



# Compass

The Official Magazine of Sun City Lincoln Hills

June 2015



**A Candid Conversation  
About Safety... page 5**

**Our Community Pulls  
Together... page 2**

**What is the Finance  
Committee's Role?... page 7**

# In This Issue

Activities News & Happenings ..... 7, 83  
 Ad Directory/Compass Advertisers ..... 103  
 Aging Well: Hoofing It ..... 11  
 Association Contacts & Hours Directory ..... 102  
 Board of Directors Report..... 2  
 Bulletin Board..... 39  
 • Community Perks..... 41  
 • You are invited to attend ..... 39  
 Calendar of Events..... 3  
 Classes, Activities Department..... 63  
 Classes, WellFit Department..... 82  
 Club Ad: Vaudeville Troupe ..... 11  
 Club News ..... 25  
 Community Forums ..... 100  
 Compliance Committee ..... 9  
 Connections ..... 3  
 Day Trips & Extended Travel ..... 51, 83  
 Did You Know? ..... 11, 21, 37, 100  
 Entertainment ..... 44, 46  
 Executive Director Update ..... 5  
 Finance Committee ..... 7  
 Food & Beverage Department ..... 11, 47, 78, 84  
 Important Info: Entertainment, Trips, Classes ..... 48  
 Independence Day July 4 Facilities Hours ..... 5  
 Historic Lincoln: Veterans Bldg., City Jail, Courthouse .... 13  
 In Memoriam ..... 43  
 Library News ..... 21  
 Limited Membership Hours July 3-20 ..... 5  
 Lincoln Hills Golf Club ..... 64  
 Neighborhood Watch ..... 23  
 Neighbors InDeed: Drought! Water Restrictions! ..... 17  
 Orienteering: Leavell Ranch Trail ..... 15  
 Properties Committee ..... 5  
 Summer Amphitheater Concert Series! ..... 44  
 The 2016 Budget Season is Upon Us ..... 9  
 The Spa at Kilaga Springs ..... 10, 60, 69  
 Upcoming Association-Related Meetings ..... 3  
 Useful Technology in Our Lodges: Did You Know? ..... 21  
 WellFit Grids..... 97-99  
 WellFit News ..... 9, 104

## Board of Directors Report

### Solar Assent: Our Community Pulls Together for the Good of All

Jim Leonhard, Vice President, SCLH Board of Directors



A wonderful thing just happened in Lincoln Hills—thank you SCLHCA members!

As has been previously documented, at its April meeting, your Board gave its final approval to the installation of a solar farm in the Orchard Creek Lodge parking lot after receiving positive recommendations from the Properties and Finance Committees. Following that approval, it was recognized that our governing documents require membership assent for the Board to enter into a multi-year contract for products and services such as the one for the 20-year Power Purchase Agreement that is the cornerstone of the solar project.

Since time was of the essence, it was determined that the most expeditious way to garner more than 50% of membership assent (about 3400 homes) was to go door-to-door to gather signatures. Executive Director Chris O’Keefe immediately swung into action by igniting his staff to organize a volunteer effort. Posters in the Lodges, eNews bulletins, and requests for help to all Clubs went out. John Snyder, former Vice President of the Board, was recruited to assist in the organization effort.

A volunteer meeting was held in the Ballroom on May 1 at which John and Chris gave an overview of the project and answered questions. For each Village, staff had meticulously compiled a list

containing each property’s address. Volunteers were provided with a clipboard containing the list for their Village and were then sent out to obtain signatures of assent from as many residences as possible. Lists were also available for signature at the two Lodges, Fitness Centers and Meridians.

Thanks to the 109 resident volunteers, a scant 12 days later Chris was able to report that our goal had been reached. Since then, signatures continued to pour in and we have assent from over two thirds of the residences—a phenomenal result!

The Board would like to recognize and thank all the volunteers. We also greatly appreciate the Staff’s effort, with a particular nod to Lavina Samoy, Bruce Baldwin, Janet Keller, Christy Goodlove, and Ben Baker.

A feeling of the Community coming together was felt by all involved in this endeavor.

On May 15, the contracts for the project were signed by Ken Silverman, Board President, at a well-attended gathering of the community at the Amphitheater. The best ice cream sandwiches ever were provided to all attendees. Construction will begin once permits from the City of Lincoln are issued, which we anticipate by the end of June.



Left, final paperwork was signed May 20 during the ice cream social celebrating the new Solar Project. Shaking hands with Ken Silverman, BOD President, left, is James Hartigan, COO of Technology Credit Corporation (TCC), Abe Emard, CEO of Sun Works is to the right



Right, members of the Ukulele Music Group played music for residents as they enjoyed ice cream sandwiches following the Solar project ceremony thanking volunteers who helped make the endorsement project a success

### On the cover

For the 20 minutes before the sky opened up with lightning, thunder and .42 inches of rain our opening show, *Let's Hang On! A Frankie Valli Tribute Show*, was terrific

## Connections

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*



Oh, what a night! It's possible that you were in attendance at the Amphitheater for our opening Summer Concert. Despite our best efforts to ward off lightning, thunder, and rain we were unsuccessful and we had to clear the Amphitheater after twenty minutes. Fortunately, our indoor facilities accommodated the teeming masses of people until it became obvious the storm was increasing in severity and not passing by. This was the first time in our 16-year history that the show could not go on.

Unfortunately, no refunds or rain checks could be offered as we incurred the same expenses and the musicians were scheduled to be back in Florida the following day. While very disappointing, most seemed to weather the storm with laughter and understood our predicament. Thank you all for your patience and understanding. We hope to see you at our next concert, "Catch a Wave, the Beach Boys Tribute Show" on Friday, June 19.

National Night Out is scheduled for Tuesday, August 4. We have had several requests from neighbors asking if the Association will host a Block Party for our community. We think it would be fun to

offer an option to those looking to gather without the responsibility of planning a party. Staff are working out details, but **mark your calendar for a gathering at Orchard Creek Lodge between 5:00 and 8:00 PM.** We will advertise in the July *Compass* and advise you via eNews as details become available.

If you check the resident website and receive Sunday eNews from the Association, you are already aware of several important notices that we have provided to our community. In summary, we are pleased to announce **Sun City Lincoln Hills will host Hewlett Packard in the Orchard Creek Lodge June 15-19.** Our thanks to the Lincoln Hills Foundation, Community Forum, the Veterans Group, the Finance Committee, 18-Hole Ladies Golf and the Lincsters for working with the Association so we could rent space to HP for their meetings during this week. The selfless decisions of these groups to support our community enables us to continue to offer discounts to all residents in catering, including discounts to all officially recognized Clubs, and it enables us to hold down the pricing for Merid-  
*Please see "Connections" on page 21*

## Calendar of Events

June 15-July 31

Date	Event	Page #
06/15	Using Online Data to Find the Challenging 1800's	29
06/16	Speaker Chris O'Keefe: Community Developments	31
06/16	Forum: Future Forecast—Water Conservation Panel	100
06/18	Book Discussion: <i>The Daring Ladies of Lowell</i>	26
06/18	Bus Trip: River Cats vs. Reno Aces	63*
06/19	Summer Concert: Catch a Wave, Beach Boys Tribute	44, 46
06/22	The Important Role of Healthy Eating for Seniors	30
06/23	Concert: The Broadway Divas Volume I	46
06/23	Bus Trip: Cache Creek Casino	63*
06/24	Forum: The Five Most Common Foot Problems	11, 100
06/24	"Respite to Placement" Panel: Care to Caregivers	25
06/24	Music Group Meeting: Perform or Enjoy the Music	32
06/24	Bus Trip: Music Circus—Big River	52
06/25	"A Prickly Situation" Succulents and Cacti	29
06/26	Music Group sponsored Open Mic Night	32, 41
06/26	Bus Trip: U.S. Senior Open Golf Championship	59
06/27-28	12th Annual Coyote Softball Tournament	35
06/30	Bus Trip: Brooklyn Museum Costume Collection	52
07/02	Summer Concert: The Original Drifters	44, 48
07/04	Senior Softball All-Star Games	35
07/04	Concert: Roseville Community Concert Band	48
07/06	KS at the Movies: Lincoln	41
07/08	"Preparing Your New Computer"	28
07/08	Bus Trip: Music Circus—Bye Bye Birdie	52
07/09	Speaker from the Society for the Blind	28
07/09	Wildlife Heritage Nature Walk	41
07/09	Forum: Del Webb—The Man, the Legacy, and SCLH	100
07/10-11	Golden Revue Vaudeville Variety Show	36, 46
07/11	Extended Travel: Pageant of the Masters	63*
07/14	Needle Arts Speaker for Quilters & Appliqué Lovers	32
07/16	Book Discussion: <i>The Maze Runner</i>	26
07/17	Summer Concert: Sun Kings—A Beatles Tribute	44, 48
07/18	Saturday KS at the Movies: Jaws	41
07/21	Comedy: Hilarious Observational Comedy of Cary Long	46
07/22	Bus Trip: Music Circus—Peter Pan	52
07/23	Bus Trip: Eldorado "Tap Factory"	54
07/27	Concert: Mads Tolling—Instrumental 60's Hits	51
07/28	Bus Trip: River Cats vs. Las Vegas 51's	59
07/28	Forum: Password—Back by popular demand	100
07/29	Forum: Aging in Place	100

*Find these listings with yellow highlighting on the pages shown. (\* Indicates sold out event.)*

### Upcoming Association-Related Meetings: Date, Time, Place

June 15-July 31

Golf Cart Registration.....	Thursday, June 18, July 2 & 16, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, June 18, 9:00 AM, Presentation Hall (KS)
ARC/Architectural Review Committee.....	Monday, June 22, 9:00 AM
Board of Directors Meeting.....	Thursday, June 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, June 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, June 25, 11:00 AM
Compliance Committee Meeting.....	Wednesday, July 1, 10:30 AM
CCOC/Clubs & Community Organizations.....	Tuesday, July 7, 9:30 AM
Listening Post.....	Wednesday, July 8, 9:00 AM
Elections Committee Meeting.....	Friday, July 10, 10:00 AM
ARC/Architectural Review Committee.....	Monday, July 13, 9:00 AM
CCRC/Communications & Community Rel. ....	Monday, July 13, 11:30 AM
Properties Committee Meeting.....	Tuesday, July 14, 1:00 PM
Finance Committee Meeting.....	Thursday, July 16, 9:00 AM
New Resident Orientation.....	Friday, July 17, 1:00 PM
Board of Directors Meeting.....	Thursday, July 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, July 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, July 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, July 27, 9:00 AM

*Meetings in OC Lodge unless noted otherwise.*

**FAMILY OWNED AND OPERATED**



**10% SENIOR DISCOUNT**

**RESIDENTIAL AND COMMERCIAL – GARAGE DOORS, GATES & OPENERS**  
*Service, Repair, Replacement, Welding & Fencing*  
 FREE ESTIMATES • EMERGENCY SERVICE 24/7  
**(916) 740-4948**  
 Serving: Rocklin, Roseville, Lincoln, Granite Bay, Sacramento & more  
[www.RocklinOverheadDoorAndGate.com](http://www.RocklinOverheadDoorAndGate.com) CL#851651

**Knock on Wood**  
 Distinctive Designs in Cabinetry



Kitchens ~ Vanities ~ Baths  
 Offices ~ Media Centers  
 Wall Beds ~ Libraries  
**Bruce R. Wallace**  
**916.622.0294**  
[knockwood@gmail.com](mailto:knockwood@gmail.com)  
 CSLB: 970076




**Buying or Selling?**



**Coldwell Banker International President Club Elite**

**916-765-4188 Call the Pros!**  
 CA BRE#01229917  
  
 Visit our website @ [WeSellSunCity.com](http://WeSellSunCity.com)  
[Lenoraharrison@aol.com](mailto:Lenoraharrison@aol.com)  
 Each office independently owned and operated

**Ronald T. Curtis**  
**Plumbing** Since 1985



- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

**Call 916-759-6680**  
 License # 483169 • Lincoln Resident • Insured

**Service — Repair — Installations**



**Good Value**  
 Heating and Air Conditioning

**Good Value Approved**

**Glenn Julian (916) 532-7252**

**“Just an old-fashioned, honest job at a fair price — that’s good value.”**

<b>\$30 off any repair</b>	<b>Free service call &amp; estimate for any repair</b>	<b>Tune-up for \$44.95 — save \$20</b>
----------------------------	--	--

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




**Over 28 years experience**  
 Call for a free quote.

1500 Del Webb Blvd., Suite 101  
 Lincoln, CA 95648  
 Fax (916) 543-5223  
[www.lincolinactiveadult.com](http://www.lincolinactiveadult.com)  
 Each office is Independently Owned and Operated.

**Donna Judah**  
 Member Master’s Club  
 RESIDENT REALTOR®  
**Direct (916) 412-9190**  
[djudah@sbcglobal.net](mailto:djudah@sbcglobal.net)

**NEW LEGACY LANDSCAPING**



**20% OFF Landscaping Packet**

Concrete (All Types) • Pavers • Koi Ponds  
 Waterfalls • Fences & Gates  
 Sprinkler System - installation & repair  
 Sod • Plants • Patio Covers • Gazebos  
 Drainage System • Tree Pruning  
 Hillside Cleanup • Retaining Walls  
 New Bark or Rocks • Gardening Service (monthly & weekly)  
 Call Mr. Andy Le for a FREE Estimate!  
**916-213-9003 cell**  
**916-363-1948 office**

Lic. # 988769  
 Bonded & Insured



**STATE FARM®**  
 Coverage You Need From a Name You Know.  
 Providing Insurance and Financial Services

**Christine Taylor**  
 State Farm Agent  
 6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765  
[Christine.Taylor.g12t@statefarm.com](mailto:Christine.Taylor.g12t@statefarm.com) [www.ChristineTaylor.com](http://www.ChristineTaylor.com)

**916-408-1408**



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

**Auto Home Life Health Financial Services**



## Executive Director Update

Chris O'Keefe, Executive Director, SCLH Community Association

As most of you are aware, the solar project for the Orchard Creek Lodge parking lot has been approved. In the coming days and weeks, you will see activity from time to time as the installers prep for the major tasks that will take place in August and September. The four aisles on the social hall side of the lot will be addressed first, and then the project will move over to the fitness side. That being said, there will be periods during June and July where activity is taking place on both sides of the lot, as crews conduct demolition and bore for underground conduit.

There will be a significant impact to our parking lot in August, and my goal is to make sure we inform our residents as soon as possible, so that they can, if needed, make adjustments to their schedules, or to simply be aware that their normal parking habits will need to be revised.

Over half of the social hall parking lot will be blocked off during construction, so residents will need to utilize the fitness side for the month of August.

“There will be a higher than usual amount of activity at Orchard Creek Lodge during this time. I am asking everyone to be especially careful as they travel through the parking lot, and to be aware of your surroundings.”

This is also an opportunity to have a candid conversation about safety. There will be a higher than usual amount of activity at Orchard Creek Lodge during this time. I am asking everyone to be

especially careful as they travel through the parking lot, and to be aware of your surroundings. The contractors have been instructed to take every precaution to ensure the safety of our residents as they use the facilities. I am asking for the same diligence on your part.

During the recent renovation to the Orchard Creek Fitness Center entry, it was brought to my attention that some of our residents were ignoring the cones and caution tape, and walking through the area while demolition was taking place. This puts the resident in harm's way, as well as the workers. As we get ready to begin the largest project in the history of this Association, I would ask that everyone be mindful of the construction areas, and stay away from areas that are coned off by the crews.

I want to thank all of you who have worked on this project. From staff, committee and Board members, to the individual residents who endorsed this project, your work and support got us to this point. Now let's get it done—safely.

## We Are Going Solar!

### So now what happens?

Bill Attwater, Properties Committee Chair

The solar project is under way! Thanks to the many residents who studied the plan and signed their approval.

The contractor, SunWorks, will provide all the necessary labor, equipment, and materials to install a 949.61 kilowatt direct current fixed roof canopy and mounted solar photovoltaic generating system. The contractor will obtain the necessary building permits from the City of Lincoln. Then the contractor will commence staging the materials and equipment on the ground. The contractor will also put up the necessary signs directing traffic and delivery personnel to the appropriate areas.

The actual construction will start with what is technically called the “carport mount racking system.” On top of the carport will be placed the photovoltaic modules, direct current fuse boxes, inverters,

and circuit breakers. During this period of construction the contractor and the staff management of Lincoln Hills will have a series of conferences to ensure there is minimal disruption to parking during Orchard Creek Lodge events, meetings, or other activities. Also, the contractor is

required by our contract to maintain the project site in a clean and orderly condition, generally free of litter and debris.

The project is expected to begin in June and the entire project should be completed by mid October.



required by our contract to maintain the project site in a clean and orderly condition, generally free of litter and debris.

<b>Independence Day July 4 Facilities Hours</b>		<b>Limited Membership Hours July 3-20</b>	
<b>Administration &amp; Membership</b> Closed		Friday July 3	Closed-Administrative Holiday
<b>Activities Desk (OC/KS)</b> 8:30 AM-1:30 PM (Lodge closes at 2:00 PM)		Saturday July 4	Closed-Administrative Holiday
<b>Fitness (OC/KS)</b> 6:00 AM-5:30 PM		Monday July 6	8:00 AM-12:00 PM
<b>The Spa at Kilaga Springs</b> Closed		Tuesday July 7	12:00-4:00 PM
<b>Kilaga Springs Café</b> Closed		Wednesday July 8	8:00 AM-12:00 PM
<b>Meridians</b> 7:00 AM-3:00 PM		Thursday July 9	8:00 AM-12:00 PM
		Friday July 10	12:00-4:00 PM
		Saturday July 11	8:00 AM-12:00 PM
		Monday July 13	12:00-4:00 PM
		Tuesday July 14	8:00 AM-12:00 PM
		Wednesday July 15	12:00-4:00 PM
		Thursday July 16	8:00 AM-12:00 PM
		Friday July 17	12:00-4:00 PM
		Monday July 18	8:00 AM-12:00 PM

# TERRAZAS LANDSCAPE

Family Owned Since 1998

**LANDSCAPE MAINTENANCE DONE WITH WATER CONSERVATION IN MIND!**

The reasons you need to call Isaac at 916-247-2748 for your water conservation needs:

1. Green Gardener Certified!
2. Lawn conversion to artificial turf!
3. Lawn conversion to Low Maintenance Gardens!
4. Sprinkler repair to assure water conservation!



5. Drip systems, new valves, and new timers!
6. Installation of rock, bark and/or wood chips to aid in water conservation!
7. Planters and flower beds redesigned for drought resistance plants!
8. Sprinkler timers programmed to allow most proficient watering and alleviating evaporation!

Licensed & Insured  
Contractor License #: 877722

# CITADEL DENTAL

GENERAL DENTISTRY

Cosmetic Restorations • Veneers • Invisalign • Implants

## NEW PATIENT OFFER

Exam • X-rays • Cleaning

**\$49**

Limited to one per person.  
Not combined with other offers.



F. Gogani, DDS

**(916) 408-8585**

941 Sterling Parkway  
Suite 100  
Lincoln, CA 95648

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



## 2 Special Holiday sailings from Regent Seven Seas Cruise & Club Cruise

10 Night Sailing 12/17/15—12/27/15

10 Night Sailing 12/27/15—01/06/16

up to **65 FREE** SHORE EXCURSIONS

up to **67 FREE** SHORE EXCURSIONS



Sail Round trip from Miami, Florida to Costa Maya, Mexico; Santo Tomas de Castilla, Guatemala; Roatan, Honduras; Belize City, Belize; Cozumel, Mexico; Key West, Florida.



Sail Round trip from Miami, Florida to Grand Turk, Turks & Caicos Islands; San Juan, Puerto Rico; Philipsburg, Saint Maarten; Gustavia, St. Barts; Tortola, British Virgin Islands; La Romana, Dominican Republic; Nassau, Bahamas.

Prices starting from \$5,799 pp,do. Regent Seven Seas Navigator boasts ALL SUITES! Also included in your cruise:

- \* Free Round Trip Sacramento Airfare & A night prior hotel!
- \* Unlimited Shore Excursions
- \* Gratuities
- \* Taxes and Port Fees
- \* Unlimited Beverages including alcohol in all bars and lounges
- \* Free Wifi throughout the ship
- \* Free Specialty Restaurants & More! Call for details and to request a free brochure.

Fares are per person, based on double occupancy and apply to the first two passengers in a stateroom. These fares do not apply to singles or third/forth-birth passengers. This offer is capacity controlled and may not be combinable with any other. Fares quoted in U.S. dollars.

**CLUB CRUISE & Travel 916-789-4100**

**Located at 851 Sterling Parkway, Lincoln CA**

CST#2033380-40





**Activities News & Happenings**

**Summer Series, Shakespeare, and a Salute to Independence Day!**

*Lavina Samoy, Lifestyle Manager*

It was definitely a memorable Summer Amphitheater Series opening concert on June 5. It was unfortunate that Mother Nature decided to bring us the much needed rain, (and thunder and lightening) that evening and cut the concert short, a first for the series in 16 years. We hope you will join us for the upcoming concert with **Catch A Wave, The Beach Boys Show on June 19** (pages 44 & 46) and **The Original Drifters on July 2** (pages 44 & 48).

Get your patriotic spirits up with our **July 4<sup>th</sup> concert celebration, Happy Birthday USA** featuring resident favorite Roseville Community Concert Band at 2:00 PM in the Ballroom. This event has been a community tradition that never fails to entertain audiences of all ages (page 48).

Laughter, anyone? Two exceptional comedians are scheduled: **The Hilarious, Observational Comedy of Cary Long** will be in the Ballroom on **July 21** (page 46) and **KS Comedy Night presents Randy Riggle on August 13** (page 46). Both performers were resident-recommended and have appeared in Las Vegas and on national TV.

Want a quick vacation getaway? Lake Tahoe is calling with their annual **Shakespeare Festival** at the Sand Harbor State Park. The classic *Romeo and Juliet* couldn't get any better when viewed overlooking Lake Tahoe. Stay overnight at the new Hard Rock Hotel and cruise Zephyr Cove aboard MS Dixie II to complete your overnight getaway, **August 18 & 19** (page 61). If you are a Cirque fan, don't miss our **El Dorado overnight escapade on September 22** to

23. Watch this awe-inspiring perfect melding of circus and theater with stunts and acrobatics that will leave you breathless (page 61).

Discover new places with our day tour escapades. On **August 26**, join hop-on guide Craig Smith on the **San Francisco Movie Tour**. The tour brings you to San Francisco movie locations aboard the comfort of a motor coach with lunch at the famous Fog Harbor Fish House at Pier 39 (page 59). Learn about living on the waterfront during the **30<sup>th</sup> Annual Sausalito Floating Homes Tour, September 12**. Enjoy entertainment, art, and food at the dock (page 61).

Tickets to the **Music Circus Series** are still available (page 52) and don't miss the **2015-2016 Broadway Sacramento Series** line-up including **The Book of Mormon** on page 56.

Don't forget, a new tap workshop **Tap Blast!** will be offered **July 20 & 27** for students who wish to try tap (page 74).

**What Is the Finance Committee's Role?**

*Harriet Kaufman, Finance Committee Vice Chair*

The Finance Committee, serving in a consulting role, plays an important part in helping your Board of Directors make critical decisions by offering financial information and input to the Board, which holds ultimate decision-making power.

The committee publicly meets each month to review the prior month's financial activity and capital project requests that have been approved by the Properties

Committee. The results of these meetings and the request for approval of the results are discussed at the following Board of Directors meeting.

During August and September, Finance meets with the Properties Committee to discuss projects and expenditures which may be instituted during the next budget year. These projects emanate from sources such as Association staff departments, Properties Committee, and clubs. The

Finance Committee may make a recommendation for or against a particular project based upon its study of the financial impact on the Association. The results of these recommendations go to the Board of Directors.



Finance Committee members serve on task forces that study particular issues. An example is the recent study of how reserve funds should be invested for the safest and best possible financial return on investment. Committee members also serve on task forces formed at various times during the year to decide whether a project is financially feasible. Members of the Finance Committee worked with the Properties Committee to discern whether LED street lighting and the more recent swimming pool heating project made sense.

Finally, Finance Committee members perform financial audits of community-sanctioned clubs for proper financial record keeping and compliance with club handbook procedures. Committee members also assist in creating financial policy

*Please see "Finance" on page 9*

**Statement of Operations YTD—4/30/2015**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable)	Annual Budget
	Actual	Budget	Variance	
Homeowner Assessments & Other	\$2,543,310	\$2,539,654	\$3,656	\$7,640,861
Administration (Expense)	(720,941)	(730,217)	9,276	(2,047,930)
The Spa at Kilaga Springs	5,282	22,559	(17,277)	67,070
Fitness	(121,604)	(137,220)	15,616	(410,250)
Activities	(28,128)	(52,705)	24,577	(173,450)
Rec. Center / Maintenance	(777,211)	(811,465)	34,254	(2,569,070)
Landscape Maintenance	(765,619)	(841,990)	76,371	(2,566,920)
Food & Beverage	(74,154)	(94,440)	20,286	(13,110)
Capital Asset	0	0	0	
<b>Net Revenues (Expense)</b>	<b>\$60,935</b>	<b>(\$105,824)</b>	<b>\$166,759</b>	<b>(\$72,799)</b>

# Valley View Church

*Lincoln Hills*

*loving God... loving each other*



*Please join us  
in welcoming  
our new pastor,  
Sunday July 5th.*

Pastor Tom & Linda Galovich  
Phone: 916-740-3044  
vvelhsc@gmail.com  
www.valleyviewchurch.us  
Find us on Facebook



Jim Miller, Assistant Pastor  
Phyllis Miller, Music Director

**Sundays at 9:30am  
Kilaga Springs**

## Share the Journey With Us



- Award-winning Assisted Living care team
- Named "Dementia Program of Distinction" by the Alzheimer's Foundation of America
- Warm, Intimate Community Setting
- Diabetes Wellness Program
- Short Term and Respite Stays

Call **916.303.2011** or visit us today and join us for lunch.



3201 Santa Fe Way, Rocklin, CA 95765  
www.MBKSeniorLiving.com

License #315002144

### Our Family Means Business

We Have Been Serving Lincoln Hills Since 1999  
Integrity - Exceptional Service - Outstanding Results  
Together We Serve You Better



[www.CarolanProperties.com](http://www.CarolanProperties.com)  
CA BRE # 01272617

Serving All of Your  
Real Estate Needs



Megan Carolan  
916.420.4576  
Realtor  
CA BRE # 01937273



Penny Carolan  
916.871.3860  
Broker Associate  
Broker, Top Selling Agent 2012 & 2013  
CA BRE # 01053722

Courtney Carolan Arnold  
916.258.2188  
Property Manager  
CA BRE # 01471287



*Carolan Properties*

[www.CarolanPropertiesRentals.com](http://www.CarolanPropertiesRentals.com)  
CA BRE # 01468489

**Full Service On-Site  
Property Management**

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648



## Aah...Summer! Ooh...Weeds!

David Stone, Compliance Committee Chair



Summer! And our thoughts turn to baseball, barbecues, golf, sandals, longer days, flowers in bloom, and all the other great awakenings coming out of the winter months.

Summer! And our weeds are beginning their revival after the winter and spring months.

Nature doesn't distinguish between those beautiful plants we nurture in our yards and the weeds that volunteer each spring and summer to try to overwhelm our gardens. How many of us have remarked, "Why don't these expensive plants we just purchased grow as easily as those darn weeds?" It's impossible to beat Mother Nature at this game so the best we can do is address the issue after the fact. Let's yank, pull, snip, dig out, stomp, and/or spray those pesky trespassers in our front yards before they become too

unsightly.

A common problem we see at this time of year is the profusion of weeds that spring up at the perimeters of our front landscaping especially out of the rocks or bark at those locations. It seems that a lot of our gardeners do a good job of getting out the weeds in the interior parts of our beds but ignore the boundaries of the beds. Please remind them to do a thorough job.

If you don't use a gardener, it is easy to deal with weeds yourself. Every time you go out front to the mailbox or to take a walk, take the opportunity to yank out a few of the pests. Not only do you enhance the curb appeal of your house and neighborhood but you get some useful exercise. If those aren't enough incentives, be reminded that Section 7.02 of the CC&Rs provides that removal of weeds and general maintenance of yard areas shall be the responsibility of each lot's owner and is enforceable by the Compliance Committee.

While the drought is making it difficult to keep our front lawns green, we can still keep our yards neat and tidy by addressing weeds, dead plants, shrubs and trees that need pruning, and refreshing our bark when needed.

Let's enjoy the positive aspects of summer and eliminate those unwanted visitors in our gardens!

### WellFit News

## New Things Happening in WellFit

Deborah McIlvain, WellFit Manager

Sutter Physical Therapy, located within the OC Fitness Center, will be moving their services 2.6 miles down the street to their Twelve Bridges location beginning June 26.

This move provides the Association new opportunities for developing our WellFit programs. We envision using the space to create a WellFit Studio to house our popular Bowenwork Services and Small Group Training Pilates Reformer classes. We wish Lisa Yount, Physical Therapist, and her staff much success in their new location.

Upon request, WellFit staff will provide any resident with a list and photos of the fitness equipment available in Orchard Creek Fitness Center. We encourage you to review the list with your physical therapist to obtain their assistance in designing the best personalized rehabilitation exercise plan using equipment available to you as a resident of Lincoln Hills.

Our Retail Center continues to have new products. Stop by and check out our new items. We have everything from kick boards for adults and water toys for the grandkids, to beach towels and summer wear! Some of our popular brands include Life Is Good, Champion, and Old Guys Rule. Our Father's Day Sale is going through June 21. Buy one Old Guys T-shirt and receive the second Old Guys T-shirt 50% off!

**WellFit Classes pages 82-97**  
**WellFit Class Grids pages 97-99**



## The 2016 Budget Season is Upon Us

Bruce Baldwin, Director of Finance

### Capital Improvement Requests

As we near the Summer Solstice, we begin the budget process for 2016. This kicks off with a call to the Membership for Capital Improvement Requests. Capital items are any projects with an estimated cost greater than \$2,000. If you have a capital project you wish to be considered for the 2016 budget, please submit your request to the Properties Committee by July 21.

The Project Request Form and Capital Asset Request Form is in the Library of

our website—look under Forms, then Association Resident Forms. The 2016 Budget Timeline is also on our website. Look in the Library under Financial, then 2015.

### Dues

Quarterly statements were mailed the second week of June. Dues are currently \$324 per quarter. Please check your statement and your home banking to make sure you included the correct payment. A few members forgot to change their home banking and are now \$3 behind.

## Finance

*Continued from page 7*

and procedure documents directed toward ensuring that the Association operates in a financially sound and sustainable manner.

Operating Fund Cash and Investments at the end of April were \$3,709,509. Our Reserve Fund Cash and Investments year-to-date are \$6,925,602. It is projected that our estimated year-end percentage

of funded reserves will be 78%. While our Past Due Assessments are trending down in dollars owed, it should be noted that a goodly share of these dollars are the \$3/\$9 that can be attributed to households who have not changed their bank deductions by those amounts. The Finance Committee encourages you to make certain that your financial institution is deducting the correct amount for dues payments.



## Summer Dining at Meridians

Jerry McCarthy, Director of Food & Beverage

[www.facebook.com/MeridiansRestaurant](http://www.facebook.com/MeridiansRestaurant) [www.twitter.com/Meridians\\_SCLH](http://www.twitter.com/Meridians_SCLH)

As the temperature rises, there is no better way of staying cool than happy hour. In addition to our normal happy hour selections, Meridians has added happy hour at the Orchard Creek Pool every Thursday. Starting at 4:30 PM, we offer music, drinks, and food specials for your enjoyment.

Coming up June 25: Our GoatHouse Brewing Co. Brew Master Dinner. We'll be preparing five exciting courses and five hand-selected beers to complement each course. Help support our local businesses and enjoy an evening to remember.

Thank you for supporting *our* business. You are all proud owners of an award-winning catering company, Orchard Creek Lodge, which works hard to win your business every day. One of the benefits of owning a successful catering company is

reaping the benefits. Orchard Creek Lodge is known for delicious food and outstanding service. Each time a business (or bride) chooses Orchard Creek Lodge, each resident benefits. Simple benefits are being able to employ the same efficient staff on a consistent basis. More complex benefits are the financial results. The main reason the Food & Beverage Department can offer resident catering discounts, larger discounts for official recognized groups, and great value in Meridians is because businesses and brides pay market rates for their services. Because of this higher profit margin, we are able to reinvest in our community and help manage HOA dues.

On occasion, we have won local business contracts. This has required flexibility by all parties—a number of groups/clubs and events have agreed to move dates and/or times. The Food & Beverage De-

partment has shown their gratitude by offering incentives. This way we are able to create a respectful environment and use our facilities to their maximum potential. Never has any group or club been moved without their permission. If any group declines to move, we respectfully turn down that potential new piece of business. Every household is rewarded when a group or club moves days/times to allow us to maximize our potential. We take these requests very seriously and make sure it benefits the entire community.

I would like to thank the groups/clubs that have moved in the past to accommodate our requests. This spirit of flexibility for the entire community is what makes Lincoln Hills a marvelous community. When a group/club decides to be flexible, the entire community reaps the benefits. Thank you for your continued support of the Food & Beverage Department.

~Please see our ad on page 47.~

## The Spa at Kilaga Springs ~ Minutes Away, Worlds Apart

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

**O**ur philosophy at The Spa at Kilaga Springs is your health and wellness. All of our efforts and attention go into bringing our holistic healing and revitalizing experience to you. We customize all our treatments, aiming for a balance of physical, emotional and mental wellness taking you to another world. There are a number of reasons that our spa is only minutes away but worlds apart from the competition:

- Resident Rewards Program: On a regular basis we offer special discounts and savings on a variety of products and services. This is our way of saying "thank you" *only* to our residents.
- We offer the best nail pricing for residents in all of Lincoln. Our Nail Department is also up-to-date with treatments and products, and is very experienced with diabetic foot care.

- We are only minutes away and there is no traveling on freeways or busy streets.
- Every facial massage begins with a sensory journey, which is your selection of aroma therapy. Aroma therapy is known to help restore balance in the body and is based on scientific findings of the healing abilities of essential oils.
- We offer Infrared Sauna and LED Light Therapy. The sauna is endorsed and clinically approved by The American Cancer Association and the American Heart Association. The sauna promotes relaxation, helps lower blood pressure, detoxifies the body, increases circulation, reduces pain, and is excellent for toning and firming the skin. The LED is one of the most popular skincare treatments in spas today. It is non-invasive, safe

for all skin types and is a natural way to lift and plump versus Botox and filler injections.

- Our massage therapists are all California State licensed and carry several different certifications that are related to facilitating the body to do its own healing.
- Our skincare team assures that your skin stays in perfect condition. A facial can be just as relaxing as a massage.

All of our prices are not only competitive: they are incredibly affordable.

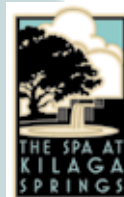
So take a minute for yourself and experience a new world at The Spa at Kilaga Springs.

~Please see our ad on page 69.~

Call to book your appointment today  
408-4290

Monday-Friday 9:00 AM-6:00 PM  
Sat 9:00 AM-5:00 PM

Gift cards at:  
[www.kilagaspringsspa.com](http://www.kilagaspringsspa.com)



## The Vaudeville Troupe Invites You To The Golden Revue Vaudeville Variety Show

This show will leave you laughing and entertained throughout. We have a mini tribute to Dean Martin, and also have Comedians, Dancers and much, much more. There will be a few surprise acts as well.

Four Shows Only: Friday, July 10 & Saturday, July 11  
With Performances at 2:00 & 6:00 PM



Ross Pelton & Celeste Martella

Purchase tickets  
today at the  
Activities Desks  
(OC/KS)  
\$10



Vic Albertazzi

### Aging Well

#### Hoofing It

Shirley Schultz, Health Reporter

What has 42 muscles, 26 bones, 33 joints, and at least 50 tendons and ligaments to keep all the moving parts together? That would be the human foot. If we had hooves, we would likely be cows, horses, or sheep. Since we are not those kinds of animals, we have instead very complicated underpinnings called feet, and it behooves us (pun intended) to know how to take care of these valuable assets. Plan to attend the **Community Forum, "The Five Most Common Foot Problems" on June 24** (see page 100).



Our feet are capable of handling hundreds of pounds of force from our weight in motion every day. The stress of carrying us around from place to place puts our feet at higher risk of injury than other parts of the body. In addition to the

usual wear and tear, many foot problems occur because of neglect and ill-fitting shoes, or systemic diseases that manifest in the feet. Examples of the latter would be gout, which may attack the foot joints first, or diabetes, which often affects the circulation in the feet, and if sores or injuries occur, makes it more difficult to heal

It is estimated that one in three people over the age of 65 have foot pain, stiffness, or aching. One report also stated that one in three older people cannot cut their own toenails due to inability to bend down or inability to see. Certainly, a podiatrist can help with this. Common foot problems in older people include bunions, corns and calluses, plantar warts, hammertoes, ingrown nails, athlete's foot (fungal infection), and heel pain related to heel spurs and plantar fasciitis (inflammation of the ligament along the bottom of the foot).

What can you do to look after your feet?

- Keep your toenails at a comfortable length with cutting and filing.

- Moisturize dry, rough skin
- Check for cracks and breaks in the skin and for signs of inflammation or infection. You may need to seek professional help with this.
- Choose suitable socks and shoes.
- Keep your feet clean, dry, comfortable, and warm. Avoid "sandal scandal" which exposes your feet to dirt and all forms of injury.

Become educated about your feet and their proper care. This may help you to "put your best foot forward" when it comes to good foot health.

#### Did You Know?

Lack of sleep and hunger are the two most common causes of anger and mood swings.



**Specialize in comfort, style, stability and fit**  
 Friendly, knowledgeable and courteous staff

**NARROW  
 & WIDE  
 WIDTHS**

**MON-SAT  
 10:30-5:30**

**SHOES  
 FOR ALL OCCASIONS**

*del Sole*  
 Shoe Store

*Dress-Athletic-Comfort  
 Casual-Work-Walking  
 Arch Supports, Foot Care  
 Products and Accessories*

**(916) 543-0479**

**825 Twelve Bridges Dr. #60 • Lincoln, CA 95648**



*Who Says Moving Has  
 to Be Stressful?*

**COMPASSIONATE RELOCATIONS**  
 A Full Service Moving Company

**Local • Interstate • Senior Relocation**

- Packing/Unpacking
- Shipping
- Sorting/Organizing
- Removal of Refuse
- Storage Arrangements
- Downsizing
- Estate Clearing
- Boxes and Supplies



**NATIONAL  
 VAN LINES, INC.**

Agent of National Van Lines, Inc. for Interstate Moving  
 U.S. DOT No. 26628 • CAL P.U.C. 1-190767

**916.966.8745**

**www.goCRInc.com**

# RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

**To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.**



**Melanie A. Bergevin**

Financial Advisor

1500 Del Webb Blvd., Suite 104  
 Lincoln, CA 95648  
 (916) 408-4722

[www.edwardjones.com](http://www.edwardjones.com)  
 Member SIPC

**Edward Jones**  
 MAKING SENSE OF INVESTING



**Quality Handyman  
 Home Repair**

**916-741-7916**

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



**Malcolm & Lori Nicolson**

[malcolm@stylerevamp.com](mailto:malcolm@stylerevamp.com)

[lori@stylerevamp.com](mailto:lori@stylerevamp.com)

**S**tyle Revamp is driven to providing quality handyman home repairs serving the Rocklin and Lincoln area. We are enthusiastic DIYers with a unique style derived from our combined vision of space. A home always needs help from Mother Nature and Father Time. If it is broken, worn, or just needs to be replaced, we are your source for quality and dependable work.

- DIY Assistance ~
- Home Repair Specialists
- Free Quotes ~ Estimates
- Senior 15% Discount
- \$45 hourly rate



## Historic Lincoln: The Veterans Building, Old City Jail, and Courthouse

*Al Roten, Roving Reporter*

This month's tour of historic downtown Lincoln starts next to the Civic Auditorium on 5th and E Streets with the beautiful brick Lincoln Veterans Memorial Hall. The history of the site goes back to the 1860s when it housed a blacksmith, wagon, and paint shop. In light of the current 19 boutique wineries in Western Placer County, it is interesting to note that in 1880 Stephen Burdge established a winery at this site.

From 1897 until 1930 this was the site of Firehouse, Hose Company Number 1

and Lincoln City Hall (see photo and note the base of the tower structure on top). By 1930, city administrative offices had moved to the new Civic Center next door.

In 1925 the cast concrete city jail was built at the rear of the property. It is now unused—take a walk down the alley and look at this foreboding and uncomfortable place. Can you imagine being locked in this cube with neither heat nor air conditioning? It was an easy walk from the jail to the back door of the courthouse on G Street (now Lincoln Boulevard). Also, on top of the jailhouse is the tower seen in the old photo. When the firehouse bell was removed, this tower with a siren at the top was the call for volunteer firemen. It later became the WWII air raid warning siren. It is still functional as a standby for disaster warning.

In 1930, when the veterans of WWI wanted a meeting place, they were successful in getting \$10,000 from Placer County. The city deeded the land parcel to Placer County and a contract was awarded for \$9,999 to build the Veterans Hall. Gladning McBean & Co. donated 15,000 bricks for the beautiful facade. The building was expanded in 1946. It is still used by veterans' organizations and the Lincoln Area

Archives Museum and is available for community gatherings. Facility use information is available at 530-886-4958. I have recently attended a history presentation and a bingo fund-raiser there.

The courthouse is at 451/453 Lincoln Boulevard. The original structure, built in 1891 to house a blacksmith shop, was home to the



*Lincoln News Messenger* for many years. It was remodeled to become the Lincoln Courthouse in the 1960s and served that purpose until 2008. The building now houses the Milk Man Toner Company, which sells and services printers and copying machines.

*Photos, clockwise from upper right: Veterans Memorial Building; Courthouse; Courthouse seats after closing; Old Fire House and City Hall; Jail with siren*

**GUCHI**  
INTERIOR DESIGN

*Creating Beautiful Homes  
...One Room at a Time!*

**LUXURY KITCHEN & BATH DESIGN & REMODELING**

- Hardwood • Tile • Carpet • Custom Window Coverings
- Custom Cabinets • Fireplace Design & Remodeling • Area Rugs
- Faux Painting & Finishes • Patio Design & Remodeling

*Call Our Team of Professionals For Your Next  
Kitchen & Bath Remodel  
& Design Project!*

10050 FAIRWAY DRIVE, STE. 100  
ROSEVILLE, CA 95678 (916) 786-9668  
WWW.GUCHIINTERIORDESIGN.COM  
MONDAY-FRIDAY 10-5, SATURDAY 11-5  
CONTRACTORS LICENSE NO. 938832

## Use Your Guest Bedroom For More Than Just Your Guests!

**Over 1500 SCLH Installations**

Minimum Inconvenience, 1 Day Installation

See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: [www.easywallbed.com](http://www.easywallbed.com)

- Only 16" deep when closed
- Folds down in just seconds to a comfortable bed with a REAL mattress
- More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Visit our Showroom or CALL for a FREE In-house Consultation! **(916) 258-7564**

**\$250 OFF**  
Your next organizational project  
(\$1000 minimum)

**THE CLOSET DOCTOR**  
The Cure For The Common Space

CA 57092 **Flocchini Circle • #200 • Lincoln, CA**

# Achieve Financial Freedom

- Title to the Home is still in your name
- Eliminate existing mortgages and monthly payments\*
- Minimal credit and income to qualify\*\*
- You choose how to receive your money

**SECURITY 1 LENDING**  
A Division of Reverse Mortgage Solutions, Inc.

**Launi M. Cooper**  
Presidents Club | HECM Specialist  
NMLS #582957

Phone: **916-343-2211**  
[Launi.Cooper@S1L.com](mailto:Launi.Cooper@S1L.com)  
[www.launicooper.com](http://www.launicooper.com)

If you are 62 years or older and you want to start living the retirement life that you dreamed of, call Launi today.

\*Seasoning requirements apply. The payoff of existing non-HECM liens using HECMS proceeds is only permitted if the liens have been in place longer than 12 months or resulted in less than \$500 cash to the borrower, whether at closing or through cumulative draws.  
\*\*HUD has issued guidance regarding an upcoming financial assessment requirement. When effective, new income and credit requirements will apply, including review of applicant's credit history and cash flow/residual income.  
Reverse Mortgage Solutions, Inc. dba Security 1 Lending, 2727 Spring Creek Drive, Spring, TX 77373. NMLS ID 107638. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act #4131074. Homeowner remains responsible for paying property taxes, required insurance and home maintenance. These materials are not from, and were not approved by, HUD or FHA.

**Orienteering**

**Leavell Ranch Trail  
It Takes a Village or Two!**

*Dee Hynes, Roving Reporter*



Step back in time as you trace the endeavors of dedicated resident trailblazers of Lincoln Hills. Over a dozen years ago, their work made a difference for neighborhood access and trail participants.

In 2001, a project to add a path along the Orchard Creek Preserve, between Villages 16 and 28, was approved by our As-

sociation's Board of Directors. Approximately 300 residents initiated this project. It was a grassroots effort requiring enthusiasm and \$7,500 of their own funds. Del Webb matched the resident funds; no Association funding was used. The decomposed granite path was completed in 2002.

Be one of many who enjoy this path as it is part of the Leavell Ranch Trail. Two aspects of this trail are noteworthy:

First, the Open Space is a scenic calling card for this trail. The gently flowing Orchard Creek continues to protest against our drought. A determined ribbon of green follows the creek in the heart of the preserve, our own oasis, such a refreshing sight!

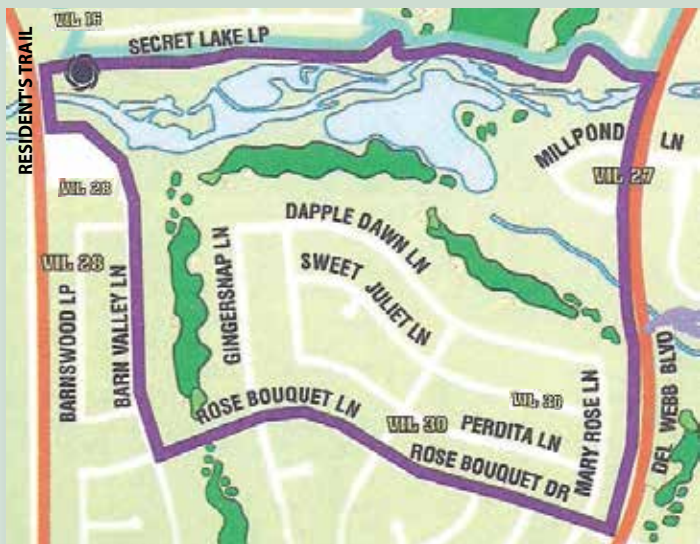
Secondly, this trail offers a stroll of approximately 40 minutes with moderate grade changes. What a pleasant workout that includes diverse views of the preserve, the Lincoln Hills Golf Course, and nature.

Directions: From OC, left on Del Webb then left on Sun Park to Leavell Park. Drive to the other end of the park and turn on Sun Trail. Next, left on Secret Lake Loop to the trailhead on Peakview Court.

See your Community Directory and Resource Guide Foldout Map 3 for the Leavell Ranch trail map.



*Photos, clockwise from top: The trailhead provides a water fountain, bench seating and a narrative sign detailing the history of the Leavell family; Janet & Jim Pinnell stop on the access trail between Villages 16 and 28 to view the Open Space; Heads up! One section of the trail is shared with golf carts; Leavell Trail portion of Community Directory and Resource Guide map; Open Space on the trail*





## MELTON FINANCIAL GROUP

**Call Us Today 916.772.2477**

For more information about attending one of our Dinner Workshops and how to schedule a 'No Cost' Financial Analysis & Second Opinion

As an Independent Financial Planning Firm, with over 50 years of combined experience, the Financial Advisors of

**Melton Financial Group Wealth Advisory** specialize in providing guidance and advice to help navigate today's financial landscape.

*Let us share some visionary ideas with you to help ensure your retirement is everything you envisioned.*



Securities and Advisory Services offered through Cetera Advisors LLC. Member FINRA and SIPC. A Registered Investment Advisor. MFG and Cetera Advisors are separate and unrelated companies.



**GRIFF'S**

## **JOHNNY ON THE SPOT! CARPET CLEANING TILE & GROUT CLEANING**



**LINCOLN HILLS RESIDENT**

**IICRC Certified • Licensed • Insured**

**Three rooms of  
carpet cleaning for only \$69**

**FREE ESTIMATES 916-290-2550**

Biggest truck-mounted unit for hot water extraction  
High efficiency & faster drying



**DYNAMIC**  
**PAINTING, Inc.**  
Commercial • Residential • Industrial



Licensed & Insured CLN #740008

## **Why Choose DYNAMIC PAINTING, Inc?**

- Over 1200 Jobs Completed in 10 Years in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State of California Contractor's Board
  - Exterior Painting
  - Custom Interior Painting
  - Expert Color Consulting
- Fence and Garage Floor Painting
  - Small Jobs Okay
- Call for your "Free" Quote Today

**(916) 532-2406**

**www.dynamicpaintinginc.net**





## Drought! Water Restrictions!

Help from Neighbors InDeed is a phone call away

Doug Brown, Resident Editor

The latest (May 27) news release from the City of Lincoln is unequivocal: mandatory water restrictions are now in place:

**Outdoor residential irrigation is limited to two days per week.** Even numbered addresses, Sunday and Wednesday; odd numbered addresses, Tuesday and Saturday; permitted hours—midnight to 8:00 AM, or 9:00 to 11:59 PM.

Visit [www.ci.lincoln.ca.us](http://www.ci.lincoln.ca.us) for complete information.

In our hot, dry summers, outdoor water use is a huge proportion (as much as 80%) of all our home water consumption. So now you're thinking... as we enter these dry months, how can I "weather" this drought year without losing all my nice green plants?

Neighbors InDeed can help you in your adjustment to water restrictions. For free assistance call for a Handy Helper at 223-2763. But *first*, consider these tips:

- **Irrigation timers.** Your irrigation timer is the key!
  - In the next couple of weeks, find the *optimal* number of minutes for each of your two mandatory watering days that will preserve your shrubs, bushes, flowers, and other vulnerable plants. Reset your timer accordingly.
  - Lawns, because they use sprayers (and not drippers) are a major contributor to outdoor water consumption. So, consider either (a) alternatives to lawns such as landscaped

yards with decorative rocks and shrubs (that use drippers), or (b) how to keep the roots of your lawn moist even if some of your lawn looks "brown."

- Mature *trees* will need some water—remember, trees are a key to water mindfulness as they provide much needed shade to keep surface soil reasonably moist and surrounding shrubs healthy. So, keep your trees healthy!
- Avoid runoff onto sidewalks/streets! Dial down your timer until all your water is captured within your yard.
- **Inspect for defective sprayers and drippers.** Sometimes water is literally "down the drain" because of inefficient equipment.
  - Do a test run of your irrigation stations to check for sprayers that have been damaged by lawn mowers or wear and tear.
  - Do you have drippers going nowhere, or dripper lines that have been severed?
  - You could call a **landscaping service** (see services advertised in this *Compass*) for more extensive repairs or for a complete *irrigation analysis* that will alert you to equipment inefficiencies. Meanwhile, call Neighbors InDeed (223-2763) for a Handy Helper to adjust your irrigation timer for more efficient watering, or to perform *brief* (jobs that take no more than 30 minutes) repairs of drippers and sprayers.



## WHICH MEDICARE SUPPLEMENT IS BEST FOR YOU?

Julie Guth  
Independent Sales Agent



Lic. 0G50359

I work with many insurers to offer more choices for my clients and have earned a reputation as a trusted and valuable source of information for questions about Medicare Supplement or MediGap plans.

Get answers to common questions:

- Which Health Plans offer the freedom to see any doctor accepting Medicare?
- Which Health Plans help pay for Medicare deductibles and coinsurance?
- Which Plans offer household discounts?



Get the plan you want,  
Call Julie at 916-607-0696  
M-F 8:00 A.M-5:00 P.M.

julie@ehealthcareins.com [www.ehealthcareins.com](http://www.ehealthcareins.com)

Medicare has neither reviewed nor endorsed this information.

**Bereavement Support Group Open to Public/No Cost**  
1st and 3rd Tuesday Every Month 2-3:30pm  
Bristol Hospice - Sacramento, LLC | 2140 Professional Drive, Suite 210  
Roseville, CA 95661  
TEL (916) 782-5511 | FAX (916) 782-5635  
[www.bristolhospice.com](http://www.bristolhospice.com)

lic.#109364  
**SNAKE & RODENT FENCING**  
[www.snakebrake.net](http://www.snakebrake.net)

**Additional Services**

- Clean & Seal Concrete
- Solar Panel Washing
- Window Washing
- Pruning / Fertilization
- Bark Installation
- Weed Control
- Irrigation & Drainage

**SUMMER SPECIAL 20% OFF New Install**

**916-833-9200**

# POTTERY WORLD

*Present this coupon  
and receive*

## 20% OFF YOUR ENTIRE PURCHASE\*

\*In-stock, regularly priced items only.  
One time use. Excludes previous  
purchases, cafe, grills, special order, &  
clearance items. May not be combined  
with other offers. Must present coupon at  
time of purchase. Expires 7/31/2015.  
Item# 71011



## A WORLD OF INSPIRATION FOR YOUR HOME

*Florals • Statuary • Fountains • Interior Furniture • Area Rugs • Patio Furniture • Home & Garden Accessories • Clothing  
• Jewelry • Candles • Fashion Accessories • Gifts • Lighting • Pottery • Textiles • More*

ROCKLIN: 4419 Granite Drive • Rocklin, CA 95677 • (916) 624-8080

EL DORADO HILLS: *Montaño de El Dorado* 1006 White Rock Road • El Dorado Hills, CA 95762 • (916) 358-8788

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

Wills, Trusts & Estate Planning  
**GIBSON & GIBSON**  
 A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

Estate Planning  
 Trust Administration  
 Wills/Trusts  
 Probate  
 Elder Law  
 Powers of Attorney  
 Health Care Directives  
 Tax Planning  
 Conservatorships  
 Guardianships



**(916) 782-4402**

100 Estates Drive, Roseville, CA 95678

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

**ABILITY CENTER**  
 Elevating Your Quality of Life



Van Conversion Specialists  
 Sales - Service - Rentals



CA: San Diego - Orange County - Sacramento - Los Angeles - Inland Empire  
 Central Coast - NV: Las Vegas - AZ: Phoenix - Goodyear - Tucson



New Van Conversions  
 Used Van Conversions  
 Van Rentals  
 Scooter Lifts & Hoists  
 Wheelchair Lifts  
 Motorhome Lifts

**Accessible Home Products:**

Stairlifts & Pool Lifts  
 Ceiling Lifts  
 Patient Lifts  
 Vertical Platform Lifts  
 Ramps & Power door openers

6550 Freeport Blvd.  
 Sacramento, CA 95822  
 (916) 392-1196  
[www.AbilityCenter.com](http://www.AbilityCenter.com)



Nick Brooks Keneta Sanchez

**"Your Neighborhood Real Estate Office"**  
**(916) 543-5222**

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills

Property Management Services Available (916) 408-4444



SUN RIDGE REAL ESTATE

Each Office Independently Owned and Operated.  
 Lic. #01441035



Jim Berry  
 832-8017



Gail Cirata  
 206-3503



Andra Cowles  
 295-9360



Michelle Cowles  
 295-8532



Pamela Everett  
 426-8088



Don Gerring  
 747-5050



JoAnn Gillis  
 316-0815



Maria Herrera  
 782-7266



Gail Hubbard  
 919-5727



Donna Judah  
 412-9190



Tish Leo  
 257-3410



Jill Mallory  
 201-3855



Paula Nelson  
 240-3736



Wendy Olsen  
 276-4194



Tara Pinder  
 600-2836



Peggy Poole  
 765-3434



Ann Renyer  
 408-7008



Michael Renyer  
 343-6044



Bill & Jan Rexrode  
 408-3997



Loree Risi  
 716-0854



Lisa Snapp  
 770-9200



Gay Sprague  
 316-6845



Holly Stryker  
 960-3949



Margaret & Karl Thompson  
 508-0152



Doreen Traxel  
 698-0801



Tangi Walker  
 316-1112



Tony Williams  
 521-3400



Sharon Worman  
 408-1555

Visit our Website at [www.CBSunRidge.com](http://www.CBSunRidge.com) for all current listings.

**The Genuine. The Original.**

**OVERHEAD DOOR**

**Overhead Door Company of Sacramento, Inc.**

"The Largest Selection of Garage Doors in Northern California Since 1953"

Sales \* Installation \* Service

Residential \* Commercial \* Garage Doors \* Operators

Free Estimates \* Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

**916-421-3747**

6756 Franklin Blvd., Sacramento, CA 95823

CSLRB0355325

**GARY'S SPRINKLER REPAIR SERVICE**

Residential Experts  
24 Years Experience  
Troubleshooting & Repairs

- Water Conservation
- Bad Valves
- Drip Systems
- Broken Pipes
- Clocks (installed & set)

All Work Guaranteed

H2orepair@hotmail.com  
Lic. # 869624

**(916) 223-3706**

**AIR NOW**

**HEATING & AIR CONDITIONING, INC**

Get AIR NOW & Get the Best!

**(530) 387-7310**  
**(916) 332-7300**

Ask about our Peace of Mind Warranty

www.AirNowHeatingAC.com  
ACHelp@live.com

10% OFF when you mention this ad

Can't combine with any other offer.

www.LiveLincolnHills.com

**"Your Dream Home Team"**

Undivided Attention to Clients  
Unparalleled Service

**HOLLY Stryker & JILL Mallory**  
Realtors®

BRE #01900767 | BRE #01844625

HOLLY (916) 960-3949 • strykerhomes@gmail.com  
JILL (916) 201-3855 • jill@jillmallory.com

www.LiveLincolnHills.com  
1500 Del Webb Blvd # 101  
Lincoln, CA 95648

Supporting the Placer County SPCA

**Andra & Michelle Cowles**

REALTORS® | DRE #00556444 & DRE #01821892

"Don't make a move without us!"

**(916) 434-8655**  
**(916) 295-8532**

1500 Del Webb Blvd.  
Suite 101  
Lincoln, CA 95648

www.TheRealtyExperts.com  
Homes@TheRealtyExperts.com

**Professional In-Home Senior Care**

**(916) 864-3480**

**AGE ADVANTAGE**  
SENIOR CARE SERVICES

We pride ourselves on hiring trustworthy, reliable caregivers. They go through a full screening process that consists of an application, interview, reference and background check, a drug screen, and an orientation. Caregivers must have at least a year of experience to be employed by us. We can have a caregiver in a client's place of residence within an hour. We are located in Roseville and cover Roseville and surrounding areas.

**Where People Matter Most** www.AgeAdvantage.com

**SUN CITY LINCOLN HILLS Activities**

**Summer Amphitheater Concert Series 2015**

COME JOIN THE FUN!

**GREAT OUTDOORS**  
Landscaping & Tree Service

**Landscape Design, Installation & Maintenance**

Free Design with any Signed Project

Lic. #746085  
Licensed & Insured

**916-899-7126**  
greatoutdoors1ts4@yahoo.com

Thoughtful Caring Landscaping



## Useful Technology in Our Lodges: Did You Know?

Nina Mazzo, Roving Reporter

Are you making use of the wide variety of technological amenities in our Lodges? Here's a list of what's available.

**Computers and Printers.** There are two personal computers and printers in the Community Living Room (OC) and Kilaga Springs Library. Simply bring your own paper if you plan on printing. OC has a PC computer lab and next-door is the Multimedia Room that houses the MAC computers. A printer is available in the PC lab, but not the MAC lab. Residents may use these rooms if they are not in use. Simply get the key at the front desk.

**Magnifying Reader.** The Community Living Room (OC) and Kilaga Springs Library also house a user-friendly reader for those with vision impairment. Simply place a page on the reader and turn it on. The screen enlarges the print size.

**Free Wi-Fi.** If you own a tablet, portable computer, or smart phone, take advantage of our open and free Wi-Fi. This technology allows electronic devices to connect

to the Internet. You can check your email, search the web and do other things that require you to be connected. You will find Wi-Fi in the Lodges, exercise areas, and restaurants.

**Resident Website and eNews Bulletins.** Register to access exclusive resident-only content and receive up-to-date information from our Community Association. You can also receive special offers and exclusive promotions (you subscribe only to those you want—i.e., Activities, Food & Beverage, The Spa, etc.).

**Fingervein Scanning.** Let your finger do the "ID"-ing! Have your finger scanned at the Membership Desk. This is a convenient way to register for activities and use the gym in case you forgot your SCLH membership card.

**Technology Classes.** Various technology classes for all types of platforms—Mac, PC, tablets, and smartphones—are offered monthly for a reasonable fee. Check the *Compass* each month for specific classes.

Lastly, please note on page 9 that **Sutter Physical Therapy will be moving from the OC Fitness Center to their Twelve Bridges offices** 2.6 miles down the road after June 26. Staff will be pleased to assist you with your post rehabilitation needs, and you can always have your therapist as your guest in the Fitness Center to assist you with your rehabilitation.

Have a great month. I look forward to seeing you in the Lodge and at the Summer Concerts.

## Thank You for Your Donations!

Sandy Melnick, Library Volunteer

Thank you everyone for your donations. All the SCLH residents really appreciate you sharing your books. A reminder that we take leisure reading books copyrighted 2007 and later. This pertains to hardback and paperback books in good condition.



When you leave the books to be processed, please put them on the silver rolling rack at Kilaga Springs Lodge. Do not put your donations in the magazine box. Thanks for your cooperation.

My latest good read is *When We Were Strangers* by Pamela Schoenewaldt. This book is about an Italian immigrant at the turn of the last century who crosses the ocean in steerage without anyone to meet her in New York. It follows her path from immigrant to learning the language, a working girl and finally a stable place within the USA. This book is a novel and can be found in the hardbound book shelves.

Is there anything you wish to know about our Library? If so, just ask any of our dedicated volunteers. There is someone in the Kilaga Springs Library everyday and we will do our best to answer any questions.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials, Glynn Widdows (408-4819) for volunteers, and Nina Mazzo (408-7620) for the Community Living Room (OC).

## Connections

*Continued from page 3*

ians. Most importantly, their cooperation helps maintain the HOA dues—the few benefiting the many. Please note: the June 16 Community Forum hosting city leaders has changed from 2:00 PM to 7:00 PM; **on June 18, the 9:00 AM Finance Committee meeting** will be at the Presentation Hall (KS). Also, the **LH Foundation Bingo game has moved from June 17 to June 24.** (See page 41 for details) and the **club location changes** can be seen in red on pages 28-37.

## Did You Know?

We have some folks who are not sure what the proposed solar array for the Orchard Creek Lodge is supposed to power, or how it works. Briefly, the proposed array will provide 76% of the power used by the Lodge. This will reduce our yearly power bill from \$340,000, to around \$15,000 per year.

As far as how the system works, the basics are that sunlight hits the solar panels with photons that are converted by the panels into DC (Direct Current) electricity. The DC power flows out of the panels and into an inverter that converts the DC power into AC (Alternating Current), which is then sent to the main panel of the Lodge for distribution and use.

For those of you who would like to know more, the contractor will conduct weekly meetings at 1:00 PM every Friday once construction begins. Look for the signs which will direct you to the location of the meeting in the parking lot.





# Don's Awnings, Inc.

(916) 773-7616

Roseville, CA Lic. #408203

Lattice Covers

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



Solid Covers & Drop Shades

- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**



More info on products—[www.donsawnings.com](http://www.donsawnings.com)

## Helping you Buy and Sell the Del Webb Lifestyle Since 1997!

Price per Square Foot?  
**PRICELESS!!!**



“Put my 17 years Del Webb experience, Legal Education and Internet Marketing to work for you.”

**Paula Nelson**  
Broker Associate

**916-240-3736**  
REALTOR@PaulaNelson.net



DRE No. 01156846

Each Office Independently Owned and Operated.

PROUDLY INTRODUCING

# The Pines, A Merrill Gardens Community



Opening  
Summer  
2015!

At Merrill Gardens, life gets bigger – not smaller. It's about possibilities – not limitations. It's about having more time for yourself – and more freedom and flexibility to do things you enjoy.

*Call us today to find out about our upcoming lunches and events.*



(916) 403-0263  
[merrillgardens.com](http://merrillgardens.com)

500 W Ranch View Drive  
Rocklin, CA 95765



License Pending

Retirement Living • Assisted Living • Memory Care

WARNING



## Neighborhood Watch

### Thirty-three Neighborhood Watch Volunteer Positions Filled This Year!

Patricia Evans

Everybody loves a winner! And our 33 new volunteers have signed up to boost their winning qualities of life through increasing the ways we take care of our neighbors. Throughout the ages, wise sages have told us that helping others is not only the right thing to do, it increases our happiness, and leads to better physical and mental health. *"When you volunteer, you vote every day about the kind of community you want to live in."*

—Unknown.

Twenty-six Mail Stations have a new Captain, and six Villages have new Coordinators since the first of this year. A special congratulation goes to six Mail Box Captains and two Village Coordinators who "adopted" another unit in addition to their own. Karen Allen adopted

Village 8B, and Art Deardorff adopted Village 32A. Captains who adopted an additional Mail Station are Sybil Alexander, Judy Clawson, Rochelle Fordin, Bill Leal, Mike and Janet Maher, and Sue Stephenson.

Lincoln Hills has one of the lowest community crime rates in the nation, and our volunteers have a direct bearing on this accomplishment. One of the first things seniors check out when choosing a new residence is safety and security. The value of your home can depend on it.

Another value that's more difficult to ascertain is the "happiness factor." Residents living in an active Neighborhood Watch area say that the warmth of neighbors who know and look after each other is priceless.



*New volunteers who attended the Annual Spring Potluck/ National Night Out Kickoff: clockwise from back, Ed Musgrave, Lucy Martin, Steve Slatter, Shari Kiley, Don Heyde, Christine Uebele, Judy Musgrave (not shown—Steve Gillis, Steve Benson)*

For information about the **August 4 National Night Out**, please turn to page 32.

#### Neighborhood Watch Contacts

- Ron Wood, 434-0378  
ron2029wood@att.net
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net

**Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)

*Inspired Landscape Care*  
Lic.# 951344  
Setting the standard for landscaping services.

- Custom-designed landscape packages
- Irrigation system updates & replacements
- Water management programs
- Seasonal maintenance programs
- Landscape lighting
- Fertilizations
- Pest & disease management
- Planting
- Tree & shrub pruning
- Green Gardener Qualified



[capitalarborists.com](http://capitalarborists.com)  
(916) 412-1077

*Certified arborists & landscape professionals*

# SELLING A VEHICLE?

We ...

- Pay top dollar and almost always beat Carmax's bid.
- Take care of all paper work, bank payoffs, DMV, etc.
- Can come to you, at your convenience.
- All years, makes, models, and miles considered!

## OUTLET4CARS.COM



Jan & Montie have been residents of SCLH for 10 years. Montie has been in the Auto Industry for over 40 years.

**Call Montie**  
**916-417-7468 cell**

# Rebark Time, Inc.

## Get Ready for Fall and Winter

October through February are the months your plants need you most. We offer a twice a year weed abatement program with a 6 month guarantee. Also an annual professional pruning and fertilization. We can help educate you on all your plants, trees, shrubs and ground covers.

Rebark Time also offers:



- Tree planting
- Tree and shrub fertilization
- Pruning
- Tree removal
- Thinning and pruning
- Young tree training &
- Fruit tree maintenance

If you have a low to no maintenance yard, why pay for a weekly or monthly service? Have **Rebark Time** come in once or twice a year and do all the pruning, weeding, and fertilizing for you.

Ask us about our winter specials on bark installation.

Rebark Time, Inc.

Ph. (916)410-0776

Ph. (916)764-7650

Fax (916)408-2407

<http://www.rebarktime.com>



**Gail Cirata**  
**(916) 206-3503**  
Gail@GailCirata.com  
**Resident ~ Broker**  
License #00481659

- Over 35 years Brokering your Real Estate needs
- Thirteen years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures and Exchanges



*"When You Want The Very Best"*

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

Each office independently owned & operated.



## Wine – Food – Live Soft Music Gorgeous Views

15 minutes from Granite Bay, Roseville, Rocklin area

**Friday Night Dinners 5:00pm to Close**

OPEN:

Wednesday-Sunday 11am-5pm

*Extended hours on Friday*

916.543.0323 [www.wisevillawinery.com](http://www.wisevillawinery.com)



Wise Villa is located at 4200 Wise Road  
4 Miles EAST of Old Highway 65  
@ Garden Bar & Wtse





## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

"Respite to Placement"—A panel of resource professionals will review various kinds of care available to caregivers. If you are caring for a loved one, mark your calendar for Wednesday, June 24 at 1:00 PM in the Multipurpose Room (OC), where this panel will present very important information that should answer many questions.

Presenters will include representatives from: Sutter Recreation & Respite Program, medical and non-medical in-home care programs, residential care facilities providing memory care and larger assisted living communities, and small six-bed care homes. Also learn about Skilled Nursing Care and Hospice Care.

When Judy Payne, our Program Planner, put together this program in the past it had been very well received. The panel offers a range of programs and facilities to be considered if you are thinking about respite, short-term or long-term, from your caregiving.

We thank the Lincoln Hills Foundation for their support.

Written by Jean Ebenholtz.

**Contacts: Judy Payne 434-7864; Cathy VanVelzen 409-9332; Maria Stahl 409-0349; AI 408-3155**



### Antiques Appreciation

Our Social Chair, Ann Renyer, and her committee, planned and executed a fabulous auction/fundraiser for the Annual Spring Party on May 29! The auctioneers made bidding great fun and then we ate delicious homemade desserts!

Have you ever wondered about the value of what you own and how to go about selling items? On June 1, Deric Torres, Vice President at *Clars Auction Gallery* (the West Coast's largest full service auction gallery) answered many of our questions. He is Director of the Decorative Arts Department, an Auctioneer and a Personal Property Appraiser.

Our July 6 program will be Show & Tell. Members may bring whatever they would like with a limit of two items.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

**Contacts: Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415; Appraisals 408-4004**



### Astronomy

The Astronomy Group June observing event was an evening at Blue Canyon observing stars, galaxies, nebulae and planets under dark skies through telescopes and binoculars. The *A Solar Observing* event at Cameron Park Observatory is planned for July. The Astronomy Group will not have a regular meeting during July.

Wednesday, August 5, our August meeting will be at Sierra College. Professor David Dunn from Sierra College will give a presentation and planetarium show.

Monday, August 17: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe. The August lectures are #23, "Atom Factories-Stellar Interiors," and #24, "Understanding Element Abundances." Contact Morey Lewis, [eunmor@pobox.com](mailto:eunmor@pobox.com) (408-4469) for more information.

All residents are invited to watch a total eclipse of the moon at our Lunar Eclipse Party on Sunday, September 27 behind OC Lodge starting at sunset.

**Contacts: Morey Lewis 408-4469, [eunmor@pobox.com](mailto:eunmor@pobox.com); Cindy Van Buren 253-7865, [rvbcvb@att.net](mailto:rvbcvb@att.net) Website: [www.lhag.org](http://www.lhag.org)**



### Ballroom Dance

Are you ready to heat up your life in June? Learn the sultry and sensuous American Tango with us. Our group meets at the cool Multipurpose Room (KS) on Tuesdays, 2:00-5:00 PM. Beginner's lessons are 2:00-3:00 PM. Our patient instructors will get you started in our low stress, group lesson format. Open dancing to a wide selection of music follows 3:00-4:00 PM. A more advanced group lesson is taught 4:00-5:00 PM. Club mem-



Carol & Steve Silvia

bership is still only \$7 per year. All lessons are *absolutely free!* In July, we will be learning the flowing, timeless Waltz. Come join us weekly and for fun club events. Keep up to date on dance happenings in our area through the Ballroom Dance webpage on the SCLH homepage. Remember, Ballroom Dancing can be good for your heart, soul, and mind. Dancing can keep the spice in your life!

**Contacts: Sal Algeri 408-4752; Chris Geist 543-0176**



### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be July 8 and August 12. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch has changed to *Mary's Pizza* on Thursday, June 25. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memorial in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



### Billiards

Wednesday: CoEd Billiards (your choice of partner) 4:15-6:30 PM.

**Contact Jim Conger 434-1985; Sherry Weech 408-1398**

Thursday: Upstarts (beginners) 11:45 AM-2:00 PM.

**Contact Phyllis Borrelli 543-3528**

Thursday: Players (mid-level players) 2:15-4:30 PM.

**Contact Rita Baikauskas 408-4687**

Friday: Challengers (mid level to advanced players) 9:45 AM-12:00 PM.

**Contact Rita Baikauskas 408-4687**

First Wednesday, second Tuesday, third Wednesday: Shooters (experienced players) 1:00-4:00 PM.

**Contact Hal Berman 916-543-0517**

May 6, Eight-Ball Singles: The Billiards



Phil Delaney, Rich Lund; Jim & Barb Conger; AJ Jhanda and Joe Ferrando

Room (KS) was packed with 26 players shooting their best to be in the finals. At the end it was a three-way tie, three players winning six out of seven games. Winners: Phil Delaney, Rich Lund and Peshu Irani. Sorry, no photo of Peshu.

Jim & Barb Conger won seven out of seven games in the Co-Ed Tournament. Second place: Remy & Darleen

Giannini, five out of seven games.

Both AJ Jhanda and Joe Ferrando won five out of six in the Monday 3:00 PM, May 4 tournament. In the playoff, Joe was first place winner, AJ the second place winner.

**Bird**

Monday, July 13 will be our last meeting before the August summer break. Join us in the P-Hall (KS) at 1:30 PM to discuss the club's new by-laws and have some fun with bird identification.

In May, our group enjoyed a field trip to Camp Far West and Spenceville Wildlife Area. This is home to some special birds such as the Lewis's Woodpecker, Lazuli Bunting, Yellow-breasted Chad and the Bullock's Oriole. Later in the month we spent a morning along the Monte Azul Walking Trail. The large oaks and open woodlands had a nice variety of birds from the Ash-throated Flycatcher to the White-breasted Nuthatch. Our next field trip



Oriole; Lewis Woodpecker; and Kingbird defending nest

will be to Traylor Ranch Nature Reserve and Bird Sanctuary in Penryn on Friday, July 3.

Some of the special birds at the Spenceville Wildlife Area: Lewis's Woodpecker, Bullock's Oriole and a Kingbird defending

its nest from an Acorn Woodpecker.

**Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com Lh\_bird\_group@yahoo.com Website: www.suncity-lincolnhills.org/residents**



**Bocce Ball, Mad Hatters**

And now for something completely different. We were officiating for the Special Olympics Bocce Tournament and noticed the consequence of one of their rule changes. They don't call a ball dead if it hits the court end with no contact. The ball stays on the court. This rule change actually allows you to play off the end wall. A few of the Special Olympics teams were actually quite good at playing off the side wall and in a long game that allowed them to get closer off the court end. It was very interesting to see how the different teams used the court.

We were thinking of doing away with the "dead ball" rule for a few sessions just to see how it changed the game. It would shift advantage from a longer game to the shorter game. The billiard players among us might like to try this.

**Contacts: Paul Mac Garvey 543-2067, pmac1411@aol.com; Bob Vincent 543-0543**

**Book, OC**



A 13-hour day working on the factory floor of a cotton mill under dangerous conditions might not sound very liberating, but for single women in the 1830's in Massachusetts, it was a viable option for freedom and financial independence. Based upon such real-life events, Kate Alcott spins a fascinating story for us of romance and murder in a small town. Come join us on Thursday, June 18 from 1:00-2:30 PM in the Multipurpose Room (OC), as we discuss *The Daring Ladies of Lowell* by Kate Alcott. Newcomers are always welcome.

*Remainder of 2015:*

- July 16—*The Maze Runner* by James Dashner
  - August 20—*The Innocents Abroad* by Mark Twain
  - September 17—*The Boys in the Boat* by Daniel James Brown
  - October 15—*Sycamore Row* by John Grisham
  - November 19—*Maisie Dobbs*(any book in the series) by Jacqueline Winspear
  - December 17—Holiday Luncheon
- Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755 Website: http://LHocbookgroup.blogspot.com/Wiki: http://ocbookgroup.pbwiki.com/**

**Bosom Buddies**

**Breast Cancer Survivors**



Under the direction of our Bosom Buddies member, Peggy Ryan, we had a very good turnout of ladies and gents to walk at the American Cancer Society Relay Walk May 16 at Lincoln High School. The Walk is done nationwide. I am so proud and pleased to say that our own member, Sylvia Kinney, and her husband Hal lead the group of survivors on the first lap. She was so beautiful with her pink feathery boa around her neck flowing in the breeze.

The relay over the years has become an event supported by grandmothers, daughters and granddaughters. The be-dazzled bras which were decorated by Bosom Buddies members and daughters were a show stopper and with the sale of them added money to the fundraiser. Bosom Buddies raised over \$1,000 with



From left—  
Sarah,

Junelle and  
MacKenzie;  
Marianne,  
left, and  
Patti;  
Bosom  
Buddies  
marching



donations from band sales which placed us third in most money raised for the event.

**Contact: Marianne Smith 408-1818**

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bridge, Duplicate

Duplicate games are played three times a week in the Kilaga Springs Lodge. On Wednesday the game begins promptly at 12:30 PM and includes a 199er section. A free bridge lesson precedes the Wednesday game at 11:45 AM. Titles for upcoming lessons are posted on the club website as they become available. Games are also played on Friday at 5:00 PM and on Saturday at 12:30 PM (includes a 299er section). Table fees are \$2 per person for club members and non-member Lincoln Hills residents (for their first three games), or \$5 for non-resident invited guests. If you need a partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882).

For a partner in the limited games call Nancy Rice (543-5275).

Additional club information can be obtained on our website, below, or by calling club president, Sharon Neff.

**Contact: Sharon Neff 543-8897**

**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must be seated by 5:50 PM, and we *must* finish by 8:30 PM.

April 23 winners—First: Dwight Curry/Bruce Fink; second: Sue Petersen/Gay Gladden; third: Rose/Joe Phelan with the night's high round of 2100; fourth: Ralph Madsen/Chet Winton.

May 7 winners—First: Linda Theodore/Janet Pinnell; second: Marlene Harner/Basil Molony; third: Gay Gladden/Reta Blanchard with the night's high round of 2310; fourth: Lorraine/Bob Minke.

May 14 winners—First: Leif/Darlene Andreasen; second & third: Ann Leitze/Judy Olson tied with Nancy Turrini/Lydia King; fourth: Helen Helm/Ed Page. Sue Petersen/Gay Gladden had the night's high round of 1630.

May 21 winners—First: Erika Wolf/Edith Kesting with the night's high round of 1770; second: Darlene/Leif Andreasen; third: Johann/Paul Kiesel; fourth: Kay/Ben Newton.

**Contacts: First/Third Thursday: Kay or Ben Newton 408-1819;**

**Second/Fourth Thursday: Dolores Marchand 408-0147; Carol Mayeur 408-4022**



### Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM, Sierra Room (KS). No partner needed but reservations required! We have a single's rotation. You can choose a partner for the first round then we have organized rotation. Please arrive between 12:30 to 12:50 PM to assure a place to play.

Winners: April and May—First place: Rose Phelan, Mark Rees, Jyoti Sitwala, and Joanna Haselwood. Second: Chet Winton, Dolores Marchand, Kurt Wolff, and Nancy

Griffin. Third: Viren Sitwala, Dick Lund, Ann Jensvold and Dee Williams. Fourth: Lois Burke, Lee Willson, and Chet Winton twice.

Reservations for May and June: Eleanor Amar at 209-3505, or Joan Schabilion at (408) 314-1701 or [ljschab@aol.com](mailto:ljschab@aol.com).

**Contact: Jodi Deeley, 208-4086**

**[jodi@wavecable.com](mailto:jodi@wavecable.com)**



### Bunco

In May, the Bunco group welcomed a return member, Nancy Christiansen. It was a happy time with lots of laughter and dice flying in the Card Room (OC)!

The Bunco Group plays the third Thursday of the month in the Cards Room (OC). Please consider joining us, maybe you will be the next Bunco winner! Enjoy in the fun for only a \$5 play fee! Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun and friendship!

It was a beautiful day at the Sports Pavilion for celebrating the annual Bunco Spring Potluck following Bunco play in the morning! Thanks to Shirley Mohler for coordinating the event and everyone who brought all the wonderful food.

*May winners:* Most Buncos Claire Frenna; Most Wins Kathy Sasabuchi; Most Losses Janet DeWitt; Traveler Marsha Pimentel.

*Next Bunco is Thursday, June 18.*

**Contact: Kathy Sasabuchi 209-3089,**

**[ksasabu@icloud.com](mailto:ksasabu@icloud.com)**



### Ceramic Arts

Hello June, summer is right around the corner!

June is a good month to sign up for that Ceramic class you have always wanted to take... check class schedules outlined in the *Compass*. Fun and sunshine!!! How bad could that be! We always enjoy ourselves. Come along and have some fun!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM-3:00 PM and Sundays 12:00-4:00 PM. KS "Workshops" are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studios" is available to all residents: OC on Fridays only 12:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Please check bulletin boards and studio windows for changes or closures.

**Contacts: OC Pottery Chair: Janet Roberts 543-6015; Membership Chair: Mike Daley 474-0910. KS Earthenware: Marty Berntsen 408-2110; KS Spanish Oils: Margot Bruestle 434-9575**

**Website: [www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts](http://www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts)**



### Computer

Main Meeting: July 8, 6:30 PM—"Preparing your New Computer" by Terry Rooney. Your old computer pooped out, you bought a new one. Now what? You can't just plug it in and go. Windows takes you through a series of pop-down menus to fill in basic information. There are least 50 Windows updates, removal of unnecessary trialware and bloatware, there is anti-virus software to choose and install, but which one? You have to set-up your email and don't forget a PDF reader, again which one? Lots of people get professional help doing all this. Terry will walk us through this and take away a lot of the mystery, and fear. Note: at OC Ballroom.

Clinic July 10, 3:30 PM **\*\* Canceled \*\***

Ask the Tech: July 24, 10:00 AM Informal Q&A session for any and all technical questions, Multipurpose Room (OC).

**Contact: Karl Schoenstein, [president@schcc.org](mailto:president@schcc.org)  
Website: [www.schcc.org](http://www.schcc.org)**



### Mac User

Here are a few good reasons to join the Mac Users Group (MUG). The MUG holds six meetings every month: two Educational Seminars examining different Apple topics; two hands-on Labs following up on these and other topics; one General Meeting to discuss overall Apple topics; and one Newbie session specially

designed to help new Apple users. Each of these is digitally recorded and the resulting video is available within a few days on the MUG Website for review. A very popular



Go to [lhmg.org](http://lhmg.org) and hit the Join tab at the top right—it will give you all the information you need to become a member

perk of membership is the MUG Helpline where free phone assistance for anything Apple is just a phone call away. Go to [lhmg.org](http://lhmg.org) and hit the Join tab at the top right. It will give you all the information you need to become a member.

We hope you had a great time at the recent MUG App Night and discovered some wonderful Apps.

**Contact: Henry Sandigo (415) 716-0666, [hsandigo@gmail.com](mailto:hsandigo@gmail.com);  
Website: [www.lhmg.org](http://www.lhmg.org)**



### Country Couples

Our boots were scootin' to DJ Gordon Hunt's country sounds at our annual Saloon Dance May 16. The theme was carried out with an Old West saloon scene



*Nancy Millican and Randy Robinson; Ernie & Lynda Wilson; Beth & Allen Roberts*

waltzes, two steps and line dances. A great time was had by all attending.

In early June several members enjoyed the bus trip to Reno and dancing at Gilley's Saloon at the Nugget Hotel.

On June 14, the Country Couples celebrated Flag Day with an afternoon picnic-

themed dance at the Roseville Ballroom, hosted by Jim & Jeannie Keener. Hamburgers and hot dogs with complimenting sides were served buffet style while the members danced.

**Contact: Kathy Lopez 434-5617; Margo Zamba 662-1628**



### Cribbage

Come join the fun at Orchard Creek Lodge on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

New players are always welcome!

**Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 599-6530**



### Cyclist

We take our bike tires for granted. It is important that the tires on your bike are kept in good repair. Before a ride, take a few minutes to spin your wheels and check your tires for pieces of glass or metal that may be embedded. Always carry tools to repair a tire or tube as well as a spare tube. Just because you have new tires and tubes does not mean you will not get a flat. Some riders rotate their tires to get more miles from them. Your rear tires will wear out faster than the front because about 60% of your weight is on the rear tire. Having the proper amount of air in your tires is a good way to eliminate problems on the road. Try using a slightly lower pressure than shown on your sidewall. Your bike may handle better and be more comfortable.

**Contacts: Steve Valeriote 408-5506, [jillsteval@gmail.com](mailto:jillsteval@gmail.com)  
Website: [www.LHcyclist.com](http://www.LHcyclist.com)**



### Eye Contact

#### Low Vision Support Group

General Meeting Thursday, July 9, 2:00 PM, **new location Solarium (OC)**—A Soci-

ety for the Blind representative will be our speaker. "Our services and classes offered through our *Senior IMPACT Project* are geared for individuals 55 and older and focus on alternative, non-visual techniques and skills that enable you to perform day-to-day tasks and activities, enabling you to maintain or increase your independence and enjoy life to the fullest." *Society for the Blind*

The Living Skills workshop scheduled for June 25 will not be held due to facilitator's travel plans.

General meetings are usually held at 2:00 PM the second Thursday of the month in the P-Hall (KS). Living Skills Workshops are held the fourth Thursday of the month at 10:30 AM in the Multimedia Room (OC).

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

**Contacts: Cathy McGriff 408-0169**



### Fishing

If you have a fun story about fishing, we'd like to hear it. Your story may be about when your dad, grandpa

or even your ma said, "Get your pole boy, we're going fishing!"

We need speakers for upcoming meetings. If you have technical knowledge or favorite locations that you want to share, please contact us.

We have an experienced member, Strumer White, willing to teach casting. He's one of the most enthusiastic fishing persons I've ever met. I'm sure if you



*Dick Davis making fine macaroni salad; Gene Allen supervising; Strumer, Rob & Mac holding court*

are new to fishing we can find someone to teach you what you need to know.

Check out our club which meets the second Monday of the month at 7:00 PM, P-Hall (KS). For info, contact Jerry 434-6917, or to join, email Henry, [hsandigo@icloud.com](mailto:hsandigo@icloud.com). Dues are \$20 a year. What a deal!

**Contact: Henry Sandigo 415-716-0666**



### Garden

General Meeting: June 25, 2:00-4:00 PM, P-Hall (KS). "A Prickly Situation" is the title that guest speaker Donn Reiners (known for humor in his presentations) will cover on succulents and cacti. His other love is photography and that is how he discovered succulents. "Donn the Photographer" was amazed at the photogenic characteristics and diversity of these unique plant varieties. His greenhouse is bulging with cacti and succulents from different parts of the world!



*Donn Reiners; succulent*

Door prizes donated by Home Depot (for members seated by 2:00 PM) and Brown Bag items will be available. Please bring items to donate of a garden nature (vases, books, plants, pottery, etc.) to the meetings. Proceeds are applied to civic projects for the schools, library, community gardens, and other community needs in Lincoln.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net) [www.lhgardengroup.org](http://www.lhgardengroup.org)**

### Bonsai Group

The Bonsai Group will not have a meeting in June.

**Contact: Larry Clark 409-5214, [lkclark@surewest.net](mailto:lkclark@surewest.net)**



### Genealogy

June 15 at the P-Hall (KS), at 6:30 PM, the guest speaker for the Genealogy Club will be Jim Baker. The topic is *Using*

*Online Data to Find the Challenging 1800's*. This presentation describes the best record types for finding early 1800's US genealogy data. Jim Baker earned a PhD in Sociology at UCLA and USC. He has given genealogy presentations locally, regionally and nationally.

A Kindle Fire is the grand prize drawing for members only. The Kindle Fire is an amazing product for genealogy research, free cloud storage, a seven-inch screen and long battery life. Immediately following the general meeting, a social gathering will be held in the Social Kitchen (KS) across the hall.

For up-to-date information, check our website. Help is available the first and second Monday of each month for your genealogy research in the computer lab at 6:30 PM. Volunteers will assist you.

**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641; Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)**



### Golf, Ladies

#### Ladies XVIII

**Note: Invitational Lunch June 18 moved to Sports Plaza 11:00 AM-4:00 PM.**

Golf seems to have a language all its own:

- Mulligan—that is an illegal second shot that we take because the first one was so bad. What the term really means, is "maul it again!" For special events, we even sell mulligans to make money. Everybody buys them, but in this group, most forget to use them!
- Handicap—is a number that represents how many strokes above or below par a golfer should be able to play, based upon previous rounds. However, the weather is a handicap—too hot, too windy. Our playing partners are a handicap—too chatty, too slow. The course is even a handicap. A golfer's thought process is generally her biggest handicap! It is rarely about the number!

Interested in joining? You too can develop a new vocabulary.

Membership Chair, Donna Sosko at 434-5427.

**Contact: Susan Petersen, [suncitysusanpetersen@gmail.com](mailto:suncitysusanpetersen@gmail.com) Website: [lhlxviii.com](http://lhlxviii.com)**

### Lincoln Hills Lincsters

**General Meeting June 24, 11:30 AM-2:00 PM will be held at the P-Hall (KS).**

On a windy May 11, the Lincsters held their annual Bring A Friend Tournament. The field consisted of 108 ladies who played nine holes, either on the front or back nine of the Hills. It was followed by a taco bar in the Orchard Creek Ballroom.



Linda Salmon, Sara Cannon, Sherry Robyn and Margie Jewett; Phyllis Wilks, Sharon McMillan, Gunilla Christol and Helene Petrello

First place winners on the front nine were Margie Jewett, Sherry Robyn, Linda Salmon and Sara Cannon. Second place winners were Shirley Varner, Kay Reis, Nancy Dodgion and Joyce Hulst. Third place was taken by Linda Coolidge, Lois Gilbert, Marilee Davidson and Cheryl Brindley. On the back nine, first place winners were Gunilla Christol, Helene Petrello, Sharon McMillan and Phyllis Wiks. Second place winners were Ruth Pennington, Christa Bothe, Mary D'Agostini and Nancy McDonald. Third place winners were Ann Diddy, Candi Garavito, Elfie Jenkins and Aymara Myers.

May Golfer of the Month was Ruth Pennington. Welcome to new member Madelyn Merola.

**Contact: Susan Pharis; firefly7554@aol.com**



### Golf, Men's

Club Champion Results—

Congratulations to:

Low Gross: Rich Long

Low Net: Jason Hong

Upcoming Events:

- May 26—Presidents Cup, Start of Match Play
- June 9—Lone Ranger, Four-man Team
- June 22—Sun City Cup, Played on the Hills Course, Sun City Lincoln Hills vs. Sun City Roseville

Visit our website: [lhmgc.org](http://lhmgc.org) for more information and more upcoming events.

**Contacts: Rodger Oswald, rodgeroswald@gmail.com**



### Healthy Eating

Good News! Local Farmers Markets are all open for the season.

Our own Lincoln Hills Farmers Market is open Wednesdays, 8:00 AM-12:00 PM, the downtown Lincoln market is open Thursdays, 4:00-8:00 PM, the RC Willey market and the Auburn market are open Saturdays, 8:00 AM-12:00 PM, and the Whole Foods Roseville market is open Tuesdays, 8:00 AM-12:00 PM. Here in Placer County we're blessed with a wide variety of locally grown food that is the envy of the nation, so patronize our local farmers.



Carrots at Farmers Market; Knife sharpeners at Farmers Market; Farmers Market produce looking good

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are on the fourth Monday at 2:00 PM in the P-Hall (KS). The June 22 meeting Guest Speaker is Jim McAfee, Board Certified Clinical Nutritionist and author,

speaking about the important role of healthy eating for seniors in maintaining good health. *Guests are welcome.*

**Contact: Don R. Rickgauer 253-3984, Sclh13HealthyEating@gmail.com**



### Hiking and Walking

"In all things of nature there is something of the marvelous." Quote by Aristotle. Definitely, the "marvelous" in nature was enjoyed by the hikers who attended the Cambria Getaway April 20 to 24. Hike leader Dan Cortinovis and his wife Wilma did an outstanding job of planning this event and giving hikers an opportunity to hike some wonderful trails and experience some beautiful scenery. The Hiking Group extends deep appreciation and thanks to Dan and Wilma for all their efforts.



Group photo op on the Ridge Trail in Fiscalini; another group photo op on the Montana de Oro Bluff; Walking Group enjoying each other's company

Other recent hike destinations which were delightfully scenic included Spenceville Wildlife Area with Gay Mackintosh

leading the group, and Sugar Pine Mountain hike led by Ben Rendahl.

In addition, the Walkers continue to enjoy marvelous sights in nature by traversing the walking trails within Lincoln Hills. Their walks start at 7:30 AM during the months of June, July, and August.

**Contacts: Hiking: Denny Fisher**  
434-5526, [dfisher049@gmail.com](mailto:dfisher049@gmail.com);  
**Walking: Louis Bobrowsky** 434-5932,  
[louisbobrowsky@yahoo.com](mailto:louisbobrowsky@yahoo.com)  
**Website:** <http://lincolnhillshikers.org/>



### Investors' Study

No July meeting. Enjoy the plentiful amenities here at Lincoln Hills as you reflect on the last six months and look forward to the next six months of investing.



*Our guest speakers from Pioneer Investment at the May meeting*

The Active Investors Subgroup will meet in July on the second Monday at 3:00 PM in the Multimedia Room (OC). Contact: Bill Ness 434-6564.

Thank you for the support you give the group. We continue to have high interest reflected in our high attendance all year. Enjoy the summer.

**Contact: John Noon** 645-5600  
[thenoons@att.net](mailto:thenoons@att.net)

### Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT community and those in friendship in Sun City Lincoln Hills.

The club held its second General Membership Meeting of 2015 on Saturday, June 13, followed by dinner at Meridians. Upcoming Movie/Dinner events are scheduled for the fourth Tuesday of each month. Check our website (below) for additional social opportunities.

Community events include SF Pride Day on June 27 and PFLAG Meeting on July 13.

From June 15 to July 6 a short course, "Introduction to LGBT Studies," will be

offered by Professor Terry on Mondays from 10:00 AM to 12:00 PM in the Roseville Gateway Center through Osher Lifelong Learning Institute (OLLI). No homework and no tests. To learn more and register go to: [www.sierracollege.edu/academics/enrichment/olli/club-olli-classes.php](http://www.sierracollege.edu/academics/enrichment/olli/club-olli-classes.php).

**Contacts: Jacquie Hilton** 543-9349,  
[jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net);  
**John** 408-2576, **Sheila** 408-2802  
**Website:** [www.lavenderfriends.com](http://www.lavenderfriends.com)



### Line Dance

Our May Line Dance Party in the Ballroom was loads of fun! We had 84 dancers, and danced 32 dances. Twenty-six dancers were from Intro Level classes, 18 were Level One, 25 were Improver/Level Two, and 11 were Level Three. We also had four guests. So you can see all levels of dancers were represented. The dances were led by two of our instructors and several practice leaders. There were some split floors where two different levels were on the dance floor doing different dances to the same music, and we even had a few where a group was on the stage while the majority of dancers were on the floor. Lots of variety!



*Split floor dance;  
DJ Mike with dance leaders*

Our next free dance is on August 16, and don't forget to sign up for Yvonne and Carol's workshop on July 18 if you

are interested.

Club t-shirts are coming!  
**Contacts: Sheridan Brown** 408-5674,  
[shrdnbrwn@yahoo.com](mailto:shrdnbrwn@yahoo.com); **Carol Rotramel**  
408-1733, [caroled1974@gmail.com](mailto:caroled1974@gmail.com)



### LSV/NEV

Mark your calendar for Tuesday, June 16 at 10:00 AM at the P-Hall (KS) to attend the special membership meeting program we have planned, with our new SCLHCA Executive Director, Chris O'Keefe as our speaker. It will be a great opportunity to hear about the latest developments regarding our community, and plans for the future. All residents are invited to our meetings.

Another social we have planned for our LSV/NEV members is the catered BBQ on Saturday, August 29. You won't want to miss it, for we also plan Bingo with prizes following the BBQ. Get your invitation at our June membership meeting.

**Contact: Dan Gilliam** 209-3946



### Mah Jongg, Chinese

Greetings! Welcome to the first part of summer. Please plan to join us on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, please come and join us.

If you have any questions, please call one of the contacts, below.

**Contacts: Bruce Castle** 846-1500;  
**Marsha Ross** 253-9551



### Mah Jongg, National

Hot enough for you? Come on over to the OC every Tuesday from 12:30 to 4:00 PM and play National Mah Jongg in air conditioned comfort. You will find some great competition in the Card Room (OC) every week. If you are interested in learning the game, Fran Rivera

teaches in her home at no charge. Please call her at 434-7061. Many of our current players took lessons and joined the rest of the group in a very short time. It is a great way to meet new people and stimulate your mind.

**Contacts:** Carol Vasconcellos, 209-3457;

Judy Rosenthal 408-857-1353;

Fran Rivera, 434-7061



### Mixed Media Collage Arts

Layering is an essential tool for creating a unique mixed media collage art piece. Look at your canvas and imagine three layers—background, middle ground and foreground. The main subject is often placed in the foreground. The middle ground is a great spot for tissue papers or other transparent materials. The background can hold papers with patterns or solid color. Get inspired as you build the layers and if you don't like something you can cover it up or peel it off or cut it up and start again. Some of this is intuitive and some simply comes with time and practice.

We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). Visit and experience the joy of creating along with laughter as we work on individual pieces. All experience levels welcome.

**Contacts:** Nina Mazzo 408-7620, [ninamazzo@me.com](mailto:ninamazzo@me.com); Frima Stewart 253-7659, [frimastewart@gmail.com](mailto:frimastewart@gmail.com)

managed to include some extended tours in the mix. Thanks to our club originators Dale Brinsley and Dave Ramm.

Our riding season has gotten into full swing with our monthly scheduled rides on the second Saturday, with the social gatherings interspersed as they come up. Our Road Captains and social planning volunteers are doing a great job with tours and activities.

"Ride Safe - Ride With Friends."

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

**Contact:** Patrick Chaves 408-1223, [patmcspeed@gmail.com](mailto:patmcspeed@gmail.com)



### Music

The Music Group will hold its monthly meeting to play music and socialize on Wednesday, June 24, from 6:30-8:00 PM, Fine Arts Room (OC). SCLH residents and guests are welcome. Bring an instrument if you wish to join the evening's jam session.

The next Friday Night Open Mic is scheduled for June 26 from 6:00-8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians. No karaoke is permitted.

The Ukulele Jam Group, held Wednesdays from 1:00-3:00 PM (OC Lodge), is open to any SCLH resident with an interest in learning the instrument. Contact group leader Ron Peck (409-0463) for information.

*Written by Carol R. Percy.*

**Contacts:** Carol Percy 543-1365, [crpercy444@gmail.com](mailto:crpercy444@gmail.com), Julie Rigali, 408-4579, [jjrigali@yahoo.com](mailto:jjrigali@yahoo.com)

**Website:** [www.suncity-lincolnhills.org/residents, Clubs, Music](http://www.suncity-lincolnhills.org/residents, Clubs, Music)



### Needle Arts

#### Threads of Friendship

We are starting the second half of the year with one of our very own members as the presenter. Betty Kitsby has written and published a book that you quilters and lovers of appliqué will thoroughly enjoy. She will share many of her own experiences, discuss her workshops and have projects on display. Meeting is July 14 at 1:00 PM

at the P-Hall (KS). Members are always welcome to bring a friend. Even if you are not a member, you may wish to attend and see if you are interested in pursuing this art.

Many of our members are involved with charity work. You do not need to be a member, however, to participate. Several people have

knit hats and scarves for homeless veterans, as well as chemo hats and blankets. Interested? Call Bev Johnson and Claren Bolton for quilt items and Shirli Lent for knit items. Giving makes you feel better!

**Contact:** Carol Matthews 543-7863, [carolm1929@gmail.com](mailto:carolm1929@gmail.com)

**Website:** [www.sclhna.com](http://www.sclhna.com)



Judy Horowitz and Betty Kitsby; Charity Quilt, Rebecca Hoetger



### Neighborhood Watch

Once a year Neighborhood Watch volunteers and friends bring out their favorite recipes for hot dishes, salads, and veggies to produce tasty delights for the Annual Spring Potluck/National Night Out Kickoff. Two new board members, Pat Sladky and Martha Yanger, chaired the event on May 22.

Pauline Watson, National Night Out Coordinator, encouraged all Mail Box Captains and Village Coordinators to participate in the August 4 celebration of our safety and security. A breakfast event in the cool of the morning is a popular suggestion. Residents can also choose another date by notifying Pauline of their intention at [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net) or 543-8436. Forms to apply to the city for permission to close a street to accommodate a NNO party are available from Pauline at a savings of \$95.

Another important part of this yearly



### Motorcycle

#### RoadRunners

June 2015 marks the anniversary of our club origination ten years ago. We have seen a lot of change since our beginnings. The club has maintained a membership of approximately 20 motorcycles and around 35 folks. Our many and varied tour seasons have been a combination of social and cruising activities. The club has also



Road Runners staged for tour



event honored our hard working board members, advisory/support members, and new volunteers who were in attendance.

**Contacts:** Ron Wood 434-0378, ron2029wood@att.net; Pauline Watson 543-8436, fpawatson@sbcglobal.net  
**Website:** www.SCLHWatch.org

## Painters

Our June 15 meeting/luncheon was well attended and it was a time to recognize our long-time Reporter, Jacquie Hilton. Jacquie is taking a well-deserved respite from writing articles. We thank her for her dedication and expertise! Next month our new Board member, Joan Musillani will be chronicling our activities.

Member participation is encouraged. Please contact us if you would like to volunteer for one of the committees that work to make the club interesting to all artists.

The July 20 meeting in the P-Hall (KS) at 2:00 PM will feature a DVD by a well-known contemporary American artist. We will also introduce our new feature—a door prize at every monthly meeting! Pick up your ticket at the door. Prize will be drawn before the end of the meeting. Membership is now over 120. We hope to see you there!

**Contacts:** Joyce Bisbee 672-7252, joybis@aol.com; Jack Cook, 408-7305, lj4cook@aol.com; Jim Brunk (plein air), 434-6317, brunk@starstream.net  
**Website:** www.lhpainters.org

## Paper Arts

Lots of food, lots of bargains and lots of fun—such was our Overstock Sale held this month at the Sports Pavilion. We enjoyed selling our excess paper crafting supplies to our members as well as residents who took part in the sale. The Salt Mine also benefited from this event as we held a food drive for our local food closet. Thanks to all the members that contributed food to this worthy cause.

**Attention Members:** Remember that we will be changing our meeting room to Kilaga Springs Lodge beginning with our July 2 meeting. This will be our new home, so put a reminder on your calendar

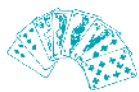


Our May projects crafted by Pat DeCristofaro and Shirley Rainman

to come to KS. Debbie Chronister will be leading our July project and it will again be “Christmas in July.” Don’t miss out on getting a head start on your Christmas cards.

See you Terra Cotta Room (KS) at 9:00 AM, July 2.

**Contacts:** Sue Manas 408-1711; Reg Fabian 645-9090



## Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

Pedro meets in the Card Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

**Contacts:** Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com



## Photography

Last month Sam Shaw gave us a wonderful presentation on people who use costuming as an expression of themselves and in celebration of certain events. We see them as Civil War Re-enactors, Renaissance characters, Carnival models, parade participants, and so on. For another perspective, we’ll have Eric Emerson showing his “Radiant Landscapes,” and perhaps explaining the Photoshop techniques he employs to bring his shots to a scintillating level of detail, color and beauty.

And unless you hustle over to the Needle Arts display case at the OC by the end of June 15, you’ll miss the black and white exhibit that will end on that date. “Water” is now showing at Simple Pleasures until June 20, and the replacement exhibit will



“Dress Up One” and Dress Up Two” by jeffa

be “What’s in Your Backyard?” Rabbits, flowers, insects, birds, snakes, passed out residents, or whatever is likely to be pictured. Well, maybe not the resident part.

*Scribe:* jeffa

**Contact:** Jeff Andersen 434-6009, 2jeffa@gmail.com  
**Website:** SCLHphoto.com



## Pickleball

Amazing!!! We had a record-breaking 121 club members play in our 2015 Club Championship Tournament. Sixty-one players won gold, silver or bronze medals in 13 different brackets.



*Men’s Doubles C Bracket winners: Connie Hoetger/David Whorf, Frank Rodwick/Tom Anthony, Steve Lambert/Ed Rogers; MXD Doubles Special D Bracket winners: Robert Kelly/Harry Ramsden, Katie Bloom/Harriet Rogers, Jean Benson/Chuck Frevele; some players from our Championship Tournament*

A huge thanks to Rein Lemberg and his magnificent crew for handling all details... organization, food, registration, refereeing, announcing, photos and prizes. All made for a fantastically smooth-running tournament from start to finish.

Weekday ladder times have changed for June, July and September. No ladder in August. To allow for more open court time on summer mornings, Tuesday and Thursday ladders have switched to evenings. Check the court message board for specific ladder hours.

Wednesday evening potluck/mixers are now in full swing for June and July. See detailed mixer information at the courts.

Save the date... our club's eighth Anniversary Summer Party is August 12. Don't miss it!

The next General Membership Meeting is Tuesday, July 7, 2:00 PM in the P-Hall (KS).

**Contact: Marty Rubin 408-3494, marty629@gmail.com**

**Website: www.lhpickleball.com**



## Players

The Readers Theater June production of "Easy Aces" was a hilarious success. In both episodes, Robert Parker played Goodman Ace and Angela Blas played Jane. The supporting cast in "Jane Goes To The Psychiatrist" included Alan Lowe, Betty Gordon, Estelle Feineman and Barbara Swerdlow. "Jane Serves on a Jury" featured actors that included, Bill McCarrell, Nick Gerenday, Leslie Hanover, Sandy Klagge, Rudy LaPorta, Jeannine Newcum, Marilyn Gold, Paul Krow, Corrine Ehlers and Norah Prouhet.

The Players Club gives you the opportunity to be on stage in a play, or if you prefer you can work behind the scenes and help with sound, costuming or sets. Come check out a Players meeting held at 4:00 PM on the second Monday of each month in the P-Hall (KS).

For further information contact: President Barbara Greenfield.

**Contact: Barbara Greenfield 408-5017, barbieg1@sbcglobal.net**

**Website: www.lincolnhillsplayers.com**



## Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and Friday 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Monday, Tuesday and Friday—same times.

Any questions, or to be added to our email distribution, please contact one of the following members:

**Contacts: Paul Marcorelle**

**925-658-2404; Lynne Barsky 253-3730**



## RV

The Fourth Annual RV Group Summerfest potluck is scheduled for June 18 at the Sports Pavilion from 4:30-7:30 PM. It's a great time for present members to meet or reconnect with past members for an afternoon of food and fun. Invitations have gone out to former members of the group.

Attendees are reminded to wear name tags and be prepared to pay \$5 for couples or \$2.50 for singles to cover incidentals. People will bring a dish to share and should bring their own table service. A no-host bar will be available.

Some of the RVers returned earlier this month after a full week's rally at the Santa Cruz Redwoods RV Resort in Felton. Next will be trips to Seven Feathers and Bend's Crown Villa in Oregon July 8-18.

The group holds its meetings on second Thursdays of each month in the Social Kitchen (KS), 4:00 PM.

**Contact: Rosie Eads 408-0129**

**Website: www.lhrvg.com**



## SCHOOLS

### Sun City Helping Our Outstanding Lincoln Schools

"Sometimes the most ordinary things are made extraordinary simply by doing them with the right people." This quote by Nicholas Sparks certainly describes the folks who attended the S.C.H.O.O.L.S. annual Appreciation Potluck Picnic on June 9 where there was great food, fun and

extraordinary people who do amazing things as volunteers.

The teachers in our district spend much time during their summer days preparing for the next school year. We encourage those of you who enjoy working with young people to join the fun! Our hard-working teachers need our help in their classrooms and at many special events during the year. If you would like to become a volunteer, mark your calendars for our *annual meeting on September 10 from 9:00-10:00 AM at Presentation Hall (KS) and the important New Volunteer Orientation Workshop September 14 from 9:00 AM-12:30 PM at Orchard Creek Lodge (includes lunch). R.S.V.P. required.*

*Written by Sandy Barry.*

**Contacts: Sandy Frame 408-1453,**

**ssframe1963@gmail.com; Cindy Moore 408-1452, cindymoore@me.com**



## Scrabble

Prefixes and suffixes are very important in Scrabble. Imagine your opponent playing "fix" when you hold "transes" on your rack!! There are pages of prefixes like "re" and "un" in the OSPD as well as suffixes such as "er" and "ing."

Here are some other unusual examples of prefixes and suffixes: beliquor, beshrew, bepimple, bekiss, bedunce, depeople, enhalo, enplane, jibingly, outsmell, outsmelled, outsmelt, bediaper and outgas.

Also helpful in Scrabble play are "q" words without a "u." A few of the approximately 15 allowable words: qindar, qintar, qadi, qanat, qwerty (a standard English keyboard), qoph and tranq.

Come join your friends and neighbors for Scrabble on Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Anne McMaster 409-5408**



## Singles

### Dynamic Singles

Let's do Summer! If you're single, check out our club for the fun of it! Dine Out with the group at Romano's Macaroni Grill on June 18. Then wear your boots and hat to whoop it up at our Boot Scootin' Boogie BBQ and Dance at the Sports Pavilion on June 25. Do line

dances you learned at the last meeting. Tickets are \$22.

Cocktail Time is July 1. Because of Independence Day, the July Birthdays will be moved to July 12. The General Meeting is on July 9 at OC. Hike with Richard on July 10. The Second Saturday Breakfast is July 11 at the Sports Bar. In between, there's golf on Fridays and Bocce Ball on Wednesdays. As usual, a busy month!

Love to have you join us. Meet old friends and make new ones. We're fun! See the Dynamic Singles Flyer or the Resident Website for details.

**Contact: Judie Leimer 408-4308, j.leimer@icloud.com;**

### Ski

For those of you who are as obsessive as I am, and are already posting events to your 2016 calendar, you may now add the annual Ski Retreat trip: February 28-March 5, 2016. Our adventure will be in the Vail/Breckenridge area; details will be communicated in July.



*Post-Season  
Potluck;  
Party Cake*



We are planning a bonus ski trip to Kirkwood for two to three nights, to take place the week of January 11–15, 2016. We will also inform club members of the details this summer.

If these ski trips are calling to you, and you are not yet a club member, be sure and contact us to get on our mailing list.

Stay tuned for summer social events for July or August.

**Contacts: Bill Smith or Mike Hilton 258-2150, lhskiclub@gmail.com**

### Softball, Senior League

With a full month of softball in, Rebarb Time and Wells Fargo Advisors lead the pack with Siino's, A+ Dental

and Carolan Properties in hot pursuit. All the teams are improving their softball skills and each play date brings better performances. As we enter the "Dog Days" of summer, we should have some great games at Del Webb Field.

Speaking of "Dog Days," come cheer on your favorite player at our annual All-Star Games on Saturday, July 4. Games will begin at 9:00 AM with two games followed by a game with a team from the City of Lincoln. Hot dogs, chips and sodas will be available.

Checkout LHSSL.org for all your softball questions, and come join us for the camaraderie that comes from team sports. **Contact: George Sylvia 295-1957, geocath7@yahoo.com Website: LHSSL.org**

### Coyotes

The Coyote 70s made it two in a row with a first place finish in Ripon. The Coyote 60s and 75s were overmatched in tough brackets in the Chico Tournament. All teams are participating in the qualifying SSUSA Tournament in Reno.

Plan on attending the 12<sup>th</sup> Annual Coyote Tournament featuring our Coyote 65s at Del Webb Field June 27-28. The tournament will feature five local area teams with games beginning at 8:00 on both days. Hot dogs, chips and sodas will be available. On July 4 at 12:00 we will hold our annual LHSSL versus The City of Lincoln game. It's always a vigorously contested game with bragging rights for the next year as the "youngsters" compete against our best. LHSSL all-star games start the day off at 9:00 AM. Come enjoy some great softball action along with a "Meal Deal." Great way to celebrate Independence Day!

**Contact: Bec Cannistraci 408-4679**

**becannistraci@sbcglobal.net**

**Website: LHSSL.org**



### Sports Car

Sitting on the western slope of the Sierras gives us easy access to scenery almost in our backyard. One of the most common drives is north on Highway 49 from Auburn to Chilcoat where Highway 49 dead-ends into Highway 70. A recent day tour traveled up Highway 49



*A recent  
day trip to  
Comptonville  
for lunch at  
Burgee Daves;  
modest lunch*

to Comptonville for an unusual lunch at Burgee Daves. The headline menu item is a Bloody Mary that in itself is lunch. The Bloody Mary is served in a Mason jar with multiple celery spears holding shrimp, cheese, salami, ham, pickles and a cheese-burger slider.

The drive to Comptonville is beautiful and the perfect road for sports cars. The twisting and winding can cause some people to get car sick, but that is easily controlled by motion sickness pills.

Join us as a guest at our monthly meeting, P-Hall (KS), first Monday each month, 6:30 PM.

*Written by Bud Van Cott.*

**Contact: DiAnn Rooney 543-9474,**

**dlrooney@mac.com**

**Website: LHsportscars.com**



### Square & Round Dance

#### Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream Level  
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing between tips  
Mondays, 2:15-3:30 PM (KS)  
Scott & Erin Byars, caller and cuer
- Advanced Class Mondays,  
3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays,  
1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

**Contacts: Louis Bobrowsky 434-5932**

**louisbobrowsky@yahoo.com;**

**Gail Holmes 253-9048**

**gailholmes@sbcglobal.net**



### Table Tennis

When your kids (or grandkids) were growing up, was a ping-pong table part of your patio furniture? If so, and you think you might still “have some moves,” give a thought to joining the very active table-tennis group some time.

We play Sundays (12:30 to 4:30 PM), Tuesdays (6:00 to 9:00 PM) and Fridays (8:00 to 11:00 AM) at KS. You can arrive at any time to play—we rotate in to play and there is rarely much of a waiting time to play. Also, on those Friday mornings, we have an automated ball machine and some good help from Bob Gritner. Appointments are for a 15-minute period and really help to improve one’s game.

We’re a congenial group and it’s amazingly good exercise for mind and body!

Questions: Contact Ginger Nickerson at 253-3322 or gingerlee22@gmail.com.

Contact: Ed Rocknich 434-1958  
rocknich@yahoo.com



### Tap Company

The Tap Company had its annual spring luncheon at the Sports Pavilion on June 3. We had a good meal and our new officers for the upcoming year were installed.



Alyson Meador

We are also starting a new venture with our Artistic Director and Instructor, Alyson Meador. Alyson has always enjoyed working with seniors here, at Sun City Roseville, and at her

studio in Folsom. Everyone at these three locations is learning the same dance. Later in the summer those who are willing will be videoed. She would like us all to wear t-shirts proudly displaying our ages. She will then distribute the videos to her colleagues throughout the country. Her goal is to demonstrate that seniors can remain active and learn new things while gracefully aging. Many of us senior dancers have never tapped until reaching our Golden Years.

Contacts: Janet Becker 543-3493,  
beckerjm1962@gmail.com; Natalie Grossner  
209-3804, natalie\_g@msn.com



### Tennis

In May the Third Annual LARTA (Lincoln And Rocklin Tennis Association) Spectacular Tennis Event took place! The event consisted of adult players matched up with high school students. I attended the event and personally it was very inspiring to see that our youth are not only competitive on the court, but polite as well. Those who attended will be happy to know the event raised over \$5,400 for local high schools. Eldon Wilson, our tennis wiz, was on hand to do drills with anyone who wanted to drop in. LHTG member Peter Schor worked very hard to put the event together—thank you Peter and others involved in this worthy cause.



LHTG members Vicki Parks and Pamela Geernaert with participating students; Katie Didion with Eldon Wilson with the student players; Jack Ryder (our Webmaster) showing a student a winning backhand

Action coming up next: Mixed Doubles Championship—Thursday, June 25. Details at the Pavilion or on our website (below). This will be the last tournament until October so get those racquets out and play!

Contacts: Linda Burke, 209-3463,  
scteam10s@aol.com  
Greg Burke, 316-3054, burkegbp@aol.com  
Website: http://sclhtg.com



### Vaudeville Troupe

Rehearsals are in full swing for the Vaudeville Troupe’s upcoming production The Golden Revue Vaudeville Variety Show. Four performances will be given—two on Friday, July 10 at 2:00 and 6:00 PM, and two on Saturday, July 11 also at 2:00 and 6:00 PM. Tickets are currently on sale. This production promises to be a sellout so don’t wait to get them.



Back Porch Cloggers

The troupe is paying a mini tribute to Dean Martin and you won’t want to miss it! We have some new performers joining our cast this show. The “Back Porch Cloggers” pictured, will be performing a patriotic routine. For an evening of great entertainment, please plan to join us. The show will be presented in the P-Hall (KS), which is the perfect setting for a rousing vaudeville show!

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



### Veterans

Wednesday, June 17 meeting, 9:00-11:30 AM, will be held at the P-Hall (KS).

The Lincoln and Rocklin Tennis Association honored community veterans at its annual tennis tournament on May 16 to commemorate Armed Forces Day. Vets were invited to participate in the open-

ing ceremonies and speak with attendees about their service to the country.

On June 13, members and their guests enjoyed the group's annual Flag Day Barbecue at the Sports Pavilion. The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on America's Independence Day, July 4.



Participants at the Tennis Association's Armed Forces Day Ceremony; photo by Jim Cormier

Participants at the Tennis Association's Armed Forces Day ceremony included Roger Espiritu (left in the photo), a retired Navy captain and physician, and David Kauhaahaa, a retired Army Green Beret master sergeant with 12 tours in Vietnam.

Contact: Jack Everett 409-0650, [jack.everett@att.net](mailto:jack.everett@att.net)



### Water Volleyball

Summer is quickly approaching! Are you looking for a new workout routine? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is a nominal fee. Come join us and we hope to see you in the pool.

Play available (KS):

- Open play (all levels): Saturdays 8:50 AM; Mondays & Wednesdays 5:20 PM; Tuesdays 6:20 PM.
- Advanced play (rated players only): Mondays, Wednesdays at 6:45 PM, Thursdays 6:20 PM.

Interested? Contact Jim Puthuff

Contact: Jim Puthuff 768-3936, [sclhwatervolleyball@aol.com](mailto:sclhwatervolleyball@aol.com), [jputhuff@softcom.net](mailto:jputhuff@softcom.net)

Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com), [www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)



### West Coast Swing

West Coast Swing Dance Instruction: Second Friday of each month. Next scheduled lesson is July 10.

Location: Fine Arts Room (OC). 5:15-6:15 PM Intermediate/Advanced West Coast Swing, Beginners: 6:30-7:30 PM.

Club Members free, and Guests \$4.

Contacts: Dottie Macken 543-6005, [justdottie@sbcglobal.net](mailto:justdottie@sbcglobal.net); Bob Roman 543-6618, [BobRoman@starstream.net](mailto:BobRoman@starstream.net) Paula Stollmeyer 434-7352, [pstollmeyer@sbcglobal.net](mailto:pstollmeyer@sbcglobal.net)



### Woodcarvers

Lincoln Hills Woodcarvers Win Again!

The Lincoln Hills Woodcarvers won 17 ribbons for 18 entries at The Capital Woodcarvers' Association Show, May 2-4, 2015 in Sacramento!



Lincoln Hills Woodcarvers won 17 ribbons for 18 entries at The Capital Woodcarvers' Association Show in May

Since 2007, the Lincoln Hills Woodcarvers Group has won an impressive 48 First Place; 28 Second Place; and five Third Place ribbons. What makes this even more impressive is that the members of The Group have won these 81 ribbons out of approximately 1800 entries. Kathy Gervais, Show Coordinator said, "LH Woodcarvers are the best represented local group and the ribbons speak for themselves!"

This year's first place winners: Dan Batliner, Ken Corcoran, Bill Dickinson, Ben Horner, Harvey Moss, Dick Skelton, Dennis Sudano, and Bob Younker. The second place winners are: Ken Corcoran, John Lepage (two), Don Percell (three), John Russell, and Woody Woodburn. The third place winner was Fred Zurbuchen.

Woodcarvers meet 1:00-5:00 PM on

Wednesdays in the Sierra Room (KS).

Contact: Dick Skelton 626-0895

Website: [www.SCLHWoodcarvers.blogspot.com](http://www.SCLHWoodcarvers.blogspot.com)



### Writers

The Writers Group welcomes new member poet Susan Gust, who continues to inspire us with her 'cowboy poetry'—a genre she uses to re-tell stories her grandmother told her 60 years ago about her life on a West Texas ranch c.1905-1930.

"I wrote my first poem when I was nine, trying to balance a pencil, a notebook, and myself on a branch in my grandmother's butterfly tree," Susan explains. "Through the years, I've written poetry, stories, articles, and essays. Poetry, sometimes with a dollop of humor, remains my first love."



Susan Gust

The Writers Group meets the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Come by to observe or bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH writers or those striving to be writers are welcome.

Contacts: Bev Brannon

[bevbrn49@aol.com](mailto:bevbrn49@aol.com); Jim Fulcomer [jfulcomer@mac.com](mailto:jfulcomer@mac.com);

Linda Lucchetti [linluu@aol.com](mailto:linluu@aol.com)

### Did You Know?

To reduce belly fat is 80 percent diet and 20 percent exercise.



**WE MOVED TO A NEW LOCATION!**



- New & Used Sale
- Service
- Parts & Accessories
- Rentals



**ELECTRICK  
MOTORSPORTS INC.**

3730 Placer Corporate Dr.  
Rocklin, CA 95765

(916) 652-2222

www.electrickmotorsports.com



**PRO ACTIVE  
PEST CONTROL**

- Family Owned & Operated
- Complete Pest Control
- Guaranteed Expert Service
- Complete Home Protection



Start up Service only **\$49**  
(under 1500 sq ft)



Call For a Free Quote  
**916-380-0402**

www.beproactivepestcontrol.com

# Vision to Last a Lifetime -

*Complete Eye Care at Wilmarth Eye and Laser*

## The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

**The Crystalens** is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

## Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

## Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

## Complimentary Consultations

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

## Financing Options Available



**Stephen S. Wilmarth, M.D. - Vision Correction Specialist**  
1830 Sierra Gardens Dr. • Suite 100 • Roseville

www.wilmartheye.com  
**916-782-2111**

## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

### Cloggers

Happy warm (and dry) June! We are having a great time preparing for various performances, and look forward to having you join us—on the dance floor clogging with us, or from a safe distance, watching and listening. We make a lot of noise with our double clogs on heel and toe, and burn a lot of calories, too! Also, it's time to sign up for the next Northern California Cloggers Association workshop, Saturday, July 18, in Belmont (Belmont is just south of San Mateo, an easy drive). While you're looking at your calendar, be sure to ink in the fantastic Tommyknockers' Clogging Jamboree in Grass Valley, September 26—a must-attend for anyone interested in clogging, or in just knowing more about it. You'll probably burn calories just watching! We hope to see you in class. Contact: Anita Tyson 543-5330.

### Glaucoma Support Group

The Glaucoma Support Group will meet on July 8, at 4:00 PM in the Multimedia Room (OC). If you or a family member have glaucoma, please join us to learn more about this disease. More info: Bonnie Dale, 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com).

### Italian Club (LHIC)

The annual "Membership Matters" campaign is wrapping up. Do you know fellow Italians who could be members but aren't? Invite them to join. More info about the campaign: Christine Cirrone 209-3426. Save the date: Sunday, July 12, LHIC will present the 12<sup>th</sup> Annual Inaugural Dinner and Dance in the Timbers Ballroom, at Sun City Roseville. Come meet the new officers and say 'thank you' and 'farewell' to the outgoing board of directors. More info to come. LHIC name badge orders are placed the first of each month. Cost is \$6.50 each. Go to the club's website at [www.lhitalianclub.org](http://www.lhitalianclub.org). Are you a SCLH resident of Italian heritage? Don't miss out

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

## You are invited to attend...

These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Thursday, June 25	• 6:00 PM	Social Security 24/7 Heights (OC)
Tuesday, June 30	• 6:00 PM	Social Security 24/7 Heights (OC)
Tuesday, July 7	• 10:00 AM	Nautilus Society Oaks (OC)

on fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Virginia Halstenrud, membership chair, 543-3293.

### LH Chamber Music Group

The group had their first performance, an hour long home recital that was a sellout and well received. We will be performing two numbers at the Open Mic at the P-Hall (KS) June 26 at 6:00 PM. We are especially interested in adding a violinist and flautist. More info: John Parks 408-0388.

### LH Foundation

**Attention Bingo Players—Date Change for June:** Special June Bingo Day with Lunch in the Secret Garden! **Due to a Ballroom (OC) scheduling conflict, the Lincoln Hills Foundation Bingo game has been rescheduled to Wednesday, June 24 (previously June 17).** Reserve the date for food, fun and fellowship in the OC Ballroom and a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. There will be a deli lunch as well as a Meridian's lunch special starting at 11:30 AM. Ballroom doors open at 12:30 PM with the Bingo games starting at 1:00 PM. Cash and door prizes will be given away. All players will get a special treat during the games to make up for any inconvenience caused by the date change. Visit the Foundation's website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) for a special pop-up promotion. Get seven or more of your friends and neighbors together at one table by calling Ed Sullivan at 408-1480.

### LH Foundation Community Service Project

Announcing upcoming lifesaving courses sponsored by the Lincoln Hills Foundation. Cardiopulmonary Resuscitation (CPR), Automatic External Defibrillation (AED), and First Aid Training will be taught by a certified CPR instructor on Thursday, August 27, and Friday, October 23. Classes will be held in the Heights Room (OC)

from 9:00 AM-1:00 PM and are open to all senior SCLH residents. Classes are limited to 20 participants, and the course fee will be supplemented by the Lincoln Hills Foundation as a community service. Applications are available at Orchard Creek Lodge or at [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org). More info: Joan Logue 434-1749.

### LH Parkinson's Disease Support Group

LH Parkinson's Disease Support Group meets every third Tuesday of the month at the Raley's Conference Room in the Raley's shopping center on Lincoln Blvd. This month we will be having Becca Danielsen from PMM (Personal Medication Management) share with us. In July we have Chrystalynn Lewis who is a Parkinson's Disease Advocate. More info: Brenda Cathey 253-7537. We look forward to having you join us!

### LH Retired Law Enforcement Officers Group

California Highway Patrol Commissioner Joe Farrow will be the next guest speaker at the Lincoln Hills Retired Law Enforcement Officer's Group Quarterly Breakfast June 19, at 8:45 AM at the Meridians Sports Bar. Retired and active law enforcement officers and their spouses, as well as invited friends of law enforcement are welcome. Those planning on attending must RSVP to Jim Pola at [polabears@wavecable.com](mailto:polabears@wavecable.com). Coffee will be at 8:45 AM, full buffet breakfast at 9:00 AM, our speaker at 9:30 AM, then Q&A. Price is \$8 including tax and tip.

### LH Travel Group [www.lh-travelgroup.com](http://www.lh-travelgroup.com)

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday each month, 7:00 PM, in the P-Hall (KS). Everyone is welcome. Presentations on selected travel destinations are shown by Professional Travel Managers each month. Our presenter on June 18 is Ilene Ferguson,

*Continued on page 41*

# Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome

The Latest Instruments & Techniques • Drill-Less Dentistry

 Dental Implants: Eat, Chew & Smile Naturally Again!

Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay

Conscious Sedation Available • Complete Orthodontic Care With Our Specialists

twitter



Personalized  
**Dental Care**  
Roseville • Lincoln

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

Tim Herman, D.D.S.  
Flaviane Petersen, D.D.S.  
Chris Cooper, D.D.S.  
Abdon Manaloto, D.D.S.

Orthodontist  
Thais Booms, D.D.S., M.S.

Periodontist  
Brad Townsend, D.D.S., M.S.

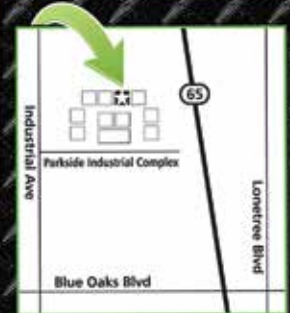
Copyright © 2012 AARP



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • (916) 408-5557

# AltaStar

## Powder Coating



# 916-782-1199

## “Ask me about the AARP® Auto & Home Insurance Program from The Hartford.”

Now available in your area!

This auto and home insurance is designed exclusively for AARP members—and is now available through you local Hartford independent agent!

Call Today for you FREE, no-obligation quote:

# 916-960-1418

**Diane Balestrin Pillado**  
**VALLEY OAKS INSURANCE AGENCY**

1508 EUREKA ROAD SUITE 190  
ROSEVILLE, CA 95661  
1-916-960-1418  
dianepillado@valleyoaks.com  
www.valleyoaks.com  
CA License#0724045



The AARP Automobile & Homeowners Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford CT 06155. CA license number 5152. In Washington, the Auto Program is underwritten by Trumbull Insurance Company. The Home Program is underwritten by Hartford Underwriters Insurance Company. AARP does not employ or endorse agents or brokers. AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. Applicants are individually underwritten and some may not qualify. Specific features, credits, and discounts may vary and may not be available in all states in accordance with state filings and applicable law. You have the option of purchasing a policy directly from The Hartford. Your price, however, could vary, and you will not have the advice, counsel or services of your independent agent.

07995 2nd Rev



*Continued from page 39*

of Alamo World Travel, who will provide information about the following cruises: NYC to Montreal; New Year's in Mexico; Alaska; and New Orleans to Miami. Committee members will discuss other trips being offered. See our website for details. We have been offering trips since 2000 that cover the globe. Committee members are all Lincoln Hills residents. We are not travel agents. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

#### LH Videography Group

The first meeting required to form the LH Videography Group will be held June 16 at 9:00 AM in the Multipurpose Room

(OC). This is a new group dedicated to videography. The process of forming such a group starts with a meeting of interested members in which they determine how the group will move forward. Today's video cameras are everywhere and can be found in devices such as DSLR Cameras, Smartphones, Tablets, and GoPros, as well as Camcorders. Potential workshops could cover a variety of subjects from capturing original footage (recording) to creating final edited videos. Its activities would most likely include presentations, demonstrations, discussions, field trips and cover the operation of a wide range of video-capable equipment and editing software. If you are interested in becoming a member, please attend this first meeting, or contact Jeff Hanner at jeffhanner8@gmail.com or 769-2871.

#### Lincoln Caregivers Support Group

The Lincoln Caregivers Support Group,

sponsored by Sutter Medical Foundation, is open to all caregivers who care for someone else no matter what their illness. If you are caring for someone, come for some encouragement and support. We meet at the Lincoln Library on Twelve Bridges the third Thursday each month, 9:00-11:00 AM. More info: Brenda 253-7537. Come join us!

#### Lincoln Democratic Club

The Lincoln Democratic Club will meet Thursday, June 18 at 6:45 PM. The guest speaker is Jamie Beutler, Vice Chair of the State Democratic Party Rural Caucus, and the topic for discussion is the State of Jefferson. The concept of a U.S. state that would span the rural area of southern Oregon and northern California dates back to the 1850s. Current efforts have resulted in declarations of separation from several northern California counties. The

*Continued on page 43*

### ~ Community Perks ~

#### Lincoln Hills Certified Farmers Market and Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the Farmers Market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



the decision to emancipate the slaves.

#### Wildlife Heritage Nature Walk Thursday, July 9 or August 13 — Free

9:00-10:00 AM. Enjoy an educational tour of the local wetlands in our community. Wildlife Heritage Foundation (WHF) Biologists will be offering free tours for beginning ecology enthusiasts. The tour will take about an hour covering the area's natural habitats and wildlife. There will be a spotting scope set up to view local wildlife. We will meet at 9:00 AM at Angler's Cove parking lot and hit the trail from there. Please bring water and dress accordingly. Participation is limited to 24 for each excursion. Reserve your spot by registering via email to lhoover@wildlifeheritage.org. Registration will close the day prior to the walk. Questions?: Lia Hoover, WHF Education Coordinator, 434-2759.



#### Music Group Sponsored "Open Mic Night" Friday, June 26 — Free

6:00-8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH musicians who wish to perform. No karaoke.



#### KS at the Movies: Lincoln Monday, July 6 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 150 minutes—Biography/Drama/History. Starring Daniel Day-Lewis, Sally Field, David Strathairn, Joseph Gordon-Levitt, James Spader, Hal Holbrook, Tommy Lee Jones. As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on



#### New! Saturday KS at the Movies: Jaws Saturday, July 18 — Free

1:30 PM, P-Hall (KS). Rated PG, 124 minutes—Drama/Thriller. Starring Roy Scheider, Robert Shaw, Richard Dreyfus, Lorraine Gary. For our first Saturday movie matinee offering, we are going classic. Enjoy the iconic summer movie "Jaws"! When a gigantic great white shark begins to menace the small island community of Amity, a police chief, a marine scientist, and a grizzled fisherman set out to stop it.






**KITCHEN & BATH REMODELING**  
 CABINETS • ELECTRICAL • PLUMBING • TOPS • FLOORS • APPLIANCE

**JERZY R. BIALUSKI**  
 GENERAL BUILDING CONTRACTOR  
 ST. LIC. BC36HIC 877132


tel: 916-728-7272  
 fax: 916-728-2707  
 rehabitatinc@comcast.net

**WWW.REHABITATCONSTRUCTION.COM**


**\$0 MONEY DOWN**  
 Now you can pay less for solar electricity than you're paying the utility company!

**Extensive List of Satisfied Customers in Sun City Lincoln Hills**




*"Last year, our December PG&E electric bill was \$124.79 & this year it was \$11.63. A monthly comparative savings, to us, of \$113.16 or 90.7%, with solar."* Dan & Carol Larsen, Sun City Lincoln Hills

**SUNPOWER** (916) 782-3333  
 ELITE DEALER CCL# 817001  
 www.capitalcitysolar.com



**Revitalize yourself.  
 Revitalize your smile.**

 **Paul Binon dds msd**  
 IMPLANT DENTISTRY & PROSTHODONTICS

**(916) 786-6676**  
 BinonDentalImplants.com  
 1158 Cirby Way, Roseville, CA 95661

**Mom's home. Mom's safe.  
 We're both happy.**



**Eskaton's leading home care solution**

Trusted, committed and trained caregivers are ready to help with meals, transportation, exercise, shopping, medications, personal care, companionship and more.

**Call 916.459.3220 today for a FREE in-home care evaluation.**



916.459.3220 | LiveWellAtHome.com | care@LiveWellAtHome.com

*Continued from page 41*

meeting will be held in the Placer Room (KS). Questions: [lincolndems@gmail.com](mailto:lincolndems@gmail.com) or [www.democraticclublincolnca.org/next-meeting.html](http://www.democraticclublincolnca.org/next-meeting.html)

#### **Lincoln Multiple Sclerosis Group**

See you in September! Enjoy your summer. Questions regarding the MS Group, contact Marilyn Sharp, 434-6898.

#### **Open Play Games**

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) Sundays, 12:00-4:30 PM, Wednesdays 12:30-4:30 PM, and the Sierra Room (KS) Fridays 8:30-11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

#### **Prostate Cancer Guys!!**

For those of you with questions or

answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other! Paul Gardner 434-8400 or [paulbear7@gmail.com](mailto:paulbear7@gmail.com).

#### **Racquetball Group**

We play Mondays and Thursdays at California Family Fitness Club in Roseville. Membership to the club 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 cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga 408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

#### **Semper Fi Association**

Open to all active and inactive Marines, plus Navy Corpsmen. Meet at the Legends Sports Bar & Grill (Woodcreek Golf Club) in Roseville the first Monday of the month. Breakfast (optional) available at 8:30 AM, meeting starts at 9:00 AM. Contact: resident Bob J. McCollum 408-0621.

#### **Shooting Group**

Our purpose is to make friends among residents interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer we meet at 8:00 AM. For shooting schedule hours, contact John Kightlinger, 408-3928. Membership is free. Residents interested in trap or skeet shooting can contact John, 408-3928 or [johnnpat@sbcglobal.net](mailto:johnnpat@sbcglobal.net). Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or [trifilo@sbcglobal.net](mailto:trifilo@sbcglobal.net)

#### **Spiritual Group**

Are you "spiritual but not religious"? Do you seek wisdom from many spiritual paths, and ponder life's big questions? Join us for open, honest sharing of ideas. More info: [markaysha1942@att.net](mailto:markaysha1942@att.net).

## *In Memoriam*

#### **— Mia Andersen —**

Mia Andersen, a resident here for 11 years with her husband Jeff, has passed away after a battle with Alzheimer's Disease. Born in Lahti, Finland, she immigrated to Minnesota with her parents when she was eight. She earned a degree from the University of Minnesota, taught school in New York and California, and ultimately retired as a lead software engineer with Fireman's Fund. A loving and bright woman, she cherished her friends and family, and leaves her husband, daughter, and granddaughters with a lifetime of pride and joy in being a part of her life.

#### **— Walter Kent Duncan —**

Born in San Francisco, Kent graduated from UC Berkeley in 1959 and then joined the US Air Force. He married Cheryl who he met in college and they enjoyed 53 wonderful years together. Kent worked for Macy's for 41 years as a store manager in several Bay Area locations, retiring in 2001. After retirement, he moved here with his wife and father and enjoyed bird watching, growing roses (he had over 100

rose bushes) and traveling. He visited all 50 states. Kent was a leader in the LH Bird Group and an active member of the American Rose Society. He especially enjoyed family gatherings and hosting family. Kent is survived by his dear wife, Cheryl, two children and six grandchildren.

#### **— Suzan McKinney —**

Trained as a dental hygienist, Suzan grew up in Alameda and attended Modesto Junior College. She had a secret dream to be a world famous tap dancer, and enjoyed the tap classes here in Lincoln Hills! She worked tirelessly to make a wonderful home for her husband, John, and her children. A Celebration of Life for Suzan will be held at 1:00 PM on June 22 at Destiny Christian Church in Rocklin in the Atrium. In lieu of flowers, donations to the American Cancer Society are suggested.

#### **— Patricia Virts —**

Patricia was born and raised in Fort Wayne, Indiana. She met and married the love of her life, Don, attended Franklin College, and was the proud Mother of three sons. She was very athletic and

enjoyed running, swimming, dancing and also sewing. Pat loved people and animals volunteering at local hospitals throughout her life. After losing her husband, she moved here where she became active at Grace Lutheran Church, and she enjoyed activities such as Readers Theater, Tai Chi, Tuesday Spanish group and ceramics. Pat went to the Fitness Center every day and unfortunately died from complications following a fall on her way to work out. She is dearly missed by family, friends, and her kitty Minx.

#### **— Margaret Nelson Woodward —**

Margaret was born in North Dakota and moved to California in the 1940's. She married and raised her family in the Bay Area. In 2000 she moved to Lincoln Hills where she and her husband of 67 years, Walter, enjoyed the varied activities and new interests of this community. Margaret enjoyed cooking, was an avid reader, traveled, quilted and especially loved duplicate bridge. She will be missed by her husband, two sons 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, 434-0749.*

## The 2015 Summer Amphitheater

The excitement continues for our 2015 Summer Amphitheater Concert Series (SACS)! Featuring your favorite stars and the music you love, sing, dance, rock and doo-wop with your friends and neighbors! With our elevated stage, all the concerts will have a polished look providing the audience an unobstructed view and dancing space for a memorable summer experience. Doors open at 6:30 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow Amphitheater Guidelines (page 45) filled with important information. Please see ticket price for individual shows below. 2015 SACS shirts available for \$9 while supplies last. Share the experience with your friends and family!

### Catch A Wave, The Beach Boys Tribute Show

Friday, June 19 — 5015-4B

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Down to the exact striped shirts, instruments and amplifiers, this act is the only Beach Boys show personally selected to perform for Brian Wilson, *The Beach Boys*, their families and friends at the California Beach Boys State Landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured worldwide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18.



### The Original Drifters

Thursday, July 2 — 5015-4C

The best act of its genre on the music scene today, the Bill Pinkney's Original Drifters legacy group reflects the entire *Legendary Drifters* presence in the music industry, weaving a blend of nostalgic magic and on-stage excitement with a 21<sup>st</sup> century twist. Be part of "This Magic Moment" on stage and get "Under the Boardwalk" for more fun! General admission, \$24.



### The Sun Kings: A Beatles Tribute as Nature Intended

Friday, July 17 — 5015-4D

Audiences and critics alike love Northern California's favorite *Beatles* tribute, *The Sun Kings*! *The Sun Kings* are not a traditional *Beatles* tribute band—they don't wear fake mustaches or costumes onstage. Their tribute is within the uncanny sound

and their energetic spot-on re-creation and spirit of the music covering the *Beatles* early career to their break-up in 1970! Close your eyes and imagine the *Beatles* at the beginning of their career, during their Hamburg days, before the suits, haircuts, and fame. Couple the energy and drive of those early performances with the diversity of all the *Beatles* records you know so well.

Put it onstage and you have a *Sun Kings* show that will leave you screaming for more! General admission, \$19.



### Tom Drinnon : The Best of Country

Friday, August 7 — 5015-4E

Nashville Recording Artist Tom Drinnon will wow you with his renditions of songs from the best country singers with special guest Shelly Jachetta. Sing and line dance to songs from George Strait, Garth Brooks, Johnny Cash, Tim McGraw, and more. Catch Tom's concert before he makes it big in the recording industry! General admission, \$17.



### Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

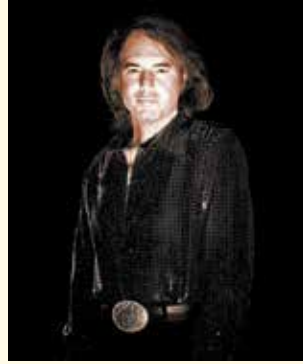
Live in person! The one and only *Gary Lewis and The Playboys* will mesmerize you and take you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as "Cashbox Magazine's Male Vocalist of the Year," Gary Lewis will have everyone in the audience singing along to his hits. Where were you when "This Diamond Ring," "Count Me In," or "Save Your Heart for Me" hit the charts? Relive those wonderful memories and get ready to have fun! General admission, \$30.



## i t h e a t e r C o n c e r t S e r i e s !

**Hot August Night: A Neil Diamond Celebration  
Featuring Dean Colley****Friday, September 4 — 5015-4G**

If you like Neil Diamond, you cannot afford to miss Dean Colley's amazingly entertaining show, *Hot August Night!* Dean Colley's incredible resemblance in sight, and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Shilo," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe and Asia to enthusiastic audiences. General admission, \$20.

**Fleetwood Mask:  
The Ultimate Tribute to Fleetwood Mac****Friday, September 18 — 5015-4H**

*Fleetwood Mask* band, formed out of a mutual love and re-

spect for *Fleetwood Mac's* music and story, comes from the Bay Area with decades of professional music and theatrical experience combined. Mick Fleetwood, founder of *Fleetwood Mac* gives the band his personal endorsement because of the passion and style found in their live performances. The group authentically recreates the *Fleetwood Mac* concert experience, covering music that spans from the mid 60's to the band's latest releases, as well as Stevie Nicks' solo smash hits. Fans go wild when they hear "Landslide," "Say You Love Me," "Songbird," "Gypsy" and more. Get ready to be blown away, asking for more, as we wrap up our summer series. General admission, \$18.

**Summer Amphitheater Concert Series Guidelines**

**ADA:** Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

**Admission:** Wristbands must be worn during concert.

**Online buyers can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands and Series T-Shirt in advance from the Orchard Creek Activities Desk—receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

**Admittance:** Doors open at 6:30 PM.

**Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and re-open at 6:30 PM. **Chairs placed prior to 5:00 AM, or exceeding height maximum will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at left of stage.

**Concert Changes:** If there are any changes, notifications will be sent out via eNews.

**Dancing:** Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater's bottom tier.

**Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.

**Food & Beverage:** No-host bar and concessions available starting one hour before concert begins.

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

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

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

**Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

**Show Cancellation:** All sales are final. In the case of unexpected "Acts of God," "Force Majeure," local authority-related, or any other unforeseen situations that prevent the event from safely being held, **no refunds or exchanges will be issued.**

**Ticket Pricing:** Located in individual articles in Entertainment section. No child pricing.



**Deborah Meyer**  
**Lifestyle Entertainment Coordinator**  
 deborah.meyer@sclhca.com

**Entertainment**

**—Club Performance—**

**The Vaudeville Troupe's  
 "Golden Review Variety Show"**

**Friday, July 10**

**2:00 PM Show — 5310-05A**

**6:00 PM Show — 5310-05B**

**Saturday, July 11**

**2:00 PM Show — 5310-05C**

**6:00 PM Show — 5310-05D**



The Lincoln Hill's Vaudeville Troupe will once again return to the stage to entertain and delight you. This year's theme "Golden Review Variety Show" with director Yvonne Krause-Schenck, will include dancers, singers, comedians and some interesting surprises that will keep you entertained. The show is sure to be a sell-out, so get your tickets early! Save \$1 off \$4 or more at KS Café on the day/night show only. 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$10.

**—Comedy—**

**The Hilarious, Observational Comedy of Cary Long**

**Tuesday, July 21 — 5321-05**

Cary Long is a fresh face on the comedy scene. He got his start on the hit television show "Star Search." He has since performed in Las Vegas, "Evening at the Improv," "VH-1 Stand-up" spotlight with Rosie O'Donnell, "Showtime Comedy Club Network," and two appearances on the "Tonight Show" with Jay Leno. Cary's comedy is observational, getting his inspiration from people he sees that day. "Cary's act is full of everyday situations that everyone can relate to and most of all... he is clean! A must see!"—Fran Poole, *Atlanta Journal & Constitution*. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$14.** General admission, \$12.



**Comedy Night at KS: Randy Riggle**

**Thursday, August 13**

**6:00 PM performance — 5313-06A**

**8:00 PM performance — 5313-06B**

Randy Riggle is a nationally touring stand-up comedian and has opened for acts such as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. His combination of innovative style, quick wit, and brilliant impressions has made Randy popular with all types of audiences for many years. This talented co-



median has appeared nationally on all three major networks including NBC, ABC, and CBS. He has been a contributing writer for the "Tonight Show" host Jay Leno and is currently touring the country with his one-man show "Nostalgia." Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$11.** After July 14, \$14.

**—Concerts—**

**Summer Amphitheater Concert Series:  
 Catch A Wave, The Beach Boys Tribute Show**

**Friday, June 19 — 5015-4B**

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Right down to the exact striped shirts, instruments and amplifiers, this act is the only Beach Boys tribute show personally selected to perform for Brian Wilson, The Beach Boys, their families and friends for the California Beach Boys state landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured worldwide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18.



**The Broadway Divas, Volume I — A Cabaret Tribute to the Songs & Shows of Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin**

**Tuesday, June 23 — 5323-04**

A new revue celebrating four of Broadway's most celebrated, awarded, and honored leading ladies. This Cabaret Tribute to Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin features the songs that helped make them famous. The featured songs are from many of their classic shows including: "Mame," "Annie Get Your Gun," "South Pacific," "Gypsy," "Sweeney Todd," "The Sound of Music," "Peter Pan," "Anything Goes," "Into the Woods," and more. Starring Musical Theater veterans Tielle Baker, Kelly Brandeburg, Natalie Buster, and Deborah Del Mastro with accompaniment by Musical Director Joe Simiele. The show is filled with stories, trivia, and fun facts about each of these Broadway Divas, and will leave you humming, singing, and clapping along. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$23.** General admission, \$20.



*Continued on page 48*



**GOATHOUSE BREWING CO.**

# **Brew Masters DINNER**



• A LINCOLN, CA BREWERY •  
**THURSDAY, JUNE 25**  
• DOORS OPEN AT 5:30PM •



**5 HAND CRAFTED BEERS  
PAIRED WITH 5 COURSES!**

**\$55 [plus tax and service charge] • Reservations and pre-payment requested.**



*Meridians*



FOR DETAILS AND FULL MENU VISIT [MERIDIANSRESTAURANT.COM](http://MERIDIANSRESTAURANT.COM)  
965 ORCHARD CREEK LANE, LINCOLN CA 95648 • RESERVATIONS 916.625.4040

### Summer Amphitheater Concert Series:

#### The Original Drifters

Thursday, July 2 — 5015-4C

The best act of its genre on the music scene today, the Bill Pinkney's Original Drifters legacy group reflects the entire *Legendary Drifters* presence in the music industry, weaving a blend of nostalgic magic and on-stage excitement with a 21<sup>st</sup> century twist. Be part of "This Magic Moment" on stage and get "Under the Boardwalk" for more fun! General admission, \$24.



### Roseville Community Concert Band Happy Birthday USA!

Saturday, July 4 — 5304-05

We bring back one of the best local volunteer symphonic concert bands in the area, the Roseville Community Concert Band (RCCB), for our annual 4<sup>th</sup> of July celebration. The band performs throughout the greater Roseville and South Placer communities. The RCCB was established in 2000 by Bill Hastings, a retired military band director. This group provides just the right combination of enjoyable and patriotic music to celebrate the 4<sup>th</sup> of July with friends and family. The afternoon concert offers wonderful music selections and will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Concert 2:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$10.** General admission, \$8. Tickets required for all guests, including children.



### Summer Amphitheater Concert Series: The Sun Kings: A Beatles Tribute as Nature Intended

Friday, July 17 — 5015-4D

Audiences and critics alike love Northern California's favorite *Beatles* tribute, *The Sun Kings!* *The Sun Kings* are not a traditional *Beatles* tribute band—they don't wear fake mustaches or costumes onstage. Their tribute is within the uncanny sound and their energetic spot-on recreation and spirit of the music covering the *Beatles* early career to their breakup in 1970! Close your eyes and imagine the *Beatles* at the beginning of their career, during their Hamburg days, before the suits, haircuts, and fame. Couple the energy and drive of those early performances with the diversity of all the *Beatles* records you know so well. Put it onstage and you have a *Sun Kings* show that will leave you screaming for more! General admission, \$19.



*Continued on page 51*

### Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

- **Weather:** Association trips and events are held regardless of inclement weather.

- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.





**Lincoln Hills' Innovative Bath Remodeler**

Offering Aging in Place...  
**Your Place!**

- New Construction
- Tenant Improvements
- Bath & Kitchen Remodels
- Insurance Restorations
- Interior & Exterior Painting
- Additions

Quality with Honesty since 1980

## FREE Senior Placement & In-Home Care Referral Service

**We Help With:**

- In-Home Care Services
- Assisted Living Communities
- Residential Care Homes
- Memory Care • Respite Care
- Hospice Care
- Independent Living
- Rapid Response 24/7
- Veteran's Aid & Attendance Pension
- Rehabilitation Care Centers
- Personally Guided Tours
- Follow up to assure you're happy
- Support - From start to finish, we are here

**Kelly Stimbart**  
916.990.1317  
Senior Care Coordinator  
kelly@aseniorconnection.com

**Cassie Sakahara**  
916.390.5345  
Senior Care Coordinator  
cassie@aseniorconnection.com



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

## THE FACT THAT IT'S INVISIBLE MAY BE THE LEAST REVOLUTIONARY THING ABOUT IT.

INTRODUCE YOUR EARS TO THE FIRST AND ONLY INVISIBLE 24/7 HEARING AID.

**FINALLY, EFFORTLESS HEARING**

**EVEN SHOWERPROOF\*\***

**CLEAR, NATURAL SOUND QUALITY**

Lyric is the world's first invisible extended-wear hearing device. There are no batteries to change, no maintenance is needed and no daily insertion or removal is required.

Unlike many hearing aids, Lyric can be used during almost all your daily activities, such as exercising, showering, talking on the phone and sleeping.

Lyric's unique design and placement works with your ear's anatomy to deliver exceptional sound quality in quiet and noisy environments.



**Lyric CAN.**

**The latest Lyric is NOW AVAILABLE!**

### SPECIAL EVENT: THIS MONTH ONLY!

Learn About Lyric • Free Lyric Screening† • Risk-Free 30 Day Trial



**LINCOLN: 888-748-6967**  
900 Sterling Parkway  
Suite 30  
Lincoln, CA 95648

**Call to make an appointment today!**  
Free hearing screening† • 30-day trial • 100% money-back guarantee

for more information: [www.whisperhearing.com](http://www.whisperhearing.com)



Carol Trussell AuD  
Doctor of Audiology



Tracy Volkman AuD  
Doctor of Audiology

The Audiologists at Whisper Hearing hold Doctor of Audiology degrees (and have big hearts). Their passion, expertise and education ensure you get the best hearing results.

\*Individual patient needs and results may vary. \*\*Lyric is water resistant, not waterproof, and should not be completely submerged underwater. Lyric is not appropriate for all patients. See an Audiologist to determine if Lyric is right for you. Lyric, Distributed by Phonak, LLC ©2015. All rights reserved. The purpose of this screening is to determine if the patient(s) may benefit from using a hearing aid. Any determination made is not a medical diagnosis.

THIS SECTION DOES NOT PRINT

WHC    Sun City Lincoln Hills Magazine    Run Date(s):6/1    Due Date: 5/11    Size: 7.5x4.75    FC

# What can I do for you?

Selling Lincoln Hills Homes since 1999

## When you list your home with me, I provide:

- Strategy for getting the highest price for your home, including photography and staging
- Excellent exposure for your home on top national real estate websites as well as my dedicated Lincoln Hills Community website
- Referrals to trusted tradesmen and oversight to make your move easy
- 30 years of real estate experience



Call me for a free home evaluation today:

*Shelley Weisman*

**916.595.0130**

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

**LYON**  
REAL ESTATE



"We can't imagine spending our best years anywhere but home."

**CALL TODAY!**

## Our Life. Our Memories. Our Home.

Live Well at Home with Home Care Assistance!

- Home Care Assistance is the only home care agency to train caregivers in cognitive stimulation. Our **Cognitive Therapeutics Method™** is designed to prevent symptoms of cognitive decline in the comfort of your home.
- Home Care Assistance's unique **Balanced Care Method™** promotes healthy mind, body and spirit.



**Debbie Waddell**, Co-Owner and Director of Client Care. She is committed to providing exceptional service to her clients and their families.



**Let's Talk. 916-226-3737**

[HomeCareAssistancePlacerCounty.com](http://HomeCareAssistancePlacerCounty.com)

# Placer Dermatology



**MEDICAL \* SURGICAL \* COSMETIC  
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

"Survival rates for certain skin cancers can be 99% IF diagnosed early"...

Make it a priority to schedule yourself or a loved one for a skin check today!



**ARTUR HENKE, MD**  
American Board of Dermatology Certified

**(916)784-3376**

**9285 Sierra College Blvd**

**Roseville, CA 95661**

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

**Two-Time Grammy Winner Mads Tolling  
A Celebration of Instrumental Hits  
from the 60's Mad Men Era**

**Monday, July 27 — 5327-05**

Internationally renowned violinist Mads Tolling returns to Sun City Lincoln Hills with his newest program entitled "Mads Men: A Celebration of Instrumental Hits from the 1960's Mad Men Era." A cool jazz sound from this world-class quartet, consisting of Mads, Colin Hogan on piano, Sam Bevan on bass, and Eric Garland on drums, this fun and exciting show includes popular TV & Movie Themes and Top 10 hit recordings from the 1960's including "Mission Impossible," "The Pink Panther," and "Meet the Flintstones," to "Georgia On My Mind" and the theme from "A Summer Place." A must see for music lovers! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$21.** General admission, \$19.



will mesmerize you and bring you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as "Cashbox Magazine's Male Vocalist of the Year," Gary Lewis will have everyone in the audience singing along to his hits. Where were you when "This Diamond Ring," "Count Me In," or "Save Your Heart for Me" hit the charts? Relive those wonderful memories and get ready to have fun! General admission, \$30.



**Summer Amphitheater Concert Series:  
Tom Drinnon: The Best of Country**

**Friday, August 7 — 5015-4E**

Nashville Recording Artist Tom Drinnon will wow you with his renditions of songs from the best country singers with special guest Shelly Jachetta. Sing and line dance to songs from George Strait, Garth Brooks, Johnny Cash, Tim McGraw, and more. Catch Tom's concert before he makes it big in the recording industry! General admission, \$17.



**A Legend Lives On!  
The World Famous Glenn Miller Orchestra®**

**Tuesday, August 25 — 5325-06**

The World Famous Glenn Miller Orchestra® is the most popular and sought after Big Band in the world today, both for concerts and swing dance engagements.



With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently ever since. The 18 member ensemble continues to play many of the original arrangements from the civilian band and the Army Air Force Band libraries, as well as more modern selections arranged in the Glenn Miller style and sound. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$23.** General admission discounted rate, \$19. After July 14, \$21.

**Summer Amphitheater Concert Series:  
Gary Lewis and the Playboys, Live!**

**Friday, August 21 — 5015-4F**

Live in person! The one and only *Gary Lewis and The Playboys*

**Day Trips & Extended Travel**



**Katrina Ferland**  
Lifestyle Trips Coordinator  
[katrina.ferland@scelhca.com](mailto:katrina.ferland@scelhca.com)

**Day Trips**

—**Casino/Races**—

**Reno Silver Legacy—Hot August Nights**

**Thursday, August 6 — 1941-05**

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino for



the day and you'll get \$10 gaming credit & \$5 food credit. Try your luck at the slots or check out the classic cars and vendors outside in the blocked off streets. It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and the Big Boy's Toy Store at the Reno Events Center. Leave OC 8:00 AM, return ~ 6:30 PM. \$37.



**Colusa Casino**

**Thursday, September 10 — 1950-06**

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New

*Continued on page 52*

members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



**Off to the Races**

**Thursday, September 24 — 1846-06**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate sumptuous buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Sample buffet menu available at Activities Desk. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



**—Food/Wine—**

**Best in the West—Rib Cook-off**

**Thursday, September 3 — 1821-06**

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$38.



**—Museums—**

**Legion of Honor "High Style" The Brooklyn Museum Costume Collection**

**Tuesday, June 30 — 1763-04**

Don't miss this exclusive West Coast presentation from the Brooklyn Museum's distinguished costume collection. Gowns, accessories, and other looks by the most influential designers of the last one hundred years—including Chanel, Givenchy, Dior, and Charles James—trace the evolution of fashion in the 20th century. These



fashions worn by American women reflect the nation's tastes and transformations during the decades between 1910 and 1980. Significant looks from French couture houses and the pioneering generation of American designers working in the 1930s through the 1950s will be featured. Also enjoy the special exhibitions of rare Asian and European porcelain along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:15 AM, return ~ 6:15 PM. \$58.

**—Performances—**

**2015 Music Circus Series**

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start at 7:30 PM. You will have time to purchase food and beverage prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$93 each show.



**Big River**

**Wednesday, June 24 — 4562-03B**

Mark Twain's masterwork *The Adventures of Huckleberry Finn* is brought to toe-tapping musical life by "King of the Road" Roger Miller. Huck and Jim take to the mighty Mississippi on a journey of adventure, hope and self-discovery. First time at Music Circus in 20 years. With "Muddy Water," "Waitin' for the Light to Shine." \$93.



**Bye Bye Birdie**

**Wednesday, July 8 — 4562-03C**

The Broadway smash that introduced the world to Dick Van Dyke and won four Tony Awards. Musical comedy chaos ensues when pop star Conrad Birdie (think Elvis Presley) arrives in Sweet Apple, Ohio to publicize his Army draft departure by sharing "One Last Kiss" with a small town fan. With "Put On A Happy Face," "A Lot of Livin' to Do." \$93.



**Peter Pan**

**Wednesday, July 22 — 4562-03D**

This beloved musical about the boy who wouldn't grow up has enchanted audiences of all ages for decades. Peter, Tinker Bell and the Darling children take to the skies on a magical journey to Neverland. First time at Music Circus since 1986. Featuring "I'm Flying," "I Won't Grow Up," "Never Never Land." \$93.



*Continued on page 54*

# STEVEN POPE LANDSCAPING

CSL#656957

*Roof gutter cleaning • Yearly pruning  
Installation & removal of Christmas lights*

- Irrigation
- Ponds
- Landscape design
- Sod lawns
- Moss rocks
- Outdoor lighting
- Trenching
- Renovation
- Consultations

P.O. Box 7766 • Auburn, CA 95604

**(916) 730-7256**

# PROFESSIONAL COUNSELING SERVICES

Need support? Dealing with changes?

Let me help!

### COUNSELING:

- Individuals
- Couples
- Extended Family
- Singles
- Youth

### TREATMENT OF:

- Anxiety
- Stress
- Grief
- Anger
- Depression
- Addictions
- Relationship Issues
- Life's Challenges



Marvin R. Savlov  
LCSW

OVER 30 YEARS EXPERIENCE!

Lincoln Professional Center, 1530 Third St., Ste 110  
Lincoln, CA 95648

Psychotherapist  
Lic. #3878

Day & Evening Appts • Flexible Fees • Medicare and Insurance Provider

Call (916) 390-0083 for an appointment

marvin@starstream.net

# ICS Tile & Grout Services

## RegROUT

Existing Tile

## Renew

Grout Color

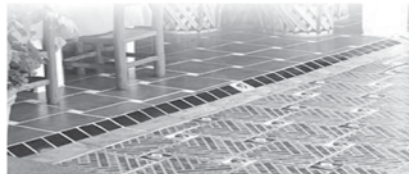
## Seal

New Grout & Stone

## We Install

Granite Countertops

Tile of All Types



Free Estimates

**916-802-5043**



Lic # 793886

# Design, Contracting, and Maintenance

Offering handyman and home improvement services

And a design studio to satisfy all your decorating needs

## A-R Smit & Associates

Excellent References • License #919645

**(916) 997-4600**

Lincoln based business  
Family owned & operated



## Home Repair Services

Reliable, Quality Work

Call for FREE Estimate

**(916) 240-0071**

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

Curt Bartley  
Owner/Operator  
Bartley Properties  
Lic. 871437



lic.#109320

Clean, Protect  
& Seal Concrete  
www.greencleanandseal.com

## Additional Services

- Snake Fencing
- Solar Panel Washing
- Window Washing
- Pruning / Fertilization
- Bark Installation
- Weed Control
- Irrigation & Drainage

SUMMER SPECIAL  
20% OFF

**916-833-9200**

# HALLSTEAD TREE SERVICE

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



MEMBER  
N.E. CALIF.

Rich Hallstead • I.S.A. Certified Arborist  
Insured ~ Free Estimate

Cont. Lic. # 803847

**(916) 773-4596**

STRUCTURAL **FINDLEY** ORNAMENTAL  
**IRON WORKS**  
SINCE 1988  
B - C51 License # 530311 License # 813868  
150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658  
look for our Red Dragon on hwy 193 between Lincoln & Newcastle  
(916) Phone: 663 - 1887

Custom Garden Art  
Garden trellises  
fences

Security  
Doors  
Gates

www.findleyironworks.com

**West Side Story****Wednesday, August 5 — 4562-03E**

Leonard Bernstein, Stephen Sondheim, Arthur Laurents, Jerome Robbins—among the greatest artists of their day—came together to create this 20th century Romeo and Juliet and make musical theatre history. Against all odds, Tony and Maria find love in a turbulent world. With “Somewhere,” “Tonight,” “Maria.” \$93.

**Eldorado—“Tap Factory”****Thursday, July 23 — 1777-04**

“Tap Factory”—a fun, rhythm-based theater show featuring urban tap dance and percussions, hip-hop music, comedy and acrobatics. Following shows in Europe, “Tap Factory” is playing for the first time in the U.S. at the Eldorado Resort Casino in Reno. The eight artists showcased in “Tap Factory” range from world-champion tap dancers to percussionists, an acrobat and hip-hop dancer. On stage, the performers will utilize props like oil barrels, a stepladder, trash bins, a toolbox, brooms, cans, mallets and more. A worker arrives in a factory for his first day of work and the tap magic begins. “Tap Factory” is fun, powerful, poetic and sexy! Arrive with plenty of time for gaming and an included buffet dinner! Includes reserved seat admission to show and buffet. Leave OC at 12:00 PM, return ~ 11:00 PM. \$87.

**2015/2016 Speaker Series**

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with three price points. Gold and Silver seating is reserved and the Bronze option is open seating in the second tier. Speakers listed below. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM.

**\$564 Gold Seating — 4624-04****\$441 Silver Seating — 4625-04****\$330 Bronze Seating — 4626-04****Michael Pollan****Tuesday, September 29**

Michael Pollan is a journalist and one of the most influential figures in the food world. For over 25 years he has been informing us about the places where nature and culture intersect: on our plates, in our farms and gardens, and the evolution of food in our diets. He has been called one of the top 10 “new thought leaders.”

**Dr. Michio Kaku****Tuesday, October 20**

Dr. Michio Kaku is a theoretical physicist, renowned futurist and popularizer of science. During high school, he famously built an atom smasher in his parent’s garage. Dr. Kaku can be seen regularly on television, explaining natural phenomena to non-scientists. He has the ability to make complex scientific ideas not only understandable but fascinating.

**Jane Pauley****Tuesday, November 17**

Jane Pauley is a television anchor and journalist. In 2004, Pauley wrote movingly and publicly acknowledged her struggle with bipolar disorder. Last year she published *Your Life Calling: Reimagining the Rest of Your Life*, stories of people reinventing their lives and careers in middle age to do work they love. While better known for her tenure on NBC’s Today Show and Dateline NBC, Pauley is now a contributor on CBS News Sunday Morning.

**General Wesley Clark (Retired)****Tuesday, January 19, 2016**

Wesley Clark is a retired four star General and one-time candidate for the Democratic presidential nomination. With a keen insight into modern warfare and issues presented around the globe, General Clark’s knowledge on foreign affairs and military engagements will give us a glimpse into the challenges facing our world today.

**Malcolm Gladwell****Tuesday, February 16, 2016**

Malcolm Gladwell is a master storyteller in a genre he created: illuminating the secret patterns behind every day phenomena, such as how ideas spread (*The Tipping Point*), the roots of success (*Outliers*), and his latest, *David and Goliath*, on the advantages of disadvantages. He is the author of five *New York Times* best-sellers, a staff writer for *The New Yorker*, and was named one of *Time* magazine’s 100 most influential people.

**Mark Kelly and Gabby Giffords****Tuesday, April 5, 2016**

Gabby Giffords is a former Congresswoman and her husband, Mark Kelly, is a Navy captain and NASA astronaut. Mark and his identical twin brother Scott will have just completed NASA’s study of the effects of a year in space, with Scott on the international space shuttle while Mark remained on Earth. Mark and Gabby’s individual stories are captivating: Mark facing danger as a Navy pilot and in space, Gabby on presumably safer ground, in Congress. As individuals, they show how optimism, an adven-

*Continued on page 56*

*Family Owned and Operated for 25 Years*

ROSEVILLE, CA  
Est. 1975

AUTOS PICK-UPS VANS FOREIGN & DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM  
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK  
*Free Shuttle for Sun City Residents*

**783-5552**  
FAX: (916) 783-5576  
50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80



**KIP ELECTRIC**  
"LINCOLN'S HOMETOWN ELECTRICIAN"

- Recessed Lighting
- Spas/Hot Tubs
- Ceiling Fans
- Golf Cart Plugs
- Patio/Landscape Lighting
- Phone/CATV Lines
- New Circuits
- Freezer Plugs
- and much more

\*FREE ESTIMATES  
\*Fully Insured  
\*Member Lincoln Chamber of Commerce

**434-8262**  
Lic. # 848044

*Serving Lincoln Hills since 2004*




**B Z Plumbing Co.**  
INCORPORATED

At Your Service

Superior service and quality workmanship at a fair price for all your plumbing needs

Repair or replace existing fixtures • Video camera pipe inspection • Install new fixtures • Sewer & drain cleaning

**916-645-1600**  
**www.bzplumbing.com**  
CONTRACTORS LICENSE # 577219  
ALL WORK GUARANTEED. Locally owned and operated since 1990



**Now Offering "Scarless" Breast Reduction**





Before After  
Actual patient



Before After  
Actual patient



Before After  
Actual patient

**Lose unwanted fat and look amazing—IN ONE DAY!**

SmartLipo is a minimally invasive, laser-assisted procedure that permanently removes fat from troublesome areas like the neck, arms, chest, abdomen/flanks and thighs in one treatment. All procedures are performed by surgeon Jack Friedlander, M.D. and his professional staff in our JCAHO Certified operating room. You will receive outstanding personalized, compassionate care and you WILL be thrilled with your results!



**Jack Friedlander, M.D.**

- Permanently Melts Fat Away and Leaves Skin Firmer and Tighter
- Local Anesthesia
- Minimal Recovery Time
- Immediate Results

**Call (916) 781-2500**  
to schedule your **FREE** consultation today!

**www.norcallaserlipo.com**

turous spirit, and a call to service can help change the world; as a couple, they are a national example of the healing power of shared love and courage.

### Broadway Sacramento 2015-2016

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$93 each, except Book of Mormon \$127.



### "Elf" The Musical

**Tuesday, November 10 — 4561-06A**

Elf is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner Elf. \$93.



### Pippin

**Tuesday, December 29 — 4531-06B**

Pippin is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of Wicked, Pippin will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience Pippin, one young man's journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including "Corner of the Sky," "Magic To Do," "Glory," "No Time at All," "Morning Glow," and "Love Song." Join us for a magical, unforgettable new Pippin. \$93.



### The Little Mermaid

**Tuesday, February 2, 2016 — 4561-06C**

Disney storytelling at its best! Music by the team from Disney's Beauty and the Beast, including "Part of Your World" and "Under the Sea." Unsatisfied with her life at sea, young mermaid Ariel



longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.

### Book of Mormon

**Tuesday, March 15, 2016 — 4561-06D**

Don't miss one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outrageous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! *Contains adult themes and explicit language, and is provocative with no boundaries.* \$127.



### Newsies

**Tuesday, April 12, 2016 — 4561-06E**

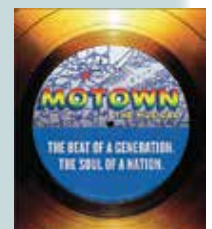
They delivered the papers, until they made the headlines... Direct from Broadway comes Newsies, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, Newsies has audiences and critics alike calling it "A musical worth singing about!" (*New York Times*). Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Based on true events, Newsies tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right... and staying true to who you are. \$93.



### Motown the Musical

**Tuesday, May 24, 2016 — 4561-06F**

It began as one man's story... became everyone's music... and is now Broadway's musical. Motown The Musical is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit Motown The Musical! \$93.



*Continued on page 59*



## Estate Planning & Elder Law

Settling an estate and administering a trust can be overwhelming during an already difficult time.

Rely on us to expertly navigate you through the process of complex legal, tax and family issues — while honoring the last wishes of your loved one.

Call Lynn today for all of your trust administration needs.



Lynn Dean, Attorney at Law  
30 years serving Sacramento and Placer Counties  
Member, National Academy of Elder Law Attorneys

**LAD** LAW OFFICE OF  
**LYNN A. DEAN**  
Estate Planning & Elder Law

916.786.7515  
1410 Rocky Ridge Dr., Ste 340  
Roseville, CA 95661  
www.LynnDeanLaw.com



Compassionate listeners. Experienced advisors.

Need help for a few hours daily, weekly, overnight or full-time care?

We can help!



Give us a call if you or a loved one needs assistance with:

- Help after surgery
- Companionship/ Homemaking
- Physical Assistance/ Hygiene
- Dementia Care/ Alzheimer's Care
- Respite Care
- Hospice Care

**Right at Home**  
In Home Care & Assistance



Gale & Venetia Davis, local owners

Call 800-764-8141 or 916-302-4243

1223 Pleasant Grove Blvd., Suite 120 • Roseville, CA 95678  
Check us out at [www.rah-valleyoaks.com](http://www.rah-valleyoaks.com)

**INITIAL VISIT ONLY \$79.95**

**Complete Pest Control \$60 Every Other Month**  
(Under 1500 sf)

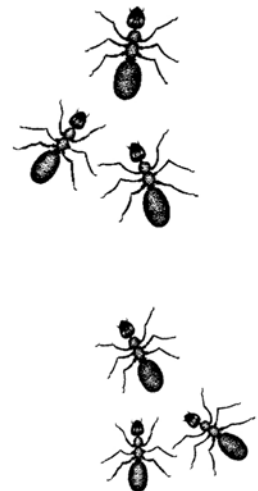


**One-Time Services Available**



Your satisfaction is guaranteed!

Miles Noble, President



**349-2044**  
**Free Pest Estimates**

92% of residents and families would recommend Eskaton



At Eskaton, we listen. We want to know how we're doing, so we ask. According to our 2014 Satisfaction Survey — carried out, calculated and validated by a third party — more than nine out of ten residents and families would recommend Eskaton. The reasons are many. We provide high quality service. Our focus is on wellness of mind, body and spirit. And we feature unique Signature Programs like Smart Sensor technology for an enhanced level of care, Kids Connection for intergenerational experiences, along with powerful life enrichment like Thrill of a Lifetime, music and pet therapies.

**Experience the Eskaton difference. Call, click or come by today.**

**ESKATON**  
Transforming the Aging Experience

**Eskaton Lodge Granite Bay**

Independent Living with Services and Assisted Living  
8550 Barton Road, Granite Bay, CA

**916-970-8318**

License # 315001421

**Eskaton Village Carmichael**

Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing  
3939 Walnut Avenue Carmichael, CA 95608

**916-827-1480**

License # 340313383 | COA # 202

**Eskaton Village Roseville**

Multi-Level Community: Independent Living with Services, Assisted Living and Memory Care  
1650 Eskaton Loop, Roseville, CA

**916-432-5450**

License # 315002052

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



A premier nonprofit provider of aging services in Northern California for over 45 years

## —Sports—

**U.S. Senior Open Championship****Friday, June 26 — 1840-03A**

The United States Golf Association 2015 U.S. Senior Open Championship goes to the Del Paso Country Club in Sacramento this June! The championship is open to any professional and amateur golfer 50 years of age and up with a USGA Handicap Index® not exceeding 3.4. Our trip is scheduled



on the most competitive day, the second round, also known as “cut day.” We’ll travel to Cal Expo where all attendees will get on special shuttles to the Country Club as all local streets nearby will be closed and traffic controlled. You’ll receive a commemorative admission ticket as part of this package. Optional upgrades can be purchased at event based on availability. Leave OC at 7:00 AM, return ~ 6:15 PM. \$75.

**San Francisco Giants**

See your World Series Champions San Francisco Giants in the comfort of club level seats! Club level seats are wider with more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on the side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times and seating location. \$141.

- **Giants vs. Washington Nationals**  
**Sunday, August 16 — Sold out**  
Seats located in Club Level 230 & 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.
- **Giants vs. St. Louis Cardinals**  
**Sunday, August 30 — Sold Out**  
Seats located in Club Level 230. Depart OC 9:15 AM (1:05 PM game time). Return 7:30 PM.
- **Additional Game Added! Giants vs. L. A. Dodgers**  
**Thursday, October 1 — 6261-05A**  
Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.

**Oakland A's**

Time for A's baseball! We've obtained field level seats on the



first base side to see cross town rivals San Francisco Giants! Ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM.

- **Oakland A's vs. San Francisco Giants • \$92**  
**Sunday, September 27 — 6320-01D**  
Seats located Field Level Section 106.

**River Cats**

The River Cats are now affiliated with San Francisco Giants as their AAA farm team with up-

and-coming future stars! Who knows what Giants players you may spot on injury rehab? We have four River Cats games to enjoy at the beautiful Raley Field in West Sacramento. Senate Box seating, section 111 or 110. All games depart at 5:45 PM ~ return 11:30 PM. \$50 per game.

- **River Cats vs. Las Vegas 51's (New York Mets)**  
**Tuesday, July 28 — 6271-02C**
- **River Cats vs. Reno Aces (Arizona Diamondbacks)**  
**Tuesday, September 1 — 6271-03D**



## —Tours/Leisure—

**Stanford University and Canton Arts Center Museum****Wednesday, August 12 — 1760-05**

Spend an hour with a student guide exploring the highlights of Stanford's beautiful campus in Palo Alto. Walking tour covers central campus, including, The Main Quad (historic and academic center of campus), Memorial Church, Science & Engineering Quad and White Plaza. After our tour of the campus, we'll visit the Cantor Arts Center at Stanford. The museum's diverse collections span continents, cultures, and 5,000 years of art history and include one of the largest presentations of Rodin bronzes outside Paris. Lunch on your own at Tresidder's Union Food Court, or bring your own. Limited to 40 people. Rest stops both directions of trip. Leave OC 7:30 AM, return ~ 7:15 PM. \$68.

**STANFORD UNIVERSITY****San Francisco Movie Tour****Wednesday, August 26 — 1920-05**

Join us for a comprehensive and fun motor coach tour with step-on guide Craig Smith and learn about the movies made in and about San Francisco. The tour begins at the St. Francis Hotel, with the first “talkie” *The Jazz Singer*. San Francisco has always had a love affair with the movies; it began when they were silent. Many of the greatest names in movie history

*Continued on page 61*

**Planning a trip to Maui or Tahoe?**



See Website Photos & Call 408-1188  
 SCLH resident Gil Van Valkenburg  
 • Maui [www.homeaway.com/368171](http://www.homeaway.com/368171)  
 • Maui [www.homeaway.com/368174](http://www.homeaway.com/368174)  
 • Tahoe [www.homeaway.com/275698](http://www.homeaway.com/275698)



**Lighthouse Window Cleaning**  
**916-612-5706**  
[www.lighthousewindowcleaning.net](http://www.lighthousewindowcleaning.net)  
*Trusted service in Lincoln Hills for 10 years*

Window Cleaning ~ Pressure Washing ~ Screen Repair  
 Gutter Cleaning ~ Solar Panel Cleaning  
*Prices for each model can be found on our website*

**CS  PC**  
 Cremation Society of Placer County, FD2199  
 Tel 916.550.4338

5701 Lonetree Blvd.  
 Suite 209  
 Rocklin, CA 95765 [www.csopc.com](http://www.csopc.com)



**MICALLEF ELECTRIC**  
**916-872-7463**  
 License # 940951

Rope Lighting w/Outlet & Switch - LED High Efficiency Lights  
 Wall Mounted Flat Screen TV w/ Recessed Cables & Outlet  
 Ceiling Fans -Can Lights - Exterior Outlets - Spa Hookup  
 I Specialize in Electrical for Patio Covers & Sunrooms



**EAGLE PLUMBING**  
*and roofer*



**24 Hour Emergency Service**  
**For Your Total Plumbing Needs**

Tim Martin  
 Owner

Lic. #870411  
 (916) 645-2500  
 (916) 645-2540 Fax



**House Cleaning**

Weekly  
 Bi-Monthly  
 Monthly

Rich Haley  
 Diane Haley  
**(916) 543-7015**

References Available • Since 1985 • Lincoln Hills Residents



**ANNE WIENS**  
 REALTOR® | BROKER ASSOCIATE

916.847.6006  
 YourAgentAnne@yahoo.com  
 CA BRE Broker License #01425896



**COLDWELL BANKER**  
**SUN RIDGE REAL ESTATE**

- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Life Masters Club Member
- e-PRO® Certified

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

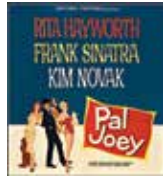


**FIND YOUR BALANCE.**



**THE SPA AT KILAGA SPRINGS**

made movies in the City by the Bay. View 80 film clips from some of the best films ever made, including *Vertigo*, *Dirty Harry*, *Mrs. Doubtfire*, *The Maltese Falcon*, *Birdman of Alcatraz*, *Pal Joey* and more! Enjoy an included lunch at Fog Harbor Fish House at Pier 39 with a choice of *Pan Roasted Alaskan Cod*, *Baked Shrimp Penne Pasta*, or *Pan Roasted Breast of Chicken with green salad or clam chowder*. Includes tea or coffee. (Alcohol purchases on own.) Complete menu at Activities Desks. Lunch choice to be given at time of registration. We'll have a dessert stop at Mel's Diner featured in "Look Who's Coming to Dinner." Leave OC at 7:30 AM, return ~ 6:00 PM. \$87.



**Sausalito Floating Homes Tour**  
**Saturday, September 12 — 1840-06**

Visit the famous and colorful Sausalito Floating Homes for their 30<sup>th</sup> Annual Open House Tour. Learn about living on the waterfront and enjoy the various talents of the numerous artists who reside there. Each home is unique and there are many homes on tour for the first time this year. Docents are on board the homes to answer your questions about the waterfront lifestyle. We will be joined on the bus by a recent transplant to Lincoln Hills who was actively involved on the board of directors for the homes tour who will provide us with a personalized insider's perspective on the event. The homes are as different and eclectic as you can possibly imagine—from large floating mansions to small and creatively designed places. Tour at your own pace. Free entertainment. Lunch on your own at event with vendors or café at docks. Artwork will be on sale. Leave OC at 8:00 AM, return ~ 6:00 PM. \$93 (includes admission).



**Rosie the Riveter WWII Home Front National Historic Park**  
**Tuesday, September 15 — 1762-06**

Explore and honor the efforts and sacrifices of American civilians on the World War II home front. Find out how they lived, worked and got along. Many faces, many stories, many truths weave a complex tapestry of myths and realities from this time of opportunity and loss. An unusual urban national park, the Rosie the Riveter/WWII Home Front National Historical Park is located on the waterfront in Richmond, CA. It is the flagship national park for telling stories of the home front efforts across the United States. We'll enjoy the visitor's center and movies, along with a ranger-led private bus tour around the park sites. Lunch included at Assemble Restaurant adjacent to the visitor's center with choice of *Turkey BLT*, *Vegetarian Sandwich of the day* or *Cobb Salad*. Includes coffee, iced tea or a



soda (alcohol purchases on own). Complete menu at Activities Desk. Lunch choice to be given at time of registration. Leave OC at 8:00 AM, return ~ 5:45 PM. \$69.

**—Overnight & Extended Travel—**

**Lake Tahoe Shakespeare & Lake Cruise**  
**Tuesday, August 18-Wednesday, August 19 — 1970-04**

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "Romeo & Juliet," Shakespeare's tragic tale of love and loss. Enjoy reserved seats, boxed dinner before the show with a choice of *Tri-Tip Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta*. Vegetarian option available on request. (Complete menu available at Activities Desk. Food choice required at registration.) Enjoy coffee or hot cocoa and dessert at intermission! Stay at the new Hard Rock Hotel Lake Tahoe! We'll also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included luncheon deli buffet before we head home. A signed liability waiver is required for each participant. Play is held outdoors next to lake so layer up. Leave OC at 1:00 PM August 18, return ~ 5:00 PM August 19. \$318 per person double occupancy. \$392 single.

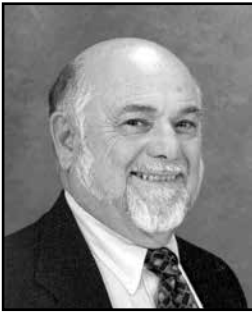


**Eldorado Overnight—Cirque Show!**  
**Tuesday, September 22 to**  
**Wednesday, September 23 — 1971-06 A or B**

"Saltoriya," which means "feel-good sensations" in Italian, is a new theatrical cirque show comprising awe-inspiring acclaimed performers, acrobats, daredevil stunts and comedy in an exhilarating, uplifting experience. This show pushes the envelope with entertainment of the highest caliber in the perfect melding of circus and theater, brought to life by an original musical score and surrealistic characters. We are arriving early enough to offer two dining options for this overnight trip, the sumptuous buffet or the award-winning Roxy Restaurant with your choice of *House Filet Mignon*, *Cedar Planked Salmon*, *Sticky Lemon Chicken* or "The" *Pork Chop*, and includes a first course

*Continued on page 63*





## Income Tax Preparation & Retirement Planning

### PREPARE FOR A FINANCIALLY SECURE RETIREMENT

- Certified Financial Planner with a Masters in Economics
- Enrolled Agent — Licensed to Practice before the IRS
- Free E-filing & Home Visits

CALL FOR A FREE ANALYSIS AND CONSULTATION

**AL KOTTMAN, EA, CFP®**  
**(916) 543-8151**

Lincoln Hills Resident • [www.ajkottman.com](http://www.ajkottman.com)

## Downsizing and Moving Coordination

We specialize in helping the ever-growing older adult population (and their families) with the physical and emotional aspects of moving to a new home—including pre-planning, relocation/real estate coordination, estate dispersal, move management and setting up a new home.



Connie James

Please call us for our complimentary one hour in-home consultation today. We will help you and your loved ones with the logistics of planning a move with as little or as much help as needed.

**916 838-7922**

*SMOOTH TRANSITIONS®*  
of SACRAMENTO™



*MOVING FOR SENIORS*

[connie@movingforseniors.com](mailto:connie@movingforseniors.com)

Granite Bay, CA 95746



**SMOOTH TRANSITIONS OF SACRAMENTO®, LLC**

Experts in Move Planning, Downsizing, Relocation and Home Dispersal.

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

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



**3 rooms & Hall for  
\$75.00 + FREE**

Whole House Deodorizer  
Free estimates

Weekend Appointments Available  
Powerful Truck Mounted

**916-580-5182**

Additional Services:

Tile Cleaning  
Upholstery Cleaning  
Yard Maintenance

Owner Operated Joe Avelar Licensed & insured

Let my Dad take care of your Carpet!



## Denzler Family Dentistry

*New Patients Welcome*

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partials
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

### General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable  
Digital X-Rays, Private Computerized Treatment Rooms,  
Senior Discounts

**(916) 645-2131**

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

588 First Street (Corner of First & F Street)

and dessert. Choose food option at time of seating. Complete menu at Activities Desks. Breakfast at the buffet is included the next morning before a mid-morning departure back to LH. Leave OC at 11:30 AM, Tuesday, September 22, return Wednesday, September 23 ~ 1:15 PM. A signed liability waiver is required for each participant. Price options per person based on dinner choice:

**Buffet \$142 double occupancy/\$172 single — 1971-06A**  
**Or Roxy \$162 double occupancy/ \$192 single — 1971-06B**

## Sold Out Trips thru July 20

### Trip • Date • Departure Time

- **River Cats vs. Reno Aces**  
Thursday, June 18—5:45 PM
- **Cache Creek Casino**  
Tuesday, June 23—9:30 AM
- **Pageant of the Masters**  
Saturday, July 11—8:00 AM

## Activities Department Classes

### —Oils, Pastels & Acrylics—

#### Paint Your Vision in Oils or Acrylics

Wednesdays, July 1-29

9:00-11:30 AM Class — 113115-06

Or 1:30-4:00 PM Class — 113215-06

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions).

Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



### Art —Drawing—

#### Beginner Drawing

Thursdays, July 2-30 — 132215-06

10:00 AM-12:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at the Activities Desks and online.



### —Mixed Media—

#### Mixed Media—Faux Encaustic Effects

Mondays, June 15, 22 & 29 — 143315-05

1:30-4:30 PM (OC). \$40 (three sessions). Supply fee: New students pay \$4 for book to instructor. Instructor: Bonnie Armstrong. Learn how to get that melted beeswax look, but created with acrylic paints only (no heat or wax). Create imaginative subject/design ideas for this process with instructor guidance. Bring a rigid surface to work on, and your Mixed Media paints and supplies.



#### Painting Pastels and Oils with Barry

Mondays, July 6-27 — 105115-06

9:00-11:30 AM (OC). \$52 (four sessions).

Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online. Or on my website [www.pastelpainter.com](http://www.pastelpainter.com).



Continued on page 66

# GET INTO THE GAME

## WOMEN ON COURSE

*Beginner & Intermediate*

Designed for women who are considering taking up the game of golf for the first time or returning to the game after years of not playing. This four week program covers the basic fundamentals of putting, chipping, pitching and the full swing while offering ladies a private environment in which to learn and improve their abilities. Class size limited to 6.

**TUESDAYS**

July 7th, 14th, 21st & 28th

8 - 9:30am | \$80 per Player

## MIXED CLASSES

*Beginner & Intermediate*

Designed for men and women who are considering taking up the game of golf for the first time or returning to the game after years of not playing. This four week program covers the basic fundamentals of putting, chipping, pitching and the full swing. Class size is limited to 6. Clubs can be provided for the class periods.

**TUESDAYS**

July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>

10 - 11:30am | \$80 per Player

**WEDNESDAYS**

July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

8:30 - 10am | \$80 per Player

CONTACT STEVE TREADWAY FOR DETAILS 916.835.1435

CALL THE GOLF SHOP TO SIGN UP 916.543.9200

**WOMEN ON COURSE**  
*Golf is more than a game, it's a lifestyle*

### FREE BEGINNER CLINIC

Saturday, June 27th | 9 - 10:30am

Designed for women who are considering taking up the game of golf for the first time or returning to the game after years of not playing. This clinic will focus on Putting, Chipping, and pitching, followed by beverages and a presentation by the Pro's in the Lakeside Pavilion.

**Special offer:** Women on Course bundle - \$199 (\$500 value)

**INCLUDES:**

- Women on Course Membership  
*(Invitation to bi-weekly events at a discounted rate)*
- Series of 5 golf lessons
- Pair of Nike Shoes
- 5 Twilight Rounds
- Prospector Membership Card  
*(Discounted golf rates everyday)*
- Exclusive email specials
- \$50 Range Card
- Golf Shop Merchandise discounts

LINCOLN HILLS  
GOLF CLUB

**CALL**  
916.543.9200  
**FOR DETAILS!**

lincolnhillsgolfclub.com

MANAGED BY  
BILLY CASPER GOLF





Reetu Sharma, M.D.,  
Cardiologist



## World-class cardiology, local zip code.

You don't need to travel to receive top-rated heart attack treatment. The Sutter Heart & Vascular Institute at Sutter Roseville Medical Center is ranked among the best in California for treatment of heart attacks and is certified by the Sierra Sacramento Valley Emergency Medical Services Agency as The Heart Attack Center for Placer County. It's another way we plus you.



Placer County Certified  
Heart Attack Center

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

 **Sutter Health**  
Sutter Roseville  
Medical Center  
**We Plus You**

## —Painting on Silk—

### Introduction to Silk Painting

Thursday, July 16 — 121115-06

1:00-4:30 PM (KS). \$52. Instructor: Conné Hoffman. All supplies provided. Try something new with vibrant color on silk. Conné Hoffman is an awarding winning silk artist. This class will be taught with the gutta serti method and with this easy technique you can paint scarves or many paintings. You need not know how to draw. If you can trace a pattern and paint within the lines you can paint on silk. You will leave the class with a finished painting.

## —Watercolor—

### Beginning Watercolor Painting

Thursdays, July 2-30 — 132115-06

1:00-4:00 PM (OC). \$75 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.



## Bridge

### Bridge — Competitive Bridge Intermediate Level

Thursdays, August 20-October 8 — 164115-06

10:00 AM-12:00 PM(KS). \$75 (eight sessions). Instructor: Laurie Vath. **Prerequisite:** Proficiency in the principles taught in the Bridge Plus class. This class will focus on the competitive aspects of the game. It will include competitive bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited.



## Ceramics

### —Lladro—

### Spanish Oil Painting

Wednesdays, July 1-29 — 206115-06

1:00-4:00 PM (KS). \$50 (five sessions).

Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



### Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

## —Pottery—

### Beginning/Intermediate Ceramics

Tuesdays, July 7-28 — 212115-06

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Mike Daley. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes.

### Advanced Ceramics

Tuesdays, July 7-28 — 212215-06

9:00 AM-12:30 PM (OC). \$54 (four sessions).

Instructor: Mike Daley. Self-motivated students/artists with established ceramic skills work on assigned projects under instructor’s guidance and critique. Assignments, projects, and technique demonstrations will be given by the instructor. *About the Instructor:* Mike has been a long time student of Jim Alvis. He continues to take ceramics workshop from various instructors nation-wide, providing him with tools to provide relevant and constructive recommendation of students work.



*Continued on page 68*



**You Have EARNED  
Financial Security &  
Independence!**  
**Live Your Retirement  
Dreams Today!**

**Aging in Place—Living Out Your Years In The Comfort  
& Security Of Your Own Home, With Grace & Dignity!**



**Beth Miller-Bornemann**

**YOUR LOCAL REVERSE  
MORTGAGE SPECIALIST**

**I live Locally & Work Locally!**

### The New Reverse Mortgage

- No Monthly Payments Required to be paid\*
  - Proceeds are NON-TAXABLE
  - You hold title to your home—not the bank
  - Heirs inherit your home—not the bank, not the government
  - No debt to your estate or your heirs—ever!
  - Never repay more than your home's value
- \*Taxes & insurance paid by owner, must be primary residence & normal upkeep required

**Higher Loan Amounts Now Available • Pay Off Your Current Mortgage**

**Increase Your Monthly Cash Flow • Set Up A Line of Credit  
Receive Monthly Income**



Beth@YourReverse.com

Office **925-969-0380**

Cell **925-381-8264**



Licensed by the Dept. of Business Oversight  
under CRMLA

3478 Buskirk Ave #1000 • Pleasant Hill, CA 94523

CA BRE #950759/01215943 NMLS #294774/831612/1850

# JOINER PARKWAY SELF STORAGE

**Rent a Unit from us and  
receive a \$20.00 Reward!\***

- Free Move-in Truck\*\*
- Moving Supplies



*We Treasure  
Our Customers!*



\*Must present this ad & may not be combined with other offers. \*\*Some restrictions may apply.

**JOINER PARKWAY  
SELF STORAGE**  
**645-2737**  
**108 Joiner Parkway, Lincoln**

# MNM PAINTING

**916.765.7132**

Recent homes

- 1840 Coldwater Lane, Meadowgate
- 942 Gold Nugget Circle, Tahoe
- 2281 Kingfisher Lane
- 2416 Kingfisher Lane
- 2936 Blue Heron Loop



**Come see our work and compare the  
caulking and prep work to others!!**



See each house of the day on our facebook



Lincoln owned/operated  
CA Lic. #912348

## GRUPP & ASSOCIATES REAL ESTATE & LENDING

**SUN CITY LINCOLN HILLS  
RESIDENT REALTORS SINCE 2003**

*Always Serving Your Best Interest!*



**Jean Grupp,  
Broker**

**Bob Grupp,  
Realtor**

— Office —  
**(916) 408-4098**

— Cell —  
**(916) 996-4718**

**Thirty-five years of Real Estate Experience  
LISTINGS & SALES ~ HOME LOANS**

**CALL TODAY FOR —**

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

## Ceramics — All Levels

Thursdays, July 2-30 — 221115-06

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



## Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM or 1:00-4:00 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced or Beginning/Intermediate Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for drop-in students but there will be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

## Crafts

### —Card Making—

## Intro to Card Making—Beginners

Wednesday, July 8-29 — 317115-06

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach you all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited; sign up early to reserve your space. All supplies will be provided.



## Card Making Level 2—Intermediate

Tuesdays, July 7-28 — 317215-06

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



## Card Making Level 3 — Intermediate-Advanced

Mondays, July 6-27 — 317415-06

Or Fridays, July 10-31 — 317315-06

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or has instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided.

### —The Craft Corner—

## Needle Felted Beaded Necklace and Antique Button Rings

Thursday, July 23 — 302015-06

9:00 AM-12:00 PM (KS). \$30. Supply fee: \$20 payable to instructor. Instructor: Jonelle Tannahill. Get creative with needle felted beaded necklaces. This month's project is light weight for travel, comes in more than 10 beautiful summer colors and easy and fun to make—you only need a few grams of merino wool top and some soapy water (provided by the teacher). Instructor Jonelle Tannahill, from Impressions ReDesign, will walk you through the beading method. You will create a felted beaded necklace (10 colors available to work with). For the second half of the class, students will make an exquisite antique button ring. Jonelle hand-picked antique buttons to make a classic update on the “cocktail ring.” Bring a few of your own buttons and seed beads so you can further enhance your artisan made project. You won't want to miss the creative fun!



## Dance

### —Ballroom—

## Introduction to Ballroom Dance: Waltz

Wednesdays, July 1-29 — 333015-06

7:00-8:00 PM (KS). \$25 (five sessions). Instructor: Philip

*Continued on page 70*

# FATHER'S DAY SPECIAL



TREATING STRESS, PAIN, AND INJURY.



**RE-FUELING EXPRESS FACIAL • 60 MINS. • \$65**  
Perfect Father's day gift! This men's facial is a deep cleansing facial to remove all impurities from the skin with a hydrating mask that soothes and rejuvenates the skin.



**HOT STONE SPORTS MASSAGE  
WITH GENTLEMAN'S FOOT SCRUB • 90 MINS. • \$85**  
Enjoy a 90 minute massage with hot stones, strategically placed to relax and restore tense achy muscles.

 **COMPLIMENTARY SAUNA SESSION  
FOR BOTH TREATMENTS!**



THE SPA AT  
KILAGA  
SPRINGS

**916.408.4290 | KILAGASPRINGSSPA.COM**  
OPEN TO THE PUBLIC 1187 SUN CITY BOULEVARD, LINCOLN



Spurgeon. This month, we will be learning the beautiful and elegant **Waltz**. Come join us and learn dance frame, lead and follow, and proper posture in one of the most beautiful of all ballroom dancers. The steps will be clearly explained and in a short period of time you will be enjoying yourself on the dance floor. This class will consist mainly of waltz. Any questions call, Philip 209-3672.

**—Clogging—**

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

**Beginning Clogging**

**Tuesdays, July 7-28 — 332115-06**

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. New fall class will be announced later. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



**Easy-to-Intermediate Clogging**

**Tuesdays, July 7-28 — 332215-06**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

**Intermediate Plus Clogging**

**Tuesdays, July 7-28 — 332315-06**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

**—Country Western Dance—**

**Country Couples Western Dance**

**Beginner Level One & Two**

**Mondays, July 6-27 — 344215-06**

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are

done in circles with some being mixers. Instruction will be at a slower pace for beginners.

**Country Couples Western Dance  
Beginner/Intermediate Level Three & Four  
Mondays, July 6-27 — 344415-06**

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught: "A Love Worth Waiting For" and "Midnight Waltz."



**Country Line Dancing**

**Fridays, July 3-31 — 346115-06**

3:00-4:00 PM (KS). \$25 (five sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

**—Dancing with Dolly—**

**Ballet/Lyrical**

**Thursdays, July 2-30 — 353515-06**

5:00-6:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



**Performance Dance—Intermediate to Advanced Level**

**Fridays, July 3-31 — 354515-06**

2:00-3:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.



**New Performance Dance**

**Tuesdays, July 7-28 — 354615-06**

4:15-5:45 PM (OC Fitness). \$50 (four sessions). Instructor:

*Continued on page 73*



### KATHY SAATY

Hairstyling for Men and Women

#### SENIOR DISCOUNTS

Tuesday - Saturday

- Perms \$65 (includes trim)
- Color Touch-ups \$65 (includes trim)
- Highlights (call for a quote)
- Haircuts \$10 discount off reg. price

Rocklin resident—20 yrs  
 Stylist—50 yrs  
 Colorist  
 Perm Specialist  
 Haircuts  
 Shampoos & Sets  
 Free Consultations

**New Location!**

ENVY SALON

6827 Lonetree Blvd. #101B  
Rocklin, CA 95765

916-599-6014 • kmsaaty@gmail.com



Helping people with their home remodel, repair & maintenance needs

## MG Construction

Michael Gee  
CA #966281

(916) 660-2269

mgconstruction13@att.net

U.S. Navy Vet

### Streamline Your Morning Mirror Time



Pam H. Cooper  
Permanent Makeup Consultant

Permanent Make Up does just that!  
Take advantage of \$100 price reduction!  
Custom Facials, Waxing, Galvanic and  
Microdermabrasion treatments available.

# FACE works™

916-223-2870

www.faceworks.us

GIFT CERTIFICATES ARE ALWAYS AVAILABLE

## L&D HANDYMAN SERVICES LENNY 916.622.7544

- ✓ FENCING, PAINTING
- ✓ GUTTER CLEANING
- ✓ PRESSURE WASHING
- ✓ YARD WORK



Business License: Jobs no more than \$500

# AND MUCH MORE!!!

## CLEANED WHERE THEY HANG SIERRA HOME & COMMERCIAL SERVICES

We Safely Clean Any Fabric  
Window Treatment In Any Configuration,  
Right Where It Hangs

Remove That  
Smoke • Nicotine • Mildew  
We Will Remove & Rehang For Remodels

#### We Clean All Fabric Window Treatments

Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,  
Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

www.sierrahcservices.com

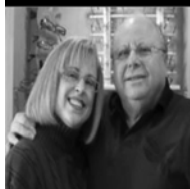
We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

**Call For Your Free In-Home Estimate Today**

**(530) 637-4517** Licensed - Insured **(916) 956-6774**

Eyewear Repairs  
While-U-Wait

**SEE BETTER...LIVE BETTER**



Sherri & Sam

*Crizal - Transitions - Varilux*

**Premium Lens Technology  
At Discount Prices**

**AAA  
Optical Outlet**

421 A Street, Ste. 500 Lincoln

**916-434-9665**

## THIS CLEAN HOUSE

by **ANDREA**



**(916)792-0595**

Andrea@thiscleanhousebyandrea.net

License & Bonded



Residential & Commercial  
Hard Water Spots  
Screens & Blinds • Mirrors & Gutters

Adam & Nicole Perry

Family Owned & Operated

Insured & Bonded

**(916) 765-5623**

## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**  
 Certified Public Accountant  
**(916) 771-4134**



1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678

## ROBERTSON | ADAMS

### Trust & Estate Attorneys

Formerly Adams & Hayes Law

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS  
 TRUST/ESTATE ADMINISTRATION, LITIGATION  
 SPECIAL NEEDS TRUSTS



**Juliette T. Robertson**  
 Principal Attorney

**Michelle A. Martin**  
 Senior Associate  
 Attorney

**Therese A. Adams &  
 Marilyn Y. Clark, Of Counsel**



570 Fifth Street  
 Lincoln, CA 95648  
 Tel: 916.434.2550 - Fax: 916.434.2551  
 www.robertsonadamslaw.com

## Together, we'll keep your car running newer longer!



### ANY OIL CHANGE & FILTER

Standard, High Mileage or Full Synthetic. We'll install new oil filter, refill up to 5 qts. Kendall GT-1 motor oil of your choice, lubricate chassis (if applicable).

**\$10 OFF**

Most vehicles. Savings off regular price.

EXPIRES JUNE 30, 2015



### MAINTENANCE SERVICES

Spark Plug Replacement, Fuel System Cleaning, Coolant System Fluid Service, Standard Wheel Alignment, Transmission Fluid Service, Brake Fluid Exchange. Most vehicles. See store for each service description. Service at 50% off will be the lesser value of the two.

**\$50% OFF**

Buy 1st service at in-store regular price and Get 2nd Service at 50% Off

EXPIRES JUNE 30, 2015

See participating store for complete service description and details. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value Offer void where prohibited.

### NO INTEREST IF PAID IN FULL WITHIN 6 MONTHS

\$299 minimum purchase required. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within 6 months or if you made a late payment.

+MINIMUM MONTHLY PAYMENT REQUIRED.  
 Applicable to purchases made January 1 through December 31, 2014. APR: 22.8%. Minimum Finance Charge \$1.00. CFNA reserves the right to change APR, fee and other terms unilaterally.



### FREE ALIGNMENT CHECK

with the purchase of 2 or more tires

EXPIRES JUNE 30, 2015

### FREE BRAKE INSPECTION

We'll check your vehicle's brake pads and/or shoes, calipers, rotors or drums, wheel cylinders, hardware, hoses, parking brake cables, fluid condition, wheel bearings and grease seals. Most vehicles.

EXPIRES JUNE 30, 2015



FIND A STORE NEAR YOU.

1-800-562-2838 | DriveAFirestone.com

**Lincoln • 951 Sterling Pkwy. • (916) 409-0911**

MON.-FRI. 7:00 A.M.-7:00 P.M. SAT. 7:00 A.M.-6:00 P.M. SUN. 9:00 A.M.-5:00 P.M.

Shop supply charges in the amount of 6% of labor charges will be added to invoices greater than \$35. These charges will not exceed \$25 and represent costs and profits. Shop supply charges not applicable in CA or NY. Non-mandated disposal or recycling charges, if any are disclosed above, may also represent costs and profits. \*If you do not achieve guaranteed mileage on your properly maintained tires, your Firestone retailer will replace your tires on a pro-rated basis. Actual tread life may vary. All warranties apply only to original owner on originally installed vehicle. See retailer for details, restrictions and copy of each limited warranty.





Dolly Schumacher James. Calling all dancers! Students will learn a variety of exciting numbers for this year's Fall Musical, under the direction of master choreographer Dolly Schumacher James. An in-class audition will be taking place during class to assign students in group dance numbers for the show. All dance styles including Tap, Jazz, Clogging, Lyrical and Line Dance are welcome and will be incorporated in the show. Enroll today to be part of the 2015 Christmas Musical. **Prerequisite:** Must have completed the June session or teacher's approval only. Questions? Call Dolly at 408-0136.

### —Hula—

#### Hula

**Thursdays, July 2-30 — 390215-06**

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina.

Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



### —Jazz—

*Jazz will be on a hiatus for the month of July.  
Classes will return in August.*

### —Line Dance—

*We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.*

#### Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. We will run an eight-week session on a trial basis. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



#### Intro to Line Dance

- **Mondays, July 6-August 31 — 360015-06**  
4:00-5:00 PM (KS). \$54 (nine sessions).  
Instructor: Audrey Fish.
- **Thursdays, July 9-August 27 — 370015-06**  
9:00-10:00 AM (KS). \$48 (eight sessions).  
Instructor: Yvonne Krause-Schenck.

#### Line Dance I Beginner

**Prerequisite:** Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, July 6-27 — 370115-06**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Yvonne Krause-Schenck.
- **Thursdays, July 9-30 — 360115-06**  
2:30-3:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.
- **Fridays, July 3-31 — 380115-06**  
12:00-1:00 PM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.

#### Line Dance II — Beginner / Intermediate

**Prerequisite:** Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, July 6-27 — 360215-06**  
5:00-6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.
- **Wednesdays, July 1-29 — 380215-06**  
9:00-10:00 AM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.

#### Line Dance III — Intermediate

**Prerequisite:** Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, July 1-29 — 380315-06**  
10:00-11:00 AM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.
- **Thursdays, July 9-30 — 360315-06**  
3:30-4:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.

#### Improver Line Dance Class

**Thursdays, July 2-30 — 370415-06**

10:00-11:00 AM (KS). \$30. (five sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The "Improver" class is an in-between level for dancers moving from beginner to higher

*Continued on page 74*

levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

### Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey's Master's thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



### —Tap—

### Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



### New Workshop! Tap Blast!

**Mondays, July 20 & 27 — 412215-05**

11:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Alyson Meador. Here's your chance to discover whether tap dancing is for you without the investment. Join Alyson Meador as she teaches you the basics of tap. Test your comfort level if this is the right dance for you and make it your new hobby. No experience necessary and no need to have tap shoes for

this two week session. Students, please wear hard sole flat shoes for the class. Once you discover you like it, then you are ready to enroll in Beginning Tap.

### Technique Classes

**Mondays, July 6-27 — 410515-06**

10:00 – 11:00 AM (KS) \$32 (four sessions).

### Tap for Fun with Jennifer

**Saturdays, July 11-25 — 420115-06**

9:00-10:00 AM (KS). \$16 (two sessions; no class July 18). Instructor: Jennifer Moore. New instructor and schedule with the same fun for all. Tap for Fun offers an opportunity for the student to review basic tap steps and learn more intermediate syncopated tap rhythms. The students will begin class with a warm-up followed by learning different combinations to all kinds of fun music from the 40's to today's hits! *About the Instructor:* Jennifer Moore is excited to be teaching at Lincoln Hills! She started dancing at the age of three and trained with the Duane Dancers in the Bay Area. Jen is trained in ballet and jazz, but her favorite style of dance is tap! She has appeared in many professional shows, including Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theatre in New York.



### Glass Art

### Fusing Glass and Stained Glass Workshop

**Monday, July 6 — GLASS**

4:30-6:30 PM, Sierra Room (KS). \$15. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



### Stained Glass

**Mondays, July 6-27 — 494115-06**

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 foil, payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project



*Continued on page 76*

# GARY'S REFINISHING

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery

**(916) 759-8950**



# COCHRANE WAGEMANN

FUNERAL DIRECTORS FD305

*Family Owned—Community Focused*

**916.783.7171**

103 Lincoln Street, Roseville, CA  
COCHRANEWAGEMANN.COM



## California's Finest Handyman

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

**No Job Too Small**

**Patrick Holland, Contractor**

License # B-813306

**(916) 223-3330**

e-mail: patholland402@gmail.com  
website: www.workswithtools.com

## CM Ponds & Stuff

**CHUCK COTTAM**

Ph: 916-408-7474

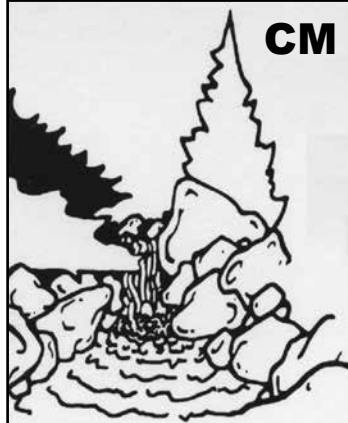
Cell: 408-691-6431

Email: cottamcm1@aol.com

302 Sunnyside Court  
Lincoln, CA 95648

License # 675667  
USAF MSGT Retired

**Fish Pond Builder**  
**20 Years Experience**



**I PAY TOP DOLLAR  
FOR YOUR QUALITY USED CAR.  
CALL EDDIE MEDEIROS:  
916-705-9561**

**916-778-7985**

*Diane's*  
**Helping Hand**

**24 HOUR PERSONAL CARE**

Medication Mgmt., Errands,  
Shopping, Pet Care, Meal Prep,  
Recovery Assistance, Dr Appt...

**dbeninger@att.net**



## Welcome Home Care

*Help Is On The Way*



We provide quality in-home care to residents of the Sacramento area. All services we provide range from \$14 -18/hr.

**916.778.7150** [welcomehomecareca.com](http://welcomehomecareca.com)

**ALASKA** from only \*\$999

\*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.  
**Beat the heat this summer!**



**Ports:** San Francisco  
Juneau, Skagway,  
Ketchikan, Victoria &  
more ~ Return to San  
Francisco.

**2015 Sailing Dates:**  
6/21, 7/21 & \*8/20



Sail Round Trip from  
San Francisco for  
**10 Days**  
with Round-Trip bus  
transportation  
from Lincoln!

**SHOP LOCAL!** Call **CLUB CRUISE & Travel**  
for all of your travel needs at **916-789-4100** or stop by:  
851 Sterling Parkway, Lincoln, CA Across from Raley's.  
CST#203338040

## Trustworthy Solutions for your paint problems . . .



- Proudly serving Lincoln for 14 years
- Interior - Exterior
- Cabinet painting
- Free estimates and expert color consultation
- Meticulous preparation and workmanship

Bonded and Insured • Lic. #776060

 **the Paint Solution**  
 (916) 435-2990 



*Wallbeds  
"More"*

**YES!**  
 A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive, Rocklin, CA 95677

Showroom hours:  
 Mon-Sat 10am-3pm

Call (916)  
**753-4966**  
[www.wallbedsnmore.com](http://www.wallbedsnmore.com)

# BUNDLE UP, CALIFORNIA



## I can help you save time and money.

The weather is warm, and it's time to bundle up. Save big when you bundle protection for your car with life insurance or a personal umbrella policy. Ask me about other ways to bundle and save. Why wait? Call today.



**Julie Domenick**  
 916-434-5250

741 Sterling Parkway, Suite 500  
 Lincoln  
 juliedomenick@allstate.com  
 CA Insurance Agent #: 0712097



Subject to terms, conditions and availability. Savings vary. Allstate Insurance Co., Allstate Indemnity Co., Life insurance and annuities from Allstate Life Insurance Co., Northbrook, IL. Lincoln Benefit Life Insurance Co., Lincoln, NE. American Heritage Life Insurance Co., Jacksonville, FL. © 2011 Allstate Insurance Co.

978-45

to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.

## Jewelry

### —Silverware Jewelry—

#### Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing back in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we will discuss them in class. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



#### Pendant Making

**Mondays, June 15 & 22 — 541115-05**

9:00 AM-12:00 PM (KS). \$52 (two sessions).

#### Earrings

**Mondays, July 13 & 20 — 542115-06**

9:00 AM-12:00 PM (KS). \$52 (two sessions).

## Music

### —Guitar—

*Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.*

#### Guitar 1B — Continuing Beginner Level

**Mondays, July 6-27 — 535715-06**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill 899-8383. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic



music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.

#### Guitar 2A—Continuing Beginner Level

**Wednesdays, July 1-29 — 535115-06**

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor's approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

#### Guitar 2B—Continuing Beginner Level

**Wednesdays, July 1-29 — 535215-06**

10:15 AM-12:15 PM (KS). **New Price:** \$60 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2A or Instructor's approval. Class expands on lessons of Guitar 2A.

#### Guitar 3—Intermediate

**Thursdays, July 2-30 — 535315-06**

8:00-10:00 AM (OC). **New Price:** \$60 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.



#### Guitar 4—Advanced

**Thursdays, July 2-30 — 535415-06**

10:00 AM-12:00 PM (OC). **New Price:** \$60 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of all guitar music plus more advanced versions of ensemble playing, duets, trios, and quartets.

### —Voice—

#### Singer Vocal Boot Camp Continuation

**Friday, July 3-31 — 536215-06**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



*Continued on page 79*

**Quality Flooring & Installation at Outstanding Prices**  
 We Specialize In Great Service

**FREE Estimates**

# Carpet Discounters

931 Washington Blvd., Ste. 111  
 Roseville, CA 95678  
**(916) 784-3727**  
[www.carpetdiscountersstore.com](http://www.carpetdiscountersstore.com)  
 Mon-Tues 10am-4pm • Weds-Thurs 10am-6pm  
 Fri 10am-2pm • QR by Appointment

**Carpet, Hardwood, Laminate, Cork & Vinyl**  
 Licensed, Bonded & Insured CA Contr. Lic. No. 830649

Sun City Lincoln Hills Residents

**COLDWELL BANKER**  
 SUN RIDGE REAL ESTATE

# Don Gerring

"Thanks so much for your excellent help!"  
 Tom & MaryAnn McKay - 2015

**Let Don Help List & Sell Your Home!**  
 Free Home & Market Evaluation

- Lincoln Hills Resident Agent
- Del Webb Agent for 10 Years
- 30+ Years R.E. Experience

**(916) 747-5050 • dgerring@starstream.net • Lic#00631339**  
Each office independently owned & operated

Lic. # 669316

## DURAN LANDSCAPING INSTALLATION & DESIGN

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

**QUALITY GUARANTEED**

**FREE ESTIMATES**  
 Ask for Victor Duran

**(916)660-1835**  
[www.duranlandscape.com](http://www.duranlandscape.com)

## Pat's Medical Insurance Counseling

- 65+ Policy Information
- Medicare & Supplemental Claims Mgt.
- Free Phone Consultation ...  
 I Do Not Sell Insurance
- Assist with Billing Issues
- Patient Advocate
- Senior Recourses



patstoby@aol.com • Since 1977  
[www.patsmedicalinsurancecounseling.com](http://www.patsmedicalinsurancecounseling.com) **(916) 408-0411**

**Pat Johnson**

**PSR**

## Placer Sierra Realty

Honesty • Integrity • Commitment  
 A part of the Lincoln Hills community since 2011



**916-837-7700**  
 wendystarr49@gmail.com  
 www.placersierrarealty.com



**Wendy Starr • Realtor**  
 Lic # 01966743

**Robert Sanchez • Realtor**  
 Lic # 01298995

**Service You Deserve with a Team You Trust!**



**Judy Payne, RN Pam Murphy**

Care Coordination and Resource Referrals

- In-Home Care, Assisted Living
- Memory Care, Independent Living
- Veteran's Aid and Attendance Allowance

**Phone: 916-209-8471**  
**Cell: 916-798-7347**  
**Judy@JudithPayne.com**  
 SCLH resident

## Senior Care Consulting

**FREE Phone Consultation and Guidance**

**kilaga springs cafe**

**COME GRAB A BITE TO EAT BEFORE YOUR NEXT CLASS!**



**CALL TO ORDER: 916.408.1682**

Three generations — Since 1977.  
 Good maintenance saves you money!



• SALES • SERVICE • INSTALLATION

# PECK

HEATING & AIR CONDITIONING

**Call Now (916) 409-0768**  
 Lic# 566294

[www.PeckHeatingAndAir.com](http://www.PeckHeatingAndAir.com) ~ 4221 Duluth Ave, Rocklin, CA

## Personal Improvement

### —Driver Training—

#### AARP Driver Safety Refresher Training

**Saturday, July 18 — 481115-05**

9:00 AM-1:30 PM (OC). AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. Instructor: Paul Jessen. AARP Driver Safety Refresher Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend refresher training. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



#### Two-day class: AARP Driver Safety Training Tuesday & Wednesday, August 11 & 12 — 481015-06

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



### —Home Decorating—

#### Home Decor Vision Board

**Tuesday, July 7 — 581115-06**

1:00-3:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructor: Jonelle Tannahill. A guided journey to make your very own **Home Décor Vision Board**—a collage of images, pictures, and colors you love for your home. Creating a home décor vision board can be a useful tool to help you conceptualize your rooms and start planning your projects. This is

a great exercise to get you thinking about what is possible around your home. Jonelle Tannahill, from Impressions Redesign, will guide you through the process. Your board will serve as a source of motivation as you work towards achieving your home project dreams. Jonelle will provide poster board, magazines, colored markers, pens, glitter, sequins, sand, glues etc. Each attendee brings 5-10 magazines and pictures of homes and rooms you love. Also bring a photo of you and a few photos of your favorite things about the home. You can also take a photocopy of the pictures that you like.

## Sewing

### —Certification—

#### Bernina Serger Certification

**Monday, July 13 — 591115-06**

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three.

#### Bernina Sewing Machine Certification

**Monday, July 13 — 592115-06**

2:30-3:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



#### Janome Sewing Machine Certification

**Monday, July 13 — 593115-06**

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

## Technology

### —General—

#### YouTube

**Friday, July 17 — 286315-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things—you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube’s full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site.



*Continued on page 81*





**Book your Viking or AMA River Cruise with Club Cruise and Save!**

If you've already booked directly with the cruise lines, and you have not made your final payment, call us to see if we can give you additional discounts.

**Save \$125<sub>p/p, d/o</sub> Save \$250<sub>per cabin</sub>**

**SHOP LOCAL!** Call **CLUB CRUISE & Travel** for all of your travel needs at **916-789-4100** or stop by: 851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040

## San Diego Condo

**Available for Vacation Rental**

Attractive, one bedroom, fully furnished, privately owned Condo, located in a quiet, gated community close to La Jolla and the beaches. Location has easy access to all San Diego attractions and is close to two high-end outdoor shopping areas. Many nice restaurants and walking trails within walking distance. This is an ideal Condo for a senior couple who would like to visit San Diego during the **cool summer months**. Weekly rental is \$595 or \$2195 for four weeks and \$60 cleaning fee. To make inquiries and check for availability time or pictures, please call Larry at **530-392-5542**.

**Drywall Repairs — Big or Small**



*Artisan Drywall*

**Ron Brugh**  
SCLH Resident

**916-955-2166**

License No. 457727

email: [artisan.dwl@gmail.com](mailto:artisan.dwl@gmail.com)



**A PET'S WORLD**

**PET SITTING IN YOUR HOME**

Serving Placer County  
Licensed • Insured

Dale McCoy  
(916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650  
[www.a-pets-world.com](http://www.a-pets-world.com)

**Comp-Solve Computers**  
916-435-4293  
In Home Computer Service




**Lincoln Hills Special**  
\$79 for a **1 hour call**  
Outside Lincoln Hills \$89

- Upgrades
- Repairs
- Wireless
- Tune-Up's
- Email
- Virus
- DSL


Ask Me About  
New Windows 7  
Computers!

Your Certified Computer Tech is **Steve**


Thank You Lincoln Hills!

**Customer Testimonials - [www.Comp-Solve.com](http://www.Comp-Solve.com)**

Mailing address— 6518 Lonetree Blvd. #190, Rocklin, CA 95765



**Michael J. Donovan**  
Attorney at Law



**Wills, Trusts & Probate**

(916) **295-9714**

Over 800 Living Trusts prepared for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~



**JOHN J. PEREZ**  
Broker Associate — Resident Realtor  
REALTOR® BRE# 00763471

- 10 Year Resident
- 35 Years Real Estate Experience

**916.759.1637 Direct Line**  
[jjpj56@sbcglobal.net](mailto:jjpj56@sbcglobal.net)



**FREE Current Market Analysis**  
[www.kw.com](http://www.kw.com)



**Herb Hauke**  
License # 490908

**Accu Air & Electrical**

**Quality Heating & Air Conditioning Service, Repair and Installation**

**(916) 783-8771**

[www.accuairroseville.com](http://www.accuairroseville.com)  
[accuairroseville@yahoo.com](mailto:accuairroseville@yahoo.com)

 Most Major Credit Cards Accepted 



**RoboForm****Monday, July 20 — 286515-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. RoboForm is a password management and form filling program that automates password entering and form filling. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows, Mac, and Linux computers and iOS, Android, and Windows mobile devices.

**Google Play****Friday, July 24 — 286615-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Google Play is Google's official online store for purchasing and downloading digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. In this class instructor, Bob Ringo, will show you how to find your favorite apps and to have your favorite music, movies, and books available everywhere you have Internet access.

**—Genealogy—****Getting Started with Family Tree Maker 2014****Monday, July 27 — 285115-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM)



2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. After Bob Ringo's presentation you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree.

**—SmartPhones and Tablets—****iPhone Basics Workshop—How to Use it****Friday, June 19 — 262815-05**

9:00 AM-12:00 PM (OC). \$40. Class material \$5 payable to

instructor. Instructor: Andy Petro. Prerequisite: You must have an iPhone 5 or newer and you must be on iOS 8.3 or higher. Bring your iPhone to class. Want to learn the basics of your iPhone? Then this workshop is for you. Instructor will show you how to use your iPhone effectively and get the most out of it. Learn many techniques and settings that enable you to use your iPhone efficiently. Become aware of Apps that will make your iPhone more productive and keep you informed while you are out and about. If you have any other specific questions about the class, call Andy Petro at 474-1544.

**Introduction to SmartPhones****Monday, June 22 — 256215-05****Or Tuesday, July 28 — 256215-06**

9:00-11:00 AM (OC). \$40. Instructor: Len Carniato.

**Prerequisite:** Gmail account. If you just bought an Android SmartPhone from Verizon, AT&T, T-Mobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start.

**Android Intermediate****Tuesday, June 23 — 255315-05****Or Wednesday, July 29 — 255315-06**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato.

**Prerequisite:** Gmail account. Google's Android is outstanding on SmartPhones and Tablet Computers. Come to this seminar, connect to our Wi-Fi and discover how to customize your device and make it perform your way. We will go thru key device settings that let you do amazing things. We'll review Navigation, Accounts, Battery management, etc. We'll explore useful accessories, widgets, email, calendar, photos, music, maps, and apps in detail. On our large screen, you'll be able to easily see everything we discuss and recommend, then proceed to customize your own device. If you've had your SmartPhone for a while, this class for you.

**Android Advanced****Wednesday, June 24 — 255215-05****Or Thursday, July 30 — 255215-06**

Wednesday, June 24, 9:00 AM-12:00 PM, or Thursday, July 30, 1:00-4:00 PM. (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Ready to go beyond the basics. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond making phone calls, texting, games,

*Continued on page 82*

and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet all your needs.

—Social Media—

**Facebook 101**

Saturdays, June 20 & 27 — 272115-05

Or Saturdays, July 18 & 25 — 272115-06

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet

Dixon-Dickens. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.



WellFit Classes

**WellFit**

*Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center. Register for these classes at the Fitness Centers starting June 17 at 8:00 AM.*

**WellFit Orientations**

**Free Orientation: WellFit Staff**

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Center works, and how to use a select number of pieces of the equipment safely and properly! Orientations are designed to educate you on all of the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Wednesday, June 17 — 700100-05**  
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, June 25 — 700100-03**  
10:00-11:00 AM, Fitness Floor (OC)
- **Thursday, July 9 — 700100-OA**  
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, July 15 — 700100-OC**  
2:00-3:00 PM, Fitness Floor (OC)
- **Saturday, July 18 — 700100-OB**  
12:00-1:00 PM, Fitness Floor (OC)
- **Wednesday, June 17 — 700100-KB**  
2:00-3:00 PM, Fitness Floor (KS)
- **Friday, July 10 — 700100-K1**  
11:00-12:00 PM, Fitness Floor (KS)
- **Thursday, July 23 — 700100-K2**  
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, July 29 — 700100-K3**  
2:00-3:00 PM, Fitness Floor (KS)

**Class Levels**

Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

**Environmental**

*Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.*

**Nordix Pole Walking**

Tuesday & Thursday, July 21 & 23 — 750000-07

8:00-9:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise and mobility: Power and endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function—walk with *attitude*; improve balance, confidence, coordination, bone density and posture—feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies, and get great exercise! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. Register: Fitness Desks or online.



*Continued on page 85*

# LAKE TAHOE SHAKESPEARE FESTIVAL

Summer on the lake!



Overnight trip!



ENCHANTING VENUE OVERLOOKING LAKE TAHOE

**TUESDAY, AUGUST 18 - WEDNESDAY, AUGUST 19**

Watch Lake Tahoe Shakespeare Festival's special production of *Romeo & Juliet* at Sand Harbor State Park with Lake Tahoe as the backdrop!

#### TWO-DAY, ONE-NIGHT TRIP INCLUDES:

- Room at the new Hard Rock Hotel & Casino
- Reserved seats for the show
- Boxed dinner at the Festival
- Cookies and coffee/hot cocoa at intermission
- MS Dixie II cruise over Lake Tahoe out of Zephyr Cove
- Luncheon Deli Buffet aboard MS Dixie II
- Air-conditioned coach transportation to and from Lincoln Hills



CODE: 1970-04

DOUBLE OCCUPANCY \$318 PER PERSON / SINGLE \$392

LEAVE OC AT 1:00 PM AUGUST 18, RETURN ~ 5:00 PM AUGUST 19

Tickets available at Activities Desk (OC/KS) and online,  
[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) "Lifestyle Online"

**\$1 BREWED COFFEE**  
 Everyday.  
 All The Time.

CALL TO ORDER:  
 916.408.1682



Stay Connected with  
**Free Wi-Fi Access**  
 for all customers.




**Ace Appliance Repair**  
 Repair & Installation Services  
**(916)409-2424**

\*\*\* SUN CITY LINCOLN HILLS DISCOUNT \*\*\*  
**\$35 SERVICE CALL (REGULAR \$60)**

Refrigerators • Dishwashers  
 Microwaves • Washers • Dryers  
 Garbage Disposals • Ovens • Cooktops

A LOCAL, FAMILY OWNED COMPANY  
 FAST, FRIENDLY, RELIABLE SERVICE

Lic. #A46835  
 2242 Thomsen Way  
 Lincoln, CA 95648



**Handy Man Service**

**Robert Boyer**      39 Years Experience  
 Licensed, Bonded, & Insured  
 Calif. Lic #306162

PO Box 1165  
 Lincoln CA 95648      **(916) 955-4909**

Over 31 years in business!

*SunDance Interiors*

CONT. LIC. #677243

**Custom Draperies & Upholstery**  
 Slipcovers • Shutters  
 Blinds • Bedspreads

Workroom  
 & Showroom      **781-2424**

400 Washington Blvd., Ste. C • Roseville  
 www.sundanceinteriors.com




**PC & Mac Resources**

**Terry Rooney**  
 Lincoln Hills Resident  
 Microsoft Business Partner



- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474  
 Email: tarooney@gmail.com  
 2425 Swainson Lane, Lincoln, CA 95648

You Call We Screen™

Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings

**530-878-0784**

SCREENMOBILE  
 America's Neighborhood Screen Store  
 www.screenmobile.com



Priority  
**FREE**  
 ESTIMATES

MasterCard VISA  
 Lic. # 779998

**Don't trust your system to a handyman!**

**Brown's Quality Electric**  
**Residential • Commercial**

- Attic Fans
- New Circuits Added
- Phone and TV
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

Call Today!  
**(916) 600-2024**

10% OFF Any Service  
 With coupon.  
 Not valid with any other offer.

Lic. #824668

**APEX AIRPORT TRANSPORTATION**

Sacramento, Oakland & San Francisco Int'l Airports  
 SF Cruiseports on the Embarcadero, Piers 27/35

Since 2006

Jim Plotkin  
 Derek Darienzo      **(916) 344-3690**

Email: ATCOVAN@SBCGLOBAL.NET  
 WWW.APEXTRANSPORTATION.VPWEB.COM  
 CA PUC License TCP25881P

## Disease Prevention & Management Session-Based Classes

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

### Diabetes Exercise Program (DEP 1)

**Monday & Wednesday, July 6-29 — 878000-07**

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. Instructor: Annamarie. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor.

DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.



### Arthritis Class L2

**Tuesdays, July 7-28 — 801000-7A**

**Wednesdays, July 8-29 — 801000-7B**

**Thursdays, July 9-30 — 801000-7C**

**Fridays, July 10-31 — 801000-7D**

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.



## Mind and Body

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.*

### Tai Chi L1

**Tuesdays, July 7-28 — 730100-07**

**Saturdays, July 4-25 — 730100-7A**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 Tuesdays (four sessions); \$35 Saturdays (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

### Tai Chi Intermediate L2

**Saturdays, July 4-25 — 730300-07**

10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



### Tai Chi Advanced L3

**Tuesdays, July 7-28 — 730400-07**

2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

### Healing with Chi ("chee-gong") L1

**Thursday, July 9-30 — 820706-07**

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. Healing with Chi is an innovative Energy-based approach to restoring and sustaining health & Well-Being. CHI ("chee") Conscious Life Energy has been used as healing medicine for thousands of years. \*Recommended by Kaiser, the Veterans Administration, Stanford, and Mayo Clinic. Learn about your Energy resources of Heart, Mind & Hands and how to gather and direct Energy releasing Stress, Pain, and Emotional Suffering. Thirty-year holistic healing

*Continued on page 87*

# Keep Your Trees and Shrubs Fit and Trim!

**A** - Affordability: our pricing will always be competitive

**C** - Competence: our Certified Arborists and Tree Workers are well trained

**O** - Organization: we are organized in our operations for prompt and timely service

**R** - Reliability: we return our phone calls and will be on time

**N** - Neatness: your property will always be left cleaner than when we arrive

- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured  
Contractor Lic. #953007

**916-787-8733 (TREE)**



www.787tree.com • www.acornarboricultural.com

Thinking of Selling ?

Sharon Worman

916-408-1555



Still serving the Real Estate needs of "Lincoln Hills" with

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

Email: [sharonworman@aol.com](mailto:sharonworman@aol.com)

Coldwell Banker Sun Ridge

BRE #00905744

Almost 30 years of local Real Estate experience



## LIFE ENHANCING DENTAL CARE

*Eat Better, Feel Better, Smile More!*

### NO INSURANCE? NO PROBLEM!

Introducing our in-house membership SAVINGS plan that is **BETTER** than insurance!

How is our Quality Dental Plan better?

- ✓ NO waiting periods
- ✓ NO annual maximums
- ✓ NO surprises = NO denials
- ✓ NO deductibles

Affordable, high-quality dentistry can now be yours for an annual membership fee of \$299, which includes TWO regular cleanings, x-rays and fluoride treatments (valued at more than \$500) as well as 15% off all dental procedures!

Call **408-CARE (2273)** for more information  
1510 Del Webb Blvd. Suite B106, Lincoln, CA 95648

Meet Dr. Nelson Wong and his family: his wife Audri, and their three boys, Christopher, Timothy and Jonathan.



practitioner and QiGong (“chee-gong”) instructor, Sherry Remez guides you to *relax* in this ongoing, light-hearted internationally recognized program. Appropriate for any age or fitness level.

## Personal Growth

*Programs that provide learning and development in areas of life that are unique to each individual.*

### New Session! Living Through Transitions

July 18-December 5 — 823500-B1

9:00 AM-12:00 PM, P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person



only \$35 per session. Do you plan to age in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options and end of life issues. If you have questions or need help enrolling please email [carol.zortman@schca.com](mailto:carol.zortman@schca.com) or call 625-4032. Residents Register: Fitness/Activities Desks or online. Separate session registration only available at the Fitness Desks.

### Living Through Transitions “The Financial Foundation”

Saturday, July 18 — 823500-JA

This is a class for the support person only. 9:00 AM-12:00 PM, P-Hall (KS). \$35.

### The Sudoku Series

Tuesday, August 25 — 870000-08

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass.



### Self-Defense and Martial Arts

Tuesdays, July 7-28 — 815000-07

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and

mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills for needed varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



## Tennis

*Programs that provide learning the mental, physical and emotional side of the sport.*

### Instructor Eldon Wilson

Eldon Wilson is a P-1 USPTA Professional with over 25 years of teaching and extensive experience. He has directed teacher development courses, mental toughness clinics and coached many top ranked national players. He has also written for various tennis publications, is a public speaker, and has written a book, *The Accelerated Tennis Program*.



### Cardio Tennis

Tuesdays, July 7-28 — 790401-07

7:30-8:30 AM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. This is a high energy fitness class that combines the best features of the sport while delivering the ultimate full body, calorie burning, aerobic workout! Register: Fitness Desks or online.

### Ground Strokes Clinic

Saturday, July 11

2.5-3.0 players 11:00 AM-12:00 PM — 790400-07

3.5-4.0 players 12:00-1:00 PM — 790400-A7

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Ground strokes:* A ground stroke can be hit with top spin or under spin and is hit mostly from the baseline. You will go through footwork, balance, upper body stroke as well as the lower body and positioning to the shot. Each player has their own style, clinics are designed to enhance your style not change it. Register: Fitness Desks or online.

### Volleys Clinic

Saturday, July 25

2.5-3.0 players 11:00 AM-12:00 PM — 790400-08

3.5-4.0 players 12:00-1:00 PM — 790400-A8

Court #11. \$15 (one session). Instructor: Eldon Wilson. Vol-

*Continued on page 89*

# Victoria Mosur, D.D.S.



Victoria Mosur, DDS

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care

## New Patients Welcome

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

**(916) 645-3373**

[www.victoriamosurdds.com](http://www.victoriamosurdds.com)  
496 East Ave, Lincoln, CA

# THE POWER OF TWO!



Steve and Jo Ann Gillis

- Providing exceptional real estate services with experience, enthusiasm & integrity.
- Over 25 years in residential real estate sales throughout Northern California
- Results that MOVE you!
- Residents of Sun City Lincoln Hills

Jo Ann Gillis • BRE# 01018109 • [jjillisrealtor@gmail.com](mailto:jjillisrealtor@gmail.com)  
916-316-0815

Steve Gillis • BRE# 01968756 • [stevegillis106@gmail.com](mailto:stevegillis106@gmail.com)  
916-303-6420



Each office independently owned and operated.

# INSPIRED tree care!

CAPITALARBORISTS.COM  
(916) 412-1077

- TREE & SHRUB CARE
- SEASONAL PROGRAMS
- PLANTING
- IRRIGATION UPDATES & REPLACEMENTS
- WATER MANAGEMENT PROGRAMS
- FERTILIZATIONS
- PEST & DISEASE MANAGEMENT
- CUSTOM-DESIGNED LANDSCAPING



Lic.# 951344



leys: A volley is a ball that doesn't bounce and is hit with a short backswing. In this clinic you will get an understanding of core centering as well as the use of dynamic balance and develop the ability to control the volley in many areas on the court. Register: Fitness Desks or online.



## Money Matters

### Let's Talk About Advance Health Care Directives

**Tuesday June 23 — 863100-04**

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



## Natural Healing

### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. "The reason I exercise is for the quality of life I enjoy."—Kenneth Cooper. For more information about Bowenwork or for an appointment, please contact Natilee Riordan at Bowenwork@scl-hca.com or 625-4034.



## Training Services

Please check the Fitness Centers or website under Fitness for a complete listing and contact information.

**One-on-One Training:** One client and one trainer. For more information regarding personal trainers and their rates and/

or qualifications please contact Jeannette Mortensen at 408-4825 or inquire at either Fitness Center.

**Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

*Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

### SGT—TRX Express L1

**Mondays & Wednesdays, July 1-27 — 835210-A7**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



### SGT—TRX Express L2

**Tuesday & Thursdays, June 30-July 23 — 835211-A7**

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

### SGT—TRX Interval Training L3

**Mondays & Wednesdays, July 1-27 — 835800-A7**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



### SGT—Fit 101 L1

**Mondays & Wednesdays, July 6-29 — 835500-A7**

2:00-3:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct



*Continued on page 91*

# CARPET CLEANING THREE ROOMS & HALL

**\$74.95** up to 400 sq. ft.  
includes free pretreatment!

*"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."*

Curtis B.  
Lincoln Hills Resident

## Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

## GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR \* LINCOLN RESIDENT \* IICRC CERTIFIED

**916-508-2521**

DEPENDABILITY \* INTEGRITY \* EXCELLENCE

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

## TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM

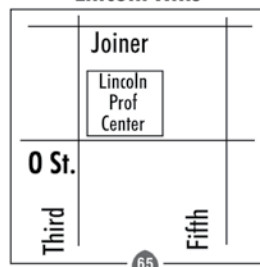


Dr. Brian P. Keller, DPM

### ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
  - Heel Pain
  - Bunion Surgery
  - Custom Arch Support
  - Corns & Calluses
  - Sports Injuries
  - Diabetic Foot Care
- Plantar Fasciitis
  - Hammertoes
  - Flat Feet
  - Diabetic Shoes
  - Fungus Nail Treatment
  - Nail Care

Minutes from Sun City  
Lincoln Hills



**916-434-6410**

LINCOLN PODIATRY CENTER  
841 Sterling Pkwy., Suite 130 • Lincoln

# Make Our Backyard Your Backyard!

- Largest Selection in Northern CA
- Factory-Trained Representatives
- We Guarantee What We Sell
- Special Orders Are Welcome!
- We Service & Deliver Ourselves
- 4 Convenient Area Locations



*Patio Sets  
& Accessories*



*Outdoor  
Kitchens*



*Portable Weber  
Gas Grills*



*Portable Spas*



## California BACKYARD

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

**ROSEVILLE**  
1529 Eureka Rd.  
773-4800

**GOLD RIVER**  
Hazel & Hwy 50  
353-5100

OPEN  
7 DAYS  
A WEEK

**ARDEN**  
2901 Arden Way  
488-5100

**ELK GROVE**  
8457 Elk Grove Blvd.  
683-9000



settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

### SGT—"Fun"ctional Fitness L3

**Tuesdays & Thursdays, June 25-July 21 — 835600-A7**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin.

Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged.



### SGT—Bootcamp L2

**Tuesdays & Thursdays, July 7-30 — 835300-A7**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging small group training will take a back-to-basics approach with a full body workout. A variety of equipment will be introduced and used for a workout you've never seen before.



### SGT—Morning Burst Bootcamp L2

**Mondays & Wednesdays, July 1-27 — 835300-B7**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more!



### **New!** SGT—Morning TRX Bootcamp L2

**Fridays, July 10-31 — 835200-A7**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

### SGT—Bootcamp L3

**Mondays & Wednesdays, June 29-July 22 — 835400-A7**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Take your workout to the next level!

Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.

### SGT—Healthy Back L1

**Mondays and Wednesdays, July 6-29 — 835700-A7**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre.

This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



### SGT—Healthy Back L2/L3

**Mondays and Wednesdays, July 6-29 — 835701-A7**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class will progress from the exercises and principles taught in Healthy Back L1. We will focus on core strength, posture and balance. This class will challenge you by progressing from corrective flexibility and advancing to circuit training workouts that challenge every part of your body. We will use steps, stability balls, hand weights, tubing and TRX straps for workouts. Please bring water and a towel.

### SGT—Balance & Fall Prevention L1/L2

**Mondays & Wednesdays, July 6-29 — 835710-A7**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

## Pilates Reformer Section

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

## Introducing Pilates Reformer Membership!

### Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month during the third week of the previous month. Additional classes may be added as a member. Non-members select classes (after members) on the fourth week of

*Continued on page 92*

the month on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package**  
\$80 per month
- **Eight-class membership package**  
\$135 per month
- **Add-on classes for member**  
\$17 per class
- **Drop in classes for non-member**  
\$25 per class
- **Introductory session**  
\$30 for both member and non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at the OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available for those enrolled in the eight-class package.

## Pilates Reformer Class Descriptions

### Introductory Reformer Session L1

**Continuous Dates — 835110-A7**

Fitness Floor (KS). \$30 (one session, one-hour long). This

session is a prerequisite for Pilates Reformer classes. You will work one-on-one 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 Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.



### SGT— Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

### SGT Reformer Basics +

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

# Shari McGrail

916-396-9216

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



CalBRE# 01436301

- Resident Since 2004
- Top Producing Realtor Every Year Since 2005

- Experience
- Competence
- Integrity
- Follow-Through



**GOLD PROPERTIES  
OF LINCOLN**



**Lincoln Hills Property Management Specialists**

Also serving Lincoln, Rocklin & Roseville



**Full Residential  
Property Management  
Over 40 Years  
Experience**

**(916) 408-4444**

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

### SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

### SGT — Reformer Fit for Golf L2

Do you want to be able to hit the ball farther, straighter and with less chance of injury such as to the back, elbow and knee? Different pieces of equipment will be used to condition you like the pros!



### Pre-Reformer for Special Population— Personal Training

\$50 one session (one-hour long). The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations. Personal Training and Buddy Training available. To be referred to appropriate class, please contact Carol Zortman at 625-4032.

### Punch Pass Class Descriptions

*Please see the colored grids on the following pages for days and times. Purchase a Punch Pass for these classes.*

*Each class is \$3.50.*

**20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

**Aqua Fit L2:** This is a shallow water class designed for all levels of aquatic fitness. Goals for the class are to increase cardiovascular health, strength, endurance, agility, balance, and flexibility while using the water's resistance to tone and define the body. This class utilizes music, fun, and water "toys" for a format that includes: warm up, conditioning, strength, cool-down, as well as toning, stretching and relaxation exercises. Hop in the pool for one hour of water fun and get a workout for everything from head to toe!

**Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions

that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

**Aqua Yoga L1:** Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

**Arthritis Foundation Aqua Class L1:** This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between good music, friendly people and laughter, you can't miss with this class!

**Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!

**Athletic Stretch L1-L2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!

**Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

**Basic Body Conditioning L1:** If chair class is too easy for you, but you aren't ready for regular aerobics, this class is for you! Warm up with fun and simple no-to-low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

**Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

**Cardio Strength L3:** This class combines short cardio drills

*Continued on page 95*

## Andes Custom Upholstery

Since 1977

**For Lincoln Hills Residents Only:**

# 40% OFF ALL FABRICS

Great Prices on Fabrics  
& Labor

Call Jay  
**645-8697**

New Foam Inserts

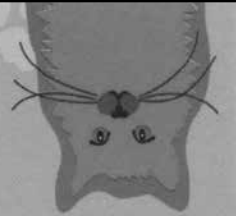
Free Estimates Many Lincoln Hills Referrals

## Joan's Pet Sitting

Bonded & Insured

Daily visits to your home

SCLH resident



**916-505-5000**

joanspurling961@gmail.com

Serving Sun City Lincoln Hills

References available upon request

# Your Old Photos! Restored!



I live in Lincoln Hills and will gladly do free estimates in your home.



Patrick J Osborne  
Visionary Design  
**916-408-4152**  
email chilemon@starstream.net

## HAWAII from only \*\$1449

\*Fares are per person, based on double occupancy and subject to availability. Don't miss the boat!



**Ports:** San Francisco  
Honolulu, Kauai,  
Hilo, Maui, Hawaii +  
Mexico & Return to  
San Francisco.

**2015 Sailing Dates:**  
09/25, 10/24 & 11/28



Sail Round Trip from  
San Francisco for 15  
Days with Round-  
Trip bus transporta-  
tion from Lincoln!

**SHOP LOCAL!** Call CLUB CRUISE & Travel

for all of your travel needs at **916-789-4100** or stop by:  
851 Sterling Parkway, Lincoln, CA Across from Raley's.

CST#203338040

## Senior Care Giver Services



- Hourly and live-in shifts available
- 15 years experience
- Licensed and Bonded
- References available upon request

Call (916) 295-9649

Satwinder Grewal ~ sgrewal@kw.com

## WAYNE'S FIX-ALL SERVICE

- Ceiling Fans
  - Recessed Lighting
  - Tile Work
  - Electrical Outlets
  - Remodeling
  - Interior / Exterior Painting
  - Circulating Water Pumps
  - Phone / Cable Jacks
  - Shelving
  - Drywall & Texture
  - Carpentry
- (916) 773-5352
- General Contractor  
Lic. # 749040  
Insured and Bonded
- Old fashioned handyman  
specializing in your needs
- Established 1996



# Need A Ride?

Quality Service & Experience • Affordable Rates  
Airports ~ Hotels ~ Tours ~ Private Events

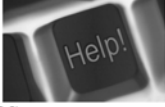
Family Owned & Operated in Lincoln • TCP#32601-A

**916-343-5726**

dddshuttleservice.com • dddshuttle@gmail.com

## Affordable Computer Help

PC Help IN YOUR HOME

- Remove Viruses
  - Fix Spyware
  - Wireless Setup
  - Customized Training
  - Memory Upgrades
  - All your Computer Help Needs
- 
- 15% Senior Discount
  - DSL setup
  - Speed up your PC
  - Friendly Personal Service, E-mail Help
  - New PC Setup & Transfer Files

Your Fulltime Computer Specialist

**Jerry Shores 663-4500**

PO Box 981, Lincoln, CA 95648. Reg No. 85117

between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

**Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

**Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

**Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

**Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

**Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

**Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class designed especially for those with diabetes who have completed either the Diabetes Exercise Program 1 or another education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

**Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no "fancy dance" moves. Light hand weights, and other strength training "toys" will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

**Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

**Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs,

lungs, and heart. A fun and challenging cycle workout!

**iRest—Meditation for Yoga:** This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

**Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

**Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

**Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

**Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

**Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

**Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes

*Continued on page 96*

like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

**Relaxing Yoga and Meditation L1:** This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience.

**Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

**Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

**Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend thirty minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

**Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

**Wai Dan Gong:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

**Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

**Water Works L3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

**Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

**Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

**Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

**Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

**Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

**Yoga Strength L2:** This is not your ordinary yoga class. This class combines your traditional yoga poses with the strengthening power of weights. Whether you are a hard core yogi or a group fitness junkie, this class has something you will enjoy! Increase your flexibility, balance, and strength in one amazing class.

**Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

**Zumba Gold L1/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



### OC Aqua Wellfit Class Schedule July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3- Marilyn		Water Works L3- Marilyn		Water Works L3-Jeannette		
8:30	Aqua Fit L2- Lisa		Aqua Fit L2- Lisa		Water Works L3-Jeannette		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 -Deanne			
10:30	H20 Bootcamp L3- Annamarie	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 -Deanne	Aqua Fit L2- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		Aqua Pilates L1-Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Outside H20 Bootcamp L3 Annamarie	Water Works L3- Annamarie	Outside H20 Bootcamp L3 Annamarie	Water Works L3-Lisa			

### Pilates Reformer Class Schedule March Compass July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:00							
7:30	Ref Basics L1 - Kirsti	Fit for Golf L1 - Robert		Fit for Golf L1 - Robert	Ref Basics L1 - Kirsti		
8:30	Ref Fit for Golf L2 - Robert	Ref Intermediate L2 Deborah	Ref Fit for Golf L2 - Robert	Ref Basics L1 - Gretchen	Ref Intermediate L2 - Kirsti		
9:30			Ref Basics L1 - Marilyn			Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie	Ref Basics L1 - Terri	Ref Basics L1 - Valerie	Ref Basics L1 - Terri			
11:30	Basics Plus L2 - Valerie	Ref Intermediate L2 - Terri	Basics Plus L2 - Valerie	Ref Intermediate L2 - Terri	Ref Basics + L1-L2 Valerie		
12:30							
4:30				Ref Basics L1 + L1-L2 - Lori			
5:00	Ref Basics L1 - Terri		Ref Basics L1 - Terri				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1-3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	20/20/20 L3-Gretchen	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Yoga Strength L3- Jeri	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Terri	iRest Meditaton and Yoga (12:15 - 1:15) - Iram	Arthritis L1/2 -Lin		Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri	Chair Yoga L1 (1:30-2:30) Ashley	Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 (2:00-3:00) L1- Marilyn	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 L1- Marilyn	Activities		Yoga Flow L2- Ashley
3:00	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	3:00-4:15pm Diabetes 1- Annamarie	Diabetes(DEP 2 ) L1 Annamarie		SCLH Booking	
4:00							
5:00	Zumba L3 - Andi		Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan	6:00-7:30 Self Defense - Paul					
7:00							
			Group Exercise Classes (punch pass) \$3.50		Wellness Classes (session based)	Small Group Training (session based)	

All classes are subject to change without notice.  
All classes are 55 minutes, unless otherwise noted.

KS WellFit Class Schedule , July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS 6:15am SGT - Bootcamp L2 - Robert	KS	KS 6:15am SGT - Bootcamp L2 - Robert	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn	8:00am HI NRG Cycle L3 - Paige	
7:30							
8:00							
8:30	Low Impact/Script Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30		Piloga Flow L2 - Julie Ml	Cycle & Strength L2 - Gretchen	20/20/20 - Dominie	Everybody Can L2 - Lin	Yoga L2 - Susan	
11:30	SGT - Healthy Back L1 - Kathryn		SGT - Healthy Back L1 - Kathryn		Waldan Gong - Joan		
12:30	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne			
1:30	Yoga Basics L1 - Susan	Tai Chi L1 - Peif	Basic Conditioning L1 Lin	1:00pm Qigong L1 - Sherry			
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia				
3:30	SGT - TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Peif	SGT - TRX Exp. L1 - Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Susan		Yoga for Osteo L1 - Susan			
5:00							
5:30	SGT - Bootcamp L3 - Lisa	SGT - TRX Exp. L2 - Julia	SGT - Bootcamp L3 - Lisa	SGT - TRX Exp. L2 - Julia			
6:00		Hatha Yoga L2 - Susan		Relaxing Yoga & Meditation L1 - Susan			
7:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)  
Small Group Training (session based)

All classes are subject to change without notice.  
All classes are 55 minutes unless otherwise noted.



**Future Forecast—Cloudy, Little Rain...  
Water Conservation Panel  
Tuesday, June 16 — Free**

7:00 PM, Ballroom (OC). Such recent forecasts have prompted the City of Lincoln to present current water conditions. Specific topics will include:

- A brief overview of the City of Lincoln’s water system and conservation programs by Senior Water Technician Jeff Miller.
- Information about water billing and upcoming rate changes by City of Lincoln Utility Billing Supervisor, Fe Angel.
- City staff will also provide an overview of the city’s storm water quality program. Q&A follows.



Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb’s Northern California communities. As part of the executive management team, Judy sat at the strategic planning table from 1994-2007. Learn interesting “insider” history, including the first-ever public revelation of the Lincoln Hills’ Ghost story.



**Password—Back by Popular Demand  
Tuesday, July 28 — Free**

1:00 PM, P-Hall (KS). Do you have too many Passwords? Don’t know how to keep track of them? What makes a good Password? What is a Master Password? This is your opportunity to learn about these questions and get your questions answered about handling your passwords. Ken Silverman will bring you up to date on this important topic.



**The Five Most Common Foot Problems  
Wednesday, June 24 — Free**

7:00-8:30 PM, Ballroom (OC). Summertime provides increased opportunities for physical activity, and foot problems can hinder our participation. Get one step ahead by hearing Dr. Beth Noe, MPD, Podiatrist, Kaiser Permanente, who will discuss common foot issues and what to do about them. Topics include: heel pain, flat feet, toenail problems, athlete’s foot, and lumps and bumps. Join us for tips on how to keep your feet healthy.



**Aging in Place  
Wednesday, July 29 — Free**

7:00 PM, Ballroom (OC). The Center for Disease Control defines aging in place as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income or ability level.” Principles involved in aging in place include ensuring a safe home environment to accommodate the normal aging process, modifying current practices to ensure safety (e.g. transportation, household management), health and wellness, and access/use of technology. This presentation will identify areas of consideration to create a successful aging in place option, including local resources. Join us for an informative and interesting discussion with Adora Matthews, MD, Physical Medicine and Rehabilitation Physician and Brenda Collins, Occupational Therapist, both of Sutter Health. There will be a question and answer period following the presentation.



**Del Webb—The Man, The Legacy and  
SCLH—The Vision, The History & The Ghost  
Thursday, July 9 — Free**

10:00 AM-12:00 PM, Ballroom (OC). What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with SCLH? Find out as Judy Bennett relives the history and legacy of Del Webb, the man, and the vision and history of Lincoln Hills.

**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>Future Forecast—Cloudy, Little Rain...Water Conserv. Panel</b> Tuesday, June 16, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Aging in Place</b> Wednesday, July 29, 7:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>The Five Most Common Foot Problems</b> Wednesday, June 24, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>American Woman in Pakistan... Irene Douglass &amp; Veterans Club</b> Thursday, August 20, 1:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Del Webb—The Man, Legacy; SCLH—Vision, History, Ghost</b> Thursday, July 9, 10:00 AM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cancer Prevention Through Improved Nutrition</b> Wednesday, August 26, 7:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Password—Back by Popular Demand</b> Tuesday, July 28, 1:00 PM, P-Hall (KS)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Watch for more Community Forums in upcoming issues of the <i>Compass</i></b></li> </ul>

**Did You Know?**

The advertisers in the *Compass* bring a lot of revenue to our community. Next time you are

working with a *Compass* advertiser, tell them how you heard about them and that you appreciate their advertising. Remember, the last page of the

*Compass* shows our vendor list by category followed by the page number of their ad.





**JNT BUILDING & REMODELING**  
**DONE RIGHT.**

Additions • Home Remodeling & Repair • Outdoor Living



**FREE**  
Installation  
of Interior  
Wood Design  
Cabinets!\*

*Interior*  
**WOOD DESIGN**

Call for a free estimate  
**916-878-6792**

BBB **A** RATING

jntbuild.com

\*Bathroom remodels, kitchen remodels, or additions only. Some exclusions apply. Exp 7/15/13. LIC #926956



Family Owned and Operated Since 1982



*Your Dreams — Our Passion*

- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms



Made in the USA

*Interior*  
**WOOD DESIGN**

Master Cabinet Builders

www.InteriorWoodDesign.com  
334 Sacramento Street • Auburn • 530.888.7707  
Lic. #540107



**22,000-Plus Satisfied Customers!**  
**Hundreds of Customers in Lincoln Hills!**

**THE BEST**  
**FOUR SEASONS**  
**SUNROOMS**  
Made in the Americas for Over 22 Years

**DURAWOOD**  
Maintenance-Free Polycarbonate

**The Best Sunrooms and Patio Rooms!**

- Solid or Glass Roofs
- CONSERVAGLASS™ - Keeps the Heat Out and the Warmth In.

**Durawood™ Patio Covers**

- Looks like wood, but is maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.

**PETKUS BROTHERS**

**Sunrooms & Patio Covers**  
www.Petkus Brothers.com

**30**  
YEARS  
OF  
EXCELLENCE

*Your Full Service*  
**HOME PRODUCTS COMPANY**

- Bathroom Remodels
- Kitchens
- Landscaping
- Windows & Doors
- Room Additions

**BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY**

4760 Rocklin Road, Rocklin, CA 95677 • 916-415-9966  
Showroom Hours: Mondays-Fridays, 8-5 / Saturdays 11-3 / Closed Sundays

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### •Administration•

Executive Director

Chris O'Keefe 625-4060 [chris.okeefe@slhca.com](mailto:chris.okeefe@slhca.com)

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

[jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

### Accounting

Director of Finance

Bruce Baldwin 625-4013 [bruce.baldwin@slhca.com](mailto:bruce.baldwin@slhca.com)

### Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057 [ben.baker@slhca.com](mailto:ben.baker@slhca.com)

### Community Standards

Community Standards Manager

Cece Dirstine 625-4006 [cecelia.dirstine@slhca.com](mailto:cecelia.dirstine@slhca.com)

### Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 [cesar.orozco@slhca.com](mailto:cesar.orozco@slhca.com)

### Membership

Membership Clerk

Bertha Mendez 625-4000 [bertha.mendez@slhca.com](mailto:bertha.mendez@slhca.com)

### Room Booking

Room Booking Coordinator

Shelvie Smith 625-4021 [shelvie.smith@slhca.com](mailto:shelvie.smith@slhca.com)

### •Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

### Activities

Lifestyle Manager

Lavina Samoy 625-4073 [lavina.samoy@slhca.com](mailto:lavina.samoy@slhca.com)

Lifestyle Assistant Manager

Lily Ross 408-4609 [lily.ross@slhca.com](mailto:lily.ross@slhca.com)

Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@slhca.com](mailto:betty.maxie@slhca.com)

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 [deborah.meyer@slhca.com](mailto:deborah.meyer@slhca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@slhca.com](mailto:katrina.ferland@slhca.com)

### Clubs

Administrative & Club Support

Christy Goodlove 625-4003

[christy.goodlove@slhca.com](mailto:christy.goodlove@slhca.com)

### Compass

Editor • Jeannine Balcombe

625-4020 [jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

Compass Advertising Coordinator

Judy Olson 625-4014 [judy.olson@slhca.com](mailto:judy.olson@slhca.com)

### Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

WellFit Manager

Deborah McIlvain 625-4031 [deborah.mcilvain@slhca.com](mailto:deborah.mcilvain@slhca.com)

Fitness Supervisor Jeannette Mortensen 408-4825

[jeannette.mortensen@slhca.com](mailto:jeannette.mortensen@slhca.com)

Wellness Supervisor Carol Zortman 625-4032

[carol.zortman@slhca.com](mailto:carol.zortman@slhca.com)

### •Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 [jerry.mccarthy@slhca.com](mailto:jerry.mccarthy@slhca.com)

### Catering

Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@slhca.com](mailto:meghan.louder@slhca.com)

### •The Spa at Kilaga Springs•

408-4290

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (first only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

See July 4 hours on page 5. Also, special Membership hours, July 3-20, are on page 5.

## General Numbers

Curator Security, Inc.  
(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

Ken Silverman, President

[Ken.Silverman@slhca.com](mailto:Ken.Silverman@slhca.com)

Jim Leonhard, VP

[Jim.Leonhard@slhca.com](mailto:Jim.Leonhard@slhca.com)

Marcia VanWagner, Treasurer

[Marcia.VanWagner@slhca.com](mailto:Marcia.VanWagner@slhca.com)

Gay Mackintosh, Secretary

[Gay.Mackintosh@slhca.com](mailto:Gay.Mackintosh@slhca.com)

Donald De Santis, Director

[Donald.DeSantis@slhca.com](mailto:Donald.DeSantis@slhca.com)

Molly Seamons, Director

[Molly.Seamons@slhca.com](mailto:Molly.Seamons@slhca.com)

Denny Valentine, Director

[Denny.Valentine@slhca.com](mailto:Denny.Valentine@slhca.com)

## Committee Chairs

Architectural Review Committee

[arc@slhca.com](mailto:arc@slhca.com)

Clubs & Community Organizations Committee

[ccoc@slhca.com](mailto:ccoc@slhca.com)

Communications & Community

Relations Committee

[crc@slhca.com](mailto:crc@slhca.com)

Compliance Committee

[compliance.committee@slhca.com](mailto:compliance.committee@slhca.com)

Elections Committee

[elections.committee@slhca.com](mailto:elections.committee@slhca.com)

Finance Committee

[finance.committee@slhca.com](mailto:finance.committee@slhca.com)

Properties Committee

[properties.committee@slhca.com](mailto:properties.committee@slhca.com)

Please thank your advertisers and tell them you saw their ad in the *Compass*.

Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

**ACCOUNTING/TAX**

AJ Kottman, **62**  
Riolo, Roberts and Freddi, **72**

**ACTIVITIES DEPARTMENT**

Lake Tahoe Shakespeare Festival, **83**

**APPLIANCE REPAIR**

Ace Appliance Repair, **84**

**AUTOMOBILE SALES/SERVICE**

Ability Center, **19**  
Eddie Medeiros, **75**  
Firestone, **72**  
J & J Body Shop, **55**  
Outlet4Cars, **24**

**BEAUTY**

Face Works, **71**

**BEREAVEMENT**

Bristol Hospice, **17**

**CARPET CLEANING**

Gold Coast Carpet & Uph., **90**  
Joe's Carpet Cleaning, **62**  
Johnny on the Spot, **16**

**CHURCHES**

Valley View Church, **8**

**COMPUTER SERVICES**

Affordable Computer Help, **94**  
Compsolve Computers, **80**  
PC & Mac Resources, **84**

**DAY SPA**

The Spa at Kilaga Springs, **10, 69**

**DENTAL**

Citadel Dental, **6**  
Denzler Family Dentistry, **62**  
Life Enhancing Dental Care, **86**  
Paul Binon, DDS, **42**  
Personalized Dental Care, **40**  
Victoria Mosur, DDS, **88**

**ELECTRICAL SERVICES**

Brown's Quality Electric, **84**  
KIP Electric, **55**  
Micallef Electric, **60**

**EYE CARE**

AAA Optical Outlet, **71**  
Wilmarth Eye/Laser Clinic, **38**

**FINANCIAL/INVESTMENT**

Edward Jones, **12**  
Melton Financial, **16**  
Security 1 Lending, **14**  
The Reverse Mortgage Group, **67**

**FITNESS**

Living Through Transitions, **104**

**FOOT CARE**

Lincoln Podiatry Center, **90**

**GOLF CARS—SALES/SERVICE**

Electrick Motorsports Inc., **38**

**GOLF CLUB**

Lincoln Hills Golf Club, **64**

**HAIR CARE**

Kathy Saaty, **71**

**HANDYMAN SERVICES**

A-R Smit & Associates, **53**  
Bartley Home Repair, **53**  
CA's Finest Handyman, **75**  
L&D Handyman, **71**  
Robert Boyer, **84**  
Style Revamp, **12**  
Wayne's Fix-all Service, **94**

**HEALTHCARE**

NorCal Laser Liposculpture, **55**  
Placer Dermatology, **50**  
Sutter Roseville Med. Center, **65**

**HEALTHCARE REFERRAL SVCS.**

A Senior Connection, **49**  
Senior Care Consulting, **78**

**HEARING**

Whisper Hearing Center, **49**

**HEATING/AIR CONDITIONING**

Accu Air & Electrical, **80**  
Air Now Heating & Air Conditioning, **20**  
Good Value Heating & Air, **4**  
Peck Heating & Air, **78**

**HOME CARE SERVICES**

Age Advantage Senior Care, **20**  
Home Care Assistance, **50**  
Live Well at Home, **42**  
Right At Home, **57**  
Senior Care Giver Services, **94**  
Welcome Home Care, **75**

**HOME FURNISHINGS**

Andes Custom Upholstery, **94**  
California Backyard, **90**  
Gary's Refinishing, **75**  
Pottery World, **18**

**HOME IMPROVEMENTS**

Artisan Drywall, **80**  
Capital City Solar, **42**  
Carpet Discounters, **78**  
Don's Awnings, **22**  
Findley Iron Works, **53**  
Green, Clean and Seal, **53**  
ICS Tile & Grout Services, **53**  
JNT Building & Remodeling, **101**  
Interior Wood Design, **101**  
Knock on Wood, **4**  
MG Construction, **71**  
Overhead Door Co., **20**  
Petkus Brothers, **101**  
Rehabitat Construction, **42**  
RM General Contracting, **49**  
Rocklin Overhead Door & Gate, **4**  
Screenmobile, **84**

Snake Brake, **17**  
The Closet Doctor, **14**  
Wallbeds & More, **76**

**HOME SERVICES**

Diane's Helping Hand, **75**

**HOUSE CLEANING**

Rich & Diane Haley House Cleaning, **60**  
This Clean House, **71**

**INSURANCE/INSURANCE SVCS.**

Allstate Insurance, **76**  
Essential Healthcare Ins. Solutions, **17**  
Pat's Med. Ins. Counseling, **78**  
State Farm Insurance, **4**  
Valley Oaks Insurance Agency, **40**

**INT. DESIGN, WINDOW COVERS**

Guchi Interior Design, **14**  
SunDance Interiors, **84**

**LANDSCAPING**

Capital Arborists, **23**  
CM Ponds & Stuff, **75**  
Duran Landscaping, **78**  
Great Outdoors, **20**  
New Legacy Landscaping, **4**  
Rebark Time, Inc., **24**  
Steven Pope Landscaping, **53**  
Terrazas Landscape, **6**

**LEGAL**

Gibson & Gibson, Inc., **19**  
Law Office Lynn Dean, **57**  
Michael Donovan, **80**  
Robertson/Adams, **72**

**MORTUARY SERVICES**

Cochrane Wagemann, **75**  
Cremation Society of Placer County, **60**

**MOVING SERVICES**

CR Moving Services, **12**  
Smooth Transitions, **62**

**PAINTING CONTRACTORS**

All Star Powder Coating, **40**  
Dynamic Painting, **16**  
MNM Painting & Drywall, **67**  
The Paint Solution, **76**

**PEST CONTROL**

Pro Active Pest Control, **38**  
The Noble Way Pest Control, **57**

**PETS**

A Pet's World, **80**  
Joan's Pet Sitting, **94**

**PHOTOS**

Visionary Design, **94**

**PLUMBING**

BZ Plumbing Co. Inc., **55**  
Eagle Plumbing, **60**  
Ronald T. Curtis Plumbing, **4**

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln, **92**

**PSYCHOTHERAPY**

Marvin Savlov, Psychotherapist, **53**

**REAL ESTATE**

Coldwell Banker/Sun Ridge, **19**  
- Andra & Michelle Cowles, **20**  
- Anne Wiens, **60**  
- Don Gerring, **78**  
- Donna Judah, **4**  
- Gail Cirata, **24**  
- Holly Stryker and Jill Mallory, **20**  
- Jo Ann & Steve Gillis, **88**  
- Lenora Harrison, **4**  
- Paula Nelson, **22**  
- Sharon Worman, **86**  
Grupp & Assocs. Real Estate, **67**  
HomeSmart Realty - Shari McGrail, **92**  
Keller Williams  
- Carolan Properties, **8**  
- John Perez, **80**  
Lyon Real Estate - Shelley Weisman, **50**  
Placer Sierra Realty, **78**

**RESTAURANTS**

The Café at Kilaga Springs, **78, 84**  
Meridians, **10, 47**

**SENIOR LIVING**

Casa de Santa Fe, **8**  
Eskaton, **58**  
The Pines, **22**

**SHOES**

del Sole Shoes, **12**

**SHUTTLE SERVICES**

Apex Airport Transportation, **84**  
Diamond Van Shuttle, **94**

**SPRINKLER REPAIR**

Gary's Sprinkler Repair Service, **20**

**STORAGE**

Joiner Parkway Self Storage, **67**

**TRAVEL**

Club Cruise, **6, 75, 80, 94**

**TREE SERVICE**

Acorn Arboricultural Svcs. Inc, **86**  
Capital Arborists, **88**  
Hallstead Tree Service, **53**

**VACATION RENTALS**

Maui & Tahoe Condos, **60**  
San Diego Condo, **80**

**WINDOW CLEANING**

All Pro, **71**  
Lighthouse Window Cleaning, **60**

**WINDOW TREATMENT CLEANING**

Sierra Home & Comm. Svcs., **71**

**WINERY**

Wise Villa Winery, **24**

*Compass* — A monthly magazine established August 1999

Editor: Jeannine Balcombe 625-4020

Associate Editor: Wendy Slater Resident Editor: Doug Brown Advertising: Judy Olson 625-4014

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City

Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.

*Compass*



June 2015

103

# LIVING THROUGH TRANSITIONS™

Aging in place is about being prepared for the changes in your life, health, and environment that occur as you grow older.

**Living Through Transitions, a six-module course beginning in July, 2015 will:**

- Identify the predictable challenges to Aging in Place in SCLH
- Explore options and resources available to meet these challenges
- Focus on giving you tools to plan your future

THE PREDICTABLE CHALLENGES:	CLASS DATE:
WILL MY MONEY LAST AS LONG AS I DO?	JULY 18
HOW CAN I PROTECT MYSELF AND MY ESTATE?	AUGUST 1
HOW WILL I COPE WITH LOSS?	SEPTEMBER 12
WHERE WILL I LIVE? WHAT IF I CANNOT DRIVE?	OCTOBER 1
HOW WILL I MANAGE MY HEALTH CARE?	NOVEMBER 7
HOW CAN I SAY GOODBYE ON MY TERMS?	DECEMBER 5

**Will you Age in Place at SCLH,  
and do you have a plan?**

**SIGN UP TODAY**

Register at the OC Fitness Desk

JULY 18- DECEMBER 5: 823500-B1 (resident)

JULY 18- DECEMBER 5: 823500-GS (support person)