

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



19 Live, Laugh, Love - Picnic!

23 Life is a Picnic



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
Star-spangled fun at the
Veterans Group picnic.
Photo by David Wright.
See article page 19.

Calendar of Events

July 19 - August 11

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

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SIGN UP FOR ENEWS



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

Upcoming Association Meetings: July 15 – August 14	
Finance Committee	Thursday, July 20, 9:00 AM
ARC/Architectural Review Committee	Monday, July 24, 9:00 AM
Board of Directors	Thursday, July 27, 9:00 AM
Board of Directors Executive Session	Thursday, July 27, 1:00 PM
CCOC/Clubs and Community Organizations Committee	Tuesday, August 1, 1:00 PM
Compliance Committee	Wednesday, August 2, 9:00 AM
Properties Committee	Thursday, August 3, 9:00 AM
Election Committee	Friday, August 4, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, August 8, 10:00 AM
Accessibility Committee	Wednesday, August 9, 1:00 PM
ARC/Architectural Review Committee	Monday, August 14, 9:00 AM

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

211 Your Non-Emergency Call for Help!



Connecting Point is your trusted source for information and connections in Placer and neighboring counties.

Dial 2-1-1 for referrals to local services, including food programs, non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal/fiduciary, plus help connecting to tax preparation services. Additional connections are but are not limited to home repair and safety, in-home services for seniors, assistance When you need information about local services, disaster readiness, or recovery assistance, Placer 211 with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.



Board of Directors' Report

Tom Dunipace, President

Lincoln Hills is a very fortunate community. We have a great number of experts in various fields and careers that make up our population. For almost any discussion, there is a resident that can offer expertise and insight, and they often do. These individuals make up our committees that help guide the business of the Association. Serving on a Committee is a privilege, not a right. There may be many reasons one is or is not selected, such as a special skill set or ability to interact with others.

The expertise of our committee members enhances the information that flows to the Board of Directors. I was selected to be the President of the Board, but I do not direct the narrative. I merely assist in guiding it. I have no authority apart from the direction of the majority of the Board. I can offer suggestions and opinions but

only through the Executive Director with the blessings of the Board.

A good example is our first Board meeting, where it was my desire to limit Zoom participation. The Board did not support this, and as a result, our procedures remain the same, and I am committed to abide by this decision.

Looking forward to this year, it is imperative we keep our community evolving as residents may bring new ideas and differing opinions. Your continued participation and support in workshops or volunteering are vital to this process.

This year we will continue to review our landscape guidelines, revisit our rules and regulations, explore how to enhance activities, and search for additional savings similar to those that resulted from the landscape task force group.

If you want something, see something, desire something, then please say something!



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken." –James Dent

Life is a picnic, especially in July! Lincoln Hills is in the middle of our busy summer season, including concerts, weddings, swimming, and other assorted warm weather activities. Along the way, I hope you are also optimizing what Stanford neuroscientist Andrew Huberman calls the five foundations of health – 1. Sleep 2. Nutrients 3. Movement 4. Light (Sunlight) 5. Social Connection/Relationships. Huberman stresses the importance of engaging in these five facets of life every 24 hours, so I challenge you to evaluate where you generally fall in these five foundations. Let's briefly break each down so you have some context.

The first is sleep. The science is becoming crystal clear about how important sleep is for rest,

recovery, and human performance. If you are not sleeping well, reviewing what you are doing in health foundations two through five may help. Nutrients – Eat healthily and as much from whole foods as you can. Meridians has a vast assortment of choices to meet your needs. Movement – Cardiovascular exercise and strength training. Simply put, do something active every day. We have two amazing fitness centers, lap pools, sports courts, trails, over 80 fitness classes, and fitness instructors to guide you. Light – This one may be relatively surprising, but exposure to natural light, especially in the morning, can have positive effects on the sleep cycle and the important link with recovery. Social Connections/Relationships – You have chosen the right place for this! With over 70 clubs and hundreds of events to choose from, everyone has an opportunity for connection.

I am looking forward to seeing you at an event, Meridians, and the gym soon!



Properties Committee

June Meeting Report

Bill Szabo, Chair

Executive Director's Report: **Completed Projects:** Skylights at Orchard Creek Lodge. **In-Progress Projects:** Water feature raw water conversion – need city approvals, designer hired for Meridians update.

Proposed/Pending Projects: Sports Plaza LED light conversion, softball and facilities parking lot repair/resurface, Kilaga Café enhancement, Orchard Creek storage – working with several contractors, and the building will need an automatic fire sprinkler system. Ballroom and Presentation Hall AV upgrade - deadline for vendor proposals extended to July 1. Proposal for the control room to be submitted shortly.

Other Items: The Landscape Cost Reduction Committee is bringing a proposal for expenditure for equipment to add two new landscaping employees. Trails Task Force will be working with Wildlife Heritage Foundation recommendations to provide the Board with recommendations, including e-bike usage on trails.

Facilities Maintenance Update – Pickleball and

tennis resurfacing and repairs are underway. Fire-break work started. Grazing in progress. Mulching is scheduled for June. Core drilling and survey were completed on the shop parking lot by the ball field. Automatic door installation for Ballroom and Multimedia room completed.

Unfinished Business - Kilaga Springs Lodge and Amphitheater inspection reports – next month. Liaisons Reports – Accessibility – May 24 meeting was canceled. Finance - financial amounts are still positive for the month and the year.

New Business: Proposal # 2023.06-01 printer/copier replacement – accepted. Proposal # 2023.06-02 exterior LED display sign – accepted. Information was provided on the Orchard Creek Ballroom control room, which will be part of the AV update project.

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 committee chair.



Accessibility Committee

Resource Connector Pilot Program

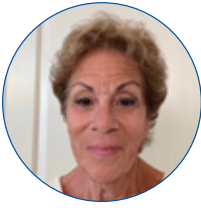
Judie Panneton, Chair

At its June meeting, the Accessibility Committee voted to forward to the Board of Directors a proposal endorsed by a majority of its task force for a Resource Connector Pilot Program. The task force, led by committee member Marcia VanWagner, included representatives from the committee, staff, the Board, Neighbors InDeed, Neighborhood Watch, and the Lincoln Hills Foundation. In the Executive Summary, the following is a description of the proposed program: “The Sun City Lincoln Hills Community Association shall gather the several staff and volunteer activities that focus on responding to residents’ concerns into a Resource Connector Pilot Program under the direction of the Executive Director, which will assist residents in finding, connecting with, and using resources and services during life transitions...” For more information and to view the discussion, see the video of the June 14 meeting on the Resident Website at the videos heading.

The committee also received a presentation from Ulysses Palencia, the manager for Placer County’s 211 program. Residents can dial 211, text 95648 to 898211, and visit the website, 211connectingpoint.org, to be connected (without cost) to resources for such things as respite care, housing, food, healthcare, transportation, non-emergency disaster information, and more. The committee learned that a different number (1-833-342-5211) needs to be dialed if people call from outside of the region. The telephone service is available 24/7, 365 days a year.

The Accessibility Committee voted in favor of Laura Thiele’s application for membership. The Board of Directors was asked for its approval as this edition of the *Compass* went to press. If approved, Thiele would be the seventh committee member, leaving two openings.

The next meeting of the Accessibility Committee is scheduled for July 12, at 1:00 PM in the Multimedia Room (OC) and on Zoom.



Compliance Committee

Rocks Are Unique

Lynne White, Chair

Did you know, according to Scientific American, that “rocks at the surface of the Earth range from over three billion years old to less than one million years old?” Rocks are primary storytellers of past climate, life, and major events at Earth’s surface. Every rock in our yards in Lincoln Hills has a long history.

Our Design Guidelines are very specific about how we use rocks in our front yards. “No more than twenty-five percent of the plantable area shall be covered with approved decorative rock.” The plantable area of the yard is essentially the remaining dirt minus hardscape and turf. According to our Design Guidelines, “Decorative rock and stone shall be in a native form consistent with the region. Rock will be a minimum of one inch or larger.”

Decorative rocks are river rocks, salt and pepper rock, and cobbles. River rocks are about one to two

inches. They are smooth and naturally shaped by erosion or weather. Salt and pepper rocks are usually one to two inches. They are fairly round and smooth with a white base with black and grey speckles. Cobbles or cobblestones range from two and a half to ten inches. Cobble is the word applied to any type of rounded rock.

In front yards, pebbles, gravel, California and Sonoma gold, and lava rock are prohibited. Pea gravel may be considered sparingly for specialized designs. There are many wonderful choices for borders along the sidewalk and driveway, dry creek beds, and covering ground surfaces around plants.

No two rocks are exactly the same. Like snowflakes, everyone is unique. The variety of shapes, sizes, and textures makes them ideal for landscape use.



Clubs and Community Organizations Committee

Start a Club

George Herrmann, Vice Chair

Lincoln Hills has seventy Recognized Clubs and many more that have groups of people with common interests in non-recognized clubs. While this may seem like a lot, I am sure there are more ideas out there. This leads to the heart of this article, which is how do you go about forming a new club? As outlined in the club handbook, “any group of members interested in pursuing a particular hobby, vocation or field of interest may join together for the purpose of pursuing such interest.” The only exceptions are that “recognition will not be given to clubs which are political, religious, ethnically oriented; restricted to national or racial origin; bar members with disabilities; restrict participation based on gender or gender identity; or require membership in affiliated national, state or regional organizations as a precondition for membership.”

A club needs a minimum of twenty members to

be sanctioned. The starting point is to talk to neighbors and friends about your idea and gauge their interest. Once you have a few members interested, the Association will provide a room in one of the lodges for three consecutive months. The first meeting should be announced in *Compass*, encouraging interested members to attend the meeting. After three months, an application is submitted to the CCOC for recognition.

The benefits of having a recognized club include having rooms available for meetings at little or no cost, a display in the Orchard Creek Lodge social hallway to promote club activities and liability insurance coverage. In addition, promotional avenues are available to clubs through articles in *Compass*, an annual half-page color ad, an invitation to the It’s the Lifestyle Expo, and placement flyers in the lodges.

Have fun. We look forward to future applications.



Communications and Community Relations Committee

Community Forums 2023

Denise Bowden, Chair

Community Forums got off to a strong start in 2023. A total of 10 Forums were presented with a full schedule still to come for the rest of the year.

Attendance exceeded expectations, with 1,075 in-person attendees. Five were sellouts, and over 2,100 viewed the recorded sessions, a historical high.

Future-looking forums were the most popular, with topics on the expected growth of Lincoln, senior living opportunities, along with preparing for the next stages in life, which covered practical issues, emotional adjustments, and financial readiness.

The history of Del Webb was a popular session. Artificial Intelligence/ChatGPT gave us lots to think about for future communications, and the Titan Missile Site was at full capacity with 506 online views.

As a follow-on to New Resident Orientation, the CCRC developed a Forum on Governance to

specifically address items that residents should understand about how we are governed and the documents they need to be familiar with.

Upcoming topics include an overview of Neighbors-in-Deed services, a photo overview of the wide spectrum of wildlife in Lincoln Hills, and The Wildlife Heritage Foundation will be here to present an overview of their responsibilities and how they interact with Lincoln Hills. Aligned with earlier presentations on preparing for the future, we will have speakers on the role of a Fiduciary and legal insights of value to seniors.

This successful series of Forums has been brought to us through the work of a team of CCRC committee members and other volunteers.

The entire series of forums can be viewed by logging in to the Resident Website and selecting the Video tab. If you have ideas for topics of interest, email CommunityForums@sclhca.com or better yet, volunteer to be on the team.

VOLUNTEER OPPORTUNITIES

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings. Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

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





Finance Committee

May Report

Fred Raach, Chair

At the end of April, the Association’s net income for the year was \$157,000 better than what had been expected in the 2023 budget, the basis for this year’s dues. In the month of May, net income was \$69,000 over what was expected that month, raising the year-to-date positive total to \$226,000. Revenue from operations was \$100,000 higher, and operating expenses were \$126,000 lower than planned. A combination of factors contributed to creating this very positive result.

Higher than planned revenues in the Administration, Lifestyle, WellFit, and Food and Beverage Departments more than offset the revenue deficit in the Kilaga Springs Spa. Major contributors to the lower expenses were savings from budgeted-but-unfilled positions in the Administration, Kilaga Springs Spa, and Facilities and Landscaping Departments and deferred landscape maintenance projects, partially offset by much higher maintenance, supplies, and repair expenses.

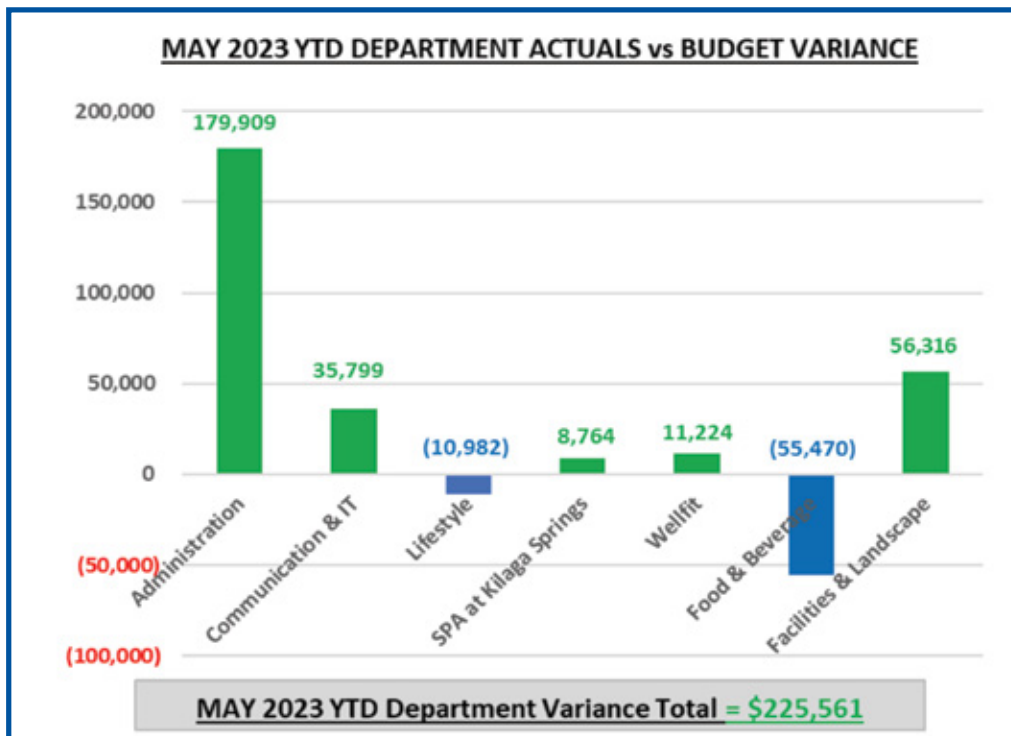
The chart below shows each department how actual year-to-date net results compare to what was expected in the budget. Ninety percent of the Administration Department’s better than planned expense was from budgeted-but-vacant positions, which were largely filled in June. The Facilities and Landscaping positive results included deferred

project expenditures that are likely to be spent in later months. As a result, it is unlikely that the better than budgeted results will continue to increase in future months, as they have for April and May.

At the end of May, the reserve fund balance was \$12.8 million after reserve expenditures so far this year of only \$497,000. However, later this year, the final sections of wooden fencing will be replaced with concrete rail, and the lights at the Sports Plaza will be replaced with LED’s. Other large dollar projects already identified for this year are the “refresh” of Meridians and the repair of the parking area near the ball field, suggesting reserve spending this year is likely to exceed last year’s \$1.1 million.

Also, in May, \$27,000 was spent from the Community Enhancement Fund to improve access to the outdoor pools at Orchard Creek. The balance remaining at the end of May was \$632,000.

Work is underway to update the Reserve Study and to prepare the plans and budget for 2024. Residents will have several opportunities to preview and comment on the proposed plans during August and September before the Board review and approval scheduled for September 28. Meeting schedules and detailed financial data are posted on the Resident Website.





Landscape Cost Reduction Committee

Landscape Transition Plan

Robert Copp, Chair

Lincoln Hills is known for its “Wow” factor – its iconic waterfalls, beautifully landscaped common areas, and extensive open space. The Landscape Cost Reduction Committee (“Committee”) was formed to explore solutions and offer recommendations to the Board of Directors for controlling the cost of maintaining the common areas while keeping the “Wow” factor. The Committee included representatives from the Facilities and Landscaping Department (“Facilities”), the Board, the Properties and Finance Committees, and interested residents. All committee meetings were open to residents.

The current landscape was designed and planted almost 25 years ago to create an environment to facilitate selling homes. Water-efficient and low-maintenance landscaping were of minimal concern, with many fast-growing, non-native plants used to beautify the newly started development as quickly as possible.

Even before the Committee was formed, Facilities staff had been implementing a transition to native and drought-tolerant plants and reducing turf areas because of their high maintenance cost and water usage. Essentially all landscape maintenance relies on outside vendors. In 2022, the cost of the main landscaping contract jumped 19 percent, with similar increases in the costs of other contract landscaping services.

On May 25, 2023, the Committee submitted its final report to the Board. The report recommends a Landscape Transition Plan (LTP) which identifies steps that will control, if not reduce, costs while maintaining the overall quality of the landscaping.

The principal recommendations of the LTP are as follows:

- Annually reviewing the staffing level of the main landscape contractor. The first review reduced contract staff from 23 to

21 for eight months and 19 for winter months saving \$115,000 in 2023.

- Hiring two facilities personnel to perform contract functions, including irrigation repair and preserve maintenance, saves nearly \$150,000 per year.
- Using new hires to remove sidewalk strips planted with grass and trees due to heavy water use and cost of maintenance.
- Continuing reduction of planting as was done on East Joiner, reducing the need for pruning and for employees to stand in the street, which causes a safety issue.
- Reducing water use by upgrading the irrigation system to deliver water to plant roots more efficiently.

No cost-effective changes were identified for the water features. However, future projects should consider operational changes, including reducing the size of the ponds to reduce water usage.

The detailed LTP is presented in Section V of the Report to the Board, which is available on the Resident Website. Implementation of the LTP will be presented at least quarterly at a Properties Committee meeting to provide opportunities for community input.

The Committee has completed its work and will disband. I want to thank everyone who participated in the Committee’s work and the residents who attended the meetings and shared their insights. While the Committee raised the landscape maintenance profile and helped accelerate action, a key finding was that staff were already working on many of the concepts in the LTP. Facilities and Maintenance Manager Erik Rosales and Landscape Supervisor Willie Mayberry deserve special recognition for their past, present, and future efforts.



Lifestyle News & Happenings

Annual Room Booking: Picnic or No Picnic?

Allison Sertic, Lifestyle Manager

The word picnic derives from the French language, first used after the French Revolution in 1789. Pique-Nique refers to a group of people dining together, bringing their own wine. The term soon grew to mean an uncomplicated affair. In other words, simple, unchallenging, and straightforward. Something that is “no picnic” infers the opposite. The majority of folks steer clear of tasks that are “no picnic,” but not all. Some enjoy the challenges that come with complicated problems, and they work through them as experienced puzzle masters. Lincoln Hills is fortunate to have one of the best in the Lifestyle Department.

Elaine Allen, Club, and Room Booking Coordinator, is our ace. Elaine is highly skilled, conscientious, and level-headed, as well as incredibly kind, with a wonderful sense of humor. She also loves puzzles, which means she is wholly matched for the position.

Thousands of room-booking requests are submitted to Elaine annually, with the majority coming to her June 1 through September (for the next year) by Lincoln Hills Clubs and Administration staff for committee meetings, classes, events, and concerts. There is an order in which rooms are booked: Board of Directors, committees, and then clubs. While Elaine is booking clubs, she is shuffling in the dates for Lifestyle classes and events simultaneously. By the end of October, after the *many* emails that go back and forth, the annual requests are booked, and then the “one-offs” from individuals come in. All this happens while daily requests continue to come in for the current year. It is truly a colossal responsibility.

I often picture Elaine working on this massive 10,000-piece jigsaw puzzle with all the different players and obstacles imaginable. All along the way, she does it with patience, diplomacy, and grace.

SUMMER Cabaret CONCERTS



San Francisco's "Phantom" returns!

Franc D'Ambrosio
Wednesday | July 26
7:00 PM



BRANDEN & JAMES

From TV's "America's Got Talent"

Branden & James
Monday | Aug 21
7:00 PM



The Broadway Star of "Les Miserables"

Ivan Rutherford
Friday | Sept 22
7:00 PM

Full information in Entertainment section. Tickets available at Lifestyle desks or online at sclhresidents.com



The Spa at Kilaga Springs Summer Golf Tips to Improve Your Game

KarriLynn Keith, Spa Manager

As many of you know, Golf is very physically demanding. You need lots of stamina to play these amazing courses, and even developing an effective golf swing requires strength, stability, explosive power, and flexibility. Avid Golfers need to have quite a lot of athletic ability to perform a movement that produces some of the fastest club head and ball speeds of any sport, or so a lil birdie told me.

We have realized in the spa world that the effect of repeated, intense movements on your body can lead to many different types of injuries. Many are often specific to certain areas and sides of the body, depending on which is their lead side. So many golfers experience lower back pain, tennis elbow to rotator cuff/shoulder injuries, and challenges with neck stiffness and range of motion difficulties.

Don't panic, you do not have to give up your favorite sport, there are new findings that Sports

Massage Therapy helps to relieve pain and improve overall performance. By realigning and stretching the muscles of the back, shoulders, forearms, hamstrings, hip flexors, and wrists, sports massage therapy can help improve a player's range of motion. With greater flexibility, you will be able to swing the club as you always wanted to, and play pain-free.

Here are just some of the results you can experience by partnering with a Professional Massage Therapist;

Increased flexibility, resulting in better swing mechanics. Pain reduction/elimination. Increased energy. Faster recovery from physical training, therefore, faster overall progress in strength, power, stability, and flexibility.

So, if you want to improve your golf swing and increase your flexibility, call The Spa at Kilaga Springs and let us get you scheduled for a Sports massage today.

Enhance your Golf Game

with a Sports Massage!

Whether you are a weekend warrior or a touring professional, massage therapy as a regular part of your training program can help you avoid injury, enhance golf performance and play more pain-free golf.

Schedule your 60-minute or 90-minute Sports Massage today and receive a FREE CBD our Hot Stone Spot Treatment (\$25 value)!

1187 Sun City Blvd, Lincoln, CA 95648 | 916.408.4290 | KilagaSpringsSpa.com



WellFit News

Live, Laugh, Love Pilates!

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Is Pilates as good as everyone says? Yes, scientific research does support an array of impressive health benefits for Pilates Reformer. It can help to improve muscle endurance, flexibility, reduce chronic pain, lessen anxiety, and depression, enhance body awareness, prevent injury, increase energy, improve posture, and core, and decrease back pain. Pilates can be tailored to different fitness goals, ages, and abilities. Anybody can do it. You can be 85 and start doing Pilates!

Pilates reformer is the most popular and used piece of Pilates equipment. It's a sleek pulley system with a sliding carriage and springs with varying degrees of tension. A reformer is a versatile machine full of variety that is perfect for beginners, challenging for the avid fitness enthusiast, and suitable for those recovering from an injury.

If reformer is something you have thought about

doing but are not sure where to start. All you need to do is start with an introductory session which is \$40.00 per hour. You can purchase this session at the WellFit front desk. This session is a one-on-one with one of our instructors. They will teach neutral spine, how to incorporate your breathing techniques, and go over goals and limitations you may have. They will also go over basic exercises and set you up with your proper spring loads. This session will prepare you for the small group classes. This is a great opportunity to determine if the reformer is right for you before committing to classes.

The instructor will also guide you to other classes they think will be a good fit for you. See our ad below. The testimonial is from one of our very own residents! If you have more questions, please reach out to Danielle Merrill at Danielle.merrill@sclhca.com to get started.



HAVE YOU TRIED THE **REFORMER?**



"I wanted to try Pilates Reformer for a few years, but was worried it would be too difficult. I finally signed up for the Intro class and I'm hooked. I've been taking classes twice a week for the last month and I love it. It has already changed my life. My posture and alignment are better and my Plantar Fasciitis is gone. I feel strong and challenged during each class." Lisa K.

We have 30 weekly classes in our Reformer Studio and three new classes!

- Pelvic Floor and Core, Wednesdays and Fridays, 7:30 am
- Alignment Foundation (Spinefitter) BEGINNER, Tuesdays, 12:30 pm
- Alignment Foundation (Spinefitter) INTERMEDIATE, Thursdays, 12:30 pm



Please contact [**Danielle.Merrill@sclhca.com**](mailto:Danielle.Merrill@sclhca.com) to get started

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BLUE MOUNTAIN
BID
\$9,852

COMP 2
BID
\$15,969

GetComfortableHVAC@bluemountaininc.net

GetComfortableHVAC.com

Financing Available with Approved Credit

Bilingual - Se habla Espanol

Blue Mountain
Construction Services Inc.
CCL #398668



Bishop's Pumpkin Farm

BISHOP'S is Hiring

2023 SEASON
SEPTEMBER 9–NOVEMBER 5
FULL & PART-TIME POSITIONS

JOIN OUR PUMPKIN FAMILY!
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Caramel Production. Attractions & more

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Scan QR code to learn more

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Lincoln Hills Foundation

An Opportunity to Serve

Denise Bowden

In our 21st year, we are proud that the Lincoln Hills Foundation is still a 100 percent volunteer organization, but like many organizations, we are always looking for new members who bring new skills and ideas. If you are at all like me, you looked forward to retirement as a time to travel, avoid the morning commute, take up a new sport, or just kick back and enjoy life, but as I found, there still are lots of hours available in a day.

After retiring from a Fortune 50 company and moving to Lincoln Hills, I found that I missed the day-to-day energy and the opportunity to use the skills I developed over the years. Enter the Lincoln Hills Foundation, where I found a passion and an opportunity to serve my new community.

I have learned that volunteering gives a sense of achievement and purpose and increases the

sense of truly feeling like part of the community. You get to know people with different backgrounds, share different perspectives, get involved at a much faster rate, and it allows you to share your talents as well as learn new skills.

Volunteering also helps combat the feeling of being alone or isolated, and it is a wonderful way to meet people, which drives more social interaction and increases a feeling of community connection.

Whether you want to participate in an advisory role or jump right in as a Foundation Board Director, we encourage you to participate. Come to one of our Board meetings and learn more about the Foundation. We meet on the second Monday of each month in the Multimedia room at 9:30 AM. Questions about the Foundation, email me at President@lincolnhillsfoundation.org.



Neighbors InDeed

Life is a Picnic with Neighbors InDeed

Janet Roberts

It's definitely summer. Some residents are filling the pools, others are using the pickleball and tennis courts, and many are enjoying the summer concerts and other events. Life here is a picnic as long as we take care of those tasks that distract us from enjoying it. How can Neighbors InDeed help you get to the picnic and enjoy it? Here are just a few ways:

First: Ants (and more) are inside and outside your house having their own picnics. Call us at 916-223-2763, and we can refer you to a pest control company to get rid of them.

Second: The day before the picnic, your drip line springs a leak. A Handy Helper can help repair a minor leak, or we can offer referrals to vendors who can repair all of them.

Third: Your guests need help getting to the

picnic. We can loan you a transport chair, walker, or wheelchair to get them there.

Fourth: Your house cleaner and gardener cancel right before the family picnic. It takes a lot of effort to find new ones, but you can call us, and we can offer referrals to vendors who have been recommended by other residents.

These are just a few thoughts about how to make sure you can enjoy that picnic we call life in Lincoln Hills. You can probably think of more and then decide how Neighbors InDeed can help you. Call us if you have questions about a task.

Remember that we do not answer the phone. Leave us a message at 916-223-276, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM, Monday through Friday.



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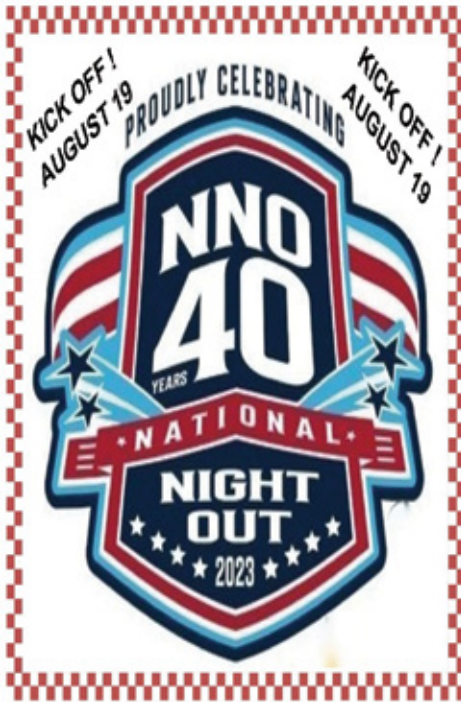
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Picnic “Kickoff” Potluck, August 19

Teresa Tanin, Neighborhood Watch



Join in on the fun and attend the Neighborly Picnic “Kickoff” Potluck on August 19, 6:00 to 8:00 PM, at MPR/Kitchen (KS.) Enjoy a good time, and great food. Learn about the upcoming National Night Out event held annually on the first Tuesday in October.

National Night Out takes one day annually to show would-be criminals that our neighborhood is not an easy target. Help “kick off” this special day by celebrating neighbors knowing neighbors during this special summer evening picnic. Bring your favorite picnic dishes to share based on the first letter of your last name A-I Main Dish, J-M Desserts, N-Z Salads, or Sides.

There will be door prizes, upbeat music, sweet and savory treats, and a no-host bar with specialty cocktails in a picnic atmosphere of red and white gingham.

For more information or to RSVP, email NNOCordinator@sclhwatch.org or call Suzanne Rosevold, Assistant Executive Director-NNO Coordinator, at 775-790-0835. There is a \$5 per person fee to help cover costs. Non-perishable food donations will be collected at the door to help the Salt Mine food pantry.

Join your neighbors during this evening picnic potluck to help “Kickoff” National Night Out. RSVP early, a sell-out is anticipated!

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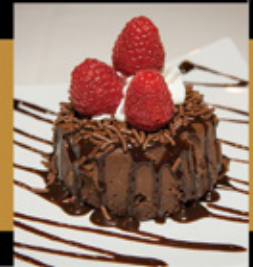
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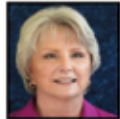
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Veterans celebrate Flag Day.



Live, Laugh, Love – Picnic!

Linda Lucchetti, Roving Reporter

On a picnic morning, without a warning, I looked at you and somehow I knew.

You might recognize these lyrics from the song “Picnic” by the McGuire Sisters of 1950s fame. The catchy tune became a big hit for the trio and romanticized a beloved national pastime – the picnic, relished during this time of year.



Food – a tasty ingredient of any picnic.

As is depicted on this month’s *Compass* cover, the Veterans Club is just one organization these days heading for the Lincoln Hills’ outdoor settings to enjoy food, fun, and fraternizing. Here, veterans celebrate their annual patriotic picnic on Flag Day.

The United States can’t be credited, though, with the birth of the picnic. Its roots are buried in France, where during the 17th century, the French word “pique-nique” sprang from “to pick” or “peck” a small amount. The picnic caught on later in England, where it became a fashionable potluck social, often a moveable feast for the wealthy.

The al fresco-style picnic soon found its way to tables on American shores. In fact, a historic picnic occurred in June 1939 at Hyde Park, NY, the residence of President Franklin Roosevelt. The guests were King George VI and Queen Elizabeth. It’s

been said that the friendly atmosphere, and a royal introduction to the hot dog, helped fire up the U.S. relationship with the United Kingdom.

Whether you call it a picnic, barbeque or cookout, the collation has all the ingredients of a good time!

Take it outside – Spending time outdoors enjoying nature is one of the many benefits of attending a picnic. Fresh air and sunshine help clear the mind and the lungs. Don’t forget to wear sunscreen!

A lot of talk – Socializing and bonding with others takes on a different approach outdoors in a relaxed setting. This could be the time for sharing, small talk, and learning more about relatives and friends.



Life’s a picnic.

Food, glorious food – Typical picnic fare includes hotdogs, sandwiches, hamburgers, steaks, pickles, deviled eggs, potato salad, pies, ice cream—you name it. If it’s very hot out, be sure perishable foods are kept cold.

Stretch your legs – Outdoor games popularized both then and now include tug-of-war, kickball, cornhole, and horseshoes.

With food, nature, exercise, and socialization on the menu, it’s no wonder studies show that picnics can be very good for you! *Now when days grow stormy, and lonely for me, I just recall picnic time and you.*

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Circling the chairs with Molly and Mike



Life is a Picnic for the Pickleball Club

David Wright, Roving Reporter



Drilling with the “Dill Instructors”

For most avid “pickleballers,” struggling to organize foursomes and corral open courts can leave players...well—in a pickle. But for the Lincoln Hills Pickleball Club, life is a picnic. With 13 courts used exclusively by residents and their guests, the 900 club members can always find a game. And the largest club in our community continues to court new players.

Mike McElroy, the group’s Director of Player Development and a Certified Pickleball Instructor, manages the orientation sessions, teaches advanced courses, and oversees the 20 coaches who run the club clinics. A resident since 2008, he got hooked on playing pickleball seven years ago. He not only found the nation’s fastest-growing sport a fun way to keep fit but a way to keep his grandchildren coming back for visits.

Molly Morris, the club’s Publicity Director, and a five-year player, teams up with Mike to host the semi-monthly “Welcome to Pickleball” course. Holding court on a recent Wednesday morning, the newcomer class initiates 12 crisp recruits. Most have recently moved here, including a married couple who is still unpacking. The

lone exception is a 20-year resident looking to downsize from the physicality of tennis.

Mike explains why the club offers free introductory lessons for non-members. “We all live here. These are our neighbors, and we encourage participation for everyone.”

The orientation starts with a circle-the-chairs discussion—covering the history, rules, strategies, stance, and fall prevention. After barreling through the prelude, it is time to hit the nets. Loaner equipment is provided for the session. The students first drill on the fundamentals to get the feel of the paddles, then play supervised mini-matches.

Molly points out, “The idea is to have fun. Just listen to the laughter going on in nearby courts.” The pack of pickle pupils pick up on the lighthearted energy—clearing their minds of every thought except hitting that hollow yellow ball.

Completing basic training, 12 fresh picklers are ready to enter the daily brine. To jar newbies into setting out on their own, one of the courts is always designated for novice drop-in matches where green players can just show up, sign in, and play with others who are “nice and will teach you.” There is even a Thursday Night Goldfish Group, where beginners can play each other.

The Lincoln Hills Pickleball Club welcomes all residents to join their “picnic” and live, laugh, love, and get pickled with new friends.



Game on!

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Neighbors enjoying the Flag Day BBQ.



Life Is a Picnic

Shirley Schultz, Roving Reporter



River rafting.

The analogy of life as a picnic is an appropriate way to remind us to enjoy the beautiful outdoors and fresh air, reconnect with family and friends, and build new memories with loved ones. Picnics remind us of joy, fun, and relaxation, but they are also known for attracting ants, flies, and other pests. Just as at picnics, in life, we also must cope with “pests” that can impact our life

picnic. Forgive this segue, but a very common life pest is called ageism.

Ageism is thinking, feeling, and acting toward ourselves and others based on age. The first UN Global Report on Ageism in 2021, as reported on the World Health Organization website, states, “Half the world’s population is ageist against older people...Ageism can change how we view ourselves, can erode solidarity between generations... can impact our health, longevity and well-being”. Most of us have experienced it, and many of us have contributed to it. Let’s face it, many of us are prejudiced and discriminate against ourselves through our stereotypical thinking – we rain on our own life picnic. Research shows that our attitudes about aging are related

to how well we actually age.

Healthy Years from UCLA Health features an article in the June 2023 issue titled “Under the Influence of Ageism,” which states, “Age discrimination can lead to negative self-perception that may be harmful to physical and mental health.” Ageist stereotypes are so condoned and commonplace in our society that we often do not recognize or challenge them. A book by psychologist Alan Castel, *Better with Age*, offers research-based ideas to help us counteract negative stereotypes about aging and overcome ageism in our own thinking and behavior. A few of Castel’s insights are summarized here:

- Aging is about attitude. Positive attitudes about older age enhance the possibility of successful aging and increased longevity.

- Find positive role models for aging, and infuse your consciousness with positive examples. A good sense of humor helps.

- The ABCs of successful aging are Attitude, Balance, and Connection.

- Be aware of the need to forgive and forget.

- The best marker for age is how old you feel, which is modifiable. Many older people are living very fulfilling lives.

Life may not be the party we hoped for, but while we are here, we may as well make it a picnic.



Playing music.

In Memoriam



Joan Brenning

A Native Californian, Joan grew up in Sacramento, graduating from San Jose State in Business Administration and pursued real estate for some time. She raised her two sons in San Jose. Loving tennis, Joan moved here as an early resident and played tennis until an ankle injury sidelined her. Joan volunteered for Neighbors InDeed and concerts and performances. She also belonged to the Investment Group. She never complained when she had to use a cane or walker and continued water classes to keep moving. Joan is missed by her brother, two sons, and many friends and extended family.



John French

John was born in Santa Cruz but spent most of his life in Sacramento. He went to the University of the Pacific for three years and then married his wife, Carol. They moved to Berkeley, where he spent two years at Cal. John wanted to be a firefighter, so they moved to Sacramento to raise their family while he was a firefighter there. He retired as a Battalion Chief. They spent a few years in Grass Valley raising horses before moving here. He then discovered senior softball, where he made many great friends. John was an outgoing, happy guy who will be missed by his wife, three children, and many other family members and friends.



Ron Hanson

Growing up in Marysville, Ron worked most of his life at Mare Island in Vallejo. Later he moved to Carmel and worked at the Naval Post Graduate School until he retired. Ron was an active resident participating in many performances of the Players Group, singing with the Hills Brothers, and as a member of the Properties Committee. He was an avid tennis player and then discovered pickleball. He will be especially missed by his two sons, sister, Sandy MacCullough and her husband, and all his friends.



Pamela Hopkins

A native Californian, Pam grew up in Corte Madera. She earned a BA in Dental Hygiene at USC and worked for 16 years in the field. A work-related injury halted her career, so she got a teaching credential from Dominican University. Pam then worked for 20 years as a first grade teacher at Yulupa Elementary. Pam was married to the love of her life, Jim, until his passing. Then she lost her home in the Tubbs Fire and moved here. Pam made friends and enjoyed Bingo, Line Dancing, Bunco, and other games. She loved socializing, decorating for holidays, and eating out. She adored her fur babies and is missed by her Aunt and Uncle, as well as scores of friends.

In Memoriam



Jan Westerhof

Born in Amsterdam, Holland, Jan, and his family endured the German occupation and Hunger Winter of 1944. He and his seven siblings survived the War, and he later wrote a journal of his life during the War. After college, he served in the Dutch Air Force. In 1957 he was able to move to the US and became the owner of an appliance service in Redwood City. He had four children from his first marriage. After marrying Joan, they moved here, where he enjoyed the many amenities, especially swimming. Jan also loved traveling in his RV, crossing the US several times by different routes. He is dearly missed by Joan, his children and families, and many friends.



Mary Alice Westphal

Born in Shenandoah, Pennsylvania, Mary Alice went to nursing school in Philadelphia. She then worked as an RN in several hospitals across the country. She met her husband at a singles tennis weekend in California. They lived in Pt. Richmond before moving here. She had two children from a prior marriage. Mary Alice was very outgoing and developed many friendships. She is dearly missed by her husband, Frank, son, daughter, nine grandchildren, and all who knew her.

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

Library News

Thank you to everyone for your generous donations. We always appreciate your up-to-date books, CDs, and books on tape. If you are looking for a special author or book, ask the volunteer on duty. They are ready to help you in any way they can.

On top of the sofa at Kilaga Springs, we have a section of the latest or recommended fiction books. We also have recommended non-fiction books further to the right on the same level. Look for all your particular authors or special books. Remember that there is no date to bring a book back and no checkouts at the libraries. We do ask that you not take more than three books by any author (many people would like to read the same author) and bring the books back in a timely manner. Thanks for your cooperation.

My latest read is *The Magic Hour* by Kristin Hannah. A child is found wandering in a forest, and a child psychiatrist is asked to help find out the girl's background. An excellent story by a wonderful author.

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



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Amateur Radio

We have established a lending library of Ham and electronics books available to our members as well as WPARC members. Special thanks to Michael, K6BUK, for his generous donation. Hams & Coffee in June was fun and well attended. Field Day results will be reported next month. Our Hams & Coffee get-togethers held at KS Café are fun and educational. 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



Hams & Coffee



Astronomy

No meetings or activities are scheduled for the month of July. Our group will host its monthly meeting at 6:45 PM in P-Hall (KS) with NASA Solar System Ambassador Tim Pinkney, who will present an update on the Artemis Program. Artemis is the first step in the next era of human exploration. Together with commercial and international partners, NASA will establish a sustainable presence on the Moon to prepare for missions to Mars. The Telescope Interest Group will host a star party at 8:00 PM on August 17 at the Sports Plaza upper tennis courts. The Cosmology Interest Group will host its monthly meeting and lecture on Monday, August 21, at 6:45 PM, in the Fine Arts Room (OC).

Contact: Bill Weaver 916-408-1252, hamweaver@wavecable.com
Website: www.lharg.org



Ballroom Dance

The waltz is being taught in July. Did you know that initially, the waltz was considered a scandalous dance? Originally, social dancing was

done with precise choreography, and intricate steps, and the dancers were held at arm's length. The waltz could be learned in a short amount of time, and it required the partners to stand close. Combine those with the characteristic rapid turning movements and fast tempos, and there you go! A dance form considered sinful and scandalous by the older generation.



Ernie Micheli

For the next few decades, parents and leaders tried to stop their children from dancing the waltz (unsuccessfully). The Times of London even extended a warning to parents after the Prince Regent threw a ball that included a waltz in 1816.

Contact: Sal Algeri 916-408-4752, sr64danz@sbcglobal.net



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

Billiards

Our group has volunteered, for many years, to direct traffic for the Parking Lot Sale at OC, and this year was no different. The sale was held on Saturday, May 13. This included monitoring the spaces assigned to the vendors, as well as directing buyers to available parking spaces. Volunteers met in the OC parking lot at 5:30 AM. The event was held in conjunction with the Lifestyle Department.



Helen Smatlak and Marv Zamba getting ready for action.

Many thanks for a job well done go out to Dante Jannicelli, Marv Zamba, Judy Robertson, Dennis Minucciani, Steve Fowler, Donna Hartigan, Gary Suan, Randy Fann, Helen Smatlak, Shirley Rauscher, Susan Voight, Cathy Goebel, Doug Porter, Kurt Kelley, Sheila Sisko, and Scott Artigo. Please visit our website for more information on our club.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
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Bird

Summer weather is giving the Bird Group a break from organized outings, but the critters are still out there. The wetlands along Ferrari Pond Trail can often provide habitat for a variety of ducks, Canada Geese, Killdeer, Avocets, Great Blue Herons, Egrets, and various raptors. Then, of course, one thing we can do year-round is maintain our backyard feeders and keep



Momma Mallard and Family by O. Truman Holtzclaw.

fresh water in our birdbaths. It's also a good idea to keep our hummingbird feeders cleaned and refilled once or twice a week, as the sugar water can ferment in the summer heat. Cleaning with hot tap water or a weak vinegar solution usually works well. Be sure to check out our website too.
Contact: Sal Acosta 843-991-5188,
suncitybirders@scslhbirders.org
Website: www.scslhbirders.org

Book

For June, we enjoyed discussions of a classic, *All Creatures Great and Small*, by James Herriot. July's book selection is *The Personal Librarian* by Marie Benedict. Come join us in August for a social potluck. Potluck sign-ups will be in July. The potluck will be at the Sports Pavilion on the usual date and time. Note different location. Unless otherwise indicated, meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To



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Contact: Maureen Deal,
Modeal2010@gmail.com



Bridge, Duplicate

Our club does more than play bridge! We recently raised \$860 in donations for The Gathering Inn, which helps those in need in our community. We presented the monies and a Certificate of Achievement to the charity. Games are Wednesdays starting at 12:30 PM in Multipurpose Room (KS). Reservations need to be made at least two days ahead of the game with Elise Homer (see contact info below). Open and limited sections are Saturdays starting at 12:30 PM in Sierra Room (KS). Open section only. For further information, go to our website shown below. Partnership chairman: Sharon Duley 916-253-3885.
Contact: Elise Homer 916-303-3885,
elisehomer@gmail.com
Website: www.bridgewebs.com/lincolnhills



Joan Rouse and Joyce Clark present donation to Gathering Inn.



Bridge, Partners

Call for reservations or drop into the Sierra Room (KS) by 5:15 PM Thursday. Play begins at 5:30 PM. The hosts for July are Barb/Tom Moran, 916-434-8520. May 18 winners: first- Carla/Mark Green; second- Geri/Park Miller; third- Jyoti/Viren Sitwala; fourth- Lydia King/Nancy Turrini. Ralph Madsen/Phil Sanderson had high round 1540. May 25: first- Kay/Ben Newton; second- Anne McMaster/Diane Johnson via grand slam; third- Phil Sanderson/Chet Winton; fourth- Carla/Mark Green. Bob Calmes/Jay Southard had high round 2560 via grand slam. June 1: first- Dee Cole/Ed Hartnett; second- Kelly/Neal O'Boyle; third- Rose Phelan/Kurt Wolff with high round 1890; fourth- Chet Winton/Phil Sanderson. June 8: first-Jyoti/Viren Sitwala; second- Kelly/Neal O'Boyle; third- Barbara/Bud Hunt; fourth- David Glasspiegel/Bob Calmes. Kurt Wolff/Frank Kamienski had high round 1560.
Contact: The hosts for August,
Carol Mayeur/Nancy Rice
916-408-4022,
kbnewton@sbcglobal.net



Bridge, Social

Beginning lessons began June 7 with a good turnout of 12 people. There's still room for more. Lessons are Wednesdays from 8:30 to 10:00 AM in the Card Room (OC). Call John Woodbury at 760-522-8758 if interested. Intermediate lessons follow from 10:00 AM to Noon. May 19 winners: Joanne Quermann, Kurt Wolff, Tom Mack, and Nancy Griffin. May 26 winners: Jay Southard, Carol Mayeur, Stan Mutnick and Wally Zahnd. June 2 winners: Phil Sanderson, Frank Kamienski, Geri Miller, and Jyoti Sitwala. June 9 winners: Joan Darroch, Mo Scarpitti, Frank Kamienski and Linda Scott. Play begins at 12:30 PM Fridays (KS). Please arrive by 12:15 PM. July sign-up contact is Anne McMaster, 916-878-1399.
Contact: Linda McDermott
408-390-4311,
lindamcdermott1@mac.com



Bunco

In May, the Card Room (OC) was full of laughter and fun! There were many buncos called, and the traveling bear was all over the room. Only one roll-off for 50/50. We welcome all new bunco players! Bunco play is on the third Thursday of the month in the Card Room (OC).

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Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. May Winners: Buncos - Jean De Simone; wins - Susie Reese; losses - Claudette Rhoads-Kinman; 50/50 - Ann Music; traveler - Diane Marten. Future Thursday Bunco Dates are July 20 and August 17.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Chorus

Holiday carols in July? Well...sort of. As we enjoy the warm days of summer, our leadership is focusing much of its attention on the holidays. They're working hard to select the songs that we will perform during our December holiday concert series. Rehearsals pick up again in early September, so if you are seeking a fun and rewarding activity to show off your vocal talents, the Chorus wants you! Tenors and Basses are especially welcome to join our ranks and help make the holidays merry and bright for our audiences. Contact Membership Chair Mari Long for more information on the



benefits and process of joining the Chorus. Hope to see you in September!

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

Computers



Apple Users

Fraud aimed at seniors poses a significant and immediate threat. Be aware and educate yourself with preventative measures. At the general meeting on Tuesday, August 8, Bill Smith will present "Fraud Aimed at Seniors: A Clear and Present Danger." Bill will outline the dangers and present seven defenses you can implement now to reduce your risk. Remember, scammers exploit emotions and use deceptive tactics to target personal and financial information. Ask the Tech begins at 6:30 PM and the program at 7:00 PM in person, P-Hall (KS). Check our club website for helpful hints, a monthly newsletter, past presentations, handouts, and calendar.

Contact: Ken Silverman 916-913-6833, LHAUGinfo@icloud.org
Website: www.lhaug.org



Country Couples

We have been busy practicing our partner dances, getting ready for our Hawaiian-themed "No Frills Dance." As usual, the dance was a success! We had a great turnout, with delicious ice cream treats, great music, friends, and lots of dancing! We also recently attended the Structured Dance held in the Ballroom (OC). These dances are fun, and a wonderful venue to dance. We conduct weekly practices for beginner and intermediate partner dancers to hone our dance skills in a relaxed atmosphere. Country Couples is a very fun, social club. We get together often for dance parties and meet frequently at nice restaurants for good food and company. Dancing is fantastic exercise and great for the memory, too!



Jane and Bob enjoying a Country Couples dinner out

Contact: April Cederburg 916-390-3931, aprilced@sbcglobal.net
Website: www.sclhcc.com



Cribbage

It was 20 years ago today Sergeant Cribbage taught the gang to play. They're really never out of style, and

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



Cyclists

Last month, Greg Sandusky's group, the Cyclepaths, was highlighted. Cyclepaths' routes in June included a ride on residential streets described as a "Swift ride out to Clover Valley and back via Joiner, Ranch view, etc. - 25.2 mile/1135 feet of climb." Another June ride was north of Lincoln, described as a "Ride into the trees up Crosbie, Mt Pleasant, Ayres Holmes, and back Virginiatown - 23 mile/724 feet of climb." Optional stops for sweet treats and social time are a part of every ride. Come join the fun. Members can register for rides on the

website "Ride Calendar." Rides will begin earlier to beat the heat. Club social events include Moska Barrell House in Roseville in July and a potluck in September. See the "Ride Calendar."
Contact: Diane McLaughlin 530-386-1590, dmclaughlin100@yahoo.com Website: www.lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! Check out www.trickstercards.com/home/euchre/, if you are new to the game or need to brush up. 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 play. All are welcome. Please wear your name tag.
Contact: SCLHEuchreClub@gmail.com



Food Adventures

On July 25, in P-Hall (KS) at 2:00 PM, our club will hold an election for its four principal officers, including the President. Immediately following the election, we will adjourn to the Kitchen (KS),



Club Cornucopia

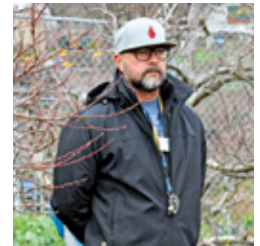
where members will be treated to a sampling of homemade desserts prepared by our members in their own kitchens. Members only.

Contact: Don Rickgauer 916-847-8791, sclhFoodAdventuresClub@gmail.com



Garden

"Growing tropical fruit trees in your backyard/patio is easier than you think," says our guest speaker Quentyn Young. He is the presenter for the Thursday, July 27, General Meeting (KS, 2:00 PM). He will discuss different types of tropical fruit trees/plants in our local area and micro-climate. Quentyn owns his own landscaping design and consulting company in the Sacramento area. He has been a University of



Quentyn Young- Master Garden/ Landscaping/TV and Radio Host!



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



Genealogy

What do you call a person that loves ice cream? A Frigophill! Which flavor is the most popular worldwide? Vanilla! It's July! It's hot outside! It's the perfect time for our annual Ice Cream Social! For this special occasion, we will meet on Monday, July 17, at 6:30 PM in the Placer Room (KS). This event is for members only. Please RSVP to rmperada@gmail.com if you plan to come so we get a good head count and have enough goodies. Monday, Genealogy Workshops will be announced by MailChimp to the members. However, if you are not in the club, are considering joining, and would like to

attend a workshop, contact Kate McCarthy at starkayak@icloud.com for details.

Contact: Rita Perada 510-710-5704,
 ritaperada@gmail.com
 Website: www.suncitylhgc.com



Golf

Ladies XVIII

Our May Net Chix winner is Kathie Sutter, who competed against 40 players and secured low net over the field with a score of 64. Linda Fitzmaurice beat out 53 players with a net score of 66 and became our June Net Chix. Donna Sanderson won closest to the pin on both rounds: Hills course Hole 12 at 7'3" and 3'3" on Hole 16. Congratulations to these ladies! The courses are looking great, and new ratings have been released. Hills Red: course rating 69.9, slope of 115 and total yardage of 5201. Orchard Red: reduced rating to 70.9, slope of 117 and yardage of



Net Chix Winners Kathie Sutter & Linda Fitzmaurice

5395. New scorecards will be released once current supply is depleted. Golf Genius has been updated. Play Day scorecards are correct.

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

Lincsters

Happy birthday to the 32 Lincsters with July birthdays. Wow! A great time was had by all at the annual interclub tournament. We had a total of 96 players representing the Men's Club, LHLGXVIII (Ladies 18), and Lincsters. A shout-out to all the organizers, especially Marie Bossert, Linda Salmon, Alyce Stanwood, Jane Hall, Carol McCann, and Rob Davies. The weather was perfect, and the scramble was lots of fun. Lunch and camaraderie in the tent topped off the day. Thank you to Gwen Hare from the Clubhouse for stepping in and getting us organized. And lastly, a notice from the club GM. Starting June 1, golfers without proper attire are not permitted on the driving range or the golf course. No exceptions.

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

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Men's

July's Red, White, and Blue tournament is coming up in a few days, and if it's not too late and you haven't signed up, there might still be time. Coming up next on the calendar is the Summer Heat tournament. This is a Two-Man Better Ball on the Hills and Orchard starting at 7:30 AM, just so we can beat the heat. As Bob Schoenherr said on May 22, "Lincoln Hills Men's Club membership continues to grow. We have 322 members now. It's no wonder we have up to 150-160 members participate in each monthly tournament! It's great seeing the new members out there and having fun." If any Lincoln Hills residents out there are interested, please don't hesitate to contact Bob Schoenherr.

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



Hiking & Walking

Look at all the happy faces enjoying the scenery and history along the Auburn Canal! Every month there are adventurous hikes to different areas around the Sacramento Region. Not only do members hike, but they also enjoy social events. July 26 is the Summer Potluck Picnic and BBQ. September 26 is the



Auburn/Shirland Canal

Annual Meeting and Pizza Party. November 30 will be a Holiday Happy Hour at the Solarium. Check the website for upcoming hikes. Walks are scheduled every Wednesday from a different starting point within Lincoln Hills. Summer schedule for walks start at 7:30 AM. Join us!

Contact: Dan Cortinovia, lhhikers@gmail.com
Website: www.lincolnhikers.org



Investors' Study

The next meeting is Thursday, August 3, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their playbook of market information. The group is open to all residents. The Investor Study meeting provides an opportunity to learn about markets and ask questions. Investor Study is information-only with no 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 Investor Study.

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



Lavender Friends

A touch of the Islands came to the Sports Pavilion for our all-member mixer in May. Around 60 of us gathered at the Sports Pavilion for special-recipe corned beef prepared by one of our members and tri-tip by another. We also had a variety of sides and desserts. Entertainment was provided by two members playing the ukulele while another showed off his hula moves. A raffle for a \$100 gift card capped off the fun. Last month included an afternoon of wine-tasting at Dora Dain, a local winery. Lavender Friends is a club for LGBTQ residents and their allies. Check out our website.

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



Mah Jongg, Chinese

If you've ever considered playing Chinese mah-jongg, come join us. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three

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also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

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



Mah Jongg, National

As our days grow hotter, why not join us at the lodge for a cool afternoon of National Mah Jongg? We play every Tuesday, 12:30 to 4:00 PM, in the Card Room (OC). Everyone is welcome. If you know how to play just bring your card and join a table. If you're new to the game or just need a refresher lesson, you are welcome to sit at a table and observe. Hope to see you on Tuesday, and may the jokers be with you.

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



Mixed Media

We are doing three workshops at our July 19 meeting. Jan Stephens will be sharing various art mediums.

She will show us how to use them and what they do. I will be talking about what to create your art on (substrates) and basic collages. Come and bring the art challenges you did for June and July. The Challenge prompts were: "A Taste of Summer" and "Knees Bees." The August prompt will be "Dog Days of Summer." Come to our August meeting and learn a fun collage project presented by Jan Stephens. The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information, contact our President, Chris Fetter.

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



Motorcycle

We gathered for a charity ride to support Mercy San Juan Medical Center's annual Cereal Drive that gives access to nutritious food for school-age children at risk for food insecurity during the summer months. The patients, family, and hospital employees enjoyed a parade through the parking lot to the quad next to the cancer center of fancy cruisers and adventure bikes. Executive leadership at Mercy San Juan greeted our enthusiast club with open arms as the motorcycle club



Mercy San Juan Medical Center's Annual Cereal Drive

members filled the cargo containers with non-perishables and cereal. It was a fun local ride for a meaningful purpose. Join us at our next social meeting. Call our Membership Chair for more information.

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



Movie Lovers

Our club selects two movies at each meeting to watch, and the following month volunteers lead a discussion about them. We're surprised each month by what others take away from movies. Our meetings last about two hours on the second Thursday of each month at 6:30 PM in the



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Multipurpose Room (OC). On June 8, we had a great discussion about *Are You There, God? It's Me, Margaret*, and *The Lost King*. During our July 13 meeting, we selected the movies for the August 10 meeting and discussed *Ram*, and *You Hurt My Feelings*. If you like movies and enjoy discussing them, we encourage you to join us. **Contact: President, Cliff Roe 408-205-8765, cliffroe@ix.netcom.com**



Music

Our Group songs "Grand Old Flag" and "America the Beautiful" coincided with Flag Day this year and kindled our patriotic spirit. Thanks to a generous donation from Julie, we now have an excellent wireless head mic! 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



John & Steve Serenade Us

website; the password is music-group. 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 from 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. **Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: www.lincolnhillsmusicgroup.org**



Needle Arts

It's vacation time, and there won't be general meetings during July and August. Demonstrations also take time off in July, returning in August. Check the NA website for the monthly calendar, subgroup meeting information, and fall retreat details. Community Service was recently able to provide 25 quilts to the Quilts for Ukraine effort, which provides much-needed blankets for Ukrainian refugees. A Lincoln Hills resident took these quilts to Poland, where they are being gathered for distribution. Two of these quilts were chosen to be part of a collection of 161 quilts (representing the children who have lost their fathers in the fighting)



It takes many hands to create Community Service quilts.

that will tour schools, museums, and embassies in Poland and Ukraine before being distributed to these children. Many thanks to all involved.

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



Neighborhood Watch

One opportunity to celebrate neighbors is National Night Out, held in early October. To "kick start" plans for this event, we are hosting a "picnic" potluck dinner on August 19 from 6:00 to 8:00 PM. At this time, residents can learn the different ways people have brought their neighbors together, including open houses, block get-togethers, ice cream socials, and



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even off-site venues. There will be door prizes, a no-host bar, and music. The cost is \$5.00 a person (make checks payable to Neighborhood Watch), and bring a dish based on the first initial of your last name: A-I main dish, J-M dessert, and N-Z salad/side dish. This "picnic" potluck should fill quickly, so RSVP by August 14 to nnocoordinator@sclhwatch.org or call Suzanne Rosevold at 775-798-0835.

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



Painters

Congratulations to Tracey Bolton, who won Best of Show at the Lincoln Hills Fine Art Show for her still life, "Persimmons in a Bowl." Star of the Show ribbons went to: Karen Jones, Chris Olsen, Margo Flanagan, Tom Watson, Tamsen Armstrong, Barbara Perryman, Sharon Duley,



Tracey Bolton's Best of Show: "Bowl of Persimmons"

Marianne Oliphant, and Tracey Bolton. Honorable Mention went to Bob Green, Susie Crawford, Jane Barry, Susan Berg, Karen Jones, Paulette Pesavento, and Chris Olsen. Many thanks to the FAS committee, especially Joan Musillani and Chris Olsen, as well as the 40-plus artists who worked hard to bring their best work and help with set up, sales, and take down. Marianne Oliphant did a wonderful job organizing and hanging our show at Simple Pleasures, up for viewing through October 2.

Contact: Linda Shields 916-761-4549, linda_c_s@yahoo.com
Website: <https://www.facebook.com/groups/958148364841531>



Paper Arts

We kicked off the month of June with a workshop, including instructions for various fancy folds for our card creations. Later in June, we sold, browsed, and shopped at our annual Overstock Sale, where "tools of the trade" like stamps, dies, embellishments, and paper were available for purchase. Susan Long presented our July project featuring decorative gift tags. Lovely and ornate, these tags could serve as a gift on their own! Thanks, Susan. We meet on the first and third Thursdays of the month in the Terra Cotta



Susan Goodrich and Cheryl Ramm at the Overstock Sale

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 from 9:00 AM to Noon in the Card Room (OC) 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



Photography

Truman Holtzclaw conducted a hands-on workshop on using blur to create interesting images.

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Photo by Lauri English

Workshops are always a member favorite, and we appreciate Truman sharing his creativity and excellent photographic knowledge! In July, Arik Gorban will share 'Creating a Personal Photography Project. Arik focuses on the creative aspects of photography. He has over 40-years-experience in the photographic process, including analog photography, darkroom work, and extensive digital imaging, including Photoshop and other digital imaging applications. This will be a Zoom presentation. Club Officer elections were held in June. Members extended a warm welcome to all of our returning and new Officers including President–Ron Nabity; Vice President, Programs Truman Holtzclaw; Vice President, Communications–Diane Margetts; Secretary–Nancy Whitaker; and Treasurer–Steve Stewart.

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



Pickleball

Our club is in summer mode! We are enjoying early morning reservations, then foursome and single drop-in play until Noon. The afternoon and evenings are full of drills and round robins based on levels of play. Lots of laughter and fun. We are having our first "Grandkids Day" on July 22. This event is open to the entire community. We will have a raffle, snacks, and age-appropriate games for children ages eight to 16. Check our website to see if tickets are still available. Space is limited. The club also offers a free Intro to Pickleball class bi-monthly. You will learn the game and know how to be involved when you leave class. To make a reservation, send an email to welcometopickleball@gmail.com.

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



Players

On Saturday and Sunday, August 5 and 6, the Players will present two free Readers Theater performances, each at 3:00 PM in P-Hall (KS). Ready for an enjoyable weekend afternoon of laughter? The first of two half-hour plays on the program, directed by Angela



Readers Theater Episodes,
August 5 and 6

Blas, is from the classic radio show "Easy Aces," an episode titled "Jane's Mother Comes to Visit." A telegram from Jane's mother is the harbinger of "cheerful absurdity," according to one reviewer. The second equally funny episode is an original play, written and directed by Alan Lowe, "Life Tributes." It features three seniors weighing their options and navigating what has recently become unfamiliar territory—the singles world—in a hilarious mix-up!

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

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will be seated provided 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

The Spring Social this year was a catered Hawaiian BBQ dinner with music from the Islands. Everyone showed up in their finest Hawaiian shirts and dresses and thoroughly enjoyed the company of each other. We have such a dynamic group of people that all share the same goals: travel and fun. History is in every step you take throughout the hills. Card games, camp games, casinos, swimming, eating, drinking, and touring all the historical haunts will be high on our priority list. Want to join? Call Sharon Skar at 916-434-7799.



Sexy Susan Moe and her coconuts

Monthly meetings are every second Thursday at 4:30 PM, Placer Room (KS).

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



SCHOOLS

Summer is a good time to be thinking about volunteering in our Lincoln schools for the 2023-2024 school year. If you've volunteered before and want to help the same teacher next year, let her know. If volunteering is new to you, a very rewarding experience is in store for you. Teachers are asking for volunteers for grades K-5 and tutors for Phoenix Continuing High School.

You don't need experience. The time commitment is whatever you feel comfortable with, and the hours are up to you. The annual meeting for SCHOOLS will be on September 13 at P-Hall (KS) at 10:00 AM. We would love to see all of you there, new or returning volunteers. For Phoenix High, contact Irma at jmeidm@aol.com. For K-5, contact Cyndi.

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



Scrabble

We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Come and join us.

Contact: Anne McMaster,
wiltonanne@yahoo.com



Shanghai

A fun card game awaits you each and every Friday evening in the Card Room (OC) at 5:00 PM. Shanghai is an easy-to-learn rummy-style game. A different mixture of runs and/or sets is played for seven hands to determine the game winner. We welcome beginners as well as more experienced players. Join us any Friday night a few minutes before five.

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



Shuffleboard

Our first tournament was held on June 12. Sixteen players got to play four games with different partners. Many excellent shots were made, minus-10 "kitchen" scores excited the crowd, and every player managed to win at least one game. The winners



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Tournament winners Joe, Paul & Bob with their priceless medals.

were presented with the first-ever Lincoln Hills Shuffleboard Club medals, similar to the nighttime awards for the Olympic Decathlon! Congratulations to: Paul Abad (first), Joe McDonnell (second), and Bob Vincent (third). Our regular weekly play sessions at the rear bocce court area are Tuesday and Saturday mornings: 8:30 to 10:00 AM and 10:00 to 11:30 AM, and Wednesday evening social/play from 6:30 to 9:30 PM. Bring food and beverages to the picnic area. First time players are always welcome. Email us for the game rules.

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



Singles

Check the weekly e-blast for the location of our Dine-Out event at 4:30 PM on Wednesday, July 19. Save the date of Thursday, July 27, for the Social Meeting, which will feature Games- "On the Move." This is a great event. Don't miss this one! Meet in the Ballroom (OC) at 6:00

PM. On Tuesday, August 1, at 4:15 PM, join us in the Ceramics Room (OC) for the Activities Meeting. Birthdays will be celebrated on the Patio (OC) at 4:00 PM on Sunday, August 6. Business Meeting with Horse Races will be on Wednesday, August 9, in the Ballroom (OC) at 6:00 PM. The Second Saturday breakfast will be held on August 12 at 9:00 PM in the Sports Bar (OC). Dennis Reid will welcome you!

Contact: Sarah Lambrose 916-543-0035, slamb949@yahoo.com



Softball

The Women's Division is excited to announce the Second Annual Women's Invitational Tournament on July 30. This event showcases senior women softball players from our area. It welcomes back the Sacramento Area Women's Senior Softball group, adding an extra level of competition and fostering camaraderie among participants. Competition is heating up in the Co-ed Division as teams are playing exceptionally well. Join us on Mondays and Wednesdays to cheer on friends and neighbors as they give their all on the field. They appreciate your support. Another Hot Dog Day is scheduled for Wednesday, August 9,

during regular co-ed play. Mark your calendar and bring your appetite. A delicious \$6 Hot Dog Meal Deal awaits you. Visit our website for the latest information.

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



Sports Car

We had a wonderful trip for 15 cars to Lake Tahoe, lunch at Jakes on the Lake, a tour of Ehrman Mansion, and overnights at Sunnyside Lodge. The weather cooperated, only raining while we were at lunch, and sunny skies the next two days. On June 29, we rode to The Willo Restaurant (Grass Valley) for dinner. We participated in the Fourth of July parade in downtown Lincoln. In August, we're off to Lake Almanor and the Inn at Occidental in Sonoma County. We'll have social events in September and October and close out the year in December with the



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Sun City Squares

Square Dancing is a great way to exercise and meet fun people of all ages. If you have an interest in Square Dancing and would like to be put on a call list for future beginning classes, contact Jackie Carlson at 925-207-9415. If you have previous experience and would like to join the Mainstream group, stop by the Multipurpose Room (KS) on Mondays 1:15 to 3:30 PM or join Advanced dancers on Thursdays 1:00 to 3:30 PM. The drop-in cost is \$8 per class. Come join the fun!
 Contact: Jackie Carlson 925-207-9415, Jackie3po@icloud.com



Sun City Square Dancers



Swimmers & Water Walkers

Our Sierra Splash event has ended, and all 56 participants will be honored at the Hot August



Swimmers and walkers at Sierra Splash kickoff.

Splash event Sunday, August 6, from 4:00 to 7:00 PM at the OC swimming pools. Hot August Splash will include a demonstration of swimming and water walking techniques in the outdoor OC lap pool at 4:00 PM, with a pizza party afterward above the OC outdoor pool. All Sierra Splash entrants are entered in a drawing for gift cards, which will take place during the pizza party. We will also acknowledge the swimmers and water walkers (male and female) with the most miles to Lake Tahoe. Sign up for Hot August Splash via future club emails. Hope to see you there!

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



Table Tennis

It's easy to become a member of our club. Just visit us at the Multipurpose Room (KS). Sign up on the new member sheet entering your name and

email address. You will be kept informed on club events and activities and receive our monthly newsletter. Dues and reservations are not required. Loaner paddles are available. We play on seven tables, beginner to advanced. Play times are Sundays, 8:00 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. Wear non-marking court shoes. A practice ball machine is available on Fridays. We are planning a variety of events, including socials, ladder play, tournaments, singles and doubles play, and home/away invitationals. The next social event is our club picnic on July 16.

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



Tap Company

Our annual Spring/Summer luncheon has been scheduled for July 26 at OC. Look for an email to follow with more details. If you do plan to attend, please make sure you have paid your annual dues of (a whopping) \$5.00. You can mail your check, payable to The Lincoln Hills Tap Company, to Jennifer Carroll. As there are no tap classes scheduled in July, you may be wondering how to keep your tapping skills sharp.

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The answer is to attend Saturday practices. If you're interested in coming on any Saturday in July, let us know by emailing Mary Adamson at maryadamson719@gmail.com or Alison Wolfe.

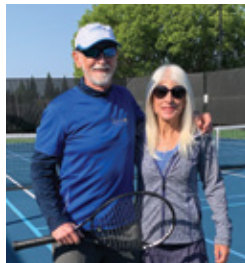
Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



Tennis

Beautiful, re-surfaced tennis courts are open! The Association did a wonderful job with minimal downtime and excellent outcomes. This is just one more reason to support the tennis club organization whose volunteers keep the "wheel squeaking" for your tennis enjoyment.

Ball machine practice is held every Saturday from 8:00 until 9:20 AM through October. Drop-In Tennis is on Saturdays from 8:00 until 9:30 AM. Both are open



Rod Parsons and Terry Milandovich 4.0 Tournament winners

to all levels of tennis. These are great ways to meet new players! After a rained-out Cinco de Mayo, tournament directors Bob Sanguinet and Val Green were able to put on a very successful Tournament. Winners' names will be engraved on Tennis Pavilion plaques. See our website for pictures and club event updates. See you on the courts!

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



Vaudeville

The Golden Revue Vaudeville Variety Show is coming up at the end of this week. It's a great variety show you don't want to miss. We

have so many wonderfully talented people in our show this year that you won't be disappointed. Tickets are only \$15, and there are four shows to choose from. Two evening shows Thursday, July 20, and Friday, July 21, then two afternoon shows, Saturday, July 22, and Sunday, July 23. Hope you can make it.

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



Veterans

Richard Johnson, the Placer County Veterans Services Officer (VSO), will be the featured speaker at the July 20 general membership meeting at 1:00 PM in the P-Hall (KS). He will review the VSO's function and explain the services offered to veterans and their families. The group's next social activity will be an ice cream social on Saturday, August 12, in the California and Placer Rooms (KS). Sign-in will begin at 1:00 PM, and ice cream will be served at 1:30 PM. The cost is \$10 per person. For more information, contact Richard Fuller at 916-409-9209. The Veterans Group sells high-quality American flags in the OC lobby on the 15 of every month from 8:00 AM to 4:00 PM. Flags are now only \$20 each.

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



Water Volleyball

It's July, and you still have time to enjoy summertime in the pool playing water volleyball! Want to try it out? Free play Saturdays are at 9:00 AM in KS Pool. Don't know how to play? We provide Training and Mentorship. All levels of interested players are welcome. Not sure if you have the skills? Attend a

Skills and Drills class, and learn how to play. We have Team nights, Ladies' Night, and play Monday through Thursday. Watch us play at the OC outdoor pool on July 23 and August 27. On October 6, we have our annual Fall Fest with food, drinks, and dancing. Mark your calendar. Come on out! See our website or call Jerry at 209-648-9534 for more information.

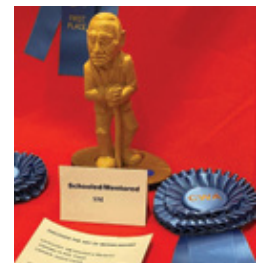
Come on out. The water is great! Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com

Website: www.LHWaterVolleyball.com



Woodcarvers

One of the pleasant surprises in wood carving is when you enter a carving competition with not one, not two, but three items, and you win a blue ribbon for all three entries. Our talented carver, Joanne Carroll, was the recipient of the three blue ribbons. Due to a limit of one picture, her work will be shown over several months. Her entries were



Carving by Joanne Carroll

in the Capital Woodcarvers Show held in Sacramento annually, which draws carvers and interest from all over Northern California. Perhaps you would like to meet Joanne and the other members of our club and check out if woodcarving may be for you. We meet every Wednesday in the Sierra Room (KC) from 1:00 to 4:00 PM.

Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com

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Alzheimer's-Dementia Caregiver's Support

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 caregivers are welcome. The Wednesday, July 26 meeting describes a music therapy program at Sutter Health Hospice. The Women's Group meets the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is July 20 at 10:00 AM. Contact Ernie Drake at 916-543-3482.

Contact: Mary Jo Fratessa 916-759-8760, mfratessa4@icloud.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, August 9, 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 of the month to be in the next *Compass*. This group is grateful for support from the Lincoln Hills Foundation.

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



Bosom Buddies

To honor those who helped us in our cancer journeys, we hosted a Special Person's Luncheon made possible by the Lincoln Hills Foundation. Members introduced their guests and presented them with "comfort birds" crafted by the Woodcarvers Group. August 10 is our Officers' Luncheon in the Solarium at Sun City Roseville, and all members are invited. The cost is \$24 per person. Invitations will be mailed soon. Checks should be made payable to Bosom Buddies. August



Ladies holding the pink chain signifying their survival years.

12 is the annual "Relay for Life" to be held at the Auburn Recreational Park across from the Placer County Fairgrounds. The Survivors' Breakfast starts at 9:00 AM, with the program and events following at 10:00 AM. Our theme is "These Boots Were Made for Walking All Over Cancer!"

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



Gam-Anon

If you are affected by someone else's gambling, Gam-Anon can help! Our meetings are held the first and third Friday of every month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting starts at the same time in a different room if your gambler also wishes to attend a meeting. For support between meetings, please call the Northern California Gam-Anon hotline at 510-407-3898.

Contact: Kay F. 916-204-1624, kayfisher89@gmail.com

Website: www.gam-anon-loomis.com



Hearing Support Group

Last month our guest speaker was Dr. Laura Gaeta, the director of the new Audiology Program at Sacramento State. She discussed speech clarity and called attention to many simple,

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easy ways to make speech more distinct for those with hearing loss. Next month we will have a social hour with no speaker. See you there!

Contact: Joanne Mitchell

916-408-0533, pipa1@prodigy.net



Just Caregiver Support - Parkinson's

This 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.net



Parkinson Support



Low Vision Support

Our group did not meet in July because of the Fourth of July holiday. However, our awesome next meeting will be Tuesday, August 1, from 2:00 to 4:00 PM in the Multipurpose Room (OC). Kathleen Shevlin, Manager of Senior Programs for the Society for the Blind, will be speaking on resources designed to help individuals improve their ability to deal emotionally with low vision. Tuesday, September 5, Jeff Thom, an attorney at law and a board member of the Society for the Blind, will discuss how the Americans with Disabilities Act

(ADA) can help individuals with low vision. Low Vision Support Group meetings are open to all residents.

Contact: Stu Singer 703-864-8161,
stUARTSinger3@gmail.com



Multiple Sclerosis

"Show and Tell" is planned for our final Zoom, July 18, prior to August summer break. You are invited to show gadgets, items, and devices that help you manage your MS. We learn from each other. For instance, a kitchen, swim, or cooling device may encourage/help a fellow Member become more active. OK to Brag! July Zoom, Tuesday, 1:00 PM. A link will be sent to members by Sunday, July 16. Enjoy your summer!

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



Multiple Sclerosis Group



Patient and Caregiver Support - Parkinson's

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

Contact: Charlotte James

916-316-1351, christine@seniors.com



Polymyalgia Rheumatica and/or GCA Support

If you have been diagnosed with polymyalgia rheumatic (PMR) or GCA and think you are out there all by yourself, well, you're not! Our support group will be more than happy to share their knowledge and experiences with you. We meet on the first Wednesday of each month, except 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 email, please put "PMR/GCA" in the subject line.
Contact: Adrian Felice 916-408-4332,
adrianfelice55@gmail.com

Hello
Summer

A Course in Miracles

This Spiritual study group focuses on the book "A Course in Miracles," which teaches us to shift our perception from fear and judgment to love and forgiveness. We are taught to see the hidden and unconscious mental patterns that cause us to project our beliefs onto others, and the world in general, which then produces all of our experiences. It is essentially a self-study in the application of the 365 daily workbook lessons, which allows us to move from unhappiness and fear to love and peace of mind. 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

Hot out! Time to cool down with some fantastic clogging dance steps and friendships.

Clogging is not about bad drain-pipes or wooden shoes, it's an upbeat Irish-Appalachian dance that will help burn off those calories (not that you need to) and keep your heart (and knees) pumping in a healthy way – no matter how hot it is. And there's more. Clogging is excellent for your balance and your brain, as clogging steps can get quite complicated. Fortunately, lively music helps us memorize those steps. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Our members continue volunteering at the Placer Food Bank; our next service date is Wednesday, July 19. Our next social event is a Summer Dinner in the Ballroom (OC) on Thursday, July 20, where California Democratic Party Vice Chair and confirmed 2026 gubernatorial candidate Betty Lee will speak. We work with other area democratic clubs on items of mutual interest; many of our meetings are open to non-members. New members are always welcome. If you are interested in membership or participating in our activities, please visit our website <https://democraticclublincolnca.org>. for links and membership applications.

Italian Club

Don't forget to check out the website for the Membership Appreciation and the Bocce League Spring Season videos. Calling all cooks. We're having a Spaghetti Sauce Contest on August 12. Grab your aprons and wooden spoons, and let's get ready to cook up a winner! More details to follow. In September, we'll be heading to the vineyards for wine tasting at a local winery. Salute! More information to come. To learn more about our social club and activities, visit our website at www.lhitalian-club.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.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville

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Republican Club

July 4th Lincoln Parade was the highlight of a Historical Day! Saturday, July 15 – Ice Cream Social & Patriotic Bingo \$5.00 – Kitchen (KS) 2:00 to 4:00 PM. Wednesday, August 23 – Eric Early - Guest Speaker – P-Hall (KS) doors 6:00 PM, program 6:30 PM. Eric is Senate hopeful with Grass Roots Campaign. Come hear what he has to say! All Residents are welcome! June Republican Fundraiser for local Candidates 2024 proved to be both enjoyable

and lucrative. Various event photos, information on ongoing Fairs/Events throughout summer (need volunteers), Lending Library List – on website. Membership is \$15/pp, per year. www.RepublicanClubSCLH.org.

Shalom Social Group

Our next volunteer work date at the Placer Food Bank is August 29. We enjoyed a Membership Breakfast meeting in June. The coming months are filled with other activities too – an always-popular Game Night and Women Together luncheon in July, a membership meeting where we will discuss the Titan Missile Site with County Supervisor Shanti Landon in August. We focus on Jewish history, culture, and food, but membership is open to all. For more information about our group and activities,

please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.

Social Activities for Men

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the third Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman, at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www.sirbranch13.com. Come join us for a free lunch.

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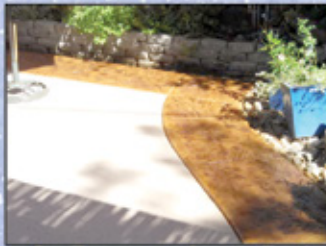
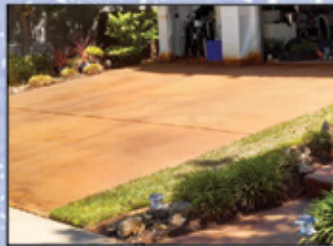


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Golf Cart Registration

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 lincolnca.gov.



Weekly Farmers Market

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

Support the Lincoln Hills Farmers Market every week by purchasing your produce, flowers, meats, fish, and other locally made food items. Other businesses and crafters will rotate throughout the weeks/months, so be sure to shop for yourself or for loved ones. The more participation and support, the more vendors will want to come and serve our patrons. The Market is open to the public, so

spread the word throughout our Lincoln community. (*Markets are subject to cancellation with short notice. Watch eNews for current information.*) Interested in being a vendor? For information, email Entertainment@sclhca.com. (All vendors must have a business license.)



Town Hall with the Mayor

Tuesday, July 18, 8:30 to 10:00 AM, P-Hall (KS) Zoom

To learn more about what is happening in the City of Lincoln, join Lincoln's Mayor, Paul Joiner, at this informal coffee get-together. Pick up a cup of coffee from the Kilaga Springs Café' prior to the meeting. This is a great opportunity to get to know the Mayor and share your comments and questions with him.



It's Saudi Duty Time – Community Forum

Tuesday, July 25, 9:30 to 11:30 AM, P-Hall (KS)

Resident Marcia VanWagner served in the First Gulf War, 1990-1991, as the Chief Nurse of the 1000-bed 50th General Hospital in Riyadh, Saudi Arabia. Her presentation details her experiences as a female officer in a command position during the war. Colonel VanWagner will discuss how the Saudi Arabian culture and religion impacted the practice of US Army medicine and nursing and how the unit lived and worked in a chemical environment. She will end with the real story of why the Ground War was delayed!



Meet The Author Lecture Series: Jeri Chase Ferris

Wednesday, July 26, 2:30 PM, P-Hall (KS)

Jeri Chase Ferris is a former teacher (30 years, inner-city L.A.) who has written, so far, twelve award-winning biographies for children and adults about people who changed America for the better. Some of them, you know, Thomas Jefferson, Abigail Adams, Noah Webster, Harriet Tubman, and Marian Anderson. Some you may not know Benjamin Banneker, Biddy Mason, and Matthew Henson. Do you know what Noah Webster did for America (besides the dictionary)? How John Adams replied to Abigail's famous plea? Come join us as we discover some little-known facts about well-known and less well-known Americans who helped make America the land we love!



KS At The Movies for Grandkids: Inside Out (2015)

Friday, July 28, 1:30 PM, P-Hall (KS)

Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions – Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling), and Sadness (Phyllis Smith). The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. As Riley and her emotions struggle to adjust to a new life in San Francisco, turmoil ensues in Headquarters. Rated PG. 95 minutes. Adventure. Family.



Document Destruction

Monday, July 31, 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 Princess Bride (1987)

Monday, July 31, 1:00 PM, P-Hall (KS)

Embark on a captivating fairytale adventure of true love, humor, and swashbuckling action. Rob Reiner's beloved classic, "The Princess Bride," weaves together elements of fantasy, comedy, and romance with unforgettable characters and memorable quotes. Experience the timeless charm of this enchanting film that has captured the hearts of audiences for decades. Rated PG. 98 mins. Adventure. Comedy. Romance.



Readers Theater

Saturday and Sunday, August 5 & 6, 3:00 PM, P-Hall (KS)

The Players Club presents two free Readers Theater plays. Come on out for the two hilarious half-hour plays: "Jane's Mother Comes to Visit," from the classic radio show "Easy Aces," and an Alan Lowe original play, "Life Tributes."



KS At The Movies: The Intern (2015)

Monday, August 7, 1:00 PM, P-Hall (KS)

Join us for a heartwarming comedy-drama that will leave you with a smile on your face. In "The Intern," a 70-year-old widower named Ben Whittaker seizes an opportunity to become an intern at an online fashion retailer. As he navigates the modern workplace, Ben forms an unlikely friendship with the young CEO, Jules Ostin. This delightful film explores themes of friendship, ageism, and finding purpose later in life. Directed by Nancy Meyers, "The Intern" is a charming and touching story that will warm your heart. Rated PG-13. 121 mins. Comedy. Drama.



Transportation and Mobility Issues for Placer County – Community Forum

Tuesday, August 22, 9:30 to 11:30 AM P-Hall (KS)

Mike Costa from the Placer County Transportation Planning Agency (PCTPA) is excited to present to Lincoln Hills the agency's lead role in addressing transportation and mobility issues for Placer County. PCTPA coordinates with a variety of local agency partners, like the City of Lincoln and Placer County Transit, as well as federal and state agencies, to plan, secure funding for, and deliver important transportation projects, programs, and services in the Placer region. The presentation will highlight some current planning and funding efforts, key projects, and other initiatives that PCTPA is spearheading to address regional transportation needs.



Wildlife Of Sun City Lincoln Hills – Community Forum

Thursday, September 14, 2:00 to 4:00 PM, P-Hall (KS)

Join Truman Holtzclaw for a photographic tour of the presence of our native and non-native wildlife, which will include mammals, birds, fishes, reptiles, and insects. Sit back and enjoy stunning photography with music and educational narration about the wide variety of species that they share with our community. Truman Holtzclaw is a Lincoln Hills resident, retired biology teacher, photography business owner, photographic tour leader, and California State Park Naturalist.



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Men's 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 concerts every two weeks 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, and bars open an hour prior to each concert. No outside food or beverages are permitted, with the exception of factory-sealed bottled water. (The patios and grounds will be cleared one hour before gates/doors officially open.)

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.) In-person ticket purchases on the day of the concert is only available at the OC Lifestyle Desk.



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," Rock & Roll Piano Virtuoso Jared Freiburg returns to Lincoln Hills for another memorable journey through the golden era of American music with an electric lineup of favorite Rock & Roll, Blues, Country, and Jazz hits from the 1950s serving up a healthy helping of memorable tunes by artists ranging from Chuck Berry to Sinatra to Jerry Lee Lewis, and more. Jared's high-energy performances are filled with joy and excitement, and this time around, he is joined by Special Guests, the popular trio Spinout to add to the fun.

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*Indicates on sale July 17

Events

***Tuesday Dance Night**

Tuesday, July 25 — LSE522
 Tuesday, August 22 — LSE531
 6:00 to 9:00 PM, Ballroom (OC)
 \$8 per person/per dance night



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**

Tuesday, August 8 — LSE532
 6:00 to 9:00 PM, Ballroom (OC)
 \$8 per person/per dance night



Structured Dance Nights are 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 is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.

Performances

The Golden Revue Vaudeville

Thursday, July 20 — LSE516
 6:00 PM, P-Hall (KS)
 Friday, July 21 — LSE517
 6:00 PM, P-Hall (KS)
 Saturday, July 22 — LSE518
 2:00 PM, P-Hall (KS)
 Sunday, July 23 — LSE519
 2:00 PM, P-Hall (KS)
 Reserved Seating \$15



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

San Francisco’s “Phantom” Returns...Franc D’Ambrosio In Concert

Wednesday, July 26 — LSE523
 7:00 PM, Ballroom (OC)
 Premium Reserved Seating \$25
 Standard Reserved Seating \$22



Spend an evening with the incomparable Franc D’Ambrosio as he takes you on a journey behind the curtain and revisits some of his favorite songs from the Broadway stage. In addition to the unforgettable tunes that made him one of the world’s most beloved Phantoms, Franc invites his audience to a celebration that spans from Broadway’s golden age to today’s hit sensations, including beloved classics like “Oklahoma,” “Hello Dolly!” and “Carousel,” and a spirited collection of favorites from the Elvis Presley songbook musical “All Shook Up.”

Surf’s Up: America’s Premiere Beach Boys Party Band The Beach Boys...and More

Friday, August 11 — LSE524
 7:00 PM, Ballroom (OC)
 Premium Reserved Seating \$25
 Standard Reserved Seating \$22



Back by popular demand and bringing the beach tunes inside! Surf’s Up is one of the first true Beach Boys tribute bands in the world. They have been perfecting and recreating the Beach Boys sound for 25 years. Keeping it in the family – the band consists of a combination of generations, including Donny Goldberg and his father, Don Goldberg Sr.,

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who founded the group. Their family harmonies capture the authentic blend of the Beach Boys like no other. Not just another tribute band, these veterans naturally bring the magical “Sound of Summer” to the stage.

From TV’s “America’s Got Talent” ... Branden & James: “Rock The Opera”
Monday, August 21
— LSE525



7:00 PM, Ballroom (OC)
Premium Reserved Seating \$25
Standard Reserved Seating \$22

A musical mash-up celebrating the songs and music of Elton John, Andrea Bocelli, The Eagles, Lady Gaga, Puccini...and more! From “America’s Got Talent,” Branden and James will blow you away with their unique charm and classic style, playing intergenerational pop and rock songs from across the decades. Branden and James, described by NPR music as a duo with “dazzling cello and soaring tenor vocals,” brings the soulful timbre of James on his cello combined with Branden’s emotional and powerful vocals, creating a sound that leaves audiences feeling moved and inspired.

***Anthony Hernandez Illusions**
Tuesday, August 29 — LSE529
7:00 PM, P-Hall (KS)
Reserved Seating \$18



Get ready to go on an exciting magical adventure with Dawn and Anthony! They are a magical duo who will change the way you feel about magic, taking you on a fantastic, comedy filled, interactive journey. Anthony and Dawn will inspire you with the most intimate of magic and bring you to your feet with some of the largest illusions. The show is filled with moments of awe, it has moments of wonder and moments that will touch your heart. This show is one you should not miss!

***Made Up Theatre**
Monday, September 18
5:30 PM, P-Hall (KS) — LSE528
7:00 PM, P-Hall (KS) — LSE530
Reserved Seating \$20



The Award-Winning Improv Comedy Show brought to you by Made Up Theatre’s Touring Company, Laugh Track City, which is similar to the television series “Whose Line Is It Anyway?” In the show, audience suggestions are used to create fully improvised scenes, games, and musical numbers. The audience yells out suggestions, and the improvisers create the material right on the spot! Audience participation makes this show a unique interactive experience!

***The Broadway Star of “Les Misérables” Ivan Rutherford In Concert: “More than Broadway”**
Friday, September 22 — LSE527
7:00 PM, Ballroom (OC)
Premium Reserved Seating \$25
Standard Reserved Seating \$22



Star of Broadway’s “Les Misérables,” Ivan Rutherford, performs an intimate concert right in our Ballroom that you won’t want to miss. Ivan has performed the role of Jean Valjean in “Les Misérables” over 2300 times on Broadway and the National Tours. He was nominated for “Best Actor” for his portrayal of Jean Valjean at the First Annual National Broadway Theatre Awards. Some other favorite roles include “The Caliph in Kismet,” “Tony in West Side Story,” and “2nd Officer Charles Lightoller” in the Tony Award-winning Broadway production of “Titanic.” This is a rare opportunity to enjoy the unique talent of this distinctive Broadway star!

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Day Trips

– Destinations –

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*Canine Companions Graduation and the Schultz Museum

Santa Rosa
Friday, November 3
\$125 — LST466



Canine Companions graduation ceremonies represent the culmination of many people's hard work, love, and dedication, including breeder caretakers, puppy raisers, instructors, volunteers, staff members, and graduates. Join the Shultz Museum in acknowledging their generous community as they appreciate their efforts to fulfill the mission of enhancing the lives of people with disabilities by providing expertly

trained service dogs and ongoing support completely free of charge. After the ceremony, we will head to the Charles M. Schultz (creator of Peanuts) museum for a docent-led tour and time to visit the gift shop. Wheels roll from OC at 9:30 AM ~ return approximately 6:30 PM.

– Performances –

**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.

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***Donny Osmond**

Hard Rock
Sacramento at
Fire Mountain
Wednesday, August 9
\$140 — LST463



Winner of Best Production Show, Best Headliner, and Best Family-Friendly Show for 2022 Best of Vegas awards, Osmond's show is a dynamic, energy-filled musical journey of his unparalleled life as one of the most recognized entertainers in the world. Fans are treated to Osmond's engaging performances throughout the show, including the fan favorite and showstopping "Auto-rap-ography" – a rap song accompanied by milestone photos and videos from his impressive career of six decades. Enjoy dinner or gaming before the show. Wheels roll from OC at 5:00 PM for an 8:00 PM Show ~ return 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.

**Martina McBride -
Gallo Center
Modesto**

Sunday
September 10
\$159 — LST458

MARTINA
McBRIDE



Multiple Grammy nominee Martina McBride has sold over 23 million albums to date, which includes 20 Top 10 singles and six #1 hits. She has earned more than 15 major music awards, including four wins for Female Vocalist of the Year from the Country Music Association and won three Academy of Country Music for Top Female Vocalist. Martina has been awarded 14 Gold records, nine Platinum honors, three Double Platinum records, and two Triple Platinum awards. Wheels roll from OC at 2:00 PM for a 5:00 PM Show ~ return approximately 10:30 PM.

***Hadestown**

SAFE Credit Union
Arts Center
Tuesday
September 19
\$150 — LST467



Welcome to "Hadestown," where a song can change your fate. "Hadestown" intertwines two mythic tales — that of young dreamers Orpheus and Eurydice and that of King Hades and his wife Persephone — as it invites you on a hell-raising journey to the underworld and back. Mitchell's beguiling melodies and Chavkin's poetic imagination pit industry against nature, doubt against faith, and fear against love. Performed by a vibrant ensemble of actors, dancers, and singers. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

***Les Misérables**

SAFE Credit Union
Arts Center
Tuesday
October 24
\$150 — LST468



Set against the backdrop of 19th-century France, "Les Misérables" tells an enthralling story of broken dreams and unrequited love, passion, sacrifice, and redemption – a timeless testament to the survival of the human spirit. The magnificent score of "Les Misérables" includes the songs "I Dreamed a Dream," "On My Own," "Bring Him Home," "One Day More," "Master of the House," and many more. "Les Misérables" is undisputedly one of the world's most popular musicals. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~return approximately 11:00 PM.

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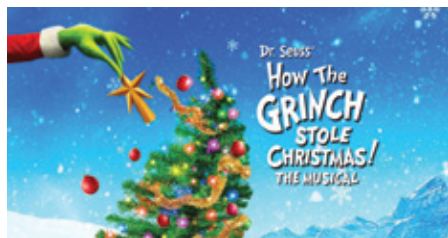
***Ain't Too Proud – Life and Times of the Temptations**



SAFE Credit Union Arts Center
 Tuesday, November 7
 \$150 — **LST469**

“Ain’t Too Proud – The Life and Times of The Temptations” is the electrifying, new smash-hit Broadway musical that follows The Temptations’ extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. “Ain’t Too Proud,” tells the thrilling story of brotherhood, family, loyalty, and betrayal, as the group’s personal and political conflicts threatened to tear them apart during a decade of civil unrest in America. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

***Dr. Seuss’ How the Grinch Stole Christmas! The Musical**



SAFE Credit Union Arts Center
 Friday, December 29
 Matinee – Children ages 6+ welcome
 \$150 — **LST470**

Dr. Seuss’ “How The Grinch Stole Christmas! The Musical” is the record-setting Broadway holiday sensation that features the hit songs “You’re A Mean One Mr. Grinch” and “Welcome Christmas” from the original animated special. Max the Dog narrates as the mean and scheming Grinch, whose heart is “two sizes too small,” decides to steal Christmas away from the holiday loving Whos. Wheels roll from OC at 12:15 PM for a 1:30 PM Show ~ return approximately at 5:30 PM.

– Speaker Series –

Sacramento Speaker Series 2023/2024
 SAFE Performing Arts Center
 \$635 — **LST464**

Join us for the 19th season of the Sacramento Speaker Series. The season includes six evenings of topical insight from today’s newsmakers in government, entertainment, education, and more. Must purchase as a package, no single tickets will

go on sale. Seating will be reserved in the gold seating section (Orchestra Q-BB). Wheels roll for all speakers from OC at 5:45 PM for a 7:00 PM speaker ~ return 10:30 PM.



Speaker Lineup

October 11	Dr. Anthony S. Fauci
November 15	Walter Isaacson
January 17	Steve Young
February 28	Thomas Friedman
March 27	Ruth Reichl
May 1	Cristina Mittermeier

– Sports –

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.



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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.



Great Italian Festival by Train

Peppermill - Reno, NV

Saturday October 7

through Monday

October 9 — **LST459**

\$465 double

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Enjoy a relaxing scenic ride through the Sierra Mountains to Reno for the 41st Great Italian Festival. Downtown Reno transforms into Little Italy with a sauce cooking contest, lots of pasta, an Italian farmers market, food booths, and incredible free live entertainment. Relax in your deluxe room at the Peppermill for two nights. Our motorcoach will provide multiple transfers to downtown Reno on October 8 for the Festival. We will return on Monday, October 9, by motorcoach. Trip includes:

- One-way Amtrak service from Roseville to Reno
- Two nights Peppermill Tower deluxe room
- Transfers to/from Italian Festival
- One-way return motorcoach

Wheels roll from OC at 10:30 AM return ~ 2:30 PM.



SOLD OUT

S.F. Giants vs. Boston RedSox

July 30 — **LST449**

Cirque du Soleil, Corteo

August 5 — **LST447**

Tina the Musical

August 12 — **LST454**

Tina the Musical

August 19 — **LST461**

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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 July 17

Dance

***Belly Dance Class – L1**

Fridays, August 4-25
 1:00 to 2:00 PM (KS)
 \$28 (four sessions) — **LSC4375**



Designed for new and returning students who want to learn and review the basics of Middle Eastern dance, “Belly Dance.” Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-soled 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! Instructor: *Ellen Hirvela*.

***Clogging – Introduction/ Foundations - L1**

Thursdays, August 3-31
 9:30 to 10:00 AM (KS)
 \$40 (five sessions) — **LSC4449**



Come sit and clog if you need to, but come join in the fun. We work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.

***Clogging – Beginners/ Easy - L2**

Thursdays, August 3-31
 10:00 to 11:00 AM (KS)
 \$50 (five sessions) — **LSC4494**



Review of all foundation and beginner steps. We’ll continue to 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, August 1-29
 9:00 to 10:00 AM (KS)
 \$50 (five sessions) — **LSC4436**

We will be working on some solid intermediate level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We’ll continue with low 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 – Technique and Advanced – L4/L5**

Tuesdays, August 1-29
 11:00 AM to 12:30 PM (KS)
 \$50 (five sessions) — **LSC3889**

August focus will be learning dances that have steps we have learned. Plus loads of review of steps before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

***Clogging – Step Workshop**

Tuesday, August 22
 10:00 to 11:00 AM (KS)
 \$10 — **LSC3878**

Simone Stomp, Simone Travel, Cowboy Drag, Kentucky Rock, Kentucky, Twisty Bounce, Dork Fish. Instructor: *Janice Hanzel*.

***Country Couples Western Dance – L3/L4**

Mondays, August 7-28
 6:00 to 7:00 PM (KS)
 \$28 (four sessions) — **LSC3911**



Join us for a fun-filled hour of Country Couples pattern dancing. Similar to

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Line Dancing but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many of the dances are done in a circle, and some are done in Lines. **Prerequisite:** Previous line dance experience. Instructors: *Dennis and Georgi Dawson*.

***Hula - L1-L3**

Thursdays
August 3-31
1:00 to 2:00 PM (KS)
\$65 (five sessions)
— **LSC3922**



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*.

***Line Dance, Country – L1-L4**

Fridays, August 4-25
3:00 to 4:00 PM (KS)
\$28 (four sessions) — **LSC4039**

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, Absolute Beginner – L1**

Thursdays, August 3-31
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4220**
Instructor: *Yvonne Krause-Schenck*

OR
Mondays, August 7-28
4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3956**
Instructor: *Cathy Paris*

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, staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner – L2**

Thursdays, August 3-31
10:00 to 11:00 AM (KS)
\$35 (five sessions)
— **LSC4095**

Instructor: *Yvonne Krause-Schenck*
OR

Thursdays, August 3-31
3:30 to 4:30 PM (KS)
\$35 (five sessions) — **LSC4026**
Instructor: *Cathy Paris*

OR

Fridays, August 4-25
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC4050**
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.



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

Mondays
August 7-28
5:00 to 6:00 PM
(KS)

\$40 (four sessions) — **LSC4280**

Learn it! Love it! Dance it! Steps, styles, and music make each class come alive based on R&B, Funk, Latin, Oldies, and Country genres. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor: Anna Woods* love for dance goes back to her childhood tap, jazz, & ballet. This led to a professional dance career of 15 years as an instructor & 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**

Wednesdays, August 2-30
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4061**
Instructor: *Sandy Gardetto*

OR

Mondays, August 7-28
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC4084**
Instructor: *Yvonne Krause-Schenck*

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

***Line Dance, Intermediate – L4**

Wednesdays, August 2-30
10:00 to 11:00 AM (KS)
\$35 (five sessions) — **LSC4072**
Instructor: *Sandy Gardetto*

OR

Mondays, August 7-28
5:00 to 6:00 PM (KS)
\$28 (four sessions) — **LSC4014**
Instructor: *Cathy Paris*

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, August 3-31
5:30 to 6:30 PM (KS)
\$35 (five sessions) — **LSC3992**

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*.

***Line Dance For Fun**

Thursdays, August 3-31
4:30 to 5:30 PM (KS)
\$35 (five sessions) — **LSC4003**

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.

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***Line Dance, "Wake Up and Warm Up"**

Tuesdays, August 1-29

8:00 to 9:00 AM (KS)

\$35 (five sessions) — LSC4460

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. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher, and she loves to dance. In the 80s and 90s Ellen studied Belly Dance and she enjoyed performing with a troupe. In 2002 she became "hooked on" line dance ("back when we all danced in jeans and boots.") Ellen has taught all levels of line dance in senior communities since 2012.

***Tap – Technique**

Tuesdays, August 1-29

10:00 to 11:00 AM (KS)

\$55 (five sessions) — LSC4134

OR

Mondays, August 7-28

10:00 to 11:00 AM (KS)

\$44 (four sessions) — LSC4106

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

***Tap – L1**

Mondays, August 7-28

11:00 AM to Noon (KS)

\$44 (four sessions) — LSC4120

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*.

Education**The History of Rock and Roll (Part 1)**

Wednesdays, August 23 and 30

and September 6 and 20

1:00 to 3:00 PM (KS)

\$40 (four sessions) — LSC4495

Break out your poodle skirts and Brylcreem! Join us in rediscovering the times, people, and music that is "Rock and Roll." Explore the American music that has become the soundtrack of our lives. Learn how Country, Pop, Gospel, and Rhythm and Blues came together to inspire the world's youth to take to the dance floor. Together we will meet "Fats" from New Orleans, country boy Jerry Lee, Richard the Georgian dishwasher, a West Texan gentleman called Buddy, and a truck driver who would change the world...Elvis. History of Rock and Roll Part 2 coming in October. Instructor: *Ray Ashton*.

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

Tuesdays, August 1-29

1:00 to 2:00 PM (KS)

\$50 (five sessions)

— LSC4418

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun. 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 – Intermediate**

Tuesdays, August 1-29

2:00 to 3:00 PM (KS)

\$50 (five sessions) — LSC4425

This class is an intermediate class with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning

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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.

***Guitar – Beginner**

Thursdays, August 3-24

1:30 to 3:00 PM (KS)

\$60 (four sessions) — **LSC4491**

Enjoy learning to read and make music with your guitar, whether it's the blues, pop/rock, jazz standards, or the classics from absolute beginner to an intermediate level musician. You'll be introduced to elements of all genres while gaining knowledge and technique through a modularized course curriculum. Prior guitar skills or an understanding of music theory is not required, new students' skills are assessed and started at an appropriate module level. Module lessons are self-paced with a combination of individual/group instruction, individual study, and group participation. Instructor: *Rodger Mohme*.

Visual Arts & Crafts

***Card Making – Beginning, Introduction**

Fridays, August 11 and 25

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC4310**

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

(L1/L2 = introduction/beginning levels) This class will teach you all the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: July 22.



***Card Making – Intermediate/Advanced**

Mondays, August 7 and 21

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC4295**

OR

Wednesdays, August 9 and 23

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC4303**

This class offers more complex and challenging projects and papercraft techniques. This class is not designed for beginner or intermediate card-making crafters. Class size is limited. Sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card-making kits. Instructor: *Dottie Macken*. Registration deadline: July 22.



***Ceramics – L1-L3**

Tuesdays, August 1-29

1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3854**

OR

Thursdays, August 3-31

9:00 to Noon (OC)

\$80 (five sessions) — **LSC4366**

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



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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, August 1-29
9:00 AM to Noon (OC)
\$80 (five sessions)
— **LSC3842**

OR

Thursdays, August 3-31
1:00 to 4:00 PM (OC)
\$80 (five sessions) — **LSC3866**

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*.



*Fused Glass

Thursdays, August 7-28
1:00 to 4:00 PM (KS)
\$80 (four sessions)
— **LSC4145**
\$45 supply fee paid to instructor on first day of class



In this fun, creative class, beginning students will use both regular and dichroic glass to learn the fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. You'll learn finishing techniques and various findings to complete your designs. Students can create several pieces, including pendants, earrings, bracelets, and more. Sign up early, class size is limited. Supplies include glass, bails, earring findings, copper inclusions, stringer, and other materials. Students bring paper and pencils, and tweezers; optional: camera. Instructor: *Kate Uppal*.

*Jewelry Making 101

Monday, August 28
1:00 to 5:00 PM (OC)
\$20 — **LSC4485**
\$25 supply fee paid to instructor

Welcome to Fall classes! Come out and learn something you can use for homemade Holiday gift giving! Or



brighten up your wardrobe with a necklace and bracelet you have creating with Instructor *Nancy Bell* from *Lincoln Jewelers*.

*Mixed Media Art Journaling

Tuesdays, August 8 and 22
9:00 AM to Noon (OC)
\$45 (two sessions) — **LSC3806**
\$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: Painting with Wool - Beginner, "Sail Away"

Monday, August 7
Noon to 2:00 (OC)
\$35 — **LSC4320**
\$15 supply fee payable to instructor



Using wool fiber and special needles, we'll create one 4"x 6" seascape. The photo is of three suggested scenes, but creativity is encouraged. All supplies are provided, including the frame. This one is easy for even the "I Can't Even Draw a Stick Figure" person. 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. Instructor: *Donna Miller*. Donnamillerfelt2410@gmail.com.

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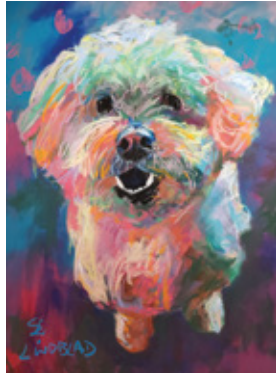
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***Oil and Acrylic Painting – L4/L5**

Wednesdays, August 2-30
9:00 to 11:30 AM (OC)
\$100 (five sessions)

— **LSC3818**

This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created upon class needs. Beginning stages of “how to” to the finish are shown regularly. Lots of individual instruction. Class critiques are done toward the end of the class. Sporadic projects are offered and of course, optional. If you don’t know what to bring, please visit my website at www.sandylindblads.com. You can also email Sandy with your questions at sandski2@yahoo.com. Instructor: **Sandy Lindblad**.



***Sip and Paint: “Lotus and Hummingbirds”**

Thursday
August 17
5:00 to 8:00 PM (OC)
\$65 — **LSC3830**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of cheeses, 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.



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Fitness Floor (OC)

- **Wednesday, August 2**
3:30 to 4:30 PM
- **Tuesday, August 8**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Monday, July 17**
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 at 8:00 AM. 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

Grounding, Stretch, and Alignment - *New!*

Tuesday, August 8
9:00 to 10:00 AM
Meet at OC Fitness Center lobby
\$20



Grounding, also known as Earthing, allows people to directly connect their bodies with the Earth and use its natural electric charges to stabilize them. This practice involves walking barefoot outdoors. Grounding has been known to strengthen the immune system, help with sleep, reduce inflammation, and support mood. We will be walking barefoot on the grass outside Orchard Creek gym to learn about this amazing process. We will also be incorporating stretching and balance exercises. Please bring a towel. Instructor: *Andee Lund*.

How to Manifest Your Best Life

Wednesdays, August 23 & 30
4:10 to 5:10 PM
Aerobics Room (OC)
2nd class Multipurpose Room (OC)
\$38 + \$10 supply fee paid to the instructor first day of class.



The first class will be a conversation about how to create the life you deserve. You will receive a 30-day action plan on how to manifest your deepest desires. Then we will settle in and meditate on how to bring this about. In the second class, we will be making a vision board so that you may manifest your best life! Students must supply personal manifestation materials. Instructor: *Sheri Mandell, HHC*. Registration deadline August 18.

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Mind-Body Balance

Wednesday, August 2 or 16
4:10 to 5:10 PM
Aerobics Room (OC)
\$20 each

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, August 3-24
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.*

**Yoga Nidra**

Tuesdays
4:10 to 5:10 PM
Aerobics Room (OC)
\$15 each, Wellness Pass,
Drop-in

Yoga Nidra activates delta brainwaves, allowing your mind and body to rest while you are awake. Yoga Nidra also activates the pineal gland - this is basically your computer chip! Now don't you think your computer is due for a little upgrade? Come join Nina as she guides you through this restorative, relaxing, and self-healing process. Wear comfortable clothing, and bring a blanket, cushion, or pillow. Different healing topics rotate. Instructor: *Nina Baldi.*



*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 / Qigong L1

Tuesdays, August 1-29
2:00 to 3:00 PM
Aerobics Room (OC)
\$65 (five sessions)

OR

Fridays, August 4-25
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**

Thursdays, August 3-31
2:00 to 3:00 PM
Aerobics Room (OC)
\$65 (five sessions)

***See above**

Open to all levels, come join in for an enjoyable time learning the Tai Chi 24 form in a beautiful outdoor setting. The class will warm up with Qigong to help build your mind-body connection, 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 L3
 Tuesdays, August 1-29
 3:10 to 4:10 PM
 Aerobics Room (KS)
 \$65 (five sessions)

OR

Tai Chi L2/3
 Fridays, August 4-25
 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*.

Nutrition



Nutrition Coaching One-on-One

Ever wonder what to eat for weight loss, muscle building, or just general health? Sign up today for a personalized nutrition plan!

What do I get?

A personalized plan to meet your needs with foods you love. A plan of what to eat for breakfast, lunch, and dinner (including snacks). The time to eat each food and how much to consume. You will be given options for each meal and learn to replace certain foods with a similar food profile when on the go.

Cost?

\$84 for 60-minute session
 \$45 for subsequent 30-minute sessions
 (Additional sessions are up to the resident and are not required.)

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:

Eva.DeMars@sclhca.com

**Thriving with Grace:
 Hawaiian Pork Skillet**

Monday, August 7
 1:00 to 2:00 PM
 Placer (KS)
 \$20 + \$10 material fee paid to instructor at beginning of class (cash or Venmo)



Continue on a journey of thriving with healthy eating and tasty cuisine; this month, a light Polynesian style summertime dish with pineapple and stir-fried pork, bell pepper, scallions, and ginger. A side of steamed brown rice completes this light but filling meal! Instructor: *Grace Smith, RRT, CSWC, CHC, CLC*. Registration Deadline: August 4.



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

Personal and Clinical Training

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

Training Services

- **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, discuss medical history, and 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

Athletic Conditioning and Agility L2/L3

Thursdays
August 3-31
12:55 to 1:55 PM
Aerobics Room (OC)
\$70 (five sessions)
or \$15 each

Wellness Pass, Drop-In

Due to rising heat and rising demand, we are moving this class indoors. We 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.*



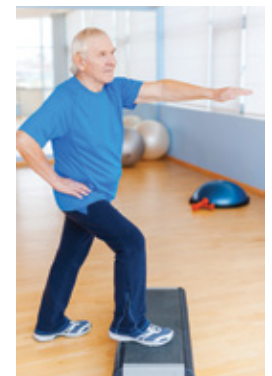
Balance and Gait Training

Mondays and Wednesdays
August 7-30
12:30 to 1:30 PM
Indoor Track (OC)
\$128 (eight sessions)

OR

Tuesdays and Thursdays
August 8-31
12:30 to 1:30 PM
Indoor Track (OC)
\$128 (eight sessions)

Sign up for this one-of-a-kind wellness class to learn simple stretches, exercises, and techniques that will help improve walking, balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Some exercises will challenge not only your mind but your coordination as well. This class is limited to 10 students. Instructor: *Eva De Mars.*



Couples Date Night

Wednesday, September 13
5:30 to 8:00 PM
Secret Garden + Front
Ballroom (OC)
\$170 per couple

Includes Champagne Toast, Starter, Dinner, Dessert, and more. Come and experience a unique evening featuring Sexual Wellness Coach Grace Smith while enjoying a stunning three-course dinner crafted by our own Chef MJ. Each delectable course will feature a new, fun, and flirty topic! Instructors: *Grace and Michael Smith*. Registration Deadline: September 8.

**Hypnosis for a Good Night's Sleep**

Thursday, August 3
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 increase your prior results exponentially. Instructor: *Kelley Moreno CPH*.

**Karate - Traditional Shotokan**

Saturdays, August 5-26
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$20 (four sessions)

About 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 Back Pain**

Wednesdays
August 23 & 30
1:00 to 2:00 PM
Computer 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.

**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.

Pilates Reformer - Introduction to Movement

Wednesdays, August 2-30
2:30 to 3:30 PM
Fitness Center -
Reformer Studio (OC)
\$90 (five 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: *Sarah Jenan, 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

Tai Chi in the Pool

Wednesday, July 19
10:30 to 11:30 AM, Fun Pool (OC)
\$12

Open to all levels, come join in for an enjoyable time learning Tai Chi in the water! Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Don't worry about fighting gravity with the buoyancy of the water. 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*.

Punch Pass - Now called Group Ex Pass Wellness Pass and Fast Pass

A Punch Pass is now called a Group Ex Pass. We also offer a Wellness Pass. Group Ex Pass, Wellness 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 Sports Plaza and OC pools. You may arrive and sign in up to one hour before the start time of the class. Good for one session each.

*Group Ex Passes are \$5.50 for 55 minutes.

*Wellness Passes are \$15 for 60 minutes.

*Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes.

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or fitness center front desks. There are no refunds for class passes, and all passes expire one year after purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex 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.**

***Group Ex, Fast and Wellness Passes expire one year after the purchase date.**

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

Premium Group Ex Pass Deal. Buy a package of 50 Group Ex Passes and receive a 10% discount. Normally \$275, with the discount pay only \$247.50. Purchase at the Fitness Center front 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/Group Ex Pass Classes](http://sclhresidents.com/WellFit/GroupExPassClasses), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera. Class schedules may not always be in *Compass*.

**SCAN QR CODE
TO DOWNLOAD
AND HAVE
SCHEDULE ON
YOUR PHONE**



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 and Wednesdays
August 7-30
2:00 to 3:00 PM
Aerobics Room (KS)
\$136 (eight sessions)



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

Bootcamp – Progressive L2/L3

Mondays and Wednesdays
August 7-30
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, August 1-29
2:00 to 3:00 PM
Aerobics Room (KS)
\$85 (five sessions)
Instructor: *Gilmer LaTorre*
OR



Fridays, August 4-25
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.*

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“Fun”ctional Fitness L3

Tuesdays and Thursdays

August 1-31

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$170 (ten 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*.

**Parkinson Strong Combo**

Mondays, August 7-28

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, August 10-31

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

Tuesdays and Thursdays, August 1-31

10:45 to 11:45 AM, Aerobics Room (KS)

\$170 (ten sessions)

Instructor: *MaryAnn DePietro***OR**

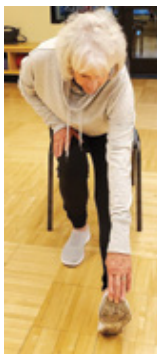
Mondays and Wednesdays, August 7-30

12:55 to 1:55 PM, Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *Renae Schmidt*

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 and Thursdays

August 1-31

12:55 to 1:55 PM

Aerobics Room (KS)

\$170 (ten sessions)

Instructor: *MaryAnn DePietro***OR**

Wednesdays, August 9-30

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 and Wednesdays, August 7-30

11:50 AM to 12:50 PM, Aerobics Room (KS)

\$136 (eight 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**L3 – Pick Up The Pace!**

Mondays, August 7-28

8:30 to 9:30 AM

\$68 (four sessions)

First class meets at OC

fitness center

This class will focus on exploring the more challenging trails of Lincoln Hills with a goal of walking 2.5 miles each class. Be ready with a kick and extra pep in your step as we incorporate warm-up strength training and conditioning, balance and coordination, as well as stretching. Grab a friend, and let’s pick up the pace together. Instructor: *Lisa Fisher*.



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Water Exercise – Therapeutic L1/L2

Fridays, August 4-25
10:45 to 11:45 AM
Indoor Pool (OC)
\$68 (four sessions)
Instructor: *Lisa Fisher*



OR

Wednesdays, August 9-30
10:45 to 11:45 AM and 11:50 AM to 12:50 PM
Indoor Pool (OC)
\$68 (four sessions)
Instructor: *Nina Baldi*

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. Do not forget your towel.

Sports Plaza - Lessons

Pickleball – Introduction

Wednesdays
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, which is held bi-monthly. Eight spots are available. Email Carol Judd at welcometopickleball@gmail.com to register.

Pickleball – Intermediate Clinic

Thursday, August 17
8:00 to 9:30 AM, Multi-Court
\$45

The topic for this clinic is “How to Lose Games”. 75% of lost rallies are caused by errors! Learn to hit higher percentage shots and avoid beating yourself. Analysis and suggestions for improvement during game time play portion of the clinic. Personalized feedback during game time play portion of the clinic will be provided. Prerequisite: Skill Level 3.0-3.75. Minimum/Maximum: 8 students. 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.

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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.

Tennis Small Group Training - New!

3-4 students and one trainer. Once you have your group together, reach out to Eva directly to schedule. She will give you a code to take to the fitness center front desks to purchase. **Eva.DeMars@sclhca.com**. Instructor: *Eva De Mars, Tennis Coach*. Minimum of three students, maximum of four.

**Wellness Life Coaching****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!

What Can I Expect?

Discerning "the why" is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

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:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

Nina.Baldi@sclhca.com

Sheri.Mandell@sclhca.com



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Public Website SunCity-LincolnHills.org
Help Desk Help.Desk@sclhca.com

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	Membership Desk MON–FRI: 9:00 AM–5:00 PM
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

ADMINISTRATION

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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
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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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