you.

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



Cast and Crew of "Let's Dance Again!"



Tennis

Tennis players have been seeking windows of sunshine during this excep-



USTA 7.0 Team members posing for the "Racq Pacq"

tionally wet winter. But fear not, they are a mighty bunch! Ever hopeful for dry courts, planning went ahead for our first Live Ball Tournament and LITT (Intramural Tennis.) Both events are full and offer players competition in fun formats. Meanwhile, Captain Denise Higgins is leading her USTA 7.0 Team, the "Racq Pacq," composed of 14 players, through a season of great tennis and the challenges of rescheduling due to weather. You can watch home matches by looking up the schedule on the tennis website. Our next tournament will be Cinco de Mayo in a mixed doubles format. Information on the website. Contact Steve.bringman@yahoo.com for introductory and refresher lessons. See you on the courts!

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Veterans

Our Group Director and Treasurer, Jeff Davis, will be the featured speaker at the April 20 general membership meeting at 1:00 PM in P-Hall (KS). He will discuss the U-2 Dragon Lady high-altitude reconnaissance aircraft. Jeff worked his way through college as a co-op student at White Sands Missile Range, earning a degree in electrical engineering. He completed a master's degree at MIT and then fulfilled his military commitment as an army officer from 1965 to 1967. A sociable group of veterans gathers informally from 8:00 to 9:00 AM on Monday, Wednesday, and Friday mornings in the Kilaga Café. If you're interested in coffee and lively conversation with fellow service members with a wide range of military experience, stop by and join in.

Contact: Dave Taylor 559-281-0868, dbtaylor10@comcast.net



U-2 and chase car on approach to Beale AFB.



Water Volleyball

Suddenly we are hopping right into Spring, so hop right into the pool and join us in Water Volleyball! The "Some Spike It Hot" tournament happens in April. Check our website for dates and times. We also have our annual Cinco de Mayo festival scheduled for May 5 at the Pavilion. Don't miss this fun event with food, friends, and dancing. Want to just try out Water Volleyball? Join us on Free Play Saturdays. Every Saturday at KS Pool starting at 9:00 AM. It's easy to learn and great to meet new people. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. See our website or Call Jerry Grisler at 209-648-9534 for more information.

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

Website: www.LHWaterVolleyball.com



Woodcarvers

Okay, all you 'gals' who think that Woodcarvers are a bunch of burly 'guys' hacking away at wood. Wrong! Woodcarving is a wonderful art form that can be enjoyed by young and old guys and gals. Take a look at the picture



A very pleasant group of Woodcarvers

included this month. I think it would be safe to say that on any given week, we have more gals than guys attending our sessions. Since we all share what we are working on, our mixed Group just adds something extra to the learning of techniques and ideas. Our door is always open, and we love having visitors. Stop by any Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Jim August 916-209-3643, 7woodhacker7@gmail.com



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Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, Barbara Greenfield (916-202-6963), and Mary Lou Taverna (415-606-2201). We are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All are welcome to attend. The Wednesday, April 26 meeting presents the 2014 documentary "Alive Inside," describing the importance of music to people with dementia. The Women's group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa (916-759-8760) for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is April 20 from 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

Contact: Valerie B. 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. We meet on the second Wednesday of each month. You are invited to join

us Wednesday, May 10, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 to be in the next *Compass*. This group is supported by the Lincoln Hills Foundation.

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



Bosom Buddies

Our April speaker was Ji Hye Park, a nurse practitioner from Sutter Health, who spoke about genetics and testing in cancer research and treatment. Our May 11 meeting will feature Kim Van Ysseldyk, a nurse practitioner with the Cancer Treatment and Prevention Clinic at Sutter, who will discuss cancer updates and treatments. She will give us the latest news as well as answer questions. Please feel free to attend one of our meetings to learn more about Bosom Buddies.



Our March speaker was Elizabeth Klein from Wellness Within.

We're a warm and welcoming group. We meet on the second Thursday of the month in the Multipurpose Room (OC) at 1:00 PM. Because of a generous grant from The Lincoln Hills Foundation, we're able to be here for those who need our support. Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com



Glaucoma Support Group

Our upcoming meeting will be held on May 6 at 10:00 AM in the Multipurpose Room (OC). Please note the date, time, and location changes. We are pleased to welcome Dr. Rebecca Chen, a Glaucoma Specialist from UC Davis Eye Center. Dr. Chen will present an overview of Glaucoma and how National Studies are impacting Glaucoma Specialists' approach to the diagnosis and treatment of Glaucoma. It is always helpful to know what changes are happening and their effect on all of us. For more information, contact Bonnie.

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



Hearing Support Group

Our April meeting was, once again, a social gathering in which members exchanged information on their experiences

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Nick Cowles
#02066942
916-216-5877



Linda Erwin
#00633529
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#00631339
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Christine Hamilton
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Michael Renyer
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with assistive devices. For our next meeting on May 5 at 10:00 AM, we will do a Zoom presentation by Tomar Aharoni, who will discuss iPhone apps for hearing assistance.

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



Just Caregiver Support - Parkinson's

This support group is only for the caregivers of those who have Parkinson's. The group meets on the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Community Church - 950 E. Joiner Parkway. Please enter through the office.

Contact: Charlotte James
916-316-1351,
cjames4528@sbcglobal.com



Low Vision Support

At our April 4 meeting, the topic was "Let's Look at Devices." Cory Hanosh from Northstate Assistive Technology and Society for the Blind brought the latest items to assist with Low

Vision. Cory reviewed OrCam, Portable Magnifier/Readers, and the audio programs Jaws, Magic, and ZoomText. Our next meeting is Tuesday, May 2, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). "Strategy Sharing" will be the topic. Group members will volunteer strategies that have been successful and those that have not in assisting them to navigate their lives with low vision. Meetings are open to all residents.

Contact: Stu Singer 703-864-8161,
stuartstinger3@gmail.com



Multiple Sclerosis

You won't want to miss our April 18 Meeting, at 1:00 PM, in the Multimedia Room (OC). Laura Kellen, Librarian at the Talking Book Library, will share details of the free Northern California Library service and equipment offered to those with mobility issues while reading books. The library offers over 140,000 audio books and 70 audio magazines, postage-free mail, or download to smartphone or tablet! Remember the Lincoln Trailmixers MS Fundraiser Walk departs from the Sports Plaza on Saturday, April 29 at 10:00



AM. Bring your brown bag lunch or text Jeri at 530-401-2135 to order the \$15 Panera lunch. Family, friends, and community are invited to walk to "Fill the Shoe" with money/checks for many programs sponsored by the National Multiple Sclerosis Society. Hope to see you then!

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



Patient & Caregiver Support-Parkinson's

This group is for those who have Parkinson's and their caregivers. The group meets on the third Tuesday of every month (except for December) from 10:00 to 11:30 AM at the Lincoln Community Church- 950 E. Joiner Parkway.

Contact: Christine Grmolyes
916-316-1351, christine@seniors.com



Polymyalgia Rheumatica and/or GCA Support

If you have been diagnosed with PMR and/or GCA, you probably have a lot of questions. Our new support group has a lot of the answers for you. We meet the first Wednesday of each month, except for December, from 1:00 to 3:00 PM, at the Lincoln Community Church, 950 E. Joiner Parkway (across from the front gate). For more information, please contact Adrian Felice. If you e-mail, please put "PMR/GCA" in the subject line.

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



A Course in Miracles

This study group is really a book study and is for anyone looking for “a better way” to experience their life because their life is not bringing them the fulfillment they desire. Answers are contained in this book which can heal whatever issue needs healing. It is essentially a self-help book, but joining with a group of like-minded people seems to facilitate the application of its principles, which teaches us to change our minds, which can then change our experiences. Call 916-409-5253 for information.

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.lhairportco-op.org, click the membership tab, download the application, mail along with the required documentation to the address on the application, or phone Barb Iniguez at 916-408-7812.

Cloggers

Happy Spring! Clogging is a combination of an Irish jig, Scottish, English, and maybe a bit of Russian gypsy and Cherokee Indian steps – starting when all these groups met in the American Appalachians. You don't need wooden shoes (your clogging shoes have four taps each for great sound), you don't need a de-clogging plumber's plunger, you just need a love for dance, rhythm, beat, music, movement, and fun. Lots of fun! We want you to love clogging and become a

clogger yourself. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Our club is growing, both in membership and service activities. We volunteer at the Placer Food Bank. We are involved in the community's reaction to the recently rediscovered Titan Missile Site contamination. Club member and Lincoln City Councilman Bill Lauritsen reported that there is a Titan Missile Site Environmental Remediation Committee also exploring the issue. At our March meeting, we learned a lot about the Western Placer Unified School District from Superintendent Kerry Callahan. We have several social events scheduled. For more information, please visit our website, <https://democraticclublincolnca.org>. We welcome new members. Join us!

Italian Club

We'll explore all things Campania at our next Regional Event (KS) on April 29. Get a taste of this region in southern Italy and learn more about its history, locale, and cuisine. Check the website for more information. Coming soon: The annual BBQ and Bocce event rolls out May 21 at the Sports Plaza. This is a popular event, so register soon. Find out more about our social club and activities by visiting our website at www.litalianclub.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 for our Patrol Division (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.

Lincoln Public Library

May 4 is the the Big Day of Giving. With help from our community, Friends of the Lincoln Public Library (FOLL) hopes to expand access to the online streaming resource Hoopla, which connects you with the library's online catalog of e-books, audiobooks, movies, television, and music with just a library card and a click. Hoopla is especially valuable to seniors with low vision, mobility, or transportation issues. Help FOLL and the library by making a donation anytime between April 20 and May 4 at bigdayofgiving.org/FOLL or mail a check to FOLL, PO Box 1177, Lincoln CA 95648.

Racquetball Group

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

Republican Club

Happy Easter! These are exciting times of growth and new beginnings. Check our website for local activities and resources, as well as the Club Calendar

of Events. Wednesday, April 19 P-Hall (KS) doors at 6:00 PM starts at 6:30 PM. Tom Del Becarro - author and former head of California GOP. Dynamic and insightful views on current issues on the local and State level. You will not want to miss it. Thursday, May 18. Annual BBQ "Hot Dog Hoe Down" at Sports Plaza. Plan on joining in on the fun! New to the community? Check us out. www.RepublicanClubSCLH.org.

Retired Men

We are a social club for retired men. We meet monthly for lunch on the third Tuesday of each month at the Catta Verdera

Country Club. We have lunch at Noon and afterward, we do a little club business. Our lunch this month will be on the 18. Look for changes soon to our meeting schedules. Some of the activities you may want to participate in are golf, bocce, or bridge. If this sounds like something you might be interested in, contact Jay James at 408-533-3132 or jayj332@gmail.com or Phil Sanderson at 916-408-4764 or philbridge9@gmail.com.

Shalom Social Group

Members had a joyous and meaningful celebration of the Passover holiday. Hagai Narkis

coordinated the delicious menu, Alan Gulko was the ceremony leader, and there were new Haggadahs (guidebooks prescribing the rituals) designed and produced by Tammy and Aaron Theodore. We now have members volunteering to help at the Placer Food Bank. Our membership is growing. Our focus is on Jewish history, culture, and food, but we also have programs on more general topics. For more information about our activities, please contact either of our Membership Co-chairs: Margie Gulko at 916-960-6341 or Deanne Iliff at 530-518-3704.

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Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM (OC)

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



Coffee with the Mayor

Tuesday, April 18, 8:30 to 9:30 AM, P-Hall (KS)

To find out more about what is happening in the City of Lincoln, Join Mayor Paul Joiner at this informal coffee. Feel free to purchase a cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you.



Listening Post

Tuesday, April 18, 9:30 AM, P-Hall (KS) Zoom is available for those unable to attend

Come and have a conversation 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.



Document Destruction

Monday, April 24, 8:30 to 11:30 AM Fitness Center Parking Lot (OC)

Red Dog Shredz offers state-of-the-art shredding trucks onsite to provide this service to Lincoln Hills residents. Paper clips and staples on files are okay, but no plastics or cardboard. Please place your items in your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Red Dog Shredz truck in the parking lot.



KS At The Movies: The Fabelmans (2022)

Thursday, April 27, 1:30 PM, P-Hall (KS)

Loosely based on Spielberg’s childhood growing up in post-World War II era Arizona, from age seven to eighteen, a young man named Sammy Fabelman discovers a shattering family secret and explores how the power of movies help us see the truth about each other and ourselves. Rated PG-13. 151 minutes. Drama.



A Special Evening with Garsham

Friday, April 28, 7:00 PM, P-Hall (KS)

Lincoln Hills own Singer/Songwriter Gary Shamber (a.k.a GarSham) returns to delight us in a Spring Concert. If you missed his Fall concert, don’t miss this one! Gary’s own folksy country rock compositions will make you smile and might make you cry. Make sure to arrive early to secure your free seat for this wonderful event.



KS At The Movies: Jurassic Park (1993)

Tuesday, May 9, 1:30 PM, P-Hall (KS)

Huge advancements in scientific technology have enabled a mogul to create an island full of living dinosaurs. John Hammond has invited four individuals, along with his two grandchildren, to join him at Jurassic Park. But will everything go according to plan? A park employee attempts to steal dinosaur embryos, critical security systems are shut down, and it now becomes a race for survival with dinosaurs roaming freely over the island. Rated PG-13. 127 minutes. Action. Adventure. Sci-Fi.



Annual Parking Lot Sale

Saturday, May 13, 7:30 AM to Noon, Fitness Center Parking Lot (OC)

Mark your calendars now! Come by and see what is in store for you. So many goodies and fun stuff to choose from. You'll never know what you will find. Bring the whole family. Interested in selling? Please pick up a copy of the Parking Lot Sale Guidelines from the Lifestyle Desks. Registration is limited to in-person only at the Lifestyle Desks (OC/KS). Resident selling \$25, Resident Business selling new items \$50. In case of rain, event will be moved to the following Saturday, May 20.



Meet The Author Lecture Series: Judie Panneton

Tuesday, May 16, 3:30 PM, P-Hall (KS)

Come and join a local middle school teacher and some of her students as they share how they used the book we featured in our inaugural lecture to create understanding and trace family histories and their journeys to America. An appreciative audience in September heard author Judie Panneton talk about the people she interviewed for her book, *Proud American's: Growing Up as Children of Immigrants*. Now, middle school students have become the interviewers and will share their experiences, including the creation of their own volume of stories.



Governance

Thursday, May 23, 9:30 to 11:30 AM, P-Hall (KS)

Tom Brutting and panel will discuss what makes a wonderful community. When we think about Lincoln Hills, many say the appreciation of the amenities, activities, neighbors, and consistently beautiful appearance. What is the glue that keeps it together? The fundamental reason has to do with our HOA and the governance that makes it happen. The CC&Rs, Rules, Design Guidelines, and the many documents and processes that make up this community can be somewhat daunting. Yet, we are all a part of the process. Come to this Community Forum to listen to a panel of neighbors about how you can be more informed and involved.



Meet The Author Lecture Series: Claire Booth

Wednesday, May 24, 2:30 PM, P-Hall (KS)

Claire Booth is a former journalist who has reported on high-profile stories all over the country, including that of a California cult leader who became the subject of her nonfiction book *The False Prophet*. After spending so much time covering crimes so strange and convoluted they seemed more fiction than reality, she decided to write novels instead. Her Sheriff Hank Worth mysteries take place in Branson, Missouri, where small-town Ozark politics and big-city country music tourism clash in strange and convoluted ways.

Claire Booth weaves together a riveting crime novel with her signature combination of empathy, wit, and sly humor.



Farmers Market Opening Day

Wednesday, June 7, 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 at the Orchard Creek Parking Lot. Vendors can email Entertainment@sclhca.com for information and applications to reserve a space.



Going Deep For Science From My Backyard!

Wednesday, June 7, 2023, 6:30 PM, P-Hall (KS)

Come join the Astronomy Group and the Community Forum as Ken Crawford will discuss how amateur astrophotographers are not only producing amazing wide field and high-resolution images of celestial objects, but some are also pushing the limits and going deep for science. As the access to professional telescopes is limited, more professionals are using data produced by amateurs with modest imaging systems in dark skies. This is Ken's personal journey in the pursuit of high-resolution, deep sky objects for "pretty pictures" and ending up contributing to extended red emissions and the detection of star streams.



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**LED Light Therapy**

15-minutes \$35

30-minutes \$55

(Can only be added to facial service)

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

**Ultimate Hydration Facial**

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The ultimate treatment for deep hydration and nourishment for stressed, dehydrated, and sun-damaged skin. This luxurious treatment of Moringa Oil and Hyaluronic Acid revives and restores moisture, leaving your skin hydrated and revitalized.

**Massage Services****All About The Feet**

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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, lessens stiffness and reduces pain in the ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

**Aromatherapy Massage**

60-minutes \$149

90-minutes \$169

Relax and renew with our beautiful aromatic essence of luxurious botanicals that have a healing effect on the mind, body, and emotions. Your adventure begins with our unique blends – Morning Calm, Energy, or Sleep to transport you into a blissful state of relaxation.

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Classic Pedicure

\$49

Our classic pedicure will keep your feet looking and feeling clean and groomed. With this service, you will receive a toenail trim file and shape to your liking, callus removal, gentle exfoliation, and a wonderful massage and toenail polish to have you walking on cloud nine.

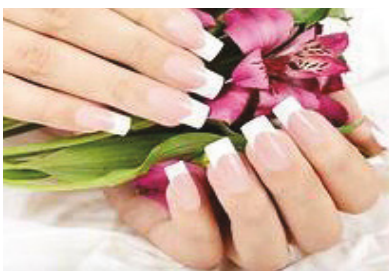


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A great service for men on the go! Gentlemen, you will receive a nail trim file and shape to your liking, cuticle clean-up, a wonderful



extended massage, and Buff & Polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*

Mens Pedicure

\$49

A great service for men on the go! Gentlemen, you will receive a toenail trim file and shape to your liking, callus removal, a wonderful extended massage, and Buff & Polish to have you walking out feeling relaxed and rejuvenated. *Includes extended Massage and Buff Shine for Nails.*



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The 2023 Summer Amphitheater Concert Series (SACS) presents ten concerts every two weeks from May 26 through September 29. This full season is sure to offer something for everyone, as it provides a variety of musical genres, styles, and performers. All are sure to have you dancing, whether down by the stage or in your seat!

Gates/doors, food concessions, bars, and Sweet Tooth Ice Cream carts open an hour prior to each concert. (The patios and grounds will be cleared one hour before gates/doors officially open.)

Tickets go on sale April 17. Receive a 20% discount when you purchase the complete Series Package! (Available until May 16 only.) Please read and follow the Amphitheater Guidelines, at sclhresidents.com/guidelines, for your safety and enjoyment. See ticket prices and showtime for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desks (OC/KS.)

**DISCOUNTED SUMMER CONCERT SERIES PACKAGE:
10 CONCERTS \$200 — LSE513**



***ABBAFab — The #1 ABBA Tribute**

Friday, May 26, 7:30 PM, General Admission \$25 — LSE503

Experience the magic of ABBA’s timeless hits like Waterloo, Dancing Queen, and Mamma Mia with ABBAFAB, a stunning multimedia tribute featuring some of the most talented artists and musicians that is guaranteed to transport you on a technicolor journey and leave you with an infectious vibe.



***DECADES — A Musical Celebration from Chuck Berry to Katy Perry**

Friday, June 9, 7:30 PM, General Admission \$25 — LSE504

Don’t miss out on the electrifying energy and impressive musical versatility of Decades, one of California’s most in-demand bands, as they take you on a journey through time with their extensive repertoire spanning from the 1940s to today’s hits, showcased through multi-instrumentalism and four-part harmonies, in what former entertainment director of Sierra Nevada Brewing Co. calls “the hardest working band in town.”



***Renegade Orchestra — The Beauty of a Symphony, the Soul of a Rock Band**

Friday, June 23, 7:30 PM, General Admission \$25 — LSE505

Get ready to break free from the conventions of a traditional orchestra show and experience the unbridled fury of The Renegade Orchestra as they combine the beauty of a classical symphony with the heart of a rock band in a high-energy performance that will make you clap your hands, tap your feet, and yell all you want.



***Eric Sage & Young Guns — A Tribute to the Superstars of Country Music**

Friday, July 7, 7:30 PM, General Admission \$25 — LSE506

Don’t miss out on the unforgettable concert experience with international touring country rock band Young Guns, featuring award-winning entertainer Eric Sage and a full concert production showcasing songs from legendary country artists, dueling electric guitars, heart-felt acoustic ballads, and audience participation to create a party atmosphere.



***Forejour — A Tribute to Foreigner and Journey**

Friday, July 21, 7:30 PM, General Admission \$25 — LSE507

Experience the ultimate tribute to 80s mega bands Foreigner and Journey with Forejour. With stunning accuracy, Forejour performs the live soundtrack to cherished videos from the heyday of MTV, featuring the most downloaded song of the 20th century, “Don’t Stop Believing,” as well as power ballads like Foreigner’s “I Want To Know What Love Is” and Journey’s “Faithfully.”



***Hip Service — Award Winning World Class Dance Band**

Friday, August 4, 7:30 PM, General Admission \$25 — LSE508

Get ready to dance all night with Hip Service - the top choice for event entertainment for 20+ years. With non-stop performances of dance favorites and chart-topping mashups, Hip Service is one of the hottest bands in the country. They’ve shared the stage with Huey Lewis and the News, Jay Leno, and more, covering genres from Modern Top 40 to Jazz and Swing.



***Fleetwood Mask — The Ultimate Tribute to Fleetwood Mac**

Friday, August 18, 7:30 PM, General Admission \$25 — LSE509

Experience the iconic music of Fleetwood Mac with Fleetwood Mask, a band formed in 2012 to honor their legacy. With Mick Fleetwood’s only endorsement in America, Fleetwood Mask delivers the best of the band’s 50-year history, with a focus on the five-piece lineup that propelled them to superstardom.



***The Everly Brothers Experience Featuring the The Zmed Brothers**

Friday, September 1, 7:00 PM, General Admission \$25 — LSE510

The Zmed brothers and their partner, Burleigh Drummond, have been delighting audiences in clubs, theaters, casinos, and more all over the US and overseas with their Everly Brothers Experience show since 2016, blending entertainment and education while honoring the iconic sound and unique place in music history of the Everly Brothers.



***Vybe Society — An Exquisite Blend of Old School Funk, R&B, Rock, and Contemporary Favorites**

Friday, September 15, 7:00 PM, General Admission \$25 — LSE511

Vybe Society is the consummate blend of excellence and outstanding entertainment. Our band has some of the best musicians in the Bay. They have performed with major label and international artists such as Cee Lo Green, Sheila E, the Family Stone Experience, and Tony Toni Tone, to name a few.



***Jared Freiburg featuring SPINOUT — The Early Years of Rock & Roll from Elvis to Sinatra to Jerry Lee Lewis...and more!**

Friday, September 29, 7:00 PM, General Admission \$25 — LSE512

From Broadway’s “Million Dollar Quartet,” Jared Freiburg is a pianist, singer, and performer from Des Moines, Iowa. He was exposed to 50s and 60s music from a young age and learned to play the piano at age 5. He attended the Bob Cole Conservatory in Long Beach, CA, studied Jazz Performance, and dropped out to join Broadway’s Million Dollar Quartet with Norwegian Cruise Line. Jared has since pursued a career in music, performing on land and sea and teaching jazz workshops in India.

Cody Meikle
 Entertainment Coordinator
 Cody.Meikle@sclhca.com



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

*Indicates on sale April 17

Events

***Tuesday Dance Night**

Tuesday, April 25

— LSE492

Tuesday, May 2

— LSE496

Tuesday, May 30

— LSE497

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person/per dance night

\$14 per person/May Dance Package (two dances)

Tuesday Dance Nights are geared toward those dancers that prefer an unstructured, more “let loose” nightclub dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — it’s all welcome. DJ Tom will provide music. A No-host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.



***Structured Dance Night**

Thursday, June 1

— LSE498

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person/per dance night

Structured dance night is tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A No-host bar through 8:30 PM. Doors open at 6:00 PM.



Performances

**For Listening and Dancing
 A Night of Pop Classics
 by Garuda**

Thursday, April 20

— LSE487

7:00 PM, Ballroom (OC)

General Admission \$25



A popular contemporary dance band based in the Bay Area, Garuda Blue specializes in authentic, high-quality party music featuring sax, trombone, piano, and vocal solos from some of the finest young musicians. The group prides itself in delivering high-quality, sophisticated, and slick original arrangements of well-known classic and popular tunes from across generations with a youthful, fun, and hip attitude. Sit and enjoy the beautiful concert or enjoy dancing with your partner. Lounge-style seating and plenty of room on the floor for dancing. A No-host bar is open from 6:30 to 8:30 PM. Doors open at 6:30 PM.

Silent Movie Night

Friday, April 21 — LSE490

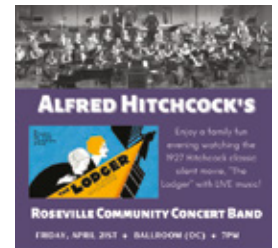
7:00 PM, Ballroom (OC)

Premium Reserved

Seating \$11

Standard Reserved

Seating \$9



The Roseville Community Band will thrill us once again with great music that will bring a silent movie to life! This year, they will accompany Hitchcock’s thriller “The Lodger” starring Igor Novella. Silent movies were once shown in theaters with live musical accompaniment. A fun night for classic film fans and families (not recommended for kids under the age of seven). Theater treats and drinks will be available for purchase in the Pre-function area at the start and during intermission.

Tia Carroll and Frankie G

Wednesday

April 26 — LSE488

7:00 PM, P-Hall (KS)

Reserved Seating
 \$23



The blues are certainly alive and well in 2023. Renowned bay area performers come together for an intimate concert not to be missed. Tia Carroll,

one of the most sought-after vocalists on the West Coast, is a "Female Blues Vocalist of the Year" and "Delta Blues Star" who has headlined venues and festivals all over the world and has shared the stage with legends including Ray Charles and Jimmy McCracklin and opened for Gladys Knight, Patti LaBelle, and Tower of Power. Frankie G headed up the East Bay band "Killin' Floor" and is known for his blistering guitar and vocals.

Lincoln Hills Chorus

Presents: "Groovy Sounds of the 60s!"

Friday, May 5

— LSE481

7:00 PM

Ballroom (OC)

Saturday, May 6 — LSE482

2:00 PM, Ballroom (OC)

Sunday, May 7 — LSE483

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$22

Standard Reserved Seating \$19

The Lincoln Hills Chorus is stoked to bring you a far-out Spring concert, "Groovy Sounds of the 60s!" For sure, you won't want to miss this mostly-60s concert of cool hit songs that jazzed everyone from the 60s and beyond. Come join the fun with songs like "The Lion Sleeps Tonight" (The Tokens), "The Sound of Silence" (Simon and Garfunkel), "Stop in the Name of Love" (The Supremes), "Yesterday" (The Beatles), and more! New this season: two-weekend matinees Saturday and Sunday. Bring your "kids" and grandkids, and we'll all get our groove on!

Sony Holland: A Tribute to Linda Ronstadt

Tuesday, May 16 — LSE493

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$25

Standard Reserved Seating \$22

Featuring hits including such Grammy-honored classics as "You're No Good," "When Will I Be Loved," "Poor Poor Pitiful Me," "Desperado," and "Blue Bayou." Also featured are some of Ronstadt's favorite Jazz Standards and a piece or two from her foray into Spanish-language ballads. Beginning her musical career as a San Francisco street busker, singing for tourists



at Pier 39 and Ghirardelli Square, Holland eventually earned her way to appearances in some of the country's top music venues, including the Blue Note in New York City, Herb Alpert's Vibrato in Los Angeles, and the San Francisco Jazz Center.

KS Comedy Night:

Gina Stahl-Haven

Tuesday, May 23

6:00 PM, P-Hall (KS)

— LSE494

8:00 PM, P-Hall (KS)

— LSE495

Reserved Seating \$17

Gina Stahl-Haven has been performing in the comedy and improv world for over 15 years, featured at the Un-Scripted Theatre Company, SF Improv Festival, Hawaii Improv Festival, and various comedy spots throughout the Bay Area. She is a 2nd Place Winner of the San Francisco International Comedy Competition (the first woman to place this high since Ellen DeGeneres 34 years ago) and winner of the 2nd Annual Marin Comedy Amateur Competition. Gina's real take on life, motherhood, dating, and navigating Costco, combined with her intoxicating stage presence, make her irresistible on stage.



*LH Players Club Presents

"Twelve Angry Jurors"

Thursday, June 8 — LSE499

7:00 PM, P-Hall (KS)

Friday, June 9 — LSE500

7:00 PM, P-Hall (KS)

Saturday, June 10 — LSE501

2:00 PM, P-Hall (KS)

Sunday, June 11 — LSE502

2:00 PM, P-Hall (KS)

Reserved Seating \$18

Twelve Angry Jurors is a courtroom drama that takes place in a jury room following a young person's trial for the murder of his father. A seemingly open and shut case at the outset quickly becomes exceedingly complex as jurors begin to probe more deeply, often engaging in heated exchanges that reveal a variety of personalities in conflict. Twelve Angry Jurors will challenge the audience's intellect as you're drawn into a courtroom drama complete with suspense and lessons in the American trial system that promises everyone a fair trial and the presumption of innocence. Get ready for a surprise ending!



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



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

*Indicates on sale April 17

Day Trips

– Destinations –

Spring San Francisco Shopping

Saturday
April 29
\$65 — LST436

Celebrate the coming of spring with a trip to the city by the bay.

Do not worry about the traffic, the bridge, or parking. Instead, relax and let our comfortable motorcoach take you to the heart of San Francisco (Union Square-Post and Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco will be at 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.



Day at the Races

Sunday, May 21
\$139 — SOLD OUT

Enjoy live horse racing at Golden Gate Fields in Berkeley. Relax in the luxury of the Turf Club. Dress code: Collared shirts and dress slacks are preferred for men, while women may wear dresses or tailored pants. No denim, sweatpants, t-shirts, windbreakers, baseball caps, or visors. Tennis shoes for traction are okay. Included: admission, buffet lunch served from 12:30 to 2:30 PM and complimentary racing program. Buffet lunch is a Texas-style BBQ



with garden salad, southwest coleslaw, potato salad, barbeque beef or chicken, baked macaroni & cheese, and corn on the cob. Wheels roll from OC at 10:00 AM return ~ 6:00 PM.

Sights and Sips Cruise - Sacramento
Saturday
May 27
\$120

— LST437

No matter the occasion, a Sights and Sips Cruise in Sacramento is sure to create an unforgettable day. Experience a cocktail cruise on the Sacramento River – cruise the day away with friends and family of all ages and soak in Sacramento skyline views. Includes a 1.5-hour yacht cruise, local DJ spinning Top 40's hits, and scenic views. Cash bar (full No-host bar available) and cocktail seating (limited non-guaranteed seating). Small bites are available for purchase. Wheels roll from OC at 1:45 PM ~ return 5:45 PM.



*An Afternoon in San Francisco! Tina - The Tina Turner Musical - Golden Gate Theater/Ferry Building

Saturday, August 12
\$165 — LST454

Enjoy Tina - The Tina Turner Musical. An uplifting comeback story like no other. This is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. After the show, head down to the Ferry Building for a bite to eat and some shopping. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return approximately 9:00 PM.



– Performances –

Riverdance 25th Anniversary
Gallo Center for the Arts, Modesto
Tuesday, May 16
\$135 — LST427



Riverdance, as you've never seen or heard it before. A powerful and stirring re-invention of this beloved favorite celebrated the world over for its Grammy Award-winning score and the excitement, energy, and dynamism of its Irish and International Dance. Twenty-five years on, renowned composer Bill Whelan brings this mesmerizing soundtrack back to life, completely revitalized for the first time since those original orchestral recordings. Price includes coach transportation and tickets in the Parterre section (ground floor). Wheels roll from OC at 4:00 PM for a 7:00 PM show ~ return approximately 11:30 PM.

***Broadway At Music Circus – Premiere**
Beautiful: The Carole King Musical



Tuesday, June 13
\$130 — LST440

"Beautiful – The Carole King Musical," tells the Tony and Grammy Award-winning inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

***Broadway At Music Circus**
Rodgers & Hammerstein's Cinderella
Tuesday, June 27
\$130 — LST441



The Tony Award-winning musical from the creators of "The Sound of Music" and "South Pacific" continues to delight audiences of all ages. A contemporary take on the classic tale, it features some of Rodgers and Hammerstein's most beloved songs,

including "In My Own Little Corner," "Impossible/It's Possible," and "Ten Minutes Ago." Broadway At Music Circus premiere. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

***Broadway At Music Circus**
The Music Man
Tuesday, July 11
\$130 — LST442



One of musical theatre's most beloved works, this tribute to small-town America's optimism, warmth, and stubbornness has been charming audiences of all ages for decades. There's trouble in River City when traveling salesman Harold Hill comes to town and causes disruption. Featuring the classic songs "Seventy-Six Trombones," "Goodnight My Someone," and "Till There Was You." Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

***Broadway At Music Circus - Premiere**
The Addams Family
Tuesday, July 25
\$130 — LST443



This "deliciously dark and superbly funny" musical comedy embraces the wackiness in every family. The award-winning show is based on some of the characters created by *The New Yorker* cartoonist Charles Addams in his single-panel drawings, which depict a ghoulish American family with an affinity for all things macabre. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

***Broadway at Music Circus**
Ragtime the Musical
Tuesday, August 8
\$130 — LST444



"A triumph for the stage," according to *Time Magazine*, this sweeping musical portrait of early twentieth-century America tells the story of three families in the pursuit of the American Dream. An award-winning creative team brought E.L. Doctorow's distinguished novel to life on Broadway, winning universal acclaim, including four 1998 Tony

Awards and five Drama Desk Awards. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

***Broadway At Music
Circus - Premiere
Rent**

Tuesday, August 22

\$130 — LST445



Set in the East Village of New York City, the Pulitzer Prize-winning musical that shaped a generation of audiences is about falling in love, finding your voice, and living for today. Featuring songs that rock and a story that resonates with audiences of all ages, "Rent" has become a pop cultural phenomenon. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

— Sports —

**Oakland A's vs.
New York Yankees**

Thursday, June 29

\$199 — LST438



Watch all the action of America's pastime from our private suite while you munch on our included game day buffet. Sit in either indoor seating or sit with the wind-in-your-hair attached outdoor seats in the crowd. Either way, you are sure to have a Grand Slam time watching the game. Trip includes round trip deluxe motorcoach, suite tickets, buffet lunch including non-alcoholic drinks (alcohol available for purchase), and driver tip. Wheels roll from OC at 9:30 AM ~ return 6:30 PM.

**Sacramento Rivercats vs.
O.K.C. Dodgers**

Bring the Grandkids

Friday, July 14

\$99 — LST450

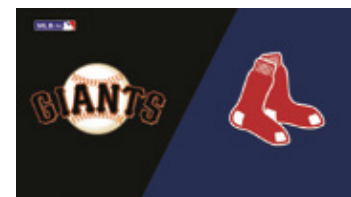


Take me out to the ballpark! Enjoy an evening ballgame with your grandkids as the Rivercats take on the O.K.C. Dodgers, which includes the post-game fireworks. Included bonus in the trip price is that each guest will receive a Rivercats hat and a voucher for a hot dog, chips, and soda. Seats will be in the infield reserved section (some shade). Limit two grandchildren per resident. Please, no children under six years of age. Wheels roll from OC at 5:15 PM for a 6:45 PM first pitch ~ return 11:00 PM.

**S.F. Giants
vs. Boston
Red Sox**

Sunday, July 30

\$195 — LST449



Watch the Giants take on one of baseball's most historic teams when they face off against the Boston Red Sox. See the action from our group Club-level seating. Price includes roundtrip motorcoach transportation, Club-level seating, and driver gratuity. Wheels roll from OC at 9:00 AM for a 1:05 PM first pitch ~ return 6:45 PM.

***S.F. Giants vs.
L.A. Dodgers**

Sunday, October 1

\$195 — LST455



We saved the best for last. Root for your favorite team in one of baseball's best rivalries on Fan Appreciation Day. See all the action from our group Club-level seating. Price includes roundtrip motorcoach transportation, Club-level seating, and driver gratuity. Wheels roll from OC at 8:30 AM for a 1:05 PM first pitch ~ return 7:15 PM.

Overnight/Extended Travel

Five days, four nights!

***Ashland, Oregon**

Theater Excursion

Monday, June 12 through

Friday, June 16 — LST451

\$1,225 per person double occupancy; \$1,675, single.

Join Scott, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!



Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Romeo and Juliet"
- Reserved seating at Allen Elizabeth Theater for evening shows of Shakespeare's "Twelfth Night" and Alexander Dumas' "The Three Musketeers"
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own

- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates, and Ledger David Winery
 - Visit the Harry and David Outlet Store in Medford
 - Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
 - Lunch at Sierra Nevada Brewery on the return trip
 - Gratuity for driver and included meals
- Detailed trip itinerary, menus, and signed liability waiver is required for each participant. No online sales. Wheels roll from OC at 8:00 AM, June 12 ~ return 6:00 PM, June 16.



Four days, three nights!

***Laguna Beach Pageant of the Masters Art Festival and Huntington Library**

Monday, August 28 through Thursday, August 31 — LST452

\$1,259 double occupancy; \$1,699 single

Join your Trip Coordinator, Scott, on an amazing trip to the world-famous arts festival in Laguna Beach as they celebrate their 90th Anniversary. This year's theme is "Art Colony: In the Company of Artists." See famous paintings recreated in full detail right before your eyes. We will also enjoy an afternoon at the Huntington Library and Gardens. Please advise, upon registration, your preferred food choice for Terra Laguna: Chicken, Salmon, or Vegetarian.

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 in Newport Beach on your second day

- Reserved lower-level ticket to Pageant of the Masters Show
- Admission to Art-A-Fair at the Festival of the Arts
- Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds prior to the show
- Entrance to the Huntington Library, Art Museum, and Botanical Gardens 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. Detailed trip itineraries, menus, and a trip insurance provider list are 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 4:30 PM, August 31.

SOLD OUT!

Broadway: Pretty Woman – May 2 — LST415

Andrea Bocelli – May 12 — LST433

S.F. Giants vs. Padres – June 22 — LST448

**Cirque du Soleil – Corteo
August 5 — LST447**



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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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Donna Hartigan
Lifestyle Class Coordinator
Donna.Hartigan@sclhca.com



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

*Indicates on sale April 17

Dance

*Belly Dance Class – L1

Fridays, May 5-26
1:00 to 2:00 PM (KS)
\$28 (four sessions)

— LSC4372

Designed for new and returning students who want to learn and review the basics of Middle Eastern dance. Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun! Limited space. Instructor: *Ellen Russell*.



*Clogging – Introduction/ Foundations - L1

Tuesdays, May 2-30
(May 2 free class)
\$32 (four sessions) — LSC4433

It may be a little Dutch—but we don't wear wooden shoes!

Clogging is the American Folk Dance. Born out of the Appalachian Mountains, with influences from England, Ireland, Scotland, Germany, Africa, and indigenous peoples. It is lively, fun, and great exercise. Come sit and clog if you need to, but come join the fun. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.



*Clogging – Beginners/Easy - L2

Tuesdays, May 2-30
10:00 to 11:00 AM (KS)
\$50 (five sessions) — LSC3875

Review of all foundation and beginner steps. We will then start work on easy steps, still working at a relaxed pace. Continue learning new steps and

dances. Dust off those clogging shoes and come back to class. If you've been away for a while, this is the class for you! Instructor: *Janice Hanzel*.

***Clogging – Intermediate/Intermediate Plus - L3/L4**
Tuesdays, May 2-30
Noon to 1:00 PM (KS)
\$50 (five sessions) — LSC4440

We will be working on some solid intermediate-level dances. I have new routines from various workshops around the area. We will continue with easy to intermediate dances to start with and progress rapidly to some more challenging dances. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

*Clogging – Performance

Tuesdays, May 2-30
11:00 AM to Noon (KS)
\$50 (five sessions) — LSC3886

We will be practicing for upcoming shows. Be ready to learn a new dance or two for upcoming Potpourri Shows. **Prerequisite:** Instructor approval. Must be available to perform for current show and signed up for either the L2 or L3/L4 or attend three of any required class sessions. Instructor: *Janice Hanzel*.

*Clogging – Style Techniques and Advanced – L4/L5

Thursdays, May 4-25 (no class May 18)
9:30 to 11:00 AM
\$30 (three sessions) — LSC4453

May classes will be splits, double doubles, switches, slips, scuffs, and more. We will continue to review all other techniques. The first 45 minutes will be new stuff, last 45 minutes will be on learning new dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

*Country Couples Western Dance – L3/L4

Mondays, May 1-22
6:00 to 7:00 PM (KS)
\$28 (four sessions)
— LSC3908



Join us for a fun-filled hour of Country Couples' pattern dancing. Similar to line dancing, but with a partner. Featuring a variety of "old" popular dances

as well as fun new dances. Many dances are done in a circle, and some in lines. This class is intended for those that have had previous line dance experience. Instructors: *Dennis and Georgi Dawson*.

*Hula - L1-L3

Thursdays, May 4-25

1:00 to 2:00 PM (KS)

\$52 (four sessions) — LSC3919

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 Performance – L2-L4

Tuesdays, May 2-30

1:00 to 2:00 PM (KS)

\$45 (five sessions) — LSC3941

This class will be open to new students starting in April. The dancers will be working toward learning a fun, jazzy new dance for the Vaudeville Show in July. The class is an intermediate class geared toward performing in various shows throughout the year. Must be a strong technical dancer with good coordination and the ability to memorize new dance steps. New dancers are welcome with the instructor's approval. Come and learn jazzy new dances and perform in front of our wonderful Lincoln Hills audiences. New instructor: *dancer/choreographer Becky Nicholson*.



*Line Dance, Country – L1-L4

Fridays, May 5-26

3:00 to 4:00 PM (KS)

\$28 (four sessions) — LSC4036

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 and Jeanie Keener*.



*Line Dance For Fun

Thursdays, May 4-25

4:30 to 5:30 PM (KS)

\$28 (four sessions) — LSC4000

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. *About the instructor:* **Cathy Paris** is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

*Line Dance, "Wake Up and Warm Up"

Tuesdays, May 2-30

8:00 to 9:00 AM (KS)

\$35 (five sessions) — LSC4457

Start your day with this "dance jam" style Line Dance class, with less instruction and more dancing. Each week we dance a mix of classics and popular line dances (L2-L4) that are danced in the main ballrooms at major line dance events internationally, such as American Kids, Champagne Promise, Cold Heart, Havana Cha, Islands in the Stream, Late Night Habits, Lonely Drum, Pontoon, Señorita La, La, La, Sugar Honey I.T., Tush Push, and much more.

Prerequisite: L-1. Instructor: *Ellen Hirvela Russell*.

*Line Dance, Absolute Beginner- L1

Mondays, May 1-29

4:00 to 5:00 PM (KS)

\$35 (five sessions) — LSC3953

Instructor: *Cathy Paris*

OR

Thursdays, May 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — LSC4217

Instructor: *Yvonne Krause-Schenck*

This class is an introduction to line dance. Basic steps will be taught to a variety of fun music. The focus is on having fun while learning to dance. *About the instructor:* A Lincoln Hills resident and coming from a musical family, **Yvonne Krause-Schenck** started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student's progress. She knows the importance of movement and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner - L2**

Thursdays, May 4-25
10:00 to 11:00 AM (KS)
\$28 (four sessions)
— **LSC4092**

Instructor:

Yvonne Krause-Schenck

OR

Thursdays, May 4-25
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC4022**

Instructor: *Cathy Paris*

OR

Fridays, May 5-26
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC4047**

Instructor: *Sandy Gardetto*

Level 2 is for those who have some line dance skills or are moving up from Level 1 and wish to learn more steps and rhythms. *About the instructor: Sandy Gardetto* is an excellent line dance instructor with over 18 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (L2) as well as her High Beginner/Improver (L3) class. She is also offering an Easy Intermediate Class (L4) for those who want easier dances with good music.



***Line Dance, Beginner-Intermediate - L2-L4**

Mondays, May 8-29
5:00 to 6:00 PM (KS)
\$40 (four sessions)
— **LSC4277**

Just Dance - Learn It! Love it! Dance it! Various steps, styles, and music make each class come alive based on genres of R&B, funk, pop, Latin, oldies, and country. Dance steps will include Jazz, Salsa, Belly Groove, and country. *About the instructor: Anna Woods's* love for dance goes back to her childhood tap, jazz, and ballet. This led to a professional dance career of 15 years as an instructor and performer spanning the country from LA to DC. Check out her YouTube Channel: "Anna Woods Just Dance," and/or email annawoodsjustdance@gmail.com.



***Line Dance, Improver - L3**

Mondays, May 1-29
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4081**
Instructor: *Yvonne Krause-Schenck*

OR

Wednesdays, May 3-31
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4058**
Instructor: *Sandy Gardetto*

Level 3 ranges from high beginner to easy intermediate. The dancer will be offered additional exciting steps, combinations, and rhythms.

***Line Dance, Intermediate - L4**

Mondays, May 1-29
5:00 to 6:00 PM (KS)
\$35 (five sessions) — **LSC4011**
Instructor: *Cathy Paris*

OR

Wednesdays, May 3-31
10:00 to 11:00 AM (KS)
\$35 (five sessions) — **LSC4069**
Instructor: *Sandy Gardetto*

Level 4 focuses on challenging step combinations as well as teaching at a faster pace and keeping current with what is popular and danced around the world. **Prerequisite:** L3.

***Line Dance, Advanced - L5**

Thursdays, May 4-25
5:30 to 6:30 PM (KS)
\$28 (four sessions) — **LSC3989**

Level 5 with more difficult dances featured is suitable for the experienced dancer. More turns, combinations, rhythms and challenges will be mastered. Come join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3 or L4. Instructor: *Cathy Paris*.



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***Tap – L1**

Mondays, May 1-22

11:00 AM to Noon (KS)

\$44 (four sessions) — **LSC4117**

Grab a friend and come join us in this beginner class. We are starting from fresh, learning all the basics of tap dance.

We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, and the act of repeating, reversing, and counting patterns is excellent for brain health. Instructor: *Alyson Meador*.

***Tap - Technique**

Mondays, May 1-22

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4103****OR**

Tuesdays, May 2-30

10:00 to 11:00 AM (KS)

\$55 (five sessions) — **LSC4131**

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

Education**Four Films by Steven Spielberg**

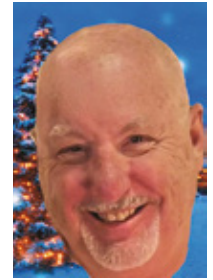
Wednesdays, April 19 & 26

May 3 & 17

1:00 to 4:00 PM (KS)

\$40 (four sessions) — **LSC4414**

Steven Spielberg invented the Summer Blockbuster, and we will discover four of these great films. First up is the original *Jaws*. Two years later, he introduced us to UFOs with *Close Encounters of the Third Kind*. In our third film, we journey back to our childhood with *Raiders of the Lost Ark*. In our fourth film will be an exciting new film technology, *Jurassic Park*. Mr. Spielberg's personal journey as he becomes one of the great filmmakers of all time will be discussed. Classes will be three hours long, including discussions and complete showings of the films. Instructor: *Ray Ashton*.

**Music*****Folk Guitar for Fun****Folks – L1**

Tuesdays, May 2-30

1:00 to 2:00 PM (KS)

\$50 (five sessions)

— **LSC4389**

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s-'70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *About the instructor: Darrell Effinger* is a long-time teacher, songwriter, and performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Questions? Call Darrell at 916-989-8532.

***Folk Guitar – L2**

Tuesdays, May 2-30

2:00 to 3:00 PM (KS)

\$50 (five sessions) — **LSC4391**

This class is an intermediate class with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and

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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 and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. See Beginner Folk Guitar for Darrell's bio. Questions? Call Darrell at 916-989-8532.

Visual Arts & Crafts

*Ceramics – L1-L3

Tuesdays, May 2-30

1:00 to 4:00 PM (OC)

\$80 (five sessions) — LSC3851

OR

Thursdays, May 4-25

9:00 AM to Noon (OC)

\$64 (four sessions) — LSC4363



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*.

*Ceramics – L4/L5

Tuesdays, May 2-30

9:00 AM to Noon (OC)

\$80 (five sessions) — LSC3839

OR

Thursdays, May 4-25

1:00 to 4:00 PM (OC)

\$64 (four sessions) — LSC3863



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*.

*Chalking – Notebook Class

Thursday, May 11

11:00 AM to 1:00 PM (KS)

\$20 — LSC4397

\$10 supply fee paid to instructor

In this class we will use a silk screen transfer and chalk paste



to decorate two notebooks. Each notebook measures 5.25" x 8.25". You have a notebook to keep and one to gift! You will get to keep the transfer so you can make more projects! Instructor: *Christy Frank*. Registration deadline: May 5.

*Chalking – Tea Towel

Thursday, May 11

9:00 to 11:00 AM (KS)

\$20 — LSC4394

\$15 supply fee paid to instructor

In this class we will use a silk screen transfer with chalk ink to create this fun design on two tea towels. The towels measure 15" x 25" and are 100% cotton with a charcoal stripe running down either side. The ink is water-based but becomes permanent once we heat-set it. These towels make wonderful gifts too! You will get to keep the transfer so you can make more projects! Instructor: *Christy Frank*. Registration deadline: May 5.



*Jewelry Making

Monday, May 1

1:00 to 4:00 PM (OC)

\$20 — LSC4382

\$20 supply fee paid to the instructor

Create your own masterpiece. This class will offer a variety of color beads choices for you to make your own pattern and style of any length. Beginner to intermediate welcome. It will be great for giving from the heart or wearing it proudly to any get-together. Fun class. Instructor: *Nancy Bell - Lincoln Jewelers*.



*Mixed Media Art Journaling

Tuesdays, May 9 & 23

9:00 AM to Noon (OC)

\$45 (two sessions) — LSC3803

\$5 supply fee paid to instructor

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*.

***Needle Felting –
Beginner - Soft
Sculpture, Baby Panda**

Monday, May 8
Noon to 4:00 PM (OC)
\$30 — LSC4317
\$15 supply fee payable to instructor



We will sculpt this sweet baby Panda project using wool fiber and special needles in this one workshop. All supplies, including glass eyes, are provided if you'd prefer the sleeping eyes shown in the photo. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis. Occasional finger pokes are possible. We may not need the entire four hours. Instructor: *Donna Miller*. donnamillerfelt2410@gmail.com.

***Needle Felting –
Beginner - Soft Sculpture,
Shore Bird**

Monday, May 15 & 22
11:00 AM to 2:00 PM (OC)
\$35 (two sessions)
— LSC4355



\$15 supply fee payable to instructor

Using wool fiber and special needles, we will create this graceful Shore Bird over the course of two classes. All supplies will be provided. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis, and finger pokes are possible. Instructor: *Donna Miller*. donnamillerfelt2410@gmail.com.

***Oil and Acrylic Painting –
L4/L5**

Wednesdays, May 3-24
9:00 to 11:30 AM (OC)
\$80 (four sessions)
— LSC3815



Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Visit www.sandylindblads.com. Email Sandy at sandski2@yahoo.com prior to class regarding supplies. Instructor: *Sandy Lindblad*.

***Quilting – Charming
Houses - Dressed to
Show**

Thursdays, May 11-25
1:00 to 5:00 PM (OC)
\$60 (three sessions)
— LSC4455



\$10 supply fee payable to instructor

One block for a pillow/placemat, three blocks for a table runner, and six or more for a quilt. Using the book, *Charming Houses – Dressed for Show*, we will make a house block. You may select any pattern from the book and make as many blocks as you wish in this 3 week class. The book is required and available from our local quilt store, Amazon, or from the teacher. Must be purchased prior to class, so you have an opportunity to select your block and fabrics. Please request a supply sheet when signing up for the class. Instructor: *Betty Kisbey*.

***Sip and Paint:
“Ocean Wave”**

Friday, May 19
5:00 to 8:00 PM (OC)
\$65 — LSC3827



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, brush-stroke, and pallet knife techniques. All supplies are



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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 unniart.com.

***Watercolor -
Continuing**

Thursdays, May 4-25
9:00 to 11:30 AM (OC)
\$80 (four sessions)

— **LSC4182**

This is a self-directed water based media workshop. This class combines demonstrations, discussions, and self-critiques by providing participants opportunities to expand their understanding of using Color, Shape, Value, and Texture in creating their own art pieces. The instructor will work one-on-one with each participant addressing their specific needs. This class is open to watercolor or acrylic painters. This class is limited to allow for individual one-on-one work. Prerequisite: Previous painting experience is required. Contact the instructor for more information. Instructor: **Faye August**, watercolorist55@gmail.com, 916-209-3643.



***Watercolor –
Textures and
Techniques**

Thursdays
May 4-25
1:00 to 3:30 PM
(OC)
\$100

(four sessions)

— **LSC4194**

Come learn a variety of different techniques for adding textures to your watercolor paintings. Gain skills to enhance depth and dimension to capture the viewer's eye. Additional techniques will be covered that will expand the artist's skill beyond the basic techniques covered in the previous classes. Participants will also learn more about painting design and composition. Instructor: **Faye August**, watercolorist55@gmail.com, 916-209-3643.



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WellFit Program Manager
Danielle.Merrill@schca.com



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



*Class Schedules may not always be included in Compass, please see Punch Pass Section.

WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how the fitness centers work and how to use equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at fitness desks or online enrollment on the Resident Website.

Fitness Floor (OC)

- **Tuesday, May 2**
3:00 to 4:00 PM
- **Tuesday, May 16**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, May 11**
2:00 to 3:00 PM

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

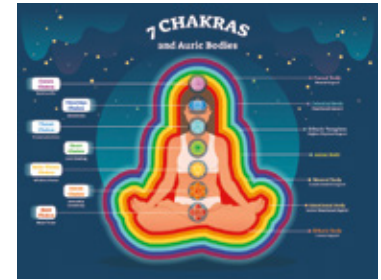
Events go on sale on the 17 of each month. Register at the fitness center desks or online enrollment on the Resident Website. Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups. All classes, times, and locations are subject to

change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.

Mindful Movement

Awaken Your Chakra Energy

Wednesday, May 17
4:10 to 5:10 PM
Aerobics Room (OC)
\$20



Originating in India, chakras have been used for millennia as a spiritual healing modality to balance your emotional and physical well-being. Chakras are energy centers in our bodies. There are seven major chakras running from the base of your spine to the top of the head. Each chakra is associated with a specific physical, mental, emotional, or spiritual aspect of how we experience life. In this course, we will increase your awareness of what chakras are and then settle into a guided chakra-toning meditation. Instructor: *Sheri Mandell, HHC.*

Meditate

Mondays, May 1-22
4:10 to 5:10 PM
Aerobics Room (OC)
\$72 (four sessions)



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

Mind-Body Balance

Wednesday, May 3
4:10 to 5:10 PM
Aerobics Room (OC)
\$20



We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of

rejuvenation? We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much-needed gift of relaxation. This class is offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC.*

Mindfulness and Meditation

Thursdays, May 4-25
4:30 to 5:30 PM
Aerobics Room (OC)
\$72 (four sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins, Serotonin, Oxytocin, and 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.*



***All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-ins, also known as Wellness Pass: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes. Purchase at fitness center desks or through online enrollment under class passes on the Resident Website.**

Tai Chi for Health L1-L3

Mondays, May 1-22
7:30 to 8:30 AM
Aerobics Room (OC)
\$52 (four sessions)
*See above

Improve your strength, balance, flexibility, breath, and focus with this ancient form of exercise. The class will consist of a series of initial Qigong exercises known as the Brocade, followed by a longer form of movement that can be learned in increments over time. This is a class that is open to beginners who would like to initiate Tai Chi as a basic movement



exercise as well as those who would like to learn a form of Tai Chi that pre-dates communist China. This form of Tai Chi is the historic Yang style, a form in which the instructor has engaged in for over 40 years. Instructor: *Andrew Buffmire.*

Tai Chi / Qigong L1

Tuesdays, May 2-30
2:00 to 3:00 PM
Aerobics Room (OC)
\$65 (five sessions)
*See above

OR

Fridays, May 5-26
2:00 to 3:00 PM
Aerobics Room (OC)
\$52 (four sessions)
*See above

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



Tai Chi 24 Form L1-L3 - Outside

Thursdays, May 4-25
2:00 to 3:00 PM
Amphitheater (OC)
\$52 (four sessions)
*See above

Open to all levels, come join in for a fun time learning the Tai Chi 24 form in the beautiful outdoor setting. The class will warm up with Qigong to help relax the body, then learn the 24 moves in this Yang style Tai Chi, which 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. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi / Qigong L2/L3

Tuesdays, May 2-30
3:10 to 4:10 PM
Aerobics Room (KS)
\$65 (five sessions)
*See above

OR

Fridays, May 5-26
3:05 to 4:05 PM
Aerobics Room (OC)
\$52 (four sessions)
*See above



This class is for Tai Chi and Qigong students who wish to increase awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Paired with stillness and moving meditation, Qigong will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Siegel-Wamsat*.

Walking Meditation

Wednesday, May 24
4:10 to 5:10 PM
Aerobics Room (OC)
\$20

Have you wanted to explore meditation, but the idea of sitting still is keeping you from trying? Then a walking meditation may be for you. It blends the perks of physical activity with mindfulness, creating a powerful win-win. It is the practice of becoming more aware of your surroundings by walking in silence and keeping your thoughts in the present moment. There will be a discussion before and after the walk. Take the time to enjoy our Wetlands Trail and connect with nature and your body in a whole new way! Meet in the OC Aerobics room. Instructor: *Sheri Mandell, HHC*.



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



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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

Training Services

- **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.
- **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, medical history, talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.
 - New Packages:** One client and one trainer. One-hour session. Package of 3, \$54 each. \$162 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is very affected by posture. One-hour session \$59.

- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$59.

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

Personal Improvement

Care of the Caregiver Using Neuro Arts

– New!

Wednesdays, April 26

May 3 & 10

9:30 to 11:30 AM

Multimedia Room

then Multipurpose

Room (OC)

\$120 (three sessions)



Life circumstances have put you in the position of a caregiver. This role comes with challenges to your own mental, physical, and spiritual health. This three-workshop series explores neuro arts' role in mitigating stress, anxiety, depression, and burnout – which frequently affect the caregiver. This is an experiential series integrating evidence-based research and practice from the field of narrative medicine. Take time for yourself and invest in your own wellness by participating in this new series. All materials included. Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES Director, braingain.info.*

CPR AHA Heart Saver Adult First Aid/ CPR/AED

Tuesday, May 10

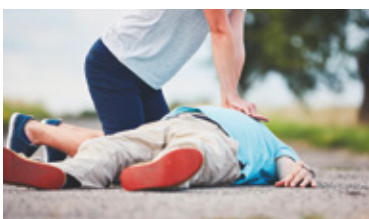
9:00 AM to Noon

Multimedia Room

(OC)

\$15 (reduced pricing: Lincoln Hills Foundation is partnering with WellFit to help reduce costs.)

The course teaches the basic techniques of adult CPR, the use of an AED, and how to administer First Aid to choking victims and for basic injuries such as bleeding. You do not have to be strong to do it because you use your body weight to give the compressions instead of pushing down with your muscles. You do not have to be medically trained to save a life, you just need to know how and when to give CPR. Instructor: *Rex Owens*. Sign-ups begin April 17.



Hypnosis for a Good Night's Sleep

Thursday, May 4

9:30 to 11:30 AM

Computer Room (OC)

\$20



Are you frustrated with your sleep? Are you having trouble falling asleep, staying asleep, or going back to sleep? Join this restful and helpful class to find out how Hypnosis can help. This class is designed to take multiple times to exponentially increase your prior results. Instructor: *Kelley Moreno CPH*.

Karate - Traditional Shotokan

Saturdays, May 6-27

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)



The instructor *Al Trimarchi* 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.

Living with Shoulder/ Neck Pain

Wednesdays

May 24 & 31

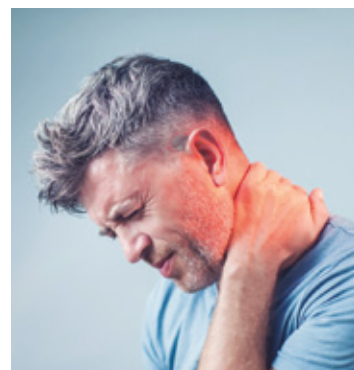
1:00 to 2:00 PM

Multimedia Room

(OC)

\$45 (two sessions)

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



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

Spring Fling Brain Extravaganza

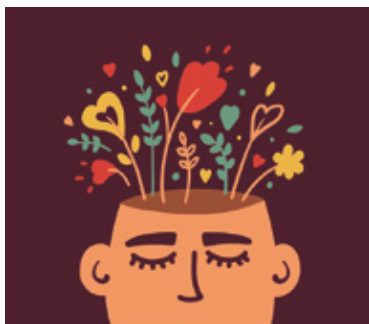
Friday, May 26

9:30 to Noon

Multipurpose (OC)

\$40

Spring has arrived, and for many, that means doing some spring cleaning. How about getting the post-pandemic cobwebs out of our brains with some engaging “neurobic” activities that catalyze new brain cell growth? Come fertilize your brain, and provide some brain nourishment while learning about and experiencing brain physiology. New brain exercises will be provided, so sign up even if you’ve attended previous Brain Gain sessions. Brain cell growth, known as neurogenesis, is part of a positive wellness lifestyle – so come join the fun! Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES Director, braingain.info.*



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: *If you have not taken Reformer before, all Pilates Reformer classes require completion of the **Introductory Reformer Session** (purchase at fitness centers) or completion of a session-based wellness class: **Introduction to Movement on the Pilates Reformer** – offered every other month.*

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody by logging in to their account once it has been created. Class schedules can be found on the Resident Website or at the fitness centers. Online class scheduling is from 7:00 AM to 10:00 PM every day. New month’s scheduling always opens on the 15 of the month at 7:00 AM.

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.

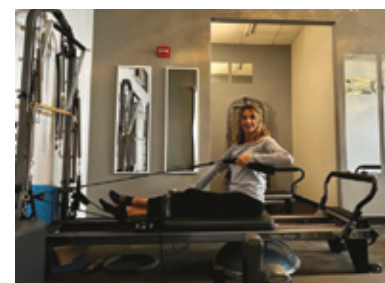
Drop-in non-reformer member, \$20 per class.

Drop-in for guests accompanied with resident, \$25 per class.


Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists
Reformer Studio (OC)

\$40 (one hour)



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 after getting an account. You can purchase this introduction at the fitness centers. Contact Danielle Merrill to coordinate your introduction with an instructor.



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Pilates Reformer - Introduction to Movement

Wednesdays, June 7-28
3:00 to 4:00 PM
Fitness Center -
Reformer Studio (OC)
\$72 (four sessions)



Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This progressive class starts with the basics of safely introducing your body to the fundamentals of Reformer and 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 engage your core muscles properly. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist.*

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. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

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

Pop Up Classes

Beyond Balance Pop Up L2/L3

Wednesday, April 26
3:00 to 4:00 PM
Sports Plaza
Lookout
\$10



Join Renae for a Beyond Balance workout. Train your body with exercises for proper postural alignment, a strong core, and fun balance challenges. Take home a balance pod! Sign up on the Resident Website online enrollment or at our fitness center desks. Instructor: *Renae Schmidt.* Registration deadline: April 21.

Punch Pass and Fast Pass Classes

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. Purchase these passes through online enrollment on the Resident Website or fitness center 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 and Fast Passes expire one year after the purchase date.**

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

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

****For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/](https://www.sclhresidents.com/WellFit/) Punch Pass Classes, pick up a class schedule at the fitness center desks, or scan our QR code with your smartphone camera. Class schedules may not always be in *Compass*.**



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Small Group Training (SGT)

Small group training classes run for 55 to 60 minutes and are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class.*

Balance and Fall Prevention L1

Mondays & Wednesdays
May 1-31
2:00 to 3:00 PM
Aerobics Room (KS)
\$170 (ten 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: *Gina Turner.*



Bootcamp – Progressive L2/L3

Mondays & Wednesdays
May 8-31
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. *This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos.*



Boxing – Rock Steady

Tuesdays, May 2-23
2:00 to 3:00 PM
Aerobics Room (KS)
\$68 (four sessions)
Instructor: *Craig Wasley*
OR

Friday, May 5-26
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$68 (four sessions)
Instructor: *Gina Turner*

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.*



"Fun"ctional Fitness L3

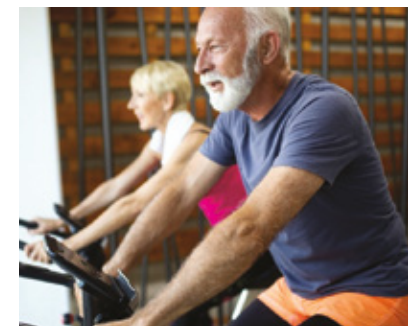
Tuesdays & Thursdays
May 2-25
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)

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 keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels is encouraged. *This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin.*



ParkinsonStrong Combo

Mondays, May 1-22
4:10 to 5:10 PM
Aerobics Room (KS)
\$68 (four sessions)
OR





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Thursdays, May 4-25
 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 Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

Posture, Core and Balance L1/L2

Mondays & Wednesdays
 May 1-31
 12:55 to 1:55 PM
 Aerobics Room (KS)
 \$170 (ten sessions)

Instructor: *Renae Schmidt*
OR

Tuesdays & Thursdays
 May 2-25
 10:45 to 11:45 AM
 Aerobics Room (KS)
 \$136 (eight sessions)

Instructor: *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.



TRX Circuit L2
 Tuesdays & Thursdays, May 2-25
 12:55 to 1:55 PM
 Aerobics Room (KS)
 \$136 (eight sessions)

Instructors:
Craig Wasley/
MaryAnn DePietro

OR
 Wednesdays, May 10-31
 4:10 to 5:10 PM, Aerobics Room (KS)
 \$68 (four sessions)
 Instructor: *John Ramos*

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength,



flexibility, balance, and a stronger core. TRX suspension training straps make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. *This class is eligible for the SGT drop-in if space is available.

TRX, Strength and Stretch

Mondays & Wednesdays, May 1-31
 11:50 AM to 12:50 PM, Aerobics Room (KS)
 \$170 (ten sessions)

The perfect blend of intensity and restoration. This innovative take on strengthening and lengthening fuses strength movements and stretching with the amazing recovery ability of breathwork, alignment, and balance. Instructor: *Gina Turner*.

Walk on the Wild Side L2 (Seasonal)

Tuesdays, May 2-30
 9:30 to 10:30 AM
 \$85 (five 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 at a moderate pace. Instructor: *Lisa Fisher*.



Water Exercise – Therapeutic L1/L2
 Wednesdays
 May 3-31

10:45 to 11:45 AM
 and also 11:50 AM to 12:50 PM
 Indoor Pool (OC)
 \$85 (five sessions)
 Instructor: *Nina Baldi*

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

Therapeutic-style exercise program in the pool.



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

Sports Plaza - Lessons

Athletic Conditioning and Agility L2/L3

Tuesdays, May 2-23
8:15 to 9:15 AM
Multi-Court
\$60 (four sessions)



Start with movement prep and dynamic stretching warm-up to increase your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities! Instructor: *Lisa Fisher*.

Pickleball – Introduction

Wednesdays
Bi-Monthly
9:00 to 10:30 AM
Multi-Court
Free



This class is for any resident interested in learning about Pickleball. All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class, held bi-monthly. Eight spots are available. Email Carol Judd at welcomepickleball@gmail.com to register for the class.

Pickleball – Advanced Beginner Camp – New!

Tuesday, Wednesday, and Thursday, May 2-4
Tuesday, 9:15 AM to 12:15 PM
Wednesday, 9:30 AM to 12:30 PM
Thursday, 9:00 AM to Noon
Multi-Court
\$194 (three sessions)



Skill level (2.5-3.0) Minimum/Maximum: 8 students

Nine-hour comprehensive camp covering all areas of Pickleball. The small group size allows for more hands-on attention. The proper technique will be demonstrated, followed by cooperative drills, to play successful Pickleball. Instructor: *Ian Dickson, Pickleball Pro*.

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Pickleball – Intermediate Camp – New!

Tuesday, Wednesday, and Thursday, May 9-11

Tuesday, 9:15 AM to 12:15 PM

Wednesday, 9:00 AM to Noon

Thursday, 9:00 AM to Noon

Multi-Court

\$194 (three sessions)

Skill level (3.0-3.75) Minimum/Maximum 8

students

Nine-hour comprehensive camp focusing on a strategy that can be implemented into your game right away. Includes drills and mechanics, enabling you to continue your growth. Instructor: *Ian Dickson, Pickleball Pro.*

Pickleball - Intermediate Clinic

Thursday, May 18

9:00 to 10:30 AM

Multi-Court

\$45

Skill Level 3.0-3.75

Minimum/Maximum: 8 students

The most important/difficult shot in pickleball “The 3rd Shot” will be covered. When to drop and when to drive. Do you know how to execute the “Ernie”? Personalized feedback during game time play portion of the clinic will be provided. Instructor: *Ian Dickson, Pickleball Pro.*

Pickleball Training Services – Purchase at fitness centers or through Online Enrollment on the Resident Website.

- **Buddy Training:** Two clients and one trainer/pro. It is more fun to train with a friend. One-hour session \$59 per person. Each billed for shared session.
- **One-on-One Training:** One client and one trainer/pro. One-hour session \$98.

**Pickleball Training Policy: There are no refunds, and all training expires one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to reschedule. If you do not give 24-hour cancellation notice, you may be charged in full for the training, and no make-up will be provided.*

How to Set Up One-On-One or Buddy Training Services with the Pickleball Professional

1. Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.

2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.

3. Show up at the multi-court in the Sports Plaza for your training session.

**Please note: Once you have purchased a training service, it is your responsibility to reach out to Ian for scheduling. Ian is not able to book your session until it has been purchased.*

Small Group Training: 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase.

**For clinics or camps, please see online enrollment – WellFit or inquire with Ian.*

For questions, email Danielle.Merrill@sclhca.com.

Tennis - Introduction

Saturdays

11:00 AM to Noon

Tennis Courts

Free



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

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Why A Wellness Coach?

A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path, clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

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What Does It Cost?

Each one-on-one session runs sixty minutes \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.

Invest in Yourself.

We presently have four dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit fitness center. Their Bio's can be found at the fitness centers or on the Resident Website under the WellFit drop-down menu. Contact Danielle Merrill for more information about this exciting new program.

Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.

Reach out to a Coach to schedule:

Nina.Baldi@sclhca.com

Sheri.Mandell@sclhca.com

Grace.Smith@sclhca.com

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Main Phone: 916-408-4013
Resident Website SCLHResidents.com
Public Website SunCity-LincolnHills.org
Help Desk Help.Desk@sclhca.com

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Lifestyle Desks (OC/KS) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Meridians Restaurant SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 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	SPORTS BAR: SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	Kilaga Cafe MON–FRI: 8:00 AM–3:00 PM SATURDAY: 8:00 AM–1:00 PM

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Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation...916-434-0749 . lincolnhillsfoundation.org
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