

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



**23** For the Health of It

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**25** A Special Performance – Let's Dance Again!



**IN STOCK FLOORING - IN STOCK CABINETS**

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

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**On the Cover**  
*Dance Troupe "Let's Dance Again!"*  
Photo by David Wright.  
See article page 25.

# Calendar of Events

March 19 - April 18

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

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- 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: March 15 – April 14

Finance Committee	Thursday, March 16, 9:00 AM
Accessibility Committee	Wednesday, March 22, 9:00 AM
Board of Directors	Thursday, March 23, 9:00 AM
Board of Directors Executive Session	Thursday, March 23, 11:30 AM
ARC/Architectural Review Committee	Monday, March 27, 9:00 AM
Elections Committee	Friday, March 31, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, April 4, 9:30 AM
Compliance Committee	Wednesday, April 5, 9:00 AM
Properties Committee	Thursday, April 6, 9:00 AM
ARC/Architectural Review Committee	Monday, April 10, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, April 11, 10:00 AM
Board of Directors Workshop	Thursday, April 13, 10:00 AM
Board of Directors Executive Session	Thursday, April 13, 1:00 PM
Landscape Cost Reduction Committee	Friday, April 14, 9:00 AM

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

## VOLUNTEER OPPORTUNITIES

### Committee Openings

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

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

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

### Holiday Hours | Easter Sunday | April 9

Lifestyle Desk OC/KS.....	8:00 AM - 2:00 PM
Administration & Membership.....	Closed
WellFit OC/KS.....	7:00 AM - 2:00 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	10:00 AM - 3:00 PM



## Board of Directors' Report

*Chuck Cunningham, Director*

Last year I was honored to be elected to Lincoln Hills Board of Directors. Don Bowden and I were the newly elected members and

Tom Dunipace was reelected as an incumbent. Don and I were anxious to contribute to the growth of our community. We have become familiar with the internal processes established for accomplishing approved goals.

Our Homeowners Association (HOA) is similar to a corporation. Eight Committees populated by homeowners support the Board. The Board's primary purpose is to establish policies that will be incorporated by our hired business manager, the Executive Director, who then directs the seven departments' staff made up of hired employees to operate and maintain the community.

Quorum is another term I have learned to respect and one that is extremely important as a Board member. Whenever four or more directors are

gathered, no matter where it is considered a quorum and carries potential legal constraints regarding items that can be discussed.

As a member of the Board, I must remain cognizant of what is going on in committees. There are two, sometimes three, Board Members acting as liaisons to each committee. Liaisons help maintain the committee's direction in compliance with governing documents and the goals of the Board. The liaison needs to help ensure proper staff are involved in each committee. The liaison also needs to be sensitive to how their comments may be interpreted and the extent of their impact.

As a Board Director, I will continue to learn as I work to serve our Association homeowners and Committees. Currently, we have six candidates running for four open positions on the upcoming Board. Please, add your voice, vote, and encourage your friends and neighbors to vote also.



## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

The Board approved a 28-day member comment, and the Architectural Review Committee (ARC) recommended updates to

the current Sherwin Williams Paint Book. The proposed update includes two additional trim colors for each palette, five new palettes, and four additional optional front door/shutter colors. The proposed paint palettes can be reviewed at Lifestyle Desk (OC.) The Board will review this update and may consider it for approval at the February Open Board Meeting.

The Board approved the 2023 grazing contract from Leland Hazeltine for fire fuels and weed mitigation in the Preserves for \$84,000.

The Board approved a variance as per Wildlife Heritage Foundation's proposal to allow a pilot Native Milkweed Project in the Preserve. The intent of the native planting is to allow habitat for Monarch butterflies. It is very important to note that this specific project has been approved and does not give

permission for owners to enter the Preserves for any similar purposes. A report will be presented at the conclusion of the pilot project.

The following Committee positions were approved: Extension for another six-month term for Ed Kuburis to the ARC; three-month extensions for Jim DeDeo and Pam Slagle to the Compliance Committee; two-year terms for Russel Palchak, Kathleen Gentry, and Joe Stewart to the Properties Committee; two-year term for Tom Brutting to the Communication and Community Relations Committee (CCRC); extension for a two-year term for Mike Phillips and appointment of a two-year term for Ed York to the Finance Committee; and a one-year term for Pauline Watson to the Accessibility Committee.

The following one-year Committee Chair terms were approved: Fred Raach, Finance Committee; Bill Szabo, Properties Committee; Denise Bowden, CCRC; Heidi Mazzola, CCOC; Lynne White, Compliance Committee; Gary Shamber, ARC; Judie Panneton, Accessibility Committee.



## Properties Committee February Meeting Report

*Bill Szabo, Chair*

We welcomed our new members, Russ Palchak, Kate Gentry, and Joe Stewart, to the committee.

**Executive Director's Report** – Included updates on projects in process (OC Skylight repair/replacement, automatic sliding doors – conversions, and additional doors.) Upcoming and proposed projects are Kilaga Café, OC fitness equipment replacement, OC fitness flooring replacement, Pilates Room wall removal, OC Storage, Kilaga blinds, and Ballroom and Presentation Hall AV upgrade.

**Facilities Maintenance Update** – Work included: OC outdoor pools resurfacing – Completed: OC indoor track cleaning, concrete repair on Ferrari Ranch Trail near Mossy Ct., Storm damage – clean up and repairs, Removal of shrubs along E. Joiner, Meridian & fitness roof leak repairs, Kilaga fitness downspout, Bocce court rail request – Two rails to be installed.

**Unfinished Business** – Inspection Reports – Reports for January and February inspections will be delivered at the March meeting. Liaisons Reports – Accessibilities – Comments on January meeting, including ink colors used for Committee Agenda Packets, longer alarm pullcords in locker rooms. Finance – No items were passed on to Finance.

**New Business** – Kilaga Café Enhancements – More cooking, food storage, and display equipment. (Proposal Accepted.) Meridian's – Replacement of large stand mixer and food processor with a larger food processor. (Proposal Accepted.) OC fitness – Replacement of 15 pieces of fitness equipment along with back portion weight area flooring (Proposal Accepted.)

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 Raising Awareness and Making a Difference

*Judie Panneton, Chair*

The Accessibility Committee welcomed its newest member, Pauline Watson, at its February 22 meeting. Pauline has held many volunteer positions in Lincoln Hills, including the Foundation's discount coupon program for the county's Dial-A-Ride transportation program. She continues to help seniors with their taxes through an AARP program.

In addition to welcoming Pauline, committee members, and attendees learned about the expansion of the Dial-A-Ride program from its director, Jaime Wright. Beginning in March, the service will include app-based, on-demand technology in which customers can use their smartphones to request a ride to and from locations in Lincoln and the Rocklin/Loomis service areas. Placer County Transit dial-a-ride customers can also request a ride by calling 916-745-7560. Thanks to Don Nelson, committee Vice Chair, for arranging the presentation.

Kudos go to committee member Marcia VanWagner for her recent standing-room-only,

aging-related community forums. She is planning to present more with topics that include senior living options on March 20 at 2:00 PM and the role of a fiduciary on June 27, at 9:30 AM, both at P-Hall (KS).

The Executive Director's meeting update included information about accessibility improvements, including automatic doors in the women's locker rooms and more staff training (and increased resident communication) regarding assistive listening devices – including the ability for residents to make appointments to determine the device that is the best fit for them. (For Kilaga Springs, contact Suzanne.Hughes@sclhca.com and for Orchard Creek, email Jeff.Caponera@sclhca.com.)

The Accessibility Committee meets next on March 22, P-Hall (KS) (and Zoom) at 9:00 AM.

The Accessibility and Properties Committees will be sharing a table at the It's The Lifestyle! Expo on March 21 from 10:00 AM to 1:00 PM in the Ballroom. Please stop by and say hello.



## Architectural Review Committee New Chair

*Gary Shamber, Chair*

Hello! My name is Gary Shamber. I became Chair of the ARC on February 1 after serving on the committee for over two years. After my wife and I moved to Lincoln Hills in December 2019, we immediately began upgrades to our home. We interacted with the ARC on several occasions, and I have to say it was a bit frustrating at times. Although we greatly appreciate a community that has and upholds high standards, it did seem that some rules and procedures were a bit overly restrictive, illogical, and confusing.

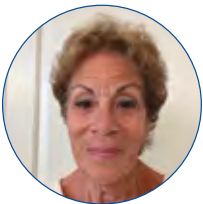
I wanted to keep busy during the COVID shutdowns. So I joined the ARC. I thought with my engineering background and experience, I might be able to add some value by helping the ARC simplify the Design Guidelines and streamline the processes to make them easier for residents.

Over these last two “learning years” working

under Carole Dummett’s experienced leadership, I’ve gained a much greater understanding and appreciation of the origins and necessity of many of the design guidelines, even some that seemingly did not make sense. I also now have a better understanding of the complicated behind-the-scenes framework that collectively affects our community standards and associated processes.

Laws change, regulators are sometimes inconsistent, critical people and resources come and go, products evolve, and technologies advance.

It is the ARC’s challenge, and my own, to continue to work effectively in support of the governing documents and the Board of Directors, all while embracing continuous improvement to achieve simple rules and processes that everyone can understand and implement. If you have great ideas, we would love to hear them.



## Compliance Committee Plan For the Future

*Lynne White, Chair*

Last year was a challenge for our homeowners, who tried to regulate their water usage. This became a balancing act between maintaining yards and landscaping versus how much water to use to achieve that goal. The Governor “declared a “state of emergency” due to drought” in October 2021. Recently, California experienced days of wet and wild weather, but it didn’t end the drought. Daniel Swain, a climate scientist, compared “the storms to overwatering a neglected potted plant. He added, “The water can’t all be absorbed at once, won’t eliminate future water needs, and won’t necessarily fix all of the damage done by the neglect.”

In search of answers to keep up the appearance of homes, some residents switched to low-water using plants and artificial turf. Other homeowners decided to remove their lawns and add bark, plants, and rock. Our Association encourages water

conservation that meets our design guidelines. Some changes will require ARC approval. When the drought is lifted, the Compliance Committee will, once again, be including lawn maintenance throughout our community. We will continue requiring homeowners to remove weeds from yard areas, including lawns. Weeds take water that could keep plants alive. It is important to nurture our trees and shrubs with water timers set for the coolest time of day and make sure irrigation systems are in good shape.

Take some time to look at our plant list in the design guidelines. You will find page after page of very valuable information about acceptable trees, ferns, grasses, ground covers, perennials, shrubs, and vines. Just as interesting, but maybe more importantly, there is a list of prohibited trees and plants. It is a good idea to plan for the possibility that at some future time, the drought may be lifted.



## Clubs and Community Organizations Committee

### Recognized Clubs Want You!

*George Herrmann, Vice Chair*

The Clubs and Community Organization Committee (CCOC) is looking forward to our Association's yearly event, It's the Lifestyle! Expo, on March 21 in the Ballroom (OC) from 10:00 AM to 1:00 PM. This is an opportunity for our clubs to present to our residents the variety of activities in Lincoln Hills. For our new residents and all other interested residents, who want to join a club, the Expo is a chance to find groups who share their interests. There is a lot of enthusiasm among the Recognized Clubs to welcome new members.

As new residents have moved into our community, many are looking for clubs to join. At the Sports Complex, it is easy to see all of the outdoor activities with pickleball, tennis, softball, bocce ball, and shuffleboard. Finding clubs that use all our won-

derful indoor space is harder. Our community provides many ways to stay informed. The Compass has a section called Club News. All recognized clubs are welcome to write an article each month. Our Resident Website has a list of clubs with contact information. For example, the clubs' list includes dancing, singing, board games, ceramics, needle arts, billiards, cards, gardening, computers, and genealogy. It might seem we have "something for everyone," but the CCOC encourages residents who enjoy being part of a group with shared interests to fill out an application to become a recognized club.

Volunteering is a vital part of helping to keep Lincoln Hills a premier 55+ active adult community. We have openings for volunteers on the CCOC. We meet the first Tuesday of every month at 9:30 AM in the Solarium.

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**Finance Committee**

**A Look Back**

*Fred Raach, Chair*

As the chart shows, at yearend 2022, net operating revenue for the year was \$285,616 less than budgeted. This deficit is not charged to dues but is covered by funds from the Operation’s bank account. However, with the increased emphasis on the budget as a commitment and not simply a projection, it is important to identify significant negative and positive events not in Operation’s control which affected the final result.

Insurance premiums for the Association’s insurance program are budgeted based on our insurance broker’s August market analysis. Since the policies renew in late December, actual rates are unknown until the quotes are received early that month. The 2022 premiums were \$104,293 over expected due to changing market conditions and the Association’s own claims experience.

Late in 2021, the Board requested a special audit of internal controls. This had not been anticipated in the budget and increased the 2022 audit expense by \$45,000.

The 2022 budget projected a 5% increase in the landscape contract cost. In May 2022, the contractor raised rates significantly which led to the Association considering alternatives and eventually choosing Bianco. The new contract increased expenses for the last seven months of the year by \$209,903.

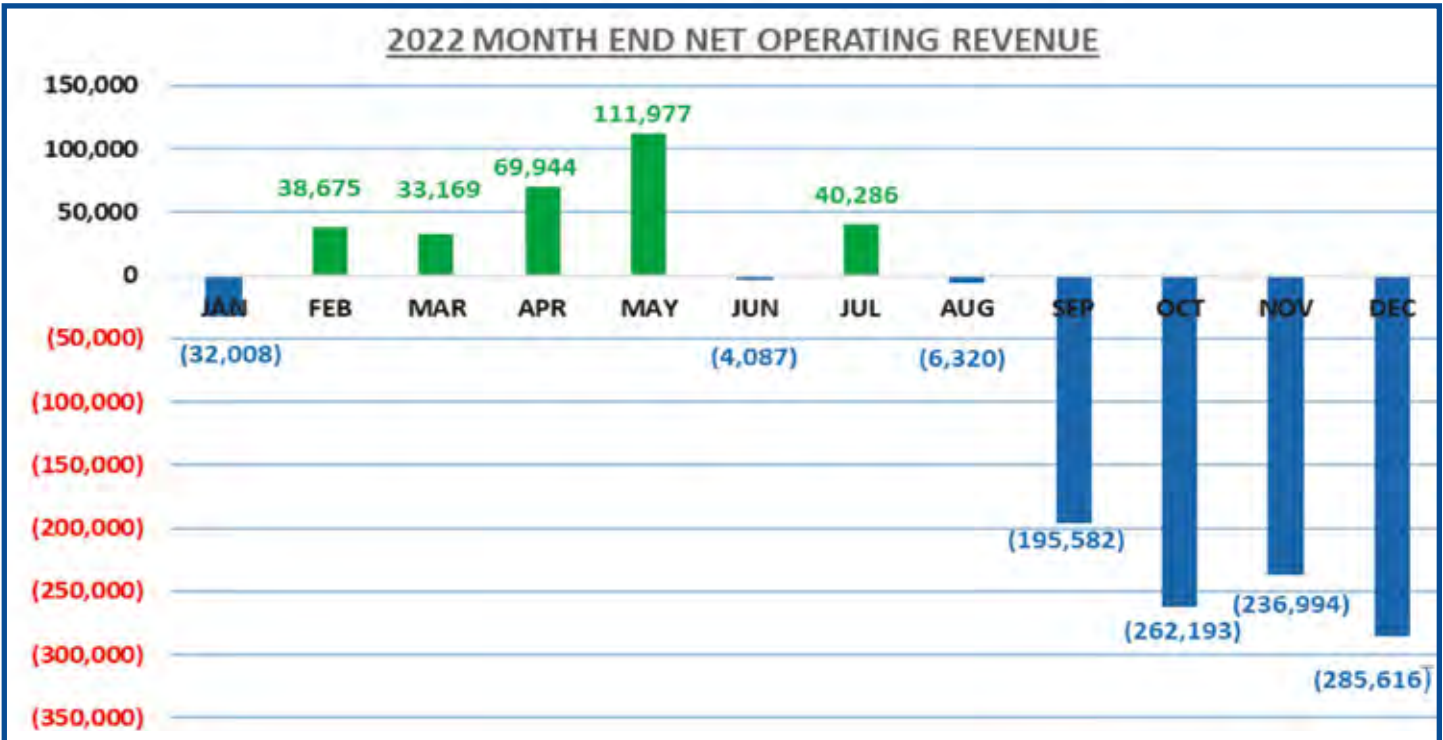
The budget had assumed there would be no amortization charge for the Kilaga Solar in 2022, but as a result of the purchase of the system being delayed to 2023, a charge of \$41,501 was made in December.

All income tax calculations are done by the Association’s audit firm. In 2022, their calculation of federal and state income tax exceeded the budgeted amount by \$64,000.

Two events were not anticipated in the budget with significant savings in expenses. Legal expense, which includes both attorney fees and Association payments to settle lawsuits, was \$73,289 less than budgeted.

Also, in December 2021, the incentive plan for employees was eliminated with compensating adjustments made in the 2022 base pay for many employees. The exact impact on expenses has not been measured but may be estimated at \$60,000 to \$90,000 for 2022.

The net of all these adjustments is \$301,408 to \$331,408 of expenses that could not realistically be anticipated when the budget was prepared. High inflation rates and the continuing effects of the COVID epidemic presented additional challenges to the budget. Staff clearly did an excellent job of managing their controllable costs to produce the 2022 results.



**Election News**  
**Elections Are On!**



• Six candidates are running for the four Board of Directors positions for two-year terms. Listed in order of drawing:

Robert Copp | Denny Valentine | Jack Harris  
Marie Barnes | Anne Cannon | David Conner

- Please take the time to read the Candidate Statements included in this issue to decide who, in your mind, should be elected as Directors.
- Member Issue Statements are also included in this issue.
- Candidate video introductions are posted on the Resident Website.
- Hard copies of the Candidate Statements and Member Issue Statements will be available in a specified display in both Lodges.
- Candidate Forums will be held on Tuesday, April 4, at 6:00 PM and Saturday, April 8, at 10:00 AM at P-Hall (KS). The Candidates will state their positions and respond to selected resident questions.
- Submitted Member Issue Statements may be presented at the Candidate Forums on April 4 at 6:00 PM and April 8 at 10:00 AM (KS).
- Keep our election process courteous and civil by focusing on what the candidates have to offer the community.

Date	Day	Event
March 1	Wednesday	Candidate Forum question box on display in both lodges.
March 1	Wednesday	Candidate/Member Statements display begins in both lodges.
March 19	Sunday	Yard signs may be displayed.
April 4	Tuesday	Candidate Forum #1, 6:00 PM, P-Hall (KS)
April 8	Saturday	Candidate Forum #2, 10:00 AM, P-Hall (KS)
April 10-14	Monday - Friday	Ballots mailed to members (*No later than April 14).
May 17	Wednesday	Ballots are due by 3:00 PM. Remove campaign materials from both lodges by 4:00 PM.
May 18	Thursday	Ballot counting begins at 9:00 AM - Annual Meeting of Members. Election results announced.

For more information, contact the Elections Committee at [Elections.Committee@sclhca.com](mailto:Elections.Committee@sclhca.com), or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab [sclhresidents.com](http://sclhresidents.com) > **Committees** > **Elections Committee**.

## CANDIDATE BALLOT STATEMENTS

*Candidate Statements and Member Issue Statements are not approved or endorsed by Sun City Lincoln Hills Community Association and do not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association.*



### Robert Copp

- Engagement – Encourage dialogue that fully represents the community’s interests
  - Build trust through listening to everyone
  - Ask timely questions through online surveys & structured workshops
  - Be visible in the community and have an open door
  - Improve communication by getting ahead of issues
- Strategy – Facilitate resident participation in planning our community’s future
  - Collaboratively advance a long-range plan to support the future of SCLH
  - Improve capital project management for safety, accessibility, & cost efficiency
  - Develop funding source for capital projects to keep improving our community
  - Maintain a strong reserve fund that protects our common property
- Structure – Collaborate with Board, committees, & staff to build & reach consensus
  - Discuss any issue fully before making any decision
  - Take time to collect & review relevant information with our committees
  - Help build upon the skills & knowledge of our Association staff
  - Ensure that any decision provides the best outcome for the entire Association
- Leadership – Ensure our community remains active and financially sound
  - Remain open to new ideas that can improve our community
  - Ensure property values stay high by ensuring we stay a top community
  - Welcome guests to showcase our community & to enhance revenue
  - Meet community needs while ensuring dues increases remain within control through operational efficiency and revenue enhancements

To learn more, contact me by email at: [robertcopp64@yahoo.com](mailto:robertcopp64@yahoo.com)



### Denny Valentine

#### Community Involvement

- ✓ Sun City Lincoln Hills Board of Directors
- ✓ Sun City Lincoln Hills 2012 Strategic Advisory Committee
- ✓ Sun City Lincoln Hills Document Revision Team 2009
- ✓ Served on the City Fiscal Sustainability Committee
- ✓ Member and Former President Lincoln Hills Foundation
- ✓ Former Foreperson Placer County Grand Jury

#### Professional Experience

- ✓ Executive Director California Municipal Utilities Association
- ✓ Executive Director California State Association of Counties
- ✓ President Valentine Inc. Governmental Affairs Consulting
- ✓ Army Intelligence Special Agent Europe

#### Personal Philosophy

- ✓ Successful decisions are reached through debate and compromise to achieve mutual gain
- ✓ Building a team and reaching consensus is achieved through analysis and discussion

## CANDIDATE BALLOT STATEMENTS

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### Jack Harris

*Dedicated to what's best for ALL SCLH residents*

As a veteran of 35 years in education, including 15 as a High School Principal and District administrator, I have significant training and experience in leadership skills, consensus building, negotiation and communication. I used these skills in managing a large high school staff and budget. This experience plus my 2 years as a SCLH Board Director in 2020-21, have prepared me well to again serve again as a Director.

- We need a strong Strategic Plan that includes programs, services, capital improvements and communications, allowing us to make informed decisions.
- We need yearly careful examination of budget process and our ability to create additional sources of income to maintain low Dues.
- There needs to be an honest dialog of our governing documents, and every effort made to keep them current.
- Within this documents discussion, it is very important that all members understand the decision making process and the Quorum that is required to change the documents.
- The Board in concert with the CCRC needs to carefully review the current Social Media policy and consider any improvements that would make it more effective.

Please see to my Ballot Statement for a complete listing of my Education, Experience and Community/Volunteer involvement.

*Promises Made - Promises Kept!*

Phone: 916-409-5212 email: smilnjak@icloud.com



### Marie Barnes

I am running because I want to continue the progress made this last year in bringing the association up to current business standards. I am committed to making residents voices heard, be as transparent as possible and make safety a high priority.

#### Committed To Our Community

- Currently serving on the Board of Directors as Secretary, appointed in 2022
- Currently serving as primary board liaison to the Architectural Review Committee (ARC) and back-up liaison to the Compliance Committee and Accessibility Committee
- Served as Co-Chair of the Compliance Committee for 4 years and member for 5 years
- Participated in implementing Community Review Program to ensure our community remains beautiful while reducing neighbor vs neighbor confrontations
- Serving as aide in several dance classes and run practice sessions on weekends

#### I Will:

- Ensure security is a high priority for our community
- Be respectful and honest in all interactions
- Work with the Executive Director in hiring competent staff
- Work with the Executive Director to ensure training is accomplished with both staff and volunteers
- Foster positive interactions between Board, staff, and residents
- Ensure ADA requirements and training are addressed in a timely manner
- Work with staff to create a sensible budget

*I truly appreciate your votes! Contact: voteformariesclh@gmail.com*

## CANDIDATE BALLOT STATEMENTS

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### Anne Cannon

My name is Anne Cannon and I am running for a seat on the SCLH Board of Directors. I was born and raised in Iowa, and attended Iowa State University majoring in Hotel/Restaurant Management.

A summer job at Yosemite National Park moved me to beautiful California. My work experiences are in the hospitality industry, real estate, retail sales, and also office positions in accounting and law. In 1996, I became a professional celebrity make-up artist, a job I still continue to do, and am a single mother putting her daughter through college.

I discovered SCLH in 2018 and found it the best HOA adult active community. I own three HOA properties in Sacramento, and I own my home here in SCLH.

My desire in becoming a board member is to give a new fresh voice and creative ideas to our community. I feel energized that, with my work experience, that I can make a difference.

My strengths are to identify a want from a need, find alternatives, while being a service to others.

If elected, I want to encourage residents to participate and be heard. I will always respect, listen, motivate, coach and recognize that it takes all of us to work together to continue making SCLH the best it can be.



### David Conner

I am a 17-year resident of Sun City. My wife and I love the amenities and lifestyle. I am asking for your support and vote for a position on our Association Board of Directors. I served on the Board for 6 years before becoming President in 2019. The following are some of the Board accomplishments during my tenure as President:

1. The Fixed Mandatory Assessment which fuels our Community Enhancement Fund was increased from \$1500 to \$3000.
2. A half million-dollar expansion project for our sports complex was passed, increasing our pickleball courts to 14. I also made the motion for the original 6 pickleball courts in 2009.
3. An expansion of our existing Sewing Room was passed and completed.
4. We paid off half of the Association debt on the Solar Project, with a plan to pay off the remainder the following year.

Currently, high inflation, minimum wage laws, and unfavorable by-laws are barriers to our Association management and finances. We need to reinstate our Community Enhancement Funding and amend our by-laws while operating in a business like fashion, "lean and mean."

I am one who is highly disciplined financially, and can help the Board achieve our goals during difficult times, and I would appreciate your four votes.

916-543-0461 - greyfoxdc@yahoo.com



## MEMBER ISSUE STATEMENTS

*Candidate Statements and Member Issue Statements are not approved or endorsed by Sun City Lincoln Hills Community Association and do not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association.*

**Hal Aytac**

We now have one source for the price (dues) homeowners pay for SCLHCA operations: association management via a budget process. A form of monopoly pricing.

We could solicit quotes from alternatives like management or consulting companies. Our board can then settle on the best credible price.

It is now simple to choose a management company with a board decision. The resolution that is up for vote intends to make this harder requiring a vote of 51% of all households. An attempt to solidify current monopoly pricing.

My estimates (analyzing our finances since 2017) show that at current price a management company can come in, keep price (dues) the same and make a profit. Next year on, a management company is likely to be the better path.

Instead of contracting a management company harder we need to make reverting back easier. It now takes 51% of all households to revert back.

Our association's management has no competition. It is too much to ask for our homeowner board members to be financial experts to figure if the association manager's price is the best price. But there is recourse: outside experts are willing to provide quotes.

Meanwhile please VOTE NO on the ballot amendment limiting the actions of future Board of Directors to contract for outside management.

**Patricia L. Kightlinger**

Have you ever heard the term 'word salad'? Well, that describes the proposed amendment of February 8, 2023. As of this writing this proposed amendment is not an approved amendment. The BOD has not even voted to move it to the Ballot. This is different wording than what was on the Ballot in the 2021 Special Election so it would require that attorney to sign off. We will not see an approved Ballot until we receive it in the Ballot package in April. Words matter, we need to use actual words by definition. Incorrectly using words is misleading and causes confusion for the voting membership.

This is the Board of Directors election. By law this election is treated differently, you must follow different rules than an election to amend our Governing Documents. Some of the board members have chosen to experiment with this election and combine the two. As of this writing we still don't know how we will do that. I do know whatever the final product will be. It will be confusing for most members. Do we need a repeat of the 2021 Special Election? Let's keep the Board of Directors election for electing board members.

Please vote NO on the Amendment.

**Alice Crawford**

The proposed amendment was already voted on at the costly special election in the Fall of 2021. There is no material change in circumstances to suggest it needs to be reconsidered, just the opinion of some that the results were so close it should be revisited. Does that mean we vote again, and again, and again, until we get the results this Board desires?

There is no language in our governing documents that requires membership approval to convert from a management company to in-house staff. So, the claim that this amendment supports consistency is false. It is a fabricated explanation that is deceitful and contrary to the interests of this community.

This amendment is a double-edge sword. There are no provisions provided for the membership to request the Board to conduct an election to pursue outside management in the future, if the membership thinks it would be a good idea. There is no language in our governing documents at all for a member to request a vote to change to our governing documents.

Let the Board of Directors do their job. Vote NO on this amendment!

## MEMBER ISSUE STATEMENTS

*Candidate Statements and Member Issue Statements are not approved or endorsed by Sun City Lincoln Hills Community Association and do not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association.*

### Don Negus

As a former member of the SCLH Board of Directors, I am compelled to weigh in on the proposed amendment to our Governing Documents that will appear on this year's ballot.

I am against this proposed amendment and I will vote NO! It is my opinion that our Board should concentrate on matters that affect our overall quality of life here. We already voted this amendment DOWN last year. Why are we faced with it again? I guess our Directors must have listened to a former Board President who stated "we were only one vote away from outside management". That is a total lie!! Even Director Dunipace denied the veracity of that statement. So why then are they trying so hard to pass this amendment? It must be an attempt to maintain their control. The amendment itself is disguised as an opportunity for the membership to decide on SCLH's style of management. But it is the exact opposite. Anyone knowledgeable in HOA affairs knows the prescribed 51% Yes votes needed are impossible to attain. The four Board members pushing the amendment are well aware of this limitation. It will serve to keep them and their "Lincoln Futures" friends in power indefinitely, and will preclude any other style of management.

### Barry Mackintosh

Who Will Decide on Outside Management?

The Issue: Just four of seven Board members (and Board composition changes every year) can vote to replace our Association's current in-house professional management with outside management by a for-profit company. We would then be staffed by company employees, reducing our Board's control over management and operations. The company's need to make a profit would likely necessitate higher dues and/or fewer community services. If it didn't work out, returning to in-house management with our own staff would not be easy.

The proposed Bylaws amendment on our Board election ballot would put the critical choice of whether to move to outside management in the hands of the Membership. A 50.6% majority of all 6783 SCLH properties voted for this amendment in our 2021 special election—just 27 votes short of the 51% required for approval.

The Solution: Vote YES on the proposed amendment empowering the Membership to decide on outside management. And allocate your four Board votes among the five candidates who have served our community well there currently or previously: Marie Barnes, David Conner, Robert Copp, Jack Harris, and Denny Valentine.

### Joe Cortez, ex-Board Member

The path to put the amendment on the ballot has been filled with shortcuts, rules being ignored, confusing language, and a huge lack of transparency. We're being played by a small group that wants to make you believe our Association is in danger unless this passes. Nothing is further from the truth.

This amendment proposal failed as it lacked the required 4-vote majority from the board. That should have stopped it in its tracks, but instead the Association began issuing email blasts announcing it as being board approved. The full board wasn't even in agreement with it. Since they didn't agree on it, why should we?

Language in this amendment proposal is so poorly written that it seems to guarantee lifetime employment to our current manager since approving this amendment requires a membership vote to replace our current onsite professional management. This ballot also asks the contradictory question of whether members should vote to replace professional management with professional management. Huh?

This is also so poorly written it's a Catch-22. Notice that whether you vote Yes or No, either way it changes our governing documents and authorizes the board to do something new. What kind of choices are those?

I and many other former board members ask you to please, Don't VOTE.

## MEMBER ISSUE STATEMENTS

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**David Mateer**

We are fortunate to live in Sun City Lincoln Hills. Selecting the right candidates for the Board of Directors is important for the future of our community. The Board of Directors are responsible for all operations of the association. Those serving must understand bylaws and regulations required to make well-informed decisions. The board is responsible to ensure association common areas and residences are maintained. The association staff has direct control and responsibility for maintaining and enhancing the association common areas. The responsibility for maintenance of individual properties rests with the homeowners. All residents are held to the same set of standards and, in return, the association treats all residents fairly, with respect and compassion. The benefits of living in Lincoln Hills include access to amenities, community engagement and a well-managed HOA. Directors should have a clear sense of shared purpose. Our directors must put the welfare of the community first and exercise good judgement. The bylaws and governing documents exist to make the quality of living better for everyone in the community. Residents come to Lincoln Hills knowing the services, amenities and responsibilities that come with living in our community. Ensure your candidate selection includes how they support our residents and uphold the standards of our community.

**Donna Fields**

Please VOTE NO on the ballot amendment limiting the actions of future Board of Directors to contract for outside management.

This amendment was previously rejected by voters.

Please Join Me in evaluating candidates and the current Board in these areas:

Abides by a Code of Conduct and Ethics:

- Respects members, replies to them within designated timeframes. Requires the same respect and response from management and committees.
- Role models decorum.
- Holds colleagues accountable for their actions
- Transparent and explains their rationale on votes.
- Complies with and demonstrates knowledge of SCLH Governing Documents, Civil and Corporation Codes, and ADA/Accessibility laws.

As Fiduciaries:

- Approves spending for expenses, contracts , staffing and activities within the constraints of the budget.
- Prioritizes spending on needs and maintenance over wants.
- Adjusts Association spending as economic conditions dictate.

Supports Free Speech by Members and Use of Social Media Pursuant to California Assembly Bill 1410:

- The current social media policy revised allowing members to serve on committees while using social media even if comments critical. This will widen the pool of eligible applicants.
- Advocates for comments made in open forum being included in Association meeting minutes.

Seeks & Votes for New Members to fill Vacancies on Committees:

- Preference given to applicants that haven't served on committees.
- Votes for and values applicants with diverse opinions.



## MEMBER ISSUE STATEMENTS

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**Lena Labosky**

I have become very concerned about our association the last couple of years.

1 ). The manner in which the Special Election happened in 2021, the breaking of civil codes and disrespect given members who opposed the Special Election. No opposing views were allowed during this election, which breaks civil code 5105. 5105 provides members advocating a point of view is provided access to media, newsletters, internet websites during a campaign. At the ice cream socials and such, opposing views were not allowed either, while using our dues of \$35,000 to press their agenda forward.

2). The board has taken an item from the special election, pushing it through as an amendment to our governing documents this election cycle. A vote was taken to bring it forward with only 3 yes votes requiring 4 votes, minutes being changed of the meeting. Then a rewrite of that amendment over 2 months later. As of this member statement with a deadline of February 13, this amendment has yet to be brought before membership again required by law.

3). I am very concerned about the breaking of laws and rules going about the management of our community.

Please vote NO on this amendment. Just so you know Marie Barnes voted NO on this ballot amendment, she has our community at heart.

**Michele Hutchinson**

It is critical to Vote Yes on the proposed amendment regarding membership voting requirements if changing from credentialed self-management to an outside management company.

Currently a majority of 4 Directors could vote to replace our credentialed self-management organization with an outside management company to oversee the operation of our Association. This decision could be made by unseasoned Directors who do not have the experience or financial acumen to truly understand the consequences to our membership. This action could be taken without input or a vote by our membership, and yet, should this be a mistake, it would take a majority Vote of our membership to change back to self-management. These decisions deserve a vote by our membership.

During the transition process from Del Webb/Pulte to our current self-management structure, our transition team researched, explored, and interviewed several professional management companies. The decision for self-management was not made lightly. Meetings were held, member feedback was solicited, and business goals were developed.

What is best for our membership? Why would we jeopardize our controls: financial, lifestyle, facilities, and maintenance and risk the serious increases in dues that could be the result of a bad management contract?

Why would we make such a drastic change to our operations without a vote of our membership? Vote YES.

## MEMBER ISSUE STATEMENTS

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**Ken Silverman**

VOTE YES

Proposed Amendment to Bylaws:

Shall a Membership vote be required to replace our current Association self-management with a for-profit, outside management company?

CC&Rs Section 14.04 (b) xi, Amendments to Documents, states that a 67% majority of the Membership is required to establish self-management in place of professional management. Del Webb established the Association as a self-managed organization by the Board of Directors through a professional Executive Director and staff.

Today, a majority of 4 Directors could vote to replace this self-management model with an outside, for profit, management company to manage the operation of the Association. If this move did not work well, 67% of the entire Membership (4545 members) would have to vote "YES" to return the community to self management.

By voting YES on the ballot question above, the amendment would provide consistency in how the Association accomplishes changes in management. Any change in the method of management will require a vote by the membership. Approving this amendment assures that this decision remains with the Membership. This change will not impact the Association's current ability to contract for specific services.

HOA Management Companies are for profit corporations, requiring a profit which is then passed on to the client (our Association). That profit will be reflected in assessments.

Level the field; retain control.

**Beth Schuman**

Stop The Power Grab! Vote No!

There is no legitimate reason to be considering this Amendment.

Fact: Our documents have Never required a Homeowners' vote to switch from Management Company to Executive Director – nor vice versa. Obviously, "inconsistency" was a Phony Issue.

The amendment's ringleaders concocted that "spin" as a coverup to hide their True motive: A Power Grab! The goal was always for the "Old Guard/LHF Clique" (you know who they are!) to Seize Permanent Control of Management by Controlling Options Of All Future Boards!

A Special Election to approve hiring a Management Company is an almost prohibitive requirement – making it unlikely to ever occur. Thus, enabling the Old Guard to continue hiring marginally qualified Executive Directors as their personal puppets.

Worse, it enables this clique to continue as the Permanent and Un-Elected "Shadow Board."

Every year, we homeowners "Have Our Say!" We elect new Board members to make decisions On Our Behalf.

No one knows what the future holds. How short-sighted – and what hubris – to impose conditions today, which "tie the hands" of future Boards. They must act based on "then current circumstances."

Don't let scare tactics, lies, and specious arguments manipulate you into Handing "The Clique" Permanent Power!

Past behavior demonstrates that we cannot trust them to follow State Law, HOA Rules...or be honest with us.

## MEMBER ISSUE STATEMENTS

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### Michael Deal

There have been many revisions and amendments to our Bylaws, but none have addressed the Boards ability to make excessive and unilateral decisions without the approval of the Residents.

Today, four board members, yes Only 4, can change the way we manage the association. We cannot let this board or any future board have such power. The residents should have the power to make any changes that dictate the way our association operates and fundamentally change the Governing documents.

You need to vote YES and exercises your power! By voting YES you will prevent a Power Grab by any Sun City board. It's in our best interest to codify the idea that the Residents have the power of the Vote.

Don't be fooled by those who promote a no vote, they are pushing the idea that only 4 people can change your destiny. And they don't want you to choose. A No vote takes power away from Residents and gives all the decision power to only four people! This "amendment" is simple; a YES vote gives decision power to residents, it gives the power to You. Do what's right. Vote Yes.

### Marcia VanWagner

The proposed amendment to our Governing Documents has generated discussions about our management style. The issue is not whether the Association is self-managed or professionally managed, but what type of professional management the membership will accept: an individual professional manager (Executive Director) or a professional management company.

The discussion is about which type of professional management would be best for SCLH. Since inception, the Association has directly employed a professional Executive Director to manage and operate the community through our own credentialed staff. A Management Company would also be employed by the Association but would bring in their own staff. There are differences in costs, accountability, professional certifications, and the connection between the board, residents, and management.

Our current governing documents require a Membership vote to switch from a management company back to our version of self-management with an Executive Director. The proposed amendment requires a Membership vote to retain a management company. This amendment would guarantee that the Membership will decide their form and manner of management.

We often yearn for a more democratic approach to the governance of the Association. "Let the members vote on it..." The Board represents us in most decisions. This amendment gives us a chance to directly participate in the process on how our community will be governed. Vote Yes.

### Dan Larsen (17+ years resident)

The Del Webb Company was planned for Sun City Lincoln Hills to be a self-managed association. We have a staff of employees working under the direction of a professionally trained (CACM) Executive Director, Mr. Kyle Bodyfelt, who is responsible for the day-to-day activities. The SCLH Board sets policy that guides the Community and the Executive Director.

For-Profit companies are only feasible in small communities where there's minimal support required. These organizations run with little or no input from residents and basically only as they see fit.

A YES vote on this amendment retains the self-management, like we have here in Sun City, against the change to a For-Profit Management Company that strictly works "For Profit".

That word, Profit is exactly what it means...For Profit. Not our profit, their Profit.

Self-Managed means, as we have now, working strictly for the benefit of residents.

A YES vote will protect our way of life. For over 25 years Self-Management has successfully governed our homes and our residents just as Del Webb planned.

Don't believe the No voters, it may cost us an increase in dues, limit our input, and change our way of life.

If you want your Sun City to remain the way it was when you moved here, The Best Place To Live, vote YES.



## Lifestyle News & Happenings

### Our Curtain is Always Up

Allison Sertic, Lifestyle Manager

I would like to give you a snippet of who is “behind the scenes” in Lifestyle, as it is something I am truly proud to share. I wish I had 29,000 words available to me, as I could write for days on this topic.

On a day of annual planning and scheduling last month, five of us gathered with calendars, colored pencils, and ideas. I show up with my “anything is possible” idealism, trusting that my doers, Susie Hughes, Cody Meikle, and Elaine Allen, will reign me in, along with my fellow dreamer, Scott Cason. This personality mix, along with crazy skills, mad talent, and excellent humor, are the ingredients for a perfectly productive day and team. Who knew an entire year could be planned and scheduled in five hours? Susie, Elaine, and Cody did. Scott and I are still on a cloud,

visualizing and creating the experiences yet to be offered. We sleep more soundly and more securely knowing that we have our dynamic team of doers who continuously make sure our foundation is solid. Donna Hartigan, our new Class Coordinator, has come into the fold quickly, and from what I am gathering, it seems like she’s the perfect balance of doing and dreaming. She fits right in.

Our 19 Lifestyle Guest Services members are the closest team I have ever encountered. They are all Lincoln Hills residents, which I presume creates an even tighter bond. Their care and concern for each other, for every resident, and for the entire Association, is beyond compare. They are the face and “front line” at our Lifestyle desks, and they contribute their knowledge and skills by offering outstanding support. We could not feel more grateful to have each and every one!

## Discover Lifestyle Dance Classes!



Do you know dancing is one of the best things you can do for your physical, cognitive and social health? Lincoln Hills offers many different activities and options, including classes taught by professional instructors. Come and learn what is offered!

TWO FREE INTRODUCTORY WORKSHOPS IN APRIL

Saturday, April 8 and Saturday, April 15

9:00 - 11:30 AM

Orchard Creek Ballroom

(no registration required)

### April 8 Workshop

**Hula** - Pam Akina

**Belly** - Ellen Russell

**Line** - Yvonne Krause-Schenck & Cathy Paris

### April 15 Workshop

**Clogging** - Janice Hanzel

**Line** - Anna Woods

**Jazz Performance** - Becky Nicholson

You will be learning some basic steps and dance moves, so wear comfortable clothes and appropriate dance shoes. Please plan to attend the entire length of the workshop(s) you attend. Instructors will teach 20-25 minutes each. Seating will be provided for rest and for those that prefer to watch. Water and iced tea will also be provided.



## The Spa at Kilaga Springs Springtime Behind the Scenes

*KarriLynn Keith, Spa Manager*

Spring is the most amazing and refreshing time of the year. We emerge from winter's coziness to see nature's gentle transition giving way to all the beauty of new possibilities surrounding us.

Here at The Spa at Kilaga Springs, we too, are emerging from winter with some very exciting things that we have been nurturing through the past few months. I am very excited to share a sneak peek behind the scenes by introducing you to our newest team members and new treatment offerings for spring 2023!

Massage Therapist Lacey Reynolds joins us from the beautiful Hawaiian Islands, where she flourished in her career, fully immersed in Maui's healing culture and the finest destination resorts. She specializes in Swedish Massage, Lomi Lomi, and has certifications in Oncology, Lymphatic, Aromatherapy, and recovery-based Therapeutic Modalities.

Massage Therapist Savannah Torres comes to us with an incredible resume featuring her Deep Tissue and Sports Massage techniques. She is a passionate and thoughtful therapist fluent in Myofascial Release, Trigger Point, and Active Release techniques that quickly relieve tension in stressed muscles and gives more flexibility and range of motion. Her bright and vibrant personality truly makes her a wonderful addition to our team.

Nail Technician, Andrea Hemingway, specializes in advanced Podiatry and Medical Pedicures, Diabetic Foot Care, and Medical-related foot conditions. She truly has an extra gentle touch for ingrown toenails. Schedule with her this month for our Dazzle Me Manicure & Pedicure Promo.

Discover our incredible professional spa product lines and amazing boutique gifts, and meet our new team. Call to schedule your springtime spa services to revitalize and renew your mind and body.



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## WellFit News

### Behind the Scenes of WellFit

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

WellFit Department offers over 125 classes a week! Everything from group exercise classes like chair Zumba, spin, strength, yoga, and aquatic to small group training classes that include Pilates reformer, TRX, Bootcamp, Balance and Fall, Parkinson's Boxing, meditation, and more.

Then there are the Wellness classes that offer nutritional, breath work, walking programs, and CPR. To make all this happen, we hire diversified staff that has the experience and training in different formats. We are lucky to have such experienced staff here at Lincoln Hills to help us achieve this. Danielle Merrill, WellFit Program Manager, makes sure that we have a balance between levels one and three.

Lincoln Hills is a diversified demographic with sedentary residents looking for ways to move

a little more and get out of their homes, to residents that are looking for an active lifestyle. When designing the class schedule, we look at what we offer between both locations. We do not want to offer the same class at the same time. The goal is to provide options for all. We also take into consideration staff schedules; all of our fitness staff are part-time. We balance their hours with the class schedules. One question we get asked is, "this class is so full, please add another one." This is hard to do due to the fact that the aerobic rooms are full, which means we would need to cancel another class. The additional hurdle is finding an instructor that fits the class time and type.

Our goal is not to cancel any classes and to provide as much as possible for the diverse needs of our residents.

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Stop by WellFit and get signed up to take the Bingo Health and Wellness Challenge!  
See Cindy for more details [Cindy.Davis@sclhca.com](mailto:Cindy.Davis@sclhca.com)



## For the Health of It

*Shirley Schultz, Roving Reporter*

Dance for the health of it. Dancing is one of the best activities for the body and brain, according to *Healthy Aging Magazine*. You must fire up several parts of your brain to move about with rhythm. Think of the body/brain connection as you dance to the skeleton dance song: “Dem bones, dem bones, dem dancing bones.... The foot bone’s connected to the leg bone. The leg bone’s connected to the knee bone. The knee bone’s connected to the thigh bone. Doin’ the skeleton dance...”



Dance of all kinds has sound research backing its benefits for health improvement. Check out the *American Dance Therapy Association* for a wealth of information about what-they-call dance movement therapy. Dancing helps one maintain a healthy heart and blood pressure, strengthens the muscles and lubricates the joints, especially of the lower extremities, builds balance, and enhances cognitive ability.

People who get a degree as dance/movement therapists distinguish between dance therapy and therapeutic dance. Dance therapy led by a master’s level certified dance therapist is facilitated and usually focuses on behavior modification or psychosocial goals. Therapeutic dance involves movements or dance steps taught by a teacher or therapist and focuses on movement goals.

Therapeutic dance is done for recreation or pleasure, whereas dance therapy is done for psychotherapy and relies on a relationship between client and therapist. Regardless of the type of dancing, the health benefits of doing so may include the following:

- Reduced anxiety and depression
- Improved ability to think and remember
- Improved balance to prevent falls
- Improved gait in Parkinson’s Disease
- Increased exercise capacity for people with Congestive Heart Failure
- Enhanced quality of life.



Parkinson’s disease is one of the most studied health conditions helped by dance. *Stanford Medicine Magazine* published an article in 2017 about the dance benefits for Parkinson’s patients. An instructor, Damara Ganley, for the “Dance for PD” class at Stanford neuroscience center, says, “Dancing has all the elements Parkinson’s patients can benefit from extension and flexibility and moving with intention.” Dementia prevention is another good reason to dance. Reports from some researchers have stated a 76% reduction in the risk of developing dementia from dancing, which is twice as much as from reading. For the health of it, get up and dance. Everyone can do it!

PLAN A:  
**GO OUT** *on the* **TOWN.**



or



PLAN B:  
**STAY IN** *on the* **ACTION.**

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MC starting the show!



## A Special Performance— Let's Dance Again!

*Teresa Tanin, Roving Reporter*



Producers and Directors ready to dance, dance, dance.

It's time, after almost five years, to welcome back the performers of our community in a special performance, "Let's Dance Again!" PAC (Performing Arts Consortium) supports many special club performances, including Chorus, Players, Tap, and Vaudeville. This upcoming performance of "Let's Dance Again!" will titillate the senses and may bring back memories of that very first dance.

Although most stage work is now done with the touch of a button, Director's remain essential with the support of the Stage Manager, Craig Stults, and Jim Moon, the Technical Producer. Co-Directors, Carol Rose and Kathy Fernandes ensure performances run smoothly while performing themselves. The show's producers, Sharon Lefkov and Mary Adamson, also perform in several dance numbers. Set designs by Wendy-Jean Iannico and Jennifer Carroll set the mood. Overseeing the entire show is the Master of Ceremonies, Jim Walker. His stunning tux shines brightly under the stage lights, but not as bright as his unforgettable stage presence.

Show tickets are available online through the Resident Website or the Lifestyle Desks

for the performances on March 30 and 31 at 7:00 PM and April 1 and 2 at 2:00 PM in the Ballroom. Performances will include a variety of song and dance numbers with publicity by Cindy Oxman. Choreographers include Alyson Meador, Tap; Carol Rose, Hula Wahines; Anna Woods, Belly Dancing; Becky Nicholson, Jazz; Jaye Tinloy, Tahitian; and Janice Hanzel, Clogging. Additional performances choreographed by Melanie Greenwood, Yvonne Krause, Ruth Algeri and Sal Algeri. Songs include singers from a special men's group and the Sunny Singers. Steve Evans, Wayne Sutton, Paul Carroll, Merilee Imamoto, and Joanie Adams will perform special solos.

As the show begins, performers say "break a leg" rather than *good luck* while preparing to enter the stage. From the days of Vaudeville, *luck* was in breaking the side stage curtain "leg" to make it on stage. Avoiding the "hook" was another story. The one thing never to do backstage is whistle. Carried over from sailing ships, a whistle, depending on its pitch, signaled the backstage crew to drop a curtain or prop. Whistling is now reserved for the audience, along with a standing ovation, following the finale. A fitting tribute to the performers, we loved the show sparking memories of first dances, Let's Dance Again!



Dance Troupe pre-show photo shoot, Wow!

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Jon Kline demonstrates the proper form



## Shuffling Into the Club Scene

*David Wright, Roving Reporter*

As the Tap Dancing Group gets set to “shuffle off to Buffalo” in the Performing Arts Club’s production of *Let’s Dance Again!* another club is doing its own shuffling. The Shuffleboard Group, Lincoln Hills’ newest recognized club, has achieved a fevered following, signing up 120 members in its first year.



The Shuffleboard Club frames the court

The game’s popularity here can be credited to one man, club president Jon Kline. Shuffleboard has been a passionate part of Jon’s life for 25 years, starting

out as a family-bonding activity he shared with his wife, Joan, and son, Daniel. Becoming a disc junkie, he founded the shuffleboard program at his former Santa Rosa active-adult community. Then, when wildfires forced Jon and Joan to seek safer grounds, the couple moved to Lincoln Hills in September 2021. Within four months, Jon was introducing our residents to “the sport for all ages.”

The club began gathering informally inside Kilaga Springs Lodge—finding space wherever they could lay down their rollout courts. As interest piqued, the group decided to shoot for formal sanctioning and became a recognized club last April. Jon’s three decades of experience as a Silicon Valley advertising executive paid off when he negotiated approval for two dedicated courts at the Sports Plaza.

Since the ribbon-cutting

ceremony in January, the courts have become permanent fixtures on the backside bocce ball walkways. The World-Championship-quality 52-foot by six-foot “PolyCourts” are available for all residents to play via the WellFit reservation system. All equipment is kept in the bocce ball locker.

From those inclined to tap dance away from activities because their performing parts do not perform anymore, shuffleboard merits a standing ovation. Maruk Khambatta plays shuffleboard because she injured her shoulder and can no longer play pickleball. Ivan Hesson plays with a broken back. Shuffleboard is a “no-bending, no-lifting, no-impact sport that residents of all fitness levels can enjoy.” Players use a cue to move the discs and a grabber to pick them up. Safety edges keep the court in place and prevent trip hazards. It is especially accommodating to wheelchair and walker-bound players.

Paul and Pam Abad joined the club to socialize and meet people. Enjoying their weekly staycation on the courts, Pam points out, “people think of shuffleboard as something you do on a cruise.” It may have taken 24 years, but thanks to Jon Kline and the Shuffleboard Club, our “cruise ship on land” has finally landed a cruise ship sport.




Scoring their senior disc count

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Neighborhood Watch thanks the Lincoln Hills Foundation for their ongoing support and funding.



## Spring Safety Symposium— April 6—Awareness is Safety!

*Teresa Tanin, Neighborhood Watch*

Neighborhood Watch with Lincoln Hills Community Forum presents the annual “Spring Safety Symposium” on April 6, from 1:00 to 3:00 PM in the Ballroom. Informational brochures will be available one-half hour before and one-half hour following the event. The Symposium will include Placer PROTECT, a multi-disciplinary elder abuse task force focused on protecting elderly citizens from physical, financial, and emotional abuse. Topics will include *Aging Safely*, addressing the increase in local elderly scams and targeted frauds. We welcome presenters:

Shannon Quigley, Senior Deputy District Attorney; Cassidy Paganucci, Victim Advocate; and Victoria Salas, Client Services Counselor II.

Neighborhood Watch is also very pleased to welcome Lincoln Police Chief Alves, and his team, presenting an overview of the Police and Fire Department(s) local crime and fire statistics. Information will also be provided highlighting the new active map link revealing past and current incidents. Additional topics will focus on crime and fire prevention, “vial of life,” Project Lifesaver, security camera registration, how to handle soli-

citators, and avoid scams. A question and answer session will follow. Have your questions ready. Special thanks to the Lincoln Hills Foundation for continued funding and support.

Visit the Neighborhood Watch website [sclhwatch.org](http://sclhwatch.org) for more safety and security information and upcoming events calendar. It’s The Lifestyle! Expo is set for March 21, 9:00 AM to Noon in the Ballroom, highlighting the many clubs and activities available to this active adult community. Come explore the possibilities for an active lifestyle.

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## In Memoriam



### Honorable Robert G. Eckhoff

Judge Bob grew up in San Francisco, participating in basketball and ROTC. After four years of pre-med at Cal Berkeley he was called up as an Army Infantry Captain during the Korean War where he received 2 Purple Hearts and 2 Bronze Stars. He then attended Hastings Law School and received his Doctorate in Criminal Law. He served in several counties as a District Attorney, Public Defender, and Judge in Santa Maria. His greatest passion was fishing, and at 94, he would hitch up his 24' pontoon boat and pick up his buddies to spend the day at an area lake. He also enjoyed coffee with fellow Veterans at Kilaga Springs. Bob is especially missed by his wife, Lois, of 65 years, his daughter, daughter-in-law, four granddaughters, and four great-granddaughters. He was preceded in death by his son, Bruce.



### Kathryn (Kathy) B. Gire

Kathy was one of four women attending the University of Cincinnati College of Law. After marrying her husband, Myron, they moved to Fair Oaks, California. Kathy was a writer, writing for newspapers, for the KVIE Auction, and editing brochures and webpages. For five years, she wrote daily recaps of "As the World Turns." She is a descendant of the Mayflower, tracing back to three Pilgrim families. Kathy volunteered for Neighborhood Watch after a New Resident Orientation and served as Village Coordinator and mailbox captain for many years. In addition, she wrote monthly articles for Neighborhood Watch. Predeceased by her husband, Kathy is dearly missed by her three children and ten grandchildren.



### Pete Saco

An educator and coach for high school boys' and girls' basketball, Pete was also administrator and CIF San Joaquin Section Commissioner. He expanded the sections and introduced many changes, including State Football Championships. Being an avid golfer inspired Pete and his wife, Barbara, to move here. He was very active in the community, serving on the Finance committee, Vice President of the Italian Club, and Past President of the Men's Golf Club. He will be missed by his many friends, neighbors, and golf buddies, as well as his wife and family.



### Norman E. Smith

A native Californian, Norm graduated from UC Berkeley with a Math major secondary teaching credential. He received his Master of Arts degree at the University of Illinois. He taught high school math and went on to be a Vice Principal and Principal in various Bay Area Districts. Eventually, he was Vice Superintendent of School Modernization of all elementary schools in Redwood City. His hobby was playing golf and singing barbershop. In retirement, he prepared five meals for seven weekender scrapbookers four times a year while his wife scrapbooked. Norm is especially missed by his wife, Betty Carol, their two sons and families, and many friends.

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

## Library News

Please remember to return all books in a timely manner. We have many people who are waiting for the popular authors and are anxious to read the books. Thanks for being considerate of others.



Again we ask that you only donate books published after 2016. If you have older books, please donate them to the Lincoln Public Library for their book sales. Unfortunately, we cannot use books that are in poor condition.

My good read this month is *The Nature of Fragile Things* by Susan Meissner. Taking place in the 1906 San Francisco earthquake when an Irish girl responds to an ad for marriage. Very engaging.

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**Amateur Radio**

We would like to congratulate Mark, KM6HDI, for passing his General License Exam. Also, Jerry, W7SWP, has obtained his new "Vanity" call sign. Well done, gentlemen! Winter Field Day was cold, but we had 50 SSB and 15 Digital QSO's. Our Hams & Coffee get-togethers held at KS Café are fun, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

Contact: Dan Lehrer 916-587-3419, [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)  
Website: [www.lharg.us](http://www.lharg.us)



**Astronomy**

During our monthly meeting on April 5, in P-Hall (KS) at 6:45 PM, NASA Solar System Ambassador Richard Sandler will present an overview of the Lunar Base build-up as a key element of the Artemis program missions. On March 20, at 6:45 PM, in the Fine Arts Room (OC), the Cosmology Interest Group will do a presentation about the

pressure and temperature at the center of the Sun and the time it takes for energy generated in the interior to reach the surface. The Telescope Interest Group star party will be on March 21 at the Sports Pavilion. See the Planet Mars, Orion Nebula, Andromeda Galaxy, Pleiades and Beehive star clusters, and other open and globular clusters. All meetings are open to residents.

Contact: Bill Weaver  
LHAG President, 916-408-1252,  
[hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)  
Website: [www.lhag.org](http://www.lhag.org)



**Ballroom Dance**

The theme for our February Saturday Night Dance Party was "Oscar Night." We featured Oscar statue replicas on the dance floor and table centerpieces. Dessert was an assortment of beautifully decorated and delicious cupcakes, which were also part of the table centerpieces. Attendees were encouraged to dress as a favorite movie star. Ruth Algeri was selected for the best female costume and dressed as Cruella. Don DeSantis was selected for the best male costume and dressed as John Travolta. John

and Laura Kosbau were selected as the best couple's costume for their impression of Fred Astaire and Ginger Rogers. Thank you to all those who helped create and make Oscar Night a success. Contact: Sal Algeri 916-408-4752



John and Laura Kosbau



**Big History**

Big History is an interdisciplinary view of history, science, and the humanities ranging from the Big Bang to the physical and cultural evolution of humans. We use a variety of formats, including informed speakers, informal discussions, professional videos, and book reviews. Join us Mondays from 10:00 to 11:30 AM on Zoom. On March 20, we discuss Indigenous Peoples: Olmec, Mayan, and Aztecs. Listen on March 27 to a panel review of relevant books. Explore Hannibal the Great, one of the greatest military leaders of all time, on April 3. And, if we were to go back to the Big Bang and fast-forward the



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clock 13.8 billion years to today, would we find a familiar world? We delve into this question on April 10 in Improbable Humans. **Contact: Ranny Eckstrom 916-708-0165, bhscilh@gmail.com**



**Billiards**

Well, it is that time of year again. The It's The Lifestyle! Expo is just around the corner and is scheduled for Tuesday, March 21. If billiards is your interest, come visit our booth in the Ballroom (OC) and learn about our club and all that it has to offer. Whether you are an advanced, intermediate, or beginning player, we have two mentoring sessions every Tuesday at KS. The first session sign-up is at 9:00 AM with play starting at 9:15 AM, and the second session sign-up is at 10:15 AM with play starting at 10:30 AM. There are a variety of tournaments played at KS. The schedules are available on our website. Open play is always available at OC. Club dues are \$10 annually.

**Contact: Mike Greaney 925-890-3034, michael\_greaney17@yahoo.com Website: www.lhbilliards.com**



**Bird**

We meet on the second Monday of the month at 1:30 PM in P-Hall (KS). Although



*Burrowing Owl by Don Baylis*

some of our field trips are extended outings, there is a lot of excellent birding to be done right in our immediate area. On April 14, we will be on the Canyon Oaks Trail, starting at Hidden Hills Lane. We usually get a nice variety there. If you're not already a member, come to our meeting and get on our list to receive announcements of our activities!

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



**Bocce Ball, Mad Hatters**

Spring is a perfect time for playing bocce in the morning. Join us at 10:00 AM on Thursdays in March and April. We won't be switching back to our early start time until May. This year we've been averaging 40 players when the weather has been good. We form teams as players arrive and spread out over the 12 bocce courts at the Sports Plaza. If you're new to bocce, we'll pair you up with friendly, experienced players. There are benches



*Lionel and Chuck playing bocce on a foggy morning*

with awnings to rest on between throws and even a water fountain. Look for the bocce table at the It's the Lifestyle! Expo on March 21. Stop by if you're interested in learning more about our group or one of the other bocce groups.

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



**Book, OC**

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book." – Groucho Marx. When you're done reading in the other room, come enjoy enlightening discussion with the OC Book Club. March's book selection discussion is *The Measure* by Nikki Erlick. April will offer time to socialize with one another. At every meeting, you have an opportunity to submit suggestions for next year's reading roster. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM

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Contact: *Maureen Deal, Modeal2010@gmail.com*



**Bridge, Duplicate**

We have been busy! Social chairman Pat Lewis and committee recently provided a Mardi Gras theme bridge game with spectacular decorations and refreshments. In February, Education chair Zelna Morrow, with Jack Uppal's help, put together an informative panel to discuss sample bridge hands. The audience was invited to participate on the best way to bid and/or play them. Check the website for future programs. An exchange with the Sun City Roseville Duplicate Bridge Club, with refreshments, is planned for Wednesday, April 19, in the Multipurpose Room (KS). Make



*Mardi Gras Nancy Gadsby, Pat Lewis, Tina Amerio, Kaye Andrews*

reservations with Elise Homer Games are Wednesdays, starting at 12:30 PM, in Multipurpose Room (KS), and Saturdays, starting at 12:30 PM, in Sierra Room (KS). Our Partnership Chairman is Sharon Duley, 916-253-3885.

Contact: *Elise Homer 916-303-0751, elisehomer@gmail.com*  
 Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



**Bridge, Partners**

Call for reservations or drop into the Sierra Room (KS) by 5:15 PM Thursdays. Play begins at 5:30 PM. The hosts for March are Didi Martin/Janet Pinnell 916-408-7825, 916-806-0292. Winners January 19: first-Byron Hansen/John Butler with high round 2020; second- Chris Jacobson/Chuck Dietz; third-Kelly/Neal O'Boyle; fourth-Corinne Giantonio/Bob. January 26: first- Janet Pinnell/Didi Martin with high round 2010; second-Chris/Don Negus; third- John Butler/Byron Hansen; fourth- Dee Cole/Ed Hartnett. February 2: first-Lydia King/Nancy Turrini with high round 2950; second- Jyoti/Viren Sitwala; third- Jay Southard/Bob Calmes; fourth- Barb/Bud Hunt. February 9: first-Bob Calmes/Jay Southard; second-Chris Jacobson/Chuck Dietz; third- Harry Collings/Ray Henry; fourth- Dianne Conforti/

Janet Pinnell. Kay/Ben Newton had high round 1820.

Contact: *The hosts for April are Linda McDermott/John Butler, 408-390-4311.*



**Bridge, Social**

Alan Haselwood and John Butler teach intermediate bridge Wednesdays, 10:00 AM to Noon at the Card Room (OC). Grand Slams: January 6-Lois Burke and Tom Mack; January 13-Francis Kamienski and Jim Monin. Winners first to fourth: January 6-Linda McDermott, George Hubbard, Mo Scarpitti, Donna Moore; January 13-Jay Southard, Francis Kamienski, Joanna Haselwood, Mo Scarpitti; January 20-Wally Zahnd, Lois Burke, Byron Hansen, Geri Miller; January 27-Byron Hansen, Alan Haselwood, Phil Sanderson, Francis Kamienski; February 3-John Butler, Bob Calmes, Janet Pinnell, Karen Tucker. Play starts at 12:30 PM Fridays. Please arrive by 12:15 PM. To sign up please call Joanna Haselwood at 916-209-3392. Players who arrive without signing up will have to wait until those who have signed up are seated.

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



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**916.765.8124**

DRE#0213178

**Jenna Lyn  
Gutierrez**

**916.662.1477**

DRE#01416301

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**Bunco**

We have welcomed a few new players. In January and February, there were several roll-offs. The traveling bear was all over the room as traveler was called down to the last game. Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. January Winners: Buncos - Pat McGough, Wins - Jean De Simone, Losses - Anita Santos, 50/50 - Linda Bales, Traveler - Karren Kochnik. February Winners: Buncos - Diane Lundin, Wins - Shirley Mohler, Losses - Cindy McCain, 50/50 - Claudette Rhoads-Kinman, Traveler - Anita Santos. Future Thursday Bunco Dates are March 16 and April 20.

Contact: Kathy Sasabuchi, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)



**Ceramic Arts**

An occasional new feature of this space will be to spotlight someone in the ceramic arts group. This month Jim Carnathan is in the spotlight. Jim began his experience with clay in 2010 at Lincoln Hills, working with Jim Alvis, and expanded his training at Sierra College. He has participated in the Feats of Clay, carving the big clay pipes donated

by Gladding McBean. Jim says that he has always had an eye for detail and enjoys working with his hands. He has found ceramics very rewarding and satisfying at every level. The photo below shows his first attempt at human sculpture. Jim's advice is to watch YouTube, keep practicing, and don't give up.



Jim's Photo

Website: [www.cagsclh.net](http://www.cagsclh.net)



**Chorus**

Even if bell-bottom jeans, tie-dye shirts, and fringe vests weren't part of your fashion style in the 60s, and sayings like "make love, not war" and "flower power" never made it into your daily vocabulary, we're

sure that the soundtrack of your life back then included music that the Chorus will present during its Spring concert - "Groovy Sounds of the 60s!" Presented in three performances on May 5, 6, and 7, we're practicing a great repertoire of songs, including tunes from the New Christy Minstrels, Peter, Paul & Mary, The Beatles, Simon and Garfunkel, The Beach Boys, and more. The shows are bound to be "a gas." Get your groove on and reserve your seat today! Premium Seating is \$22, and Standard Seating is \$19.

Contact: Mari Long 916-409-9136, [mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net)

Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

**Computers**

**Apple Users**



Our club website contains many helpful hints and tips for your iPhone, iPad, and Mac. Under the Document bar, you will find past presentation handouts. Our website also shows open labs and other meeting dates and times. On Monday, March 27, Andy Petro will encourage you to learn two new things when he presents "Let's Have Some Fun With iOS16 iPhone Photos." He will discuss and demonstrate creating



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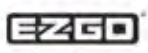
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slideshows and turning them into videos. In addition, you will discover how to create various types of photos with your iPhone camera. Ask the Tech begins at 10:15 AM, with the program at 10:30 AM in person at P-Hall (KS).

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



### Country Couples

Our first dance of the year was the “No Frills Dance,” held at KS. There was a fantastic turnout! We enjoyed having lunch together before dancing the day away to music provided by our wonderful DJ, Jim Keener. Next, many of us attended the monthly “Structured Dance” held in the Ballroom (OC). This provides a great place to get together with friends and practice the dances we learn in class. If you’re interested in joining this very fun and social club, a bit of line dance experience is extremely helpful. If you’re already a line dancer, try the Country Couples



Line and partner dancers dancing patterned dances together.

Western Dance Class. Look for both classes in the *Compass*.

Contact: April Cederburg, 916-390-3931

Website: www.sclhcc.com



### Cribbage

March Madness “Cribbage Style” is a fun way to win some money without a lot of risk. Even if your bracket is completely busted, you may get your initial investment back: a better deal than the Lottery! Pair up with our past winners, Lana Venturi (January 17), John Gilmore (January 24 and February 7), and Jack Poshepny. The 30-second clock is ticking. Slam dunks are permitted, and losers “travel” from table to table. Even embellished stories from the dreaded Pharmacy are permitted. We reached a record number of participants—31 players came, and we used a portable card table to accommodate everyone. Did somebody order sardines on their March Madness pizza? Yuck! We meet every Tuesday at 8:30 AM in the Card Room (OC).

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



### Cyclists

Have you been thinking about getting back on your old bike but just don’t have the stamina? Electric bikes can be great for people who are looking for an



Bill Bowman and John Geist on their Hub/Mid Drive e-Bikes.

easier and quicker alternative to traditional bicycles. The different styles and pricing are all over the map. There really is a bike for practically everyone. Electric bikes are a great way to get exercise, even Class II (throttle), as you can still pedal this type of bike if you want to. Riding an electric bike can be a fun and enjoyable way to get around. However, take note. Battery life can be limiting. If your battery dies, you’ll need to pedal the bike manually to get back home or perhaps call home for a ride.

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



### Euchre

If you like to play trick-taking card games, you will love Euchre. It’s simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out

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# Garden Group



**GENERAL MEETINGS**  
4th Thurs - 2 PM - KS

- GARDEN TOUR - SCLH - April 20
- ROSE SHOW - OC - April 29/30
- BONSAI SHOW - OC - May 13/14
- PLANT SALE - Pavilion - May 20
- SPRING SOCIAL - OC - June 5

[lhgardengroup.org](http://lhgardengroup.org)

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www.trickstercards.com/home/euchre/. Look for the option “play to 10, 9-Ace.” We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday play. All are welcome. Please wear your name tag.

Contact: [SCLHEuchreClub@gmail.com](mailto:SCLHEuchreClub@gmail.com)



**Food Adventures**

It’s been a busy time indeed for our club, with the processing of all our new members and the membership renewals of our loyal members. We had two club luncheons at Zakuro Japanese Restaurant last month. Plans are underway for an Appetizer Adventure on March 27 at selected members’ houses and with all member attendees bringing a homemade appetizer to share and a beverage for themselves. We’re having record



Club Cornucopia

numbers of attendees at our recent Club events. Planning for the remainder of the calendar year continues with some really good ideas coming forth from enthusiastic members.

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



**Garden**

“Garden Myth or Rooted in Science?” is the Presentation on Thursday, March 23, KS, at 2:00 PM. Horticulturist Marlene Simon, known as “The Plant Lady,” will discuss gardening practices plus there are Brown Bag Sales, Door Prizes, Master Gardener’s Q & A’s (1:30 PM), and Spring Luncheon Signups. Check the membership email. Reminder: members who have not renewed by March 31 will be removed from the Membership and email lists. Membership will still be open to all, but you will have to register again. Details and



Horticulturist Marlene Simon-  
“The Plant Lady”

forms are on the website, or contact Marjie Anderson at 916-408-7685. Save the dates: April 20-Lincoln Hills Garden Tour; April 29/30-Rose Show (OC); May 13/14-Bonsai Show (OC); May 20-Plant Sale (Sports Pavilion); and June 5-Spring Luncheon (Secret Garden).

Contact: **Lorraine Immel**  
916-434-2918,  
[lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com)  
Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)



**Genealogy**

Important news flash! It was just voted upon that starting in March, we will change our meeting time to the third Friday of the month at 10:00 AM. No more Monday evening meetings will be held. Our March Speaker will be Laurie Markham, from the Family Search Library, speaking on the topics of Searching Ireland Ancestry and Scanning Capabilities. We have enjoyed Laurie’s presentations in the past and are sure to gain helpful information. We would like to welcome our new Club Team members: Janet Motta, President; Dawn Noonan, Recording Secretary; and Mary Gott, Treasurer. We still need volunteers for Vice President and Membership. Please consider volunteering in one of these positions. Always check our

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



**Golf**

**Ladies XVIII**

Ladies are swinging their clubs every Thursday at 8:30 AM. Our February Net Chix player is Diana Lilienthal. After a tournament hosted by Judy Dong on the Orchard Course, she was the only player over a field of 41 to score under par. Diana was gifted a new putter by her son for Christmas and happily stated it performed well. Closest to the Pin were Suzanne Hutchinson (6' " on 7) and Donna Brinkerhoff (8'3.5" on 11). Our January Net Chix event was delayed due to the weather. Be on the watch in



*Diana Lilienthal, February Net Chix Winner*

the April *Compass* for our January and March winners. Don't forget to mark your calendars for the annual Spring Fling Tournament which will be held on April 20 on the Hills Course.

Contact: **Linda Chappellear 916-409-0151,**

[linda\\_chappellear@sbcglobal.net](mailto:linda_chappellear@sbcglobal.net)

Website: [www.lincolnhillsladiesgc.memberplanet.com](http://www.lincolnhillsladiesgc.memberplanet.com)

**Lincsters**

Here are some important changes! Golf Cart License Agreement and proof of insurance are required for private carts using either of the Lincoln Hills courses. The club's new golf carts are equipped with a Geofence app, which stops and beeps when the cart travels within 30 feet of a green or tee box or is driven on prohibited streets (like Lincoln). Course Marshalls are back to help speed up play. They display flags to alert players of their play speed status: green flag (ok), yellow flag (speed up), or red flag (too far behind). Go to the Notifications or President's Monthly Newsletter sections on the Lincsters website ([lincsters.com](http://lincsters.com)) for details (including info for handicapped players). Welcome new member Nancy Martin!

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

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

**Men's**

If you've been out on the course lately, you have probably noticed the big changes in the bunkers. The word from Chad, the General Manager of Lincoln Hills Golf Club, is that traps should be finished this month. All the rain we received put them a little behind. So, by the next issue, they should have the sand in the traps and back to playable sand.

Contact: **Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com**

Website: [www.mgclh.club](http://www.mgclh.club)



**Hiking & Walking**

Look at this large turnout for a hike at the Placer Land Trust! It is exciting to see more and more joining our hikers and walkers. Hikes are normally scheduled on the first Tuesday and the third Thursday. Walks are on every Wednesday. Learn about where the walk originates on that particular Wednesday by checking the website. Keep moving! March and April have both moderate and easy hikes schedules.

Contact: **lhhikers@gmail.com**

Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)



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**Investors' Study**

The next meeting is Thursday, April 6, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. Discussions range from current market trends to Fed actions on rates and how these may impact us as investors. The group is open to all residents. The Investors Study meeting provides an opportunity to learn about the markets and ask questions. Investors Study is information only with no individual investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investors Study.

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



**Lavender Friends**

Our club elected new officers at our biannual business meeting in January. Sandi Dolbee was elected the new president; Patti Croft was elected secretary; and Mary Jo Semmelmayr was re-elected vice president. They join David Black, who is continuing on in his first term as treasurer. But the biggest applause came after the election

when outgoing president Marilyn Kupcho and secretary Lynde Rammelsberg were thanked for their outstanding service these past two years. Meanwhile, club members are reminded to watch for their weekly emails about new events, including an all-member mixer in May. Lavender Friends is a club for LGBTQ residents and their allies. Stop by our table on March 21 at the annual It's the Lifestyle! Expo at OC.

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

Website: www.lavenderfriends.com



**Line Dance**

There will be a free line dance workshop on Saturday morning, April 8, in the Ballroom (OC). This event will be geared toward the Absolute Beginner. If you've never line danced before, this is a great opportunity to learn some really easy dances to great music. If you have a neighbor or friend that may be interested, you can accompany them for support. Our veteran instructors, Yvonne Krause, and Cathy Paris, will be hosting the workshop. Each of these ladies has had well over 20 years of experience in line dancing and is sure to make this a fun, exciting event. Contact Yvonne for more details.

Contact: Yvonne Krause 916-408-2040



**Mah Jongg, Chinese**

Spring is just around the corner! Let's celebrate with a little Chinese Mah Jongg. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Mondays during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

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



**Mah Jongg, National**

Greetings everyone. National Mah Jongg is a fun, mind-stimulating, and social game played with tiles. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you know how to play, just bring your card and join a table. New people interested in the game are welcome to join a table to observe.



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Natmahjclub.sclh@gmail.com



**Mixed Media**

The club meets on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). At our meetings, we teach an art project that we get to work on during the meeting and learn new techniques. Our President, sends out more information before the club meetings about supplies. Do not worry if you do not have supplies. The club furnishes some of what is needed, and members are always willing to share. Also, at our meetings, we have time to share the art we have done at home, including our voluntary monthly art challenge. The It's The Lifestyle! Expo is happening on March 21. Stop by the Mixed Media table and see our projects and learn more about us.

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



**Movie Lovers**

Our Club selects two movies each meeting to watch, and the following month

volunteers will lead a discussion about the movies we selected. We are surprised each month by what others take away from movies. We meet for two hours on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). On February 9, we had a lively discussion about *Pale Blue Eye* and *A Man Called Otto*. At our March 9 meeting, we discussed *Women are Talking* and *The Whale*. Our next meeting is on April 13. If you like movies and enjoy discussing them, we encourage you to join us.

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



**Music**

All of us felt the Irish spirit at our March meeting as we sang "When Irish Eyes Are Smiling." After wonderful individual and small group performances, we closed with "I'm Looking Over a Four Leaf Clover." Come on down to KS and join the fun. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open

to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays 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: lincolnhillsmusicgroup.org



**Needle Arts**

This year is off to a great start, and monthly meetings have been very entertaining. Join us on Tuesday, April 11, in P-Hall (KS) at 1:00 PM for our next meeting. There are still a few spots remaining for the weeklong Spring Retreat at the serene Mercy Auburn Retreat Center April 24-28. Sign up before it's too late. Our website is full of club related information, including membership forms, retreat applications, and the latest schedule of workshops and classes. The workshops and classes are for



Busy bees at the in-house retreat in the sewing room

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# NEIGHBORHOOD WATCH PRESENTS SPRING SAFETY SYMPOSIUM APRIL 6, 2023



## Neighbors Helping Neighbors

**THURSDAY, APRIL 6, 2023**  
Sun City Lincoln Hills Orchard Creek Ballroom  
**PRESENTATION 1:00 - 3:00 PM**  
*Booths open 1/2 hour before and 1/2 hour after Presentation*



Lincoln Police Chief Alves | Senior Deputy District Attorney, Shannon Quigley | Victim Advocate, Cassidy Paganucci | Client Services Counselor II, Victoria Salas

### LINCOLN POLICE AND FIRE

Chief Alves and his team will be here to share an overview of the Police and Fire Department, crime and fire statistics, crime and fire prevention and volunteerism in our community. Topics will include how to handle solicitors at your door, camera registration, Project LifeSaver, vial of life, spam, scams and how to avoid them. There will be a question-and-answer period as well.

### PLACER PROTECT

Topics will include Placer Protect services, elder abuse such as financial abuse, physical abuse, criminal neglect, and self-neglect. Adult Protective Services and what services their unit has to offer, and an overview of Placer PROTECT email alerts, Fraud Hotline, Elder Abuse Protection Presentations, and Elder Abuse Awareness Events.

Brought to you by Neighborhood Watch and Lincoln Hills Community Forum in support of NW Mission Statement

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NA members only, so make sure that you've renewed your 2023 membership. If you're new, sign up and don't miss out on these informative sessions. Make sure to stop by our table at the It's The Lifestyle! Expo.

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



**Neighborhood Watch**

Mark your calendar for the annual Spring Safety Symposium presented by Neighborhood Watch for the Lincoln Hills Community Thursday, April 6, from 1:00 to 3:00 PM in the Ballroom (OC). Lincoln Police Chief Matt Alves and Placer Protects will provide information about how we can protect ourselves from elder abuse (physical and financial), criminal and self-neglect, better home security, Placer 211 referral services, and an overview of email alerts and the fraud hotline. Other topics include how to handle solicitors, register surveillance cameras, fill out the "Vial of life," recognize



*We need to protect ourselves.*

spam, and how to avoid scams. Booths provided by Neighborhood Watch, the Lincoln Hills Foundation, Neighbors InDeed, and Placer Protects will be open 30 minutes before and after the presentations.

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



**Painters**

We welcome all painters in all mediums and at any level to share experiences and further the appreciation of fine art as we travel our individual creative roads. Check out our paintings at Lincoln's warm and inviting Buonarroti Ristorante on Lincoln Blvd. Thanks to Joan Musillani, who coordinated the show, which will stay until June 3. Our March Art Supplies Auction is the time to resupply or maybe clear out unwanted but usable art equipment!

Our March 21 meeting is dedicated to fresh starts and spring cleaning. Our general meetings are on the third Tuesday of every month



*Peony Watercolor*  
by club member  
*Barbara Vance*

at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year.

Contact: *Linda Shields* 916-761-4549,  
*linda\_c\_s@yahoo.com*



**Paper Arts**

At February's Open Lab, Dottie Macken demonstrated the "Stamparatus" positioning tool used for a perfect alignment of stamped images. Thank you, Dottie, for all the knowledge you impart! Thank you to Mina Bahan for leading our March project, "Create a Card." We made two cards with cut-out pieces and a third card which we created ourselves using our imaginations. There's still time to catch a peek at our March OC window, whose theme might make you green with envy, St. Patrick's Day, and springtime. Stop by soon. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.



*Dottie's demo at February's Open Lab*

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

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**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 the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Fridays from 9:00 AM to Noon. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



**Pickleball**

Tournament season is starting! The Club's first tournament of the year, the President's Cup Scramble Tournament, will be held on April 18 and 19. This is a fun, low-key tournament. Registration begins March 15. Sign up soon! Thursday, Drill Clinics returned on March 2. The drills are led by our Director of Player Development, Mike McElroy, assisted by several active coaches within our club. Thank you to all who make these sessions free to all members! Club pro Ian Dickson will be having an Engage Demo Day on March 18 next to court one. Come try a paddle and meet our pro! Want to learn the game? We offer an Intro to Pickleball class bi-monthly. To make reservations, send an email to

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



**Players**

In February, two comedic Readers Theater shows entertained delighted audiences. The following week, members celebrated a festive Valentine's Day dinner dance (see photo) with musical entertainment by Paul & Jennifer Carroll. Now, plans are underway for our June show, *Twelve Angry Jurors*, directed by Jane Patton. Show dates are June 8, 9, 10, and 11. Auditions will be held Wednesday, April 5, and Thursday, April 6, at 5:30 PM in the Fine Arts Room (OC). To prepare for an audition, visit the Players website for scripts, synopsis, and character descriptions.



Julie Africa, David Africa, & Jane Patton celebrate Valentine's Day

There's no membership requirement to audition, but if selected to be on the cast, you need to join Players. Dues are \$5 per year. The next Players meeting is April 10 at 4:00 PM in P-Hall (KS).

Contact: Craig Stults 916-543-6782,  
 craigstults@sbcglobal.net  
 Website: www.lhplayers.org



**Poker**

We play a variety of poker games Mondays from 1:00 to 4:30 PM, Tuesdays from 1:30 to 5:00 PM, and Fridays from 1:00 to 4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcorelle  
 925-658-2404,  
 pmarcorelle@hotmail.com



**RV**

As applications are now being sent out for our future rallies, I would encourage members to check with our Vice Presidents for information on the upcoming trips. Our website does

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Typical RV rally outing

not have updated rally information at this time. Come with us to Lodi on March 31 and enjoy the Lodi Wine Festival along with three nights at Flag City RV Park, followed by four nights at the 49er Village RV Resort in Plymouth. Visit the RV Group at the upcoming It's the Lifestyle! Expo on March 21 from 10:00 AM to 1:00 PM. Interested in joining or learning about our club? Join us at our meetings every fourth Thursday in the Placer Room (KS) at 4:30 PM. Call Maggie Giuliani, Membership Chair at 310-963-2350 or malibumarg@gmail.com.

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



**SCHOOLS**

Look for our display at the It's The Lifestyle! Expo on Tuesday, March 21, in the Ballroom (OC.) Volunteers will be there to answer questions and provide answers on how to sign up for the rewarding experience

of helping in our Lincoln schools. Volunteers are needed in grades K-5 and tutors for Phoenix Continuing High School. You can make a difference in the lives and learning experiences of our students. You will be able to choose the hours and days you are available. Some volunteers give three or four hours a week. Many give more hours. Elementary teachers treasure our volunteers, whether in the classroom, correcting papers at home, or making copies for classroom work. Contact Irma at jmeidm@aol.com for Phoenix or Cyndi for K-5.



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 games materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Come and join us.

Contact: Anne McMaster



**Shanghai**

It is not uncommon to hear calls of Shanghai throughout the Card Room (OC) on Friday nights. It was unusual when on February 3, a player shanghaiied (played all her cards at once) on each of the final two hands of the last game of the night to move from fourth place to first place. Join us a few minutes before 5:00 PM any Friday for a fun rummy style game of cards. Who knows what could happen.

Contact: Mary Ales 916-434-8017



**Shuffleboard**

Weekly club doubles play is held every Tuesday, Thursday, and Saturday afternoons at the rear bocce area on our two professional-grade PolyCourts. We have two 90-minute sessions each day: 12:45 to 2:15 PM and 2:15 to 3:45 PM; and a special clinic for new players on Saturdays at 1:00 PM. Bring a picnic lunch to the adjacent covered gazebo before playing. Reserve a court up to seven days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. Shuffleboard equipment is stored in the croquet locker behind the bocce courts. Get the key at OC Fitness desk. Email the club for game rules. Everyone can

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play this sport. No bending or lifting is required. Have to come late? No problem. You can join a game in progress.

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



**Singles**

The location for our March 16 Dine-Out event will be announced in the weekly e-blast. Join us for It's the Lifestyle! Expo on Tuesday, March 21, in the Ballroom (OC). The event runs from 10:00 AM to 1:00 PM. A very special Social Event will be held at 6:00 PM in the Ballroom on Thursday, March 23. Exciting details to be announced soon! Sunday, April 2 at 4:00 PM is the date to celebrate April birthdays. It will be held in the Pre-Function area of the Ballroom (OC). Please join us on Tuesday, April 4, at 4:15 PM in the Ceramics Room to plan for our upcoming events. The Second Saturday breakfast will be held on April 8 at 9:00 AM in the Sports Bar (OC).

Contact: Sarah Lambrose 916-543-0035



**Ski**

An epic snow season is being thoroughly enjoyed by Club members. We had about 15 skiers and five snowshoers spend three days

at Heavenly Valley last month, and the conditions were excellent. Dining and socializing in South Lake Tahoe rounded out a great adventure. With more snow in the forecast, a long spring skiing season is being eagerly anticipated. This month will find about two dozen Club members and guests in Breckenridge, Colorado, taking full advantage of its 3,000 skiable acres and charming downtown. Sometime in late April, we will have our annual Spring Party. Details will be forthcoming soon.

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

Website: www.LHSkiClub.com



Kathy, Mike & Sylvie enjoy champagne toast at Northstar.



**Softball**

Spring is here! That means we are gearing up for another exciting senior softball season. Whether you're a seasoned player or a newcomer, this is a great opportunity to get involved, make new friends, and reconnect with old friends. Opening Day is Wednesday, April 12. Besides Co-ed Division play, the women will play an

exhibition game, and hot dogs will be available for purchase. A Women's Division meeting is scheduled for Sunday, March 19, at 10:00 AM at the field to provide players with information on schedules, rules changes, application fees, and social activities. We encourage anyone interested to attend as it's a great way to get to know the players and learn more about the league. Please check our website for updates.

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

Website: www.LHSSL.net



**Sports Car**

By the time you read this, our trip to the Red Hawk Casino, our Marti Gras party, and the Capay Valley trip will be history. Did we have fun – you bet! From now through the Fall, we have numerous trips planned, several of which are overnight jaunts – just like the old days! In April we're off to the Lockford Sausage Factory and then to Theresa's restaurant in



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Jackson. Join us at Lake Almanor in Chester in August. Later this year, we've got several new locations on the schedule, with one to Oregon. If you've got a sports car and want fun, check out our Club. What's a sports car? We know it when we see it. Contact information is on our website.

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



### Sun City Squares

In 1988 the State of California adopted the Square Dance as its official state Folk Dance. And in 1982 and 1983, it was the National Dance. Sun City Squares is a Beginning Social Square Dancing, Plus and Advanced Level square dance club. We meet at KS on Mondays from 1:15 PM to 3:45 PM for Beginning and Plus Level dancing. Advanced dancers meet at KS on Thursdays from 1:00 to 3:00 PM. Our beginner class began in February and is in full swing. The next beginner group will start in January 2024. If you have previous experience, drop in and join the group! The drop-in cost is \$8 per person, per class.

Contact: Jackie Carlson  
925-207-9415,  
Jackiec3po@icloud.com

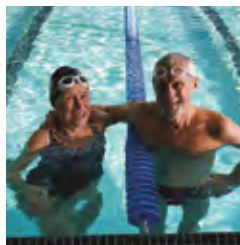


### Swimmers & Water Walkers

We all know swimming, water walking, and water aerobics have substantial cardiovascular and strength training results, improve blood flow and reduce pain sensations. A growing body of scientific research suggests that water exercise might provide a unique boost to brain health!

According to Seena Mathew, Ph.D., water exercise improves your memory, cognitive function, immune response, and mood. It also helps to repair damage from stress and creates new neural connections in the brain. We invite all to try water exercise in our two indoor pools and the outdoor lap pool, which opens in mid-April. The next club meeting will be in May. Stay tuned for upcoming news on the Sierra Splash in June.

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



Pana and Hugh Wilder exude the benefits of swimming.



### Table Tennis

Our club offers a no-cost mini vacation. Players concentrate on the little ball and keeping score while enjoying the

game and socializing. We play at the Multipurpose Room (KS). Play times are Sundays 8:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 AM to Noon. Please wear non-marking tennis shoes. There are no membership dues. To become a member, sign up on the new member sheet at the play sessions. Loaner paddles are available. Our new president, Carl Lynch, recently held our membership meeting. The new steering committee was introduced, and Carl outlined his projections for the new year, including ladder events, socials, tournaments, home/away play, and a new website.

Contact: Carl Lynch 408-203-0633,  
pinpongsclh2@gmail.com  
Website: <https://sites.google.com/view/lhhtcl/>



### Tap Company

"Let's Dance Again!" In just a few short weeks, the curtain opens in the Ballroom (OC) for the Lincoln Hills Tap Company's production, "Let's Dance Again!" This show features 20 separate



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acts representing a variety of dance genres (not just tap!). There will be Hawaiian, Irish, Mexican, Latin, and Belly Dance - something for everyone. And music! Much of the background music includes chart-topping songs and Broadway tunes. Several vocal singers will be performing nostalgic songs like "When You're Smiling" and "Sweet Caroline." The shows are March 30 and 31 at 7:00 PM and April 1 and 2 at 2:00 PM in the Ballroom (OC). Tickets are selling at a brisk pace. Get your tickets now and enjoy a wonderful show. Don't miss it!  
**Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com**



**Tennis**

Our Board of Directors has been busy planning activities which began February 26 with Live Ball. This is the first six-week session of the year and will culminate in a Live Ball Fun Day with a St. Patrick's Day theme, including lunch. Watch for emails for more information. In addition, we are looking at bringing LITT (interclub team tennis) back and even a special Wimbledon Fun Day in July. Wear white and indulge in strawberries and cream while you practice your skills in a variety of clinics. Get your membership dues in to support volunteers who are working to keep our courts in shape. We are currently working on estimates for court resurfacing and weed removal. We value



2023 Tennis Board of Directors

your membership. See you on the courts!

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



**Vaudeville**

We are always looking for great talent. Our show will be on July 20, 21, 22, and 23. The Vaudeville Show Auditions will be Thursday, March 23, and Friday, March 24. Auditions will be held at P-Hall (KS) from 6:00 to 8:00 PM. Call our Director, Yvonne, for more details.

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



**Veterans**

Our members and guests plan to enjoy their annual St. Patrick's Day luncheon on Thursday, March 16, in the Ballroom (OC). This luncheon is one of four social planned annually by the group. Others include a Flag Day barbecue in June, an Oktoberfest celebration in the fall, and a holiday luncheon in December. Get ready for spring with a bright, new American flag. Top-quality American flags are available at the Veterans Group's flag sales table in the OC lobby on the 15 of every month between 8:00 AM and 4:00 PM. Fly the flag proudly on our country's holidays and observances.

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



**Water Volleyball**

It's your Lucky Month! As luck may have it, you can meet us at the It's The Lifestyle! Expo on March 21 to learn more about Water Volleyball. Come on out and meet some of the players, see the fun activities we have out of the water, and if you are interested in learning how to play Water Volleyball, we have a

free play Saturday to try it out. We provide Mentors to help teach you the game; we have Skills and Drills classes to improve your skills; and we have a Ladies' Night Out once per month just for fun. If you would like to



Fun times in the pool with Water Volleyball.

join, we welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more information.

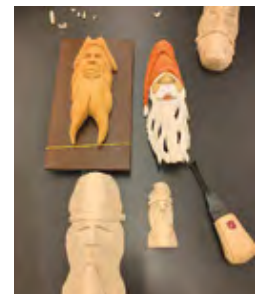
**Contact: Diane Ferrari 916-412-9599, dferrari\_56@hotmail.com**

**Website: www.LHWaterVolleyball.com**



**Woodcarvers**

Special Opportunity! Come visit us at the annual It's the Lifestyle! Expo on Tuesday, March 21, 10:00 AM to 1:00 PM, at OC. This will be a great opportunity to meet with several of our Woodcarving members who range from beginners to award-winning artisans. There will be many examples on display from the wide variety and multiple aspects in the art of wood carving. Carving and shaping wood and tree-bark is our mainstay; however, creating art with an electric wood-burning pen is also very popular. Experienced or not, we are here to get you up and going. If you miss us at the Expo, feel free to visit us any Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).



Some work in progress, and some complete. Always fun.

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



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

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Barbara Greenfield (916-202-6963). We are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All are welcome to attend. The March 22 meeting speaker is Kim Eckert, manager at the CountryHouse Residence for Memory Care. The Women's group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa (916-759-8760) for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is March 16 from 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

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



### Bereavement

We offer 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, April 12, 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*.  
Contact: Joan Logue 916-434-0749,  
[jplogue2@gmail.com](mailto:jplogue2@gmail.com)



### Bosom Buddies

Our March meeting featured Elizabeth Klein from "Wellness Within," an organization based in Roseville that cultivates the mind-body connection for people coping with the trauma of cancer. They offer group therapy as well as classes in exercise, mindfulness, and art. In February, we had a "Round Robin," where our ladies offered information about themselves. Although we share the cancer bond, we learned we have much more in common than that. We're actually quite interesting. Bosom Buddies meets the second Thursday of the month in the Multipurpose Room (OC) at 1:00 PM. To learn more about us, feel free to attend a meeting. Before meetings, members are invited to meet for lunch at



Bosom Buddies'  
"Round Robin"

Meridians at 11:15 AM. To make a reservation, call Sally Bogolub at 650-996-3163.

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



### Glaucoma Support Group

We will meet on April 12 at 4:00 PM in the Multimedia Room (OC). If you, or a family member, have Glaucoma, you may wish to attend our meetings which are held on the second Wednesday of each month. Glaucoma has a variety of needs for a person with the disease who wishes to maintain their lifestyle. Now is the time to take note of weather changes and prepare to enjoy the season. For more information, contact Bonnie.

Contact: Bonnie Dale 916-543-2133,  
[Bjdale@aol.com](mailto:Bjdale@aol.com)



### Hearing Support Group

Our monthly meetings are now scheduled for the first Friday of the month at 10:00 AM in the Multipurpose Room (OC). In February, our guest speaker was Ken Spencer, who filled us in on iPod apps for hearing assistive technology. Arrangements for guest presentations in the future are still in progress. We will again have Dr. Gaeta of the Sacramento State audiology program speak

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Questions?  
Contact Theresa Renken  
916.625.4014 • [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com)

**TUESDAY, APRIL 11**

**9:30 AM - 1:30 PM**

**ORCHARD CREEK LODGE**

to our group in June. Watch your emails for updated postings.

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



**Multiple Sclerosis**

The April 18 meeting will be at 1:00 PM, Multimedia Room (OC). We will feature Speaker Laura Kellen, Librarian from the Talking Book Library. The Library was founded for the blind but also spills over to help those who have mobility issues when reading books. The Braille and Talking Book Library (BTBL) is a free service available to all Northern California residents who, are unable to comfortably hold or physically interact with a standard print book. It offers over 140,000 audiobooks and 70 audio magazines via postage-free U.S. mail or downloads



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



**Polymyalgia Rheumatica and/or GCA Support**

If you have polymyalgia rheumatica or GCA and thought you were out there

all by yourself, you're not! Our support group will be more than happy to share their knowledge and experiences with you. We meet monthly at the Lincoln Community Church. For more information, contact Adrian Felice.

Contact: Adrian Felice 916-759-6419,  
adrianfelice55@gmail.com



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**AARP**

The 2023 Tax Season is Here! Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2022 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-258-5065. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

**A Course in Miracles**

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**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](http://www.lhairportco-op.org), click the membership tab, download the application, mail along with required documentation to the address on the application or phone Barb Iniguez at 916-408-7812.

**Cloggers**

Happy March! Every month is a month for clogging, of course, but – Irish clogging? St. Patrick's Day? They go together like peanut butter and jelly (or Irish stew and pudding). Clogging is a brain-building triple threat: physical exercise helps protect the brain, plus we learn, plus we socialize. We double-toe tap and rock and kick and triple step and stomp to great country music. We make lots of noise with four metal taps on each shoe and we burn up lots of calories. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

**Democratic Club**

Members heard an interesting and informative presentation from the Sacramento Bee's Marcos Breton and Jack Ohman. Our March 16 speaker is Kerry Callahan, Western Placer Unified School District Superintendent. She will give an overview of the District and its particular issues and problems. We look forward to hearing from Nevada Irrigation District General Manager Jennifer Hanson next month. We continue to volunteer at the Placer Food Bank. For more information, please visit our website, <https://democraticclublincolnca.org>. We welcome new members. Join us!

**Italian Club**

This month we'll celebrate the world-famous "Carnevale di Venezia" or Carnival of Venice, on March 19 in the Ballroom (OC). This is sure to be a colorful experience with costumes and masks worn by many attendees, so check out the photos on the web after the event. On April 29, we'll learn more about Italy's southern

region of Campania during our next regional event. Check the website for more details and to sign up. To learn more about the club and its activities, visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

**Racquetball Group**

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

**Republican Club**

Upcoming Events: It's the Lifestyle! Expo. Ballroom (OC), Tuesday, March 21, 10:00 AM to 1:00 PM. Come by our table and find out what is happening at our club. Tom Del Becarro, author and former head of California GOP Wednesday, April 19, P-Hall (KS) doors open at 6:00 PM and starts at 6:30 PM. You will not want to miss this dynamic speaker! Reminder: The deadline for 2023 dues is March 31. \$15/per person/per year. Everyone requested to submit a new membership application (go to our new and improved website). The website has a calendar and photos. [www.RepulicanClubSCLH.org](http://www.RepulicanClubSCLH.org).

**Retired Men**

We are a social club for retired men. We meet monthly for lunch, on the third Tuesday of each month, at the Catta Verdera Country Club. We have lunch at Noon and do a little club business

afterward. Look for changes soon to our meeting schedules. Some of the activities you may want to participate in are golf, bocce, or bridge. If this sounds like something you might be interested in, contact Jay James at 408-533-3132 or jayj332@gmail.com or Phil Sanderson at 916-408-4764 or philbridge9@gmail.com.

**Shalom Social Group**

We continue our varied activities. The Anti-Defamation League's Seth Brysk updated us on the fight against anti-Semitism. Dr. Tracy Skolnick and Sally Garrison, Sutter Care at Home Hospice Medical Director and Social Worker, respectively, informed our Women Together about "End of Life Care with Comfort

and Dignity." On March 21, Felicia Juntunen, MA, CMC, Director of Care Management for Elder Care Management, serving four counties, will explain "Successful Aging." We volunteer at the Placer Food Bank. Our focus is on Jewish tradition, culture, and food, but membership is open to everyone. For more information, contact Margie Gulko at 916-543-5303.

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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 [lincolncga.gov](http://lincolncga.gov).



### Meet The Author Lecture Series: Jo Anna Phillips

Monday, March 20, 2:30 PM, P-Hall (KS)

Jo Anna Phillips is a former newspaper columnist, feature writer, TV host, and producer. As a serial entrepreneur, she created several businesses in Northern California and Nevada, where she lives. *Confessions of An Aging Hottie* is a hilarious look at the challenges of aging through the eyes and experiences of a former Hottie. From the days of her youth, *Swinging from the Chandeliers* one moment to *Living Large with Gravity and Other Travesties* to the

*Land of A Thousand Aches*. It's an amusing romp through the adventure of getting older that will make you laugh out loud.



### It's The Lifestyle! Expo

Tuesday, March 21, 10:00 AM to 1:00 PM (OC)

Want to learn about the various clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle!*

Expo and celebrate the lifestyle that is uniquely Lincoln Hills. The Lincoln Hills clubs, community interest groups, and various local non-profit organizations are participating. Learn about the many clubs and organizations within your community, speak to different Lincoln Hills department teams and learn about local volunteer opportunities and how to get involved.



### Senior Living Opportunities: Beyond Lincoln Hills

Tuesday, March 21, 2:00 PM, P-Hall (KS)

Is living in Lincoln Hills getting to be too much? Don't want to cook anymore? Is this the last time you want to fix whatever is broken? Can you create a living experience somewhere else so you can thrive? An important determinant for our health is the quality of our social relationships. Is your television your social life? Come to this Community forum where Marcia VanWagner will explore different models of senior living, the lifestyles, the costs, and who can help in making this transition.



### KS At The Movies: A Man Called Otto (2022)

Monday, March 27, 1:30 PM, P-Hall (KS)

A remake of the fantastic original film adaptation of the novel "A Man Called Ove" by Fredrik Backman (2015 Swedish film "A Man Called Ove" directed by Hannes Holm). Ove is a curmudgeon-the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him 'the bitter neighbor from hell.' Rated PG-13. 126 minutes. Comedy. Drama.



### KS At The Movies: Fried Green Tomatoes (1991)

Monday, April 3, 1:30 PM, P-Hall (KS)

Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously. While visiting relatives at a nursing home, she meets Ninny Threadgoode, an outgoing older woman, who tells her the story of Idgie Threadgoode, a young woman in 1920s Alabama. Through Idgie's inspiring life, Evelyn learns to be more assertive and builds a lasting friendship of her own with Ninny. Rated PG-13. 130 minutes. Drama.





### Discover Lifestyle Dance Classes — Two Workshops

Saturday, April 8, 9:00 AM to 11:00 AM, Ballroom (OC)

Saturday, April 15, 9:00 AM to 11:00 AM, Ballroom (OC)

Dancing is one of the best things you can do for your physical, cognitive, and mental health. If you are not already dancing at Lincoln Hills, now is your chance to see what is offered in Lifestyle classes. Presented by professional instructors, explore seven different classes: Hula, Line, Belly, Clogging, and Jazz Performance. Participating instructors on April 8: Pam Akina, Yvonne Kraus-Schenck, Cathy Paris, and Ellen Russell. Participating instructors on April 15: Janice Hanzel, Anna Woods, and Becky Nicholson. Wear comfortable clothes and appropriate shoes for dancing. No registration is required.



### Photos with Lincoln Hills Spring Bunnies

Sunday, April 9, Noon to 2:00 PM, Terrace (OC)

Bring your grandkids to Orchard Creek Lodge on Easter to meet the Lincoln Hills Spring Bunnies. They will be outside the Pre-function area on the terrace, hopping around the gardens and pond for perfect photo opportunities. The Bunnies will also be passing out goodie bags filled with treats and a take-home craft for the kiddos. A bubble party and lively music will add to the enjoyment.

Plan to attend after or before you have brunch in the Ballroom to make it a full experience. (The Easter buffet brunch is a separate event. See Meridians for details.)



### Home, Health, and Business Showcase

Tuesday, April 11, 9:30 AM to 1:30 PM (OC)

Learn about the latest products and services for your home, health, and business matters. Meet your *Compass* advertisers and other businesses that will showcase their products. There will be new cars, electric motorcars and perhaps even a monkey!



### Lincoln's Growth in Perspective

Thursday, April 13, 2:00 PM, P-Hall (KS)

The city of Lincoln currently has 50,000 residents and is projected to increase to 100,000+ residents by 2050. How will this growth impact Lincoln Hills and our city's quality of life? Come to this Community Forum where Community Development Director Christian Svensk, and City Treasurer (and Lincoln Hills resident) Richard Pearl, will outline both near-term and longer-term growth as our 'village' concept continues to evolve. Also discussed will be water, sewer, and transportation requirements and how they can/would impact our growth. The discussion will review current and future cities' finances.



### Coffee with the Mayor

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

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



### Listening Post

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

Come and have a conversation with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions.



**De-geekifying Artificial Intelligence and ChatGPT**

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

Come join Ken Spencer at the Community Forum where he will discuss the latest tech rage, ChatGPT? Should I embrace it, avoid it, or believe it? He will de-geekify what this latest technology was, is, and will be. You will learn the history and uses of Artificial Intelligence (AI) and what the future might bring. Technology can be a tool for good or evil, but more importantly, it can and should enhance your life. Ken has spent the last two decades embracing and educating about new technology as a consultant. He strives to simplify technology, for a non-tech consumer, for real people.



**A Special Evening with Garsham**

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

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



**Walk for Multiple Sclerosis**

Saturday, April 29

Attention all walkers, cyclists, and scooters enjoying our beautiful neighborhoods and trails! Please join us for the 2023 MS Walk. Help create a world free of MS – many of us living with MS are your neighbors and friends in this wonderful community! Wear our logo during your daily exercise, and join our Lincoln Trailmixers Team to support this annual fundraiser for MS research and services. Contact Team Captain Joni Deutsch at 916-398-0349 to walk or ride with our Lincoln Trailmixers team or to donate to the National MS Society on behalf of our team.

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## The Spa at Kilaga Springs

Spring is in the air, and we are excited to include many new and fresh Facial Treatments and Body Services from our newest Product Line, Comfort Zone. Choose from our luxurious new Facial services, or unwind with a delightful full-body massage. Don't forget to treat your hands and feet to our beautiful Dazzle Dry Manicures and Pedicures. Stop by and see our amazing Retail Boutique filled with incredible Deals and Promotions on our many beautiful Spa Lines; Hydrafacial MD, HydroPeptide, Comfort Zone, Dazzle Dry, Sonoma Lavender, Grands Lash, R&R Medicinal CBD Line, and much more!

## Body Treatments

### Tranquility Ritual

60-minutes \$169

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquility Essential Oil Blend to induce a state of deep rest and relaxation with our gorgeous and soothing Body Brush application. Perfect for weary travelers or restless sleepers.

## New Facials

### Revitalize & Renew Facial

30-minutes \$99

60-minutes \$149

Treat your skin to the rejuvenating effects of our restorative treatment featuring the synergy of Qigong and Rolling Massage to rejuvenate and transform your skin.



### Soothing Recovery Facial

45-minutes \$129

Nurture and heal your skin from sun damage, environmental stressors,



and the effects of aging. This replenishing facial combines an incredible antioxidant combination of organic Goji Berry and Macadamia Nut Oil to revive and refresh your skin.

### Ultimate Hydration Facial

60-minutes \$129

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



### • Anti-Aging Mask – \$25

(Can only be added to facial service)

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

### • LED Light Therapy

15-minutes \$35

30-minutes \$55

(Can only be added to facial service)

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

## New Massage Services

### Aromatherapy Massage

60-minutes \$149

90-minutes \$169

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



### Back and Shoulder Rescue

30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides relief with warmed massage oils and our muscle-relief cream.



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## CBD Herbal Massage

60-minutes \$149

90-minutes \$169

An herbal massage formulated with a blend of pain and inflammatory herbs that work synergistically with high-potency CBD to bring relief exactly where you need it. The cooling menthol also works to calm the over-active pain signals so that your body can be restored to a place of ease.



## Nail Services

### All About The Feet

30-minutes \$69

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



### Dazzle Me Dry Nail Treatments

Manicure \$55

Pedicure \$65

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



### Signature Pedicure

\$69

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



### Best Seller Service Additions and Upgrades

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

### • Fabulous Foot Repair – \$25

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

### • Radiant Hand Repair – \$25

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

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

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 Entertainment Coordinator  
 Cody.Meikle@sclhca.com



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

\*Indicates on sale March 17

**Events**

**\*Tuesday Dance Night**

Tuesday, March 21

— LSE479

Tuesday, April 4

— LSE491

Tuesday, April 25

— LSE492

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person/per dance night

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

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



**Performances**

**Meredith McHenry**

Wednesday, March 29

— LSE485

7:00 PM, P-Hall (KS)

Reserved Seating \$22

Singing effortlessly through selections by artists varying from Etta James and Ella Fitzgerald to Tool and The Weeknd, Meredith, and her truly talented musicians have been entertaining audiences all over Northern California for 10+ years. Meredith is known for her ability to recreate both well-known classics and under-the-radar gems with her unique stylistic blend of jazz, funk, blues, rock, folk, country, and pop. Her original music stays true to this



genre-blending. Her deeply personal songs take audiences by the hand and lead them through an equally diverse emotional palate with humor, vulnerability, passion, and authenticity.

**Lincoln Hills Tap Company Presents: “Let’s Dance Again!”**

Thursday, March 30  
 — LSE473

7:00 PM

Ballroom (OC)

Friday, March 31

— LSE474

7:00 PM

Ballroom (OC)

Saturday, April 1

— LSE475

2:00 PM, Ballroom (OC)

Sunday, April 2 — LSE476

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$22

Standard Reserved Seating \$19

The Lincoln Hills Tap Company is excited to be presenting its first show in four years, “Let’s Dance Again!” The show, produced by the Tap Company, showcases a wonderful variety of dancers (and dance styles), singers, and entertainers. The Tap Club is fortunate to have the coordination and collaboration of many members of the performing arts: Chorus, Players, and Vaudeville. Come out and experience a lively, energetic event supporting your friends and neighbors on stage. Don’t miss it!



**Tom Rigney & Flambeau**

Friday, April 7

— LSE486

7:00 PM, Ballroom (OC)

Premium Reserved

Seating \$25

Standard Reserved

Seating \$22

Tom Rigney is one of the premier Roots Music fiddle players on the planet. His band “Tom Rigney and Flambeau” specializes in blazing Cajun two-steps, low-down blues, funky New Orleans grooves, boogie-woogie piano, and heartbreakingly beautiful ballads and waltzes. Much of the repertoire is composed by Rigney, but they mix in a few classics from the Cajun/New Orleans songbook, as well.

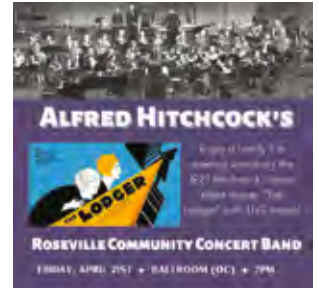


**Dance Concert with Garuda Blue**  
 Thursday, April 20  
 — LSE487  
 7:00 PM  
 Ballroom (OC)  
 General Admission  
 \$25



Garuda Blue is a contemporary jazz band based in the Bay Area, specializing in authentic, high-quality jazz and party music composed of some of the finest young musicians around. The group prides itself in delivering high-quality, sophisticated, and slick original arrangements of well-known classic and popular tunes from across generations with a youthful, fun, and hip attitude. The band performs around the country and beyond and is sure to bring good vibes and positive energy whenever they play. Lounge-style seating and an open dance floor. A No-host bar is open from 6:45 to 8:30 PM. Doors open at 6:30 PM.

**Silent Movie Night**  
 Friday, April 21 — LSE490  
 7:00 PM, Ballroom (OC)  
 Premium Reserved  
 Seating \$11  
 Standard Reserved  
 Seating \$9



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

**Tia Carroll & Frankie G**  
 Wednesday  
 April 26 — LSE488  
 7:00 PM, P-Hall (KS)  
 Reserved Seating  
 \$23



The blues are certainly alive and well in 2023. Renowned bay area performers come together for an intimate concert not to be missed. Tia Carroll, one of the most sought-after vocalists on the West Coast, is a "Female Blues Vocalist of the Year" and "Delta Blues Star" who has headlined venues and festivals all over the world and has shared the stage with legends including Ray Charles and Jimmy McCracklin and opened for Gladys Knight, Patti LaBelle, and Tower of Power. Frankie G headed up the East Bay band "Killin' Floor" and is known for his blistering guitar and vocals.



**Lincoln Hills Chorus Presents: "Groovy Sounds of the 60s!"**

Friday, May 5 — **LSE481**  
 7:00 PM, Ballroom (OC)  
 Saturday, May 6 — **LSE482**  
 2:00 PM, Ballroom (OC)  
 Sunday, May 7 — **LSE483**  
 2:00 PM, Ballroom (OC)  
 Premium Reserved Seating \$22  
 Standard Reserved Seating \$19

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

**\*Sony Holland: A Tribute to Linda Ronstadt**

Tuesday, May 16  
 — **LSE493**  
 7:00 PM, Ballroom (OC)  
 Premium Reserved Seating \$25  
 Standard Reserved Seating \$22



Featuring hits including such Grammy-honored classics as "You're No Good," "When Will I Be Loved," "Poor Poor Pitiful Me," "Desperado," and "Blue Bayou." Also featured are some of Ronstadt's favorite Jazz Standards and a piece or two from her foray into Spanish-language ballads. Beginning her musical career as a San Francisco street busker, singing for tourists at Pier 39 and Ghirardelli Square, Holland eventually earned her way to appearances in some of the country's top music

venues, including the Blue Note in New York City, Herb Alpert's Vibrato in Los Angeles, and the San Francisco Jazz Center.

**\*KS Comedy Night:**

**Gina Stahl-Haven**  
 Tuesday, May 23  
 6:00 PM, Ballroom (OC)  
 — **LSE494**  
 8:00 PM, Ballroom (OC)  
 — **LSE495**  
 Reserved Seating \$17



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

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\*Indicates on sale March 17

## Day Trips

– Destinations –

### Legion of Honor Art Museum / Exhibit - Sargent and Spain

San Francisco  
Thursday  
March 23  
\$95 — **LST431**



The museum opened to the public on Armistice Day, November 11, 1924, in dedication to the memory of the 3,600 Californians who perished in World War I. It houses European painting, sculpture, decorative, ancient, and contemporary art, and one of the country's largest collections of prints and drawings. For the first time, *Sargent and Spain* present approximately 120 dazzling oils, watercolors, and drawings, many of which are rarely exhibited. Enjoy lunch at the café (self-pay). Docent-led tour included. Wheels roll from OC at 8:30 AM ~ return 7:00 PM.

### Springtime at Filoli Gardens

Wednesday  
April 12  
\$95 — **LST432**

See how the Gardens transform as the weather warms up and a new season begins. Walk through the 54,000-square-foot historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest



stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC at 8:00 AM return ~ 6:30 PM. Lots of walking with some uneven pathways.

### Grace Cathedral Tour/Fisherman's Wharf

Tuesday, April 18  
\$95 — **LST435**

Experience the wonder of Grace Cathedral. Enjoy the newly-curated engaging visitor journeys, one focused on Highlights and another on Architecture. The tour features the cathedral's history, its place as a San Francisco icon, building elements, and art from their collection, including works by Ansel Adams, Narcissus Qualgiata, Keith Haring, and Lorenzo Ghiberti. After our docent-led tour, the motor coach will take us to Fisherman's Wharf for two hours on your own to grab lunch (self-pay) or enjoy the sights of this iconic location. Wheels roll from OC at 8:00 AM ~ return 6:30 PM.



### Spring San Francisco Shopping

Saturday, April 29  
\$65 — **LST436**

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



### Sights and Sips Cruise - Sacramento

Saturday, May 27  
\$120 — **LST437**

No matter the occasion, a Sights and Sips Cruise in Sacramento is sure to create



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

### – Performances –



#### Broadway at Music Circus

Season Tickets Discounted Package  
\$680 — LST446

Save big on the entire Broadway at Music Circus 2023 season! Purchase the entire six-show season for a lower overall price, at a discount of \$15 per show, for a total savings of \$90. This is a limited-time offer and must be purchased by April 16. (See dates below.) Single-show tickets will go on sale April 17.

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

June 13 - Beautiful: A Carol King Musical  
June 27 - Rodger & Hammerstein's Cinderella  
July 11 - The Music Man  
July 25 - The Addams Family  
August 8 - Ragtime the Musical  
August 22 - Rent

**Hairspray**  
SAFE Performing  
Arts Center/  
Broadway  
on Tour  
Sunday, March 19  
\$135 — LST414



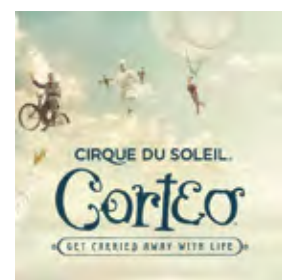
You Can't Stop the Beat! Hairspray, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour. Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? This all-new touring production reunites Broadway's award-winning creative team led by Director Jack O'Brien and Choreographer Jerry Mitchell to bring Hairspray to a new generation of theater audiences. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

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



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

**Cirque du Soleil - Corteo**  
Golden 1 Center  
Saturday, August 5  
\$179 — LST447



Let your imagination take you on a fun-filled journey as we watch the amazing performers from Cirque du Soleil. Corteo, which means "cortege" in Italian, is a joyous procession, a festive parade imagined by a clown. The show combines the actor's passion with the

acrobat's grace and power to plunge the audience into a theatrical world of fun and comedy. Our seats are located in the lower bowl and are in the center of all the action. Wheels roll from the OC at 1:30 PM for a 3:30 PM show ~ return approximately 7:00 PM.

### – Sports –

#### S.F. Giants vs. San Diego Padres

Thursday  
June 22

\$130 — LST448

Back by popular demand – Club-level seating! Enjoy all the excitement of an interstate rivalry when you watch the Giants take on the Padres from our group's preferred section. Price includes roundtrip motorcoach transportation, Club-level seating, and driver gratuity. Wheels roll from OC at 9:00 AM for a 12:45 PM first pitch ~ return 6:30 PM.



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

Sunday, July 30  
\$195 — LST449

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



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

Thursday  
June 29

\$199 — LST438

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



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

Bring the Grandkids  
Friday, July 14  
\$99 — LST450

Take me out to the ballpark! Enjoy an evening ballgame with your grandkids as the Rivercats take on the OKC Dodgers, which includes the post-game fireworks.



### Overnight/Extended Travel

#### Five days, four nights!

#### \*Ashland, Oregon

#### Theater Excursion

Monday, June 12 through  
Friday, June 16 — LST451

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

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

#### Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Romeo and Juliet"
- Reserved seating at Allen Elizabeth Theater for evening shows of Shakespeare's "Twelfth Night" and Alexander Durnas's "The Three Musketeers"
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own
- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates, and Ledger David Winery
- Visit the Harry and David Outlet Store in Medford



- Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
- Lunch at Sierra Nevada Brewery on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary, menus, and signed liability waiver is required for each participant. No online sales. Wheels roll at 8:00 AM, June 12, return June 16 ~ 6:00 PM.



**Four days, three nights!**

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

Monday, August 28 through Thursday, August 31 — **LST452**

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

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

**Trip includes:**

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite), including daily breakfast
- Complimentary hotel evening reception at Ayres Hotel
- Lunch at Harris Ranch on the way to Laguna Woods
- Free time to enjoy the beach/shopping/lunch in Newport Beach on your second day
- Reserved lower-level ticket to Pageant of the Masters Show
- Admission to Art-A-Fair at the Festival of the Arts
- Dinner at Terra Laguna Beach Restaurant on the

Festival of the Arts grounds prior to the show

- Entrance to the Huntington Library, Art Museum, and Botanical Gardens on the third day
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip (Breakfast on your own at the hotel)

- Lunch at Hilmar Cheese Factory on the return trip

Driver gratuity and service charge for all included lunches and dinners. Total Meals included: two breakfasts, two lunches, and one dinner. Detailed trip itineraries, menus, and a trip insurance provider list are available at the Lifestyle Desk. A signed liability waiver is required for each participant. Registration is exclusive to in-person sales at the Lifestyle Desk, no online sales. Wheels roll from OC at 8:00 AM, August 28 ~ return August 31 4:30 PM.

**Sold Out:**

**Broadway: Pretty Woman – May 2 — LST415**

**Andrea Bocelli – May 12 — LST433**

**Coming Soon:**

**Music Circus Single Show Tickets – April 17**

**SF Giants vs. LA Dodgers – April 17**

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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 March 17

## Dance

### \*Belly Dance Class – L1

Fridays, April 7-28  
1:00 to 2:00 PM (KS)  
\$28 (four sessions)  
— LSC4371



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-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun. Limited space. Instructor: *Ellen Russell*.

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

Tuesdays, April 4-25  
9:30 to 10:00 AM (KS)  
\$32 (four sessions)  
— LSC4386



It may be a little Dutch—but we don’t wear wooden shoes! Clogging is the American Folk Dance. Born out of the Appalachian Mountains, with influences from England, Ireland, Scotland, Germany, Africa, and indigenous peoples. It is lively, fun, and great exercise. Come sit and clog if you need to, but come join the fun. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.

### \*Clogging – Beginners/Easy - L2

Tuesdays, April 4-25  
10:00 to 11:00 AM (KS)  
\$40 (four sessions) — LSC3874

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

relaxed pace. Continue learning new steps and dances. Dust off those clogging shoes and come back to class. If you’ve been away for a while, this is the class for you! Instructor: *Janice Hanzel*.

### \*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, April 4-25  
Noon to 1:00 PM (KS)  
\$40 (four sessions) — LSC4430

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

### \*Clogging – Style Techniques and Advanced – L4/L5

Thursdays, April 6-27  
9:30 to 11:00 AM  
\$40 (four sessions) — LSC4431

April’s focus will be review. Here is your chance to spend a lot of time learning and working on Buck styling and Canadian Step Dance styling of clogging. The first 45 minutes will be Canadian and a review of Buck. The last 45 minutes will continue with advanced-level dances featuring both styles in the same dance. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

### \*Clogging – Performance

Tuesdays, April 4-25  
11:00 to Noon (KS)  
\$40 (four sessions) — LSC3885

We will be practicing for upcoming shows. Be ready to learn a new dance or two for upcoming Potpourri Shows. **Prerequisite:** Instructor approval. Must be available to perform for the current show and signed up for either the Beginner/Easy (L2) or Intermediate/Intermediate Plus (L3/L4). Instructor: *Janice Hanzel*.

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

Mondays, April 3-24  
6:00 to 7:00 PM (KS)  
\$28 (four sessions) — LSC3907

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



but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many dances are done in a circle, and some in lines. This class is intended for those that have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.

#### \*Hula - L1-L3

Thursdays, April 6-27

(no class April 13)

1:00 to 2:00 PM (KS)

\$39 (three sessions) — **LSC3918**

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact the instructor at 916-521-0474 to learn about Hula basics instruction. Instructor: *Pam Akina*.



#### \*Jazz Performance – L2-L4

Tuesdays, April 4-25

1:00 to 2:00 PM (KS)

\$36 (four sessions)

— **LSC3940**

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



#### \*Line Dance, L3/L4

Thursdays, April 6-27

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3999**

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. *About the instructor:* *Cathy Paris* is a lively and enthusiastic dancer and instructor. One of her greatest passions and

joy in life is teaching dance. Her dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

#### \*Line Dance, Country – L1-L4

Fridays, April 7-28

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC4035**

This class combines 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

Mondays, April 3-24

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3952**

Instructor: *Cathy Paris*

#### **OR**

Thursdays, April 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC4216**

Instructor: *Yvonne Krause-Schenck*

Level 1 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:* *Yvonne Krause-Schenck* started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student's progress. She knows the importance of movement and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

#### \*Line Dance, Beginner - L2

Thursdays

April 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions)

— **LSC4091**

Instructor: *Yvonne Krause-Schenck*

#### **OR**

Thursdays, April 6-27

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC4021**

Instructor: *Cathy Paris*



**OR**

Fridays, April 7-28  
 2:00 to 3:00 PM (KS)  
 \$28 (four sessions) — **LSC4046**  
 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 like cha cha, waltz, and rumba. *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 Improver (L3) class. She is also offering an Intermediate class (L4) for those who want easier dances with good music.

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

Mondays, April 3-24  
 5:00 to 6:00 PM (KS)  
 \$40 (four sessions)  
 — **LSC4276**



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

**\*Line Dance, Improver - L3**

Mondays, April 3-24  
 9:00 to 10:00 AM (KS)  
 \$28 (four sessions) — **LSC4080**  
 Instructor: *Yvonne Krause-Schenck*

**OR**

Mondays, April 3-24  
 5:00 to 6:00 PM (KS)  
 \$28 (four sessions) — **LSC4010**  
 Instructor: *Cathy Paris*

**OR**

Wednesdays, April 5-26  
 9:00 to 10:00 AM (KS)  
 \$28 (four sessions) — **LSC4057**  
 Instructor: *Sandy Gardetto*

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

**\*Line Dance, Intermediate - L4**

Wednesdays, April 5-26  
 10:00 to 11:00 AM (KS)  
 \$28 (four sessions) — **LSC4068**

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

**\*Line Dance, Advanced - L5**

Thursdays, April 6-27  
 5:30 to 6:30 PM (KS)  
 \$28 (four sessions) — **LSC3964**

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

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**\*Tap – L1**

Mondays, April 3-24  
11:00 AM to Noon (KS)

\$44 (four sessions) — **LSC4116**

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

**\*Tap - Technique**

Mondays, April 3-24  
10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4102**

**OR**

Tuesdays, April 4-25  
10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4130**

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

**Education****Four Films by Steven Spielberg**

Wednesday, April 19 & 26  
May 3 & 17

1:00 to 4:00 PM (KS)

\$40 (four sessions) — **LSC4414**

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

**\*Great American Songbook**

Mondays, March 6-27

9:00 to 11:00 AM (OC)

\$20 (four sessions) — **LSC4383**

Last March, my class was offered "A Listeners Guide to Jazz." I am also a fan, not a musician, of the Great American Songbook and want to share with you some of my favorites from this great American art form. We will start with songs by the great five composers and lyricists and proceed to unforgettable songs by other outstanding composers and lyricists. As this course proceeds, you will be invited to share some of your favorites with us. Instructor: **Wally Etterbeek**.

**\*History of Jazz (1942-1970s)**

Wednesdays, March 15-  
April 5 (Updated schedule)

1:00 to 3:00 PM (KS)

\$40 (four sessions)

— **LSC4255**

We will conclude our journey through the history of that truly American art form, Jazz. Picking up where part 3 ended, we will explore the many different forms of Jazz that emerged in the middle of the 20th century and show how great Jazz artists became ambassadors for their music in the fields of Education, Movies, Dance, and Broadway. We



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will hear those great musicians who experimented with and expanded Jazz to have a great influence on every type of music we listen to today. Join us as we take our final wild ride through the History of Jazz. Instructor: *Ray Ashton*.

**Music**

**\*Folk Guitar for Fun Folks – L1**

Tuesdays, April 4-25  
1:00 to 2:00 PM (KS)  
\$40 (four sessions)  
— **LSC4388**



Have fun learning the guitar. No prior music knowledge or good singing voice is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s, '60s and '70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. Instructor: *Darrell Effinger*.

**\*Folk Guitar – L2**

Tuesdays, April 4-25  
2:00 to 3:00 PM (KS)  
\$40 (four sessions) — **LSC4390**

This class is an intermediate class (level L2) 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 class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.

**Visual Arts & Crafts**

**\*Card Making – L1/L2**

Fridays, April 7 & 21  
9:00 AM to Noon (KS)  
\$30 (two sessions) — **LSC4307**

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: March 22.

**\*Card Making – L3/L4**

Mondays, April 3 & 17  
9:00 AM to Noon (KS)  
\$30 (two sessions)  
— **LSC4292**



**OR**

Wednesdays, April 5 & 19  
9:00 AM to Noon (KS)  
\$30 (two sessions) — **LSC4300**

This class is the intermediate/advanced level (L3/L4) of card making and offers more complex and challenging projects and papercraft techniques. This class is not designed for the 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: March 22.

**\*Ceramics – L1-L3**

Tuesdays, April 4-25  
1:00 to 4:00 PM (OC)  
\$64 (four sessions)

— **LSC3850**

**OR**

Thursdays, April 6-27  
9:00 to Noon (OC)  
\$64 (four sessions)

— **LSC4362**

This is an introductory class for students who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, demonstrating both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

**\*Ceramics – L4/L5**

Tuesdays, April 4-25  
9:00 AM to Noon (OC)  
\$64 (four sessions) — **LSC3838**

**OR**

Thursdays, April 6-27  
1:00 to 4:00 PM (OC)  
\$64 (four sessions) — **LSC3862**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

**\*Chalking - Bird Cut Outs**

Thursday, April 13  
11:00 AM to 1:00 PM  
(KS)

\$25 — **LSC4396**

\$15 supply fee paid to instructor

Learn how to use silk screen transfers and chalk paste to create two realistic wooden birds to accent your home decor. The birds measure 2 1/2" and 3 1/2" tall and sit upright. We will use chalk paste to color the bird bodies, then we will chalk the sketched design to create a realistic looking bird. Instructor: *Christy Frank*. Registration deadline: March 31.

**\*Chalking - Simply Blessed Sign**

Thursday  
April 13  
9:00 to 11:00 AM  
(KS)

\$30 — **LSC4393**

\$15 supply fee paid to instructor

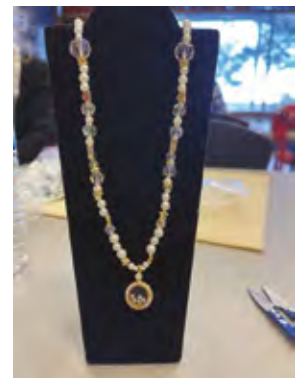
Learn how to use silk screen transfers and chalk paste to create this Simply Blessed sign with a wood bead border. The simple yet elegant design is perfect for any room in your home. The sign measures 10" x 16" across. You will chalk the design in three colors. Instructor: *Christy Frank*.

**\*Jewelry Making**

Monday, April 3  
1:00 to 5:00 PM (OC)  
\$20 — **LSC4381**

\$20 supply fee paid to the instructor.

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

**\*Mixed Media Art Journaling**

Tuesday, April 11 & 25  
9:00 AM to Noon (OC)  
\$45 (two sessions)

— **LSC4432**

\$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 “Lake View” - Beginner**

Monday, April 17 & 24  
Noon to 2:00 PM (OC)  
\$35 (two sessions)  
— LSC4354  
\$15 supply fee payable to Instructor



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

**\*Needle Felting “Spring Chicks” – Beginner**

Monday, April 3  
Noon to 4:00 PM (OC)  
\$35 — LSC4316  
\$15 supply fee payable to instructor



We will sculpt this sweet chick project using wool fiber and special needles in this one workshop. All supplies are provided, including the egg carton. We will make only one chick, not multiples as shown in the photo. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis. And occasional finger pokes are possible. We may not need the entire four hours. Instructor: *Donna Miller*.

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

Wednesdays, April 5-26  
9:00 to 11:30 AM (OC)  
\$80 (four sessions) — LSC3814



Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month.

Visit [www.sandyindblad.com](http://www.sandyindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies. Instructor: *Sandy Lindblad*.

**\*Quilting – Intermediate Quilting**

Fridays, April 7-21  
1:00 to 5:00 PM (OC)  
\$65 (three sessions)  
— LSC4413



This class will cover expanded techniques and methods of quilting for making and finishing a quilt top. Over a period of three weeks, you will learn time-saving tips for constructing quilt blocks. We will also cover setting triangles, settings for blocks, sashing options, borders, and binding. One block will be done in class, and some blocks may be done as homework. This class is for the intermediate quilter. Prerequisite: a beginning quilt class. Instructor: *Betty Kisbey*.

**\*Sip and Paint: “California Poppies”**

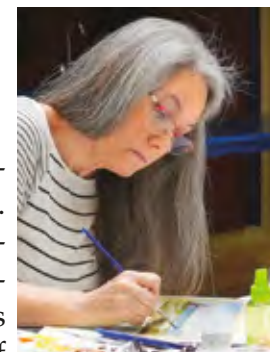
Friday, April 21  
5:00 to 8:00 PM (OC)  
\$65 — LSC3826



This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. *About the instructor:* Artist *Unni Stevens* studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at [unniart.com](http://unniart.com).

**\*Watercolor - Continuing**

Thursdays, April 13-27  
9:00 to 11:30 AM (OC)  
\$60 (three sessions) — LSC4181



This is a self-directed watercolor-based media workshop. This class combines demonstrations, discussions, and self-critiques by allowing participants to expand their understanding of

using color, shape, value, and texture in creating their art pieces. The instructor will work one-on-one with each participant addressing their specific needs. This is not a beginning class for people wanting to learn to paint. This class is open to watercolor or acrylic painters and will be limited in size to allow for individual one-on-one work. **Prerequisite:** Previous painting experience is required. Instructor: *Faye August* 916-209-3643 or watercolorist55@gmail.com.

**\*Watercolor  
- Landscape  
Elements**

Thursdays  
April 6-27  
1:30 to  
4:00 PM (OC)  
\$100 (four  
sessions)

— **LSC4193**



This class focuses on using the basic watercolor skills and techniques covered in Part 1. We will expand your understanding of color, incorporating shapes, value, and textures to create landscapes. Learn to paint different skies/sunsets/sunrises with and without clouds and trees, painting leaves and foliage, rocks, and water. Learn how to use foreground, background, and negative painting to create dimension and depth in a painting. **Prerequisite:** Basic painting skills. Instructor: *Faye August* 916-209-3643 or watercolorist55@gmail.com.

**\*Wool  
Embellishments,  
Part 4**

Monday, April 17  
9:00 AM to Noon (OC)  
\$35 — **LSC4379**  
\$10 supply fee paid to  
instructor



This class is a continuation of Wool Embellishments Part 3. You will be practicing more advanced techniques using your own wool project from previous classes. You will practice decorative stitches and work with special threads. Instructor will provide miscellaneous decorative threads. Please request a supply sheet at the Lifestyle Desk. Limited to eight students Instructor: *Betty Kisbey*.

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

## WellFit Orientations

### Free Orientations: WellFit Staff

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

#### Fitness Floor (OC)

- **Wednesday, March 15**  
3:00 to 4:00 PM
- **Tuesday, April 4**  
3:00 to 4:00 PM
- **Wednesday, April 12**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Wednesday, March 22**  
2:00 to 3:00 PM

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

Events go on sale on the 17 of each month. Register at Orchard Creek and Kilaga Springs Fitness 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

### Meditate

Mondays, April 3-24  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$72 (four sessions)

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



### Mind-Body Balance

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

We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of rejuvenation? We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much-needed gift of relaxation. This class is offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC.*



### Mindfulness and Meditation

Thursdays, April 6-27  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$72 (four sessions)

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



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

All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-in passes, also known as Wellness Class 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.

### Tai Chi for Health

Mondays, April 3-24  
7:30 to 8:30 AM  
Aerobics Room (OC)  
\$52 (four sessions)

Improve your strength, balance, flexibility, breath, and focus with this ancient form of exercise. The class will consist of a series of initial Qigong exercises known as the Brocade followed by a longer form of movement that can be learned in increments over time. This is a class that is open to beginners who would like to initiate Tai Chi as a basic movement exercise as well as those who would like to learn a form of Tai Chi that pre-dates communist China. This form of Tai Chi is the historic Yang style, a form in which the instructor has engaged in for over 40 years. Instructor: *Andrew Buffmire*.



### Tai Chi / Qigong L1

Tuesdays, April 11-25  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$39 (three sessions)

#### OR

Fridays, April 14-28  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$39 (three sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements



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

### Tai Chi 24 Form L1-L3 - Outside

Thursdays, April 13-27  
2:00 to 3:00 PM  
Amphitheater (OC)  
\$39 (three sessions)

Open to all levels, come join in for a fun time learning the Tai Chi 24 form in the beautiful outdoor setting. The class will warm up with Qigong to help relax the body, then learn the 24 moves in this Yang style Tai Chi which enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as “Chi,” this form of exercise has been known to improve a variety of ailments. Instructor: *Shifu Anney Siegel-Wamsat*.



### Tai Chi / Qigong L2/L3

Tuesdays, April 11-25  
3:10 to 4:10 PM  
Aerobics Room (KS)  
\$39 (three sessions)

#### OR

Fridays, April 14-28  
3:05 to 4:05 PM  
Aerobics Room (OC)  
\$39 (three sessions)

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





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

### Walking Meditation

Wednesday, April 19

4:10 to 5:10 PM

Aerobics Room (OC)

\$20

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



## Nutrition

### 30-Day Sugar Detox

Tuesdays

April 4-25

11:00 AM to

Noon

Multipurpose

Room (OC)

\$72 (four sessions)

\$15 supply fee paid to the instructor first day of class.



Science has discovered that sugar is keeping Americans overweight; it is the leading cause of heart disease and begins premature aging. The good news is you can eliminate sugar from your diet and lose unwanted pounds, have a more radiant appearance, and feel better. There is no one person who wouldn't benefit from a little less sugar in their life. Join the 30-day detox challenge and have comradery with others along the way. Receive recipes, tastings, and tips to keep you going. Instructor: *Sheri Mandell, HHC*. Registration deadline: March 31.

### Mediterranean Madness - Healthy Kitchen

Friday, March 24

1:00 to 2:00 PM

Placer Room (KS)

\$20 + \$15 supply

fee paid to

instructor at the

beginning of

class.



In the 1950s, it was noted that heart disease was not as common in the countries that border the Mediterranean Sea as it was in the US. Since then, numerous studies have confirmed that the Mediterranean way of eating is one of the healthiest in the world. Join us as we dive into this delicious cuisine. We will be making and trying a wonderful Quinoa salad in class and will be taking home the recipes for Chickpea Salad, Greek Salad, and an easy Mediterranean Chicken Bowl. Instructor: *Sheri Mandell, HHC*. Registration deadline: March 21.

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WellFit Fitness Supervisor  
Rex.Owens@sclhca.com



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

## Personal and Clinical Training

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

### Training Services

- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$34 per person. Each billed for shared session.
- **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One hour session \$99.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to

stretch. Balance is very affected by posture. One-hour session \$59.

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

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

## Personal Improvement

### Better Balance - Fall Prevention

Tuesdays & Thursdays  
March 21 – April 13  
12:55 to 1:55 PM  
Aerobics Room (OC)  
\$144 (eight sessions)

This is a combined educational and exercise experience that addresses areas necessary for fall prevention, including core strengthening, balance, reflexes, flexibility, muscle strengthening, and biomechanics. Educational portions will include but are not limited to: proper footwear, successfully navigating one's environment, how to prevent falls, and identifying potential safety hazards. Instructor: *Darian Harris, OTS*.



### Care of the Caregiver Using Neuro Arts

– New!

Wednesdays, April 26  
& May 3 & 10  
9:30 to 11:30 AM  
Multimedia Room  
then Multipurpose  
Room (OC)  
\$120 (three sessions)



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

### CPR AHA Heart Saver Adult First Aid/ CPR/AED

Tuesday, May 10  
9:00 AM to Noon  
Multimedia Room  
(OC)



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

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

### Hypnosis for a Good Night's Sleep

Thursday, April 6  
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. Instructor: **Kelley Moreno CHT**.

### Karate - Traditional Shotokan

Saturdays, April 1-29  
10:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$25 (five sessions)



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

### Living with Foot and Ankle Pain

Wednesdays  
April 19 & 26  
1:00 to 2:00 PM  
Multimedia Room (OC)  
\$45 (two sessions)



Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. Learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: **Lisa Kwon**, Occupational Therapist, and **Danielle Merrill**, Physical Therapy Assistant. \*Lisa will teach the first class, and Danielle will teach the second.

### 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](mailto: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 monthly.*

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

Tuesdays  
April 4-25  
4:00 to 5:00 PM  
Fitness Center - Reformer Studio (OC)  
\$72 (four sessions)



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

## Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function.

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

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

## Pop Up Classes

### Athletic Conditioning and Happy Hour

Tuesday, March 28  
4:00 to 5:30 PM  
Multi-Court  
\$15



This Pop Up class will give you a taste of our new outdoor sessions coming soon! Let's kick off Spring with a fun, outdoor fitness hour that introduces you to athletic style exercises to help you perform your sports and activities better while also keeping you safe. We will focus on core rotation, power and speed, agility, balance, shoulder and rotator cuff, range of motion and stretching. Then after your hard work, enjoy a beer, glass of wine, or water to cool off and socialize. Instructors: *Lisa Fisher* and *Danielle Merrill.*

## Punch Pass and Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

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

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



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

**Premium Punch Pass Deal.** Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$247.50. Purchase at the Fitness Center 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/Punch Pass Classes](http://sclhresidents.com/WellFit/Punch Pass Classes), 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 & Wednesdays  
April 3-26  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

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



### Bootcamp – Progressive L2/L3

Mondays & Wednesdays  
April 3-26  
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, April 4-25  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *Craig Wasley*

### OR

Friday, April 7-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *Gina Turner*



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

**"Fun"ctional Fitness L3**

Tuesdays & Thursdays  
April 4-27  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$136 (eight sessions)



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

**ParkinsonStrong Combo**

Mondays  
April 3-24  
4:10 to 5:10 PM  
Aerobics Room (KS)  
\$68 (four sessions)



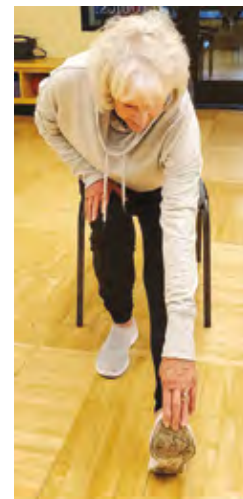
**OR**

Thursdays  
April 6-27  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$68 (four sessions)

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

**Posture, Core and Balance L1/L2**

Mondays & Wednesdays  
April 3-26  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)  
Instructor: *Renae Schmidt*  
**OR**



Tuesdays & Thursdays  
April 4-27  
10:45 to 11:45 AM  
Aerobics Room (KS)  
\$136 (eight sessions)  
Instructor: *MaryAnn DePietro*

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

**TRX Circuit L2**

Tuesdays & Thursdays  
April 4-27  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)



Instructors:

*Craig Wasley/MaryAnn DePietro*  
**OR**

Wednesdays, April 5-26  
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 &amp; Wednesdays, April 3-26

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 L1 (Seasonal)**

Tuesdays, April 4-25

8:30 to 9:30 AM

\$68 (four sessions)

First class meets at OC Fitness Center



Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails. Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side'. Suggested ability to walk at a moderate pace. Instructor: *Lisa Fisher*.

**Water Exercise – Therapeutic L1/L2**

Wednesdays

April 5-26

10:45 to 11:45 AM

and also 11:50 AM

to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi***OR**

Fridays, April 7-28

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

\$68 (four sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool

with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel.

**Sports Plaza - Lessons****Athletic Conditioning and Agility - New!**

Tuesdays, April 4-25

8:15 to 9:15 AM

Multi-Court

\$60 (four sessions)



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

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*.

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## Pickleball – Introduction

Wednesdays  
9:30 to 11:00 AM  
Pickleball Courts  
Free



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

## Pickleball- Advanced Beginner Clinic

Wednesday, April 12  
11:00 AM to 12:30 PM

Multi-Court  
\$45

Skill Level 2.5-3.0 Minimum/Maximum: eight students

“How to create an advantage at the beginning of the rally.” Utilizing the serve and return as a weapon. Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson, Pickleball Pro.*

## Pickleball Training Services – Purchase at Fitness Centers or through Online Enrollment at [sclhresidents.com](http://sclhresidents.com)

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

*\*For small group training, clinics, or camps, please see online enrollment – WellFit or inquire with Ian. For questions, email: [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com).*

## How to Set Up Training Services with the Pickleball Professional

1. Purchase a training service at the Fitness Center front 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](mailto: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.*

## 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](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.

## 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 three dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit. Their Bio’s can be found at the Fitness centers or on the Resident Website under the WellFit drop-down menu. Contact Danielle Merrill for more information about this exciting new program.

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

Reach out to a Coach to schedule:

Nina.Baldi@sclhca.com

Sheri.Mandell@sclhca.com

Alice.Vestergaard@sclhca.com

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

**HOURS** SUBJECT TO CHANGE

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

**ADMINISTRATION**

**Executive Director**  
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**Membership**  
Lisa Hammons .....916-625-4068 ..... Membership@sclhca.com

**FOOD & BEVERAGE**

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

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**Lifestyle Entertainment Coordinator**  
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**Lifestyle Trip Coordinator**  
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**Room Booking & Club Coordinator**  
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**WELLFIT**

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**WellFit Program Manager**  
Danielle Merrill .....916-625-4032 ..... Danielle.Merrill@sclhca.com  
**WellFit Fitness Supervisor**  
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**THE SPA AT KILAGA SPRINGS**

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**Landscape Supervisor**  
Willie Mayberry.....916-645-4501 ..... Willie.Mayberry@sclhca.com

**GENERAL NUMBERS**

Curator Security .....916-771-7185  
LH Golf Club .....916-543-9200 .... lincolnhillsgolfclub.com  
Lincoln Police & Fire .....916-645-4040  
Neighborhood Watch ..... SCLHWatch.org  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
Lincoln Hills Foundation...916-434-0749 . lincolnhillsfoundation.org  
Lodge Library Contact..... Sarah Kevin: 408-858-0880

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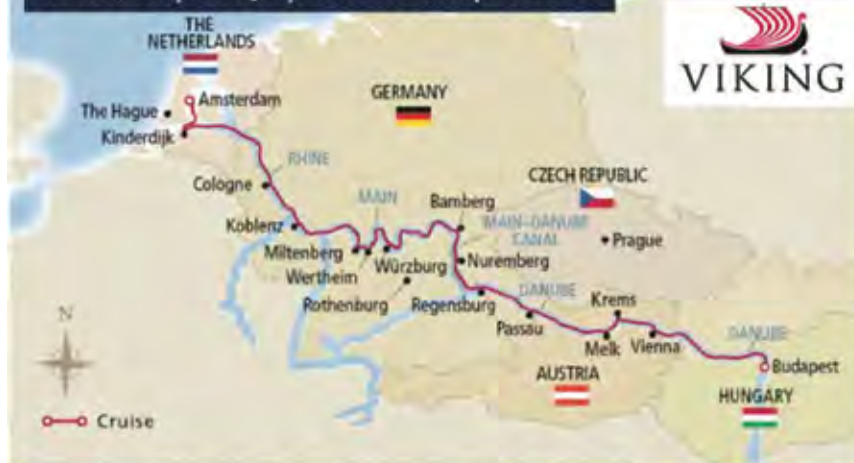
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