

COMPASS



The Official Magazine of Sun City Lincoln Hills

July 2016

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On the cover

Common landscaping solutions create a beautiful front yard

Board of Directors Report

Yard Educational Expo

Molly Seamons, Treasurer, SCLH Board of Directors



Mark your calendars for the second Yard Educational Expo, **Wednesday, August 10, from 9:00 AM to 12:00 PM** in the OC Ballroom. We will have eight speakers and 16-20 vendors, drawings, and lots of information and tips on how to beautify your yard.

Walk across the street from your house and look at your property as if you were a neighbor. Do you see that you need to refresh your bark? Are a few plants, bushes, or flowers looking very sad or overgrown and need replacement? Do you have weeds? Or does your yard just need to be generally spruced up?

Either way, why not attend the Expo and hear some of the following speakers: Mark Hutchinson will speak on ARC requirements and guidelines for fixing up your yard and procedures for painting your home; Herman Tijsseling will give tips on water usage and conservation; Mary Lou Taverna will present Compliance regulations. We will also have outside specialists such as: Tuff Grass, artificial turf; Lowes, general gardening tips; Wildlife Heritage Foundation, regarding open space; Julie the Garden Girl, plant combinations/ water timers (back by popular demand from last year). There will be a question and answer session after each speaker so you can get personal information on your yard. Also, drawings every hour for new plants, gift cards from Home Depot, Lowes, Green Acres, and more.

The following vendors will have booths located in the entry hall outside the Ballroom and in the Secret Garden to discuss

upgrading your landscaping and products: Thersa Zaro, Landscape Architect; Duran Landscaping; Steven Pope Landscaping; Capital Arborists, tree/plant specialists; Sprinkler Medic, installation/repair; High Hand Nursery; Don's Awnings; Arrow Plastering, stucco work; Bright View, our Association landscapers; Artificial Grass Liquidators; City of Lincoln, regarding water conservation and water waste. Take time to visit with the vendors and ask that nagging question that has been bothering you for months.

On the cover of this COMPASS you will see the after landscaping of a home redone using the ARC guidelines. The photo showing the home's before landscaping is below. This home is located at 1000 Yosemite, where they recently removed their grass



Attend the Yard Expo August 10 and get ideas to beautify your yard

and beautifully landscaped their front yard with rock, bark, trees, bushes, and an accent wall.

A task force, chaired by Board member Molly Seamons and ARC Chair Mark Hutchinson has developed this informational exposition with numerous specialists on hand to discuss topics of concern related to yard and home care.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

As the Editor of the *COMPASS* for the past 17 years, it is my pleasure to accept your many compliments regarding our monthly *COMPASS* magazine. It seems fitting this month as I tip my hat to our resident editor, **Doug Brown**, for his outstanding editorial contributions to most of the articles herein. Read more about Doug's community contributions on page 16, and when you see Doug, please be sure to compliment him.

I would also like to recognize our local printer, **Fruitridge Printing**, for their outstanding printing, customer service and competitive pricing. Fruitridge has provided the *COMPASS* with exceptional color printing for seven years and their work goes a long way in making us look great.

The layout and design of the *COMPASS* is provided by **Wendy Slater, aka Aspen TypoGraphix**. Wendy has been our designer since our first issue, August 1999; she creates, organizes, and puts polish on the pages.



To those who provide content for articles, club news, bulletin board, entertainment, trips and classes, my sincere thanks for your concise and accurate contributions. Extensive thought goes into producing our monthly magazine and it is a pleasure to work with these individuals.

There is much to learn about brain health and how to keep our mind and body healthy. On page 7, Cindy Davis writes about the importance of the hippocampus and its role in short and long term memory and she challenges us to question our Lifestyle choices to maintain overall health, especially brain and memory health. Daily exercise, learning something new and engaging in social interactions are widely accepted as the elixir to healthy mind and body. Our Lifestyle staff provides numerous options to pursue in these areas and is described in detail on pages 43-100.

Mark your calendar and plan to attend
Please see "Connections" on page 41

Calendar of Events

July 15-August 31

| Date | Event | Page # |
|----------|---|------------|
| 07/16 | KS Classic Movies on Saturday: The Thin Man | 38 |
| 07/18 | Painters: Presentation on "Light and Color" | 31 |
| 07/18 | Document Destruction | 38 |
| 07/18 | Day Trip: San Francisco—Pier 39/Fishermen's Wharf | 64* |
| 07/19 | Videography: "Audio Part I" | 35 |
| 07/19 | New Resident Orientation | 38 |
| 07/20 | Players: Auditions "Happy Holidays, A Musical Tribute" | 32 |
| 07/20 | Day Trip: Cache Creek Casino | 64* |
| 07/21 | Book Discussion: <i>Gray Mountain</i> | 24 |
| 07/21 | Veterans: Speaker Rear Admiral Richard Fitzgerald | 35 |
| 07/21 | Concert: Paperback Writers: The Beatles Experience | 43 |
| 07/22 | Players: Auditions "Happy Holidays, A Musical Tribute" | 32 |
| 07/23 | Trip: Laguna Beach Festival Arts/Pageant Masters | 64* |
| 07/27 | Music: Play and Sing | 30 |
| 07/27 | Performance: Music Circus—Cabaret | 54 |
| 07/27 | Forum: Brain Health! Exercise for Your Brain | 100 |
| 07/28 | Eye Contact: "Adaptations, Kitchen, Laundry, Dining Rm" | 27 |
| 07/28 | Garden: "All About Orchids" | 27 |
| 07/28 | Summer Concert Series: The Long Run: Eagles | 43 |
| 08/01 | Antiques Apprec.: Vintage Singer Sewing Machines | 23 |
| 08/01 | KS at the Movies on Saturday: Hello, My Name is Doris | 38 |
| 08/02 | National Night Out | 13, 21, 30 |
| 08/02 | Eye Contact: Society for the Blind Projects and Services | 27 |
| 08/04 | Investors' Study: The Year Past and Ahead | 29 |
| 08/05 | Summer Concert Series: Natural Wonder: Stevie Wonder | 43 |
| 08/08 | Astronomy: Star Party | 23, 39 |
| 08/10 | Yard Educational Expo | 2 |
| 08/10 | Computer PC: "Chromebooks 2016" | 26 |
| 08/10 | Performance: Music Circus—Nice Work/Get It | 54*, 64* |
| 08/11-14 | Players Club Performance: "Play It Again Sam" | 32, 43 |
| 08/12 | Computer PC Clinic: Chromebooks Continuation | 26 |
| 08/12 | Coffee with the Mayor | 39 |
| 08/14 | Line Dance: Line Dance Party | 29 |
| 08/15 | Astronomy: "Black Holes Explained" | 23 |
| 08/16 | Concert: Great Guitars! Daniel Roest and Richard Gilewitz | 43 |
| 08/16 | Forum: City of Lincoln Growth Report | 100 |
| 08/18 | Book Discussion: <i>The Spellman Files</i> | 24 |
| 08/20 | KS Classic Movies on Saturday: Peggy Sue Got Married | 39 |
| 08/23 | Food & Wine: Historic Restaurants of San Francisco | 52 |
| 08/24 | Performance: Music Circus—Hunchback of Notre Dame | 54 |
| 08/26 | Computer PC: Ask the Tech Informal Q&A | 26 |
| 08/26 | Music Group sponsored Open Mic Night | 30, 39 |
| 08/26 | Summer Concert Series: Glenn Miller Orch/Diamonds | 44 |
| 08/30-31 | Players: Auditions "Happy Holidays, A Musical Tribute" | 32 |
| 08/31 | Food & Wine: Best in the West Rib Cookoff | 52 |
| 08/31 | Forum: The End of Life Option Act | 100 |

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

Upcoming Association-Related Meetings: Date, Time, Place

July 15-August 31

| | |
|---|--|
| New Resident Orientation | Tuesday, July 19, 6:00 PM |
| Properties Committee | Thursday, July 20, 9:00 AM |
| Golf Cart Registration | Thursday, July 21, August 4 & 18, 9:00 AM, OC Lodge |
| Finance Committee Meeting | Thursday, July 21, 9:00 AM |
| ARC/Architectural Review Committee | Monday, July 25, 9:00 AM |
| Listening Post | Tuesday, July 26, 11:00 AM |
| Board of Directors Meeting | Thursday, July 28, 9:00 AM, Presentation Hall (KS) |
| Board of Directors Special Meeting | Thursday, July 28, 10:30 AM |
| Board of Directors Executive Session | Thursday, July 28, 11:00 AM |
| CCOC/Clubs & Community Organizations | Tuesday, August 2, 9:30 AM |
| Compliance Committee Meeting | Wednesday, August 3, 10:30 AM |
| Elections Committee Meeting | Friday, August 5, 10:00 AM |
| ARC/Architectural Review Committee | Monday, August 8, 9:00 AM |
| Workshop Presentation of Capitals and Reserves | |
| to Properties/Finance Task Force | Tuesday, August 9, 10:00 AM |
| Finance Committee Meeting | Thursday, August 18, 9:00 AM |
| ARC/Architectural Review Committee | Monday, August 22, 9:00 AM |
| Listening Post | Tuesday, August 23, 11:00 AM |
| Board of Directors Meeting | Thursday, August 25, 9:00 AM, Presentation Hall (KS) |
| Board of Directors Special Meeting | Thursday, August 25, 10:30 AM |
| Board of Directors Executive Session | Thursday, August 25, 11:00 AM |

Meetings in OC Lodge unless noted otherwise.

Planning a trip to Maui or Tahoe?



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 • Maui www.homeaway.com/368174
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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to summer here in Lincoln Hills. I can't wait to see what devilment Mother Nature has in store for us this summer! ... I'd like to recognize Cece Dirstine, who recently retired after 10 years on the Association staff, the last three as the Community Standards Manager. Our thanks go out to her, and we wish her well ... Melinda Rogers has been promoted to Cece's former role, and we look forward to working with her in her new position ... The Summer Concert Series has started off well, with attendance for the first two shows higher than last year's. If you have not been to one of our concerts, you are truly missing out on a good time ... Speaking of the



concert series, I'd be remiss if I didn't thank our resident volunteers who work the concerts. They do a great job taking care of our residents and guests ... I'd like to mention that David Ortiz was the Employee of the Month for June. David does a great job supporting the marketing team, as well as the CCOC committee ... Casual observation: I noticed our Catering Manager Meghan Louder walking with an older woman out to the parking lot the other day. I thought it might be a relative, but the back story was that the woman in question was a resident who was lost (she was looking for the old Del Webb Admin Building), and Meghan provided an escort to the office that this person was looking for. She could have simply provided verbal instructions, but she went out of her way to take care of one of our residents. This is exactly the level of service we are

striving for at Lincoln Hills ... You will soon notice new rail fencing along Del Webb Boulevard. It should be a great improvement over the existing rail fencing that is seen throughout the community ... The Listening Post was well attended in June, and I encourage anyone who has questions regarding the Association to attend ... I've had some nice and thoughtful comments regarding my June article about Food & Beverage. I think it speaks to one of the tenets that Michele Hutchinson (Communications Guru) brings up on a regular basis, and that is the need to explain the "why." As a staff, we will endeavor to speak to the why, when appropriate. I'm confident that the more that you know about how decisions are made, the better you will feel about the governance and operation of our community. As our residents, you deserve that ... Have a great July!

Proposed Changes to Design Guidelines for Artificial Turf

The Architectural Review Committee has recommended a clarification to the Design Guideline language regarding artificial turf installation (Section 6.8.3). The proposed changes shown in red are as follows:
Pile height and style.
1-3/4" ~~to 2"~~ high, minimum in rear and side yards. (except for putting greens and bocce courts)

2-1/2" minimum in front and corner lot street side yards.

Tuft or face weight shall be a minimum of ~~50 to 80~~ 75 ounces per square yard.

To review the entire Revised Design Guidelines, please go to the resident website home page and scroll to the Latest Association News Blog, or request a copy

of the changes from the OC Front Desks. Please submit your comments in writing no later than July 29, 2016 by hand delivery to the Membership/Activities Desk at Orchard Creek Lodge, or by mail/email as follows:
Architectural Review Committee
Sun City Lincoln Hills Community Association
c/o Chris O'Keefe, Executive Director
965 Orchard Creek Lane
Lincoln, CA 95648
Chris.Keefe@sclhca.com

Employee of the Month Award

Our June "Employee of the Month" Award was given to Susana Rodriguez! Susana joined our Kitchen Staff in May of 2012. Here are just a few words shared by our staff:

"Susana is always happy and has a great work ethic!" "She always brings a smile to your face." "Susana is very pleasant, and is a hard worker!" "She never complains about her job no matter how difficult it may be." Congratulations Susana on receiving June Employee of the Month Award. We ap-

preciate your hard work and dedication to Sun City Lincoln Hills.



Susana Rodriguez, Meridians, right, with Nancy Gabriele, HR/Payroll Manager

Did You Know?

Remember your four-legged friends when out on a walk. Asphalt and roadways are hot and can cause serious harm to the bottom of your pet's paws.





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Time Flies!

Elections Committee

We know that it does not seem possible, but the filing period to become a candidate for our Association Board of Directors election is less than two months away. Are you thinking of adding community leadership to your list of accomplishments by becoming a candidate?

The filing period for the February, 2017 election is from September 12 to

October 12, 2016. Four seats on the Board are to be filled in this election. Your Elections Committee target is to have at least five candidates from which you will choose to fill these important seats.

Now is the time to seriously consider serving our community for the next two years as a member of the Board of Directors.

WellFit News

Vacation Fitness Tips

Deborah McIlvain, Director of WellFit and The Spa at Kilaga Springs



This is the time of year when we tend to do a lot of traveling and it's certainly easy to get off our routine of healthy eating and regular exercise. Don't get me wrong, getting away from "reality" is good for the soul, and getting away from the usual workout routine is good for the body, too. However, a vacation can be the perfect time to exercise.

By freeing yourself from your routine, you open your mind to new ways to keep fit while on vacation. To maintain your cardio, walks on a sandy beach (which can burn twice the calories as walking on flat ground), leisurely bike rides, hiking, snorkeling, golf, and tennis are all great ways to maintain your fitness level.

Finding ways to maintain your strength and muscles can present more of a challenge. You usually don't have much equipment available unless you have a hotel fitness room, but a quick workout with weights, resistance bands, or full water bottles will keep you strong and fit until you get back to your usual routine.

If you decide to use your vacation to rest from exercise entirely, let's look at

what happens to your body. How long can you go before you lose fitness? How fast you lose endurance and/or muscle depends mostly on your genetics, but below are some general guidelines from American College of Sports Medicine:

- Aerobic power can decline 5-10% in three weeks.
- All your gains could be gone after about two months of inactivity.
- The fitter you are, the faster you lose your fitness.
- You tend to lose aerobic capacity faster than muscular strength. (Muscles are resilient and retain a memory of all those exercises you did!)

Sure, taking a week off probably won't make much of a difference but any more than that and it may be harder to get back to your previous levels. So remember, finding ways to stay active will keep you fit, help you avoid weight gain and make the transition back to the gym a little easier.

Upcoming Events: Have you checked out Bowenwork Services? Refer to page 94 to learn more about Rebecca and how Bowen Therapy can improve your quality of life. "The Dementia Whisperer" Presentation is coming to SCLH on September 8 (more information, page 87). Also, make sure to look in the August *COMPASS* for our annual Community Social and a fund-raiser event benefitting Placer Breast Cancer Foundation, coming on October 7.

The Road to Aging Well

"There's a Hippo in My Brain!"

Cindy Davis, WellFit Event Coordinator

It is only fitting that this month's Community Forum is a WellFit production. At WellFit, our vision is to "Provide an approach to wellness that inspires and engages our residents to achieve a better quality of life." This vision has everything to do with our hippocampus, the brain's major component that plays important roles in short and long term memory. It is critical in our ability to stay sharp as we get older, and experts claim that exercise just might be the magical elixir that keeps our "hippos" growing. Neuroscientists, psychologists, and physicians believe that "exercise is, *without question*, the single best thing we can do for our brains." The director of Stanford Center on Longevity says, "If we had a pill that could do what exercise does, its sales would put Viagra to shame!"



Exercise boosts the flow of blood to certain parts of the brain, triggering an amazing protein that scientists have nicknamed "Miracle-Gro." This protein stimulates the formation of new neurons in the hippocampus, helping with memory, learning, and the ability to plan and make decisions. At the same time, this valuable protein repairs cell damage and strengthens connections among brain cells. A University of Illinois study has proven that adults ages 55-80 who completed a six-month program of walking briskly regularly showed a dramatic increase in the size of their hippocampi. Another study confirmed that walking just one mile a day can lower the risk of Alzheimer's disease by a whopping 48%!

New neuroscience discoveries offer fascinating evidence of how simple lifestyle habits also enlarge our hippocampus. Learning new facts, adding high Omega 3's, improving sleep, and merely switching hands when brushing your teeth are all ways to stimulate brain growth. Unfortunately, the hippocampus can shrink
Please see "Hippo" on page 100

Well Fit Classes: pages 85-97 • Class Grids: pages 97-99

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Activities News & Happenings

As Summer Sizzles, Activities Dazzle!

Lavina Samoy, Lifestyle Manager

As the saying goes, "time flies when you're having fun!" We are halfway through the year and it feels like we are just getting started. Last month's opening of the Student Art Gallery for our Fine Art Students and Instructors was a huge success (see photos around page). Thanks to the volunteers and our Lifestyle Class Coordinator, Betty Maxie, for launching this awesome project that showcases the many great talents of our residents. If you missed the opening, please check out the gallery featuring works

from Marilyn Rose's acrylic and oil painting students. Drop by the Fine Arts Room anytime the "Gallery Open" sign is on display.



The second part of the year continues to offer exciting activities. The **Summer Amphitheater Series** has five more wonderful concerts waiting: **The Long Run: Experience the Eagles, July 28** (page 43); **Natural Wonder: The Ultimate Stevie Wonder Tribute, August 5** (page 43); **Jukebox Junction: Glenn Miller Orchestra and The Diamonds, August 26** (page 44); **Jason Petty and Carolyn Martin: Country Royalty, September 16** (page 47); and **Let's Hang On! A Frankie Valli Tribute Show, September 23** (page 47) provides the perfect ending to the series.

For those who enjoy the intimacy of the Presentation Hall (KS), individual tickets are now on sale for our **Fall Classical Series**. Featuring four performances from extraordinary musicians, the series opens with the guitar duo of **Daniel Roest and Richard Gilewitz, August 16** followed by a **violin and harp performance with**

Hamilton is Coming!

Thank you for your patience while we secure tickets for the March 2017 offering of the Tony Award winning production **Hamilton**, in San Francisco. We hope to have a bus trip to the show available in the fall.

Angelica Duo, October 18. Joyous Brass, November 22 and Classical Guitarist Matt Bacon, December 20 cover the next half of the series (pages 43 & 44). In the OC Ballroom, **Ariana Savalas**, daughter of legendary actor Telly Savalas with guest violinist Grammy Winner Mads Tolling, brings her



signature show of pop standards from the Great American Songbook combining great vocals with wit and humor, **September 2** (page 47).

We just added a trip to **Harvey's South Lake Tahoe, August 18** (page 47) and a second bus to **Broadway Sacramento's Kinky Boots, January 31** (page 54). Register early, seats go fast!



Speaking of art classes, an evening **Watercolor class starts on Thursdays, beginning August 4** (page 66). Three quilting classes from experienced quilter, Betty Kisbey, are lined up. Choose from **Beginning Quilting** (page 80) to more advanced **Red Work Embroidery** (page 83), or **Flower Garden Hand Applique** (page 83).



Art Instructors, Student Volunteer Committee and Betty Maxie, Lifestyle Class Coordinator (center)



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The Spa at Kilaga Springs

We Take Pride in Our Excellent Service!

Stacey Z. Diemer, Manager, The Spa at Kilaga Springs

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The Spa at Kilaga Springs offers an exquisite selection of facial, nail, and massage services.



When you step through the doors at the Spa, you will be greeted by our warm and friendly front desk staff. The staff will get you checked in and ready for your relaxing service. You may notice some familiar faces at the front desk, several staff members are also residents of Lincoln Hills.

Our well-trained staff of specialists is honored to serve the residents of Lincoln Hills. Did you know that two of our professionals have been with the Spa since the day the doors opened in 2004? The Spa has five estheticians, seven massage therapists, and five nail technicians. All of

the service technicians are well qualified to provide excellent service. They stay up-to-date on new services and products to offer the highest quality products. **To see all the wonderful Kilaga Springs Spa Staff see page 8 in this COMPASS.**

For those of you that need some special pampering, book your 50/50 by July 31. The 50/50 is a 50-minute massage and a 50-minute refresher facial. You might also want to confirm that you are receiving the E-news and E-blasts each week. We send out specials as well as information about spa services.

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Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 102.

- ARC/Architectural Review Committee
- Compliance Committee

What Does the Association Do with Dues Leftovers?

Mike Creasy, Finance Committee Chair

We all like leftovers, right? For the past several years, we have been fortunate enough to have had money left over from our budgeted costs of operations, commonly called Revenue over Expense or ROE. Was this because the departments padded their budgets? That would be an easy conclusion to jump to, but closer examination shows that's not actually the case. As they move through the development process every fall, all budgets go through a rigorous examination by the Executive Director, Director of Finance, and the Finance Committee before being submitted to the Board for approval.



Although we try to anticipate the most likely events, we don't have a crystal ball so stuff happens, both good and bad. Recently, it's been good but there will no doubt be years when unpredictable things work against us to put us in the red.

So, where does the money go? To cut to the chase, it winds up back in the pockets of our members, one way or another. The most common way is to move it into the upcoming budget year, thereby providing a supplement, or reduction, to the dues otherwise required. A dollar left over from the previous year is a dollar you don't have to pay in the coming year.

Another way is to have the leftover money pay for needed Capital Projects where we can see an advantage to doing

the project sooner rather than later. (Capital spending, whenever practicable, is funded through the budget)

ferred to the Reserve fund if and when that appears to be the best use of the money. We hope this sheds some light on the issue, and provides reassurance that all your dues dollars are being used appropriately.

For May, Spa operations continued to improve over previous months and, while still negative year-to-date, they have really turned things around and are trending in the right direction. Fitness and Activities are well ahead of their budget numbers for the month and year. The large positive variance for Landscape year-to-date is driven by delayed mulching and starthistle management, to be performed in the coming months.

Taken together, the Association's operations were \$8,865 under water for the month but \$67,011 better than budget for the year so far. Our Operations Fund balance was \$816,685 at month end, and the Reserve account stood at \$7,465,185 or 90.3% funded.

We look forward to seeing you at the next Finance Committee meeting, August 18.

the project sooner rather than later. (Capital spending, whenever practicable, is funded through the budget)

Residual ROE may also be trans-

Statement of Operations YTD—May 2016

| Budget vs Actual Departments & Activity | Revenue > Expense (Expense > Revenues) | | Favorable (Unfavorable) Variance | Annual Budget |
|--|---|--------------------|--|--------------------|
| | Actual | Budget | | |
| Homeowner Assessments & Other | \$3,232,305 | \$3,235,422 | (\$3,117) | \$7,787,494 |
| Administration (Expense) | (780,127) | (740,325) | (39,802) | (1,699,540) |
| The Spa at Kilaga Springs | (16,401) | 20,944 | (37,345) | 47,290 |
| Fitness | (174,061) | (204,205) | 30,144 | (481,430) |
| Activities | (203,921) | (243,535) | 39,614 | (540,030) |
| Rec. Center / Maintenance | (980,995) | (994,695) | 13,700 | (2,507,150) |
| Landscape Maintenance | (1,019,492) | (1,116,096) | 96,604 | (2,675,444) |
| Food & Beverage | (121,072) | (88,285) | (32,787) | (65,510) |
| Capital Asset | 12,500 | 12,500 | - | 30,000 |
| Net Revenues (Expense) | (\$51,264) | (\$118,275) | \$67,011 | (\$104,320) |

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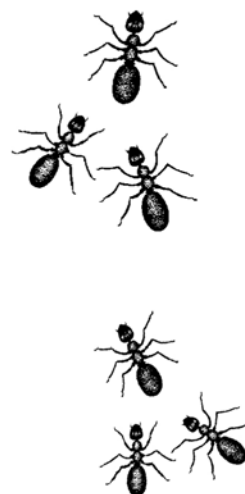
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Selecting a Contractor

Mark Hutchinson, Architectural Review Committee Chair



Selecting a Contractor for your Improvement projects can be a daunting task, especially if you have never done this or it has been some time since your last project.

If you are considering an improvement project, whether large or small, building or landscaping, the following information may be helpful.

- Start by asking friends and neighbors for recommendations of Contractors they know and trust. The ARC cannot recommend contractors but we can provide a list of contractors who have done work here in Lincoln Hills.
- Before interviewing Contractors,
 - > Establish your goals, wants and needs for the project.
 - > Establish your budget and schedule for completion.
- The importance of selecting the right Contractor for your project cannot be over emphasized. The following items should be carefully considered.
 - > Are they responsive and do they demonstrate integrity and have a personality you can work with?
 - > Is their level of experience applicable to your project and how many projects similar to yours have they completed?
 - > Check their references and where possible visit their completed projects and talk to the previous Clients.
 - > Are they committed to managing and meeting the schedule?
 - > How do they control costs and provide estimates?
 - > Who will manage the project and be your day-to-day contact?
 - > Will all required permits be obtained by the contractor?
 - > Are they familiar with SCLHCA Design Guidelines?
 - > Check that they have an active CA license for the type of work they will be doing. For example, a landscape contractor requires an additional special license to install artificial turf.
 - > Will they be using subcontractors and if so who?
 - > Check their financial stability.
 - > Do they have insurance?
 - > Personal Liability
 - > Worker's Compensation
 - > Property Damage
 - > Automobile
 - > What type of post-construction follow-up do they provide?
 - > What kind of guarantee/warranty do they offer?
 - > It is advisable to request proposals and bids from at least three reputable Contractors.
 - > When these items are answered to your satisfaction, it will become clear who the best Contractor will be for you and your project.

Lincoln's Biggest Block Party National Night Out, August 2

Jerry McCarthy, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant,
www.twitter.com/Meridians_SCLH



Come and join the largest block party in Lincoln for National Night Out. We all live in one of Lincoln's great neighborhoods: Lincoln Hills. So it's only fitting that Meridians joins Neighborhood Watch in providing a festive block party in the Amphitheater on Tuesday, August 2. Last year's event was a huge success and we are back bigger and better! The night is meant to be a casual gathering of friends and neighbors. Many neighborhoods are planning to bring their party to the Amphitheater. Last year we saw many neighborhoods showing their spirit with decorated pop-up tents, festive hats, or matching shirts. Getting to know your neighbors, showing community pride, and offering mutual support is what makes Lincoln Hills a truly great place to live.

As an extra special thank you, for only \$5 you can purchase a commemorative pint glass; which will include a free draft beer or well drink of your choice. Supplies of the commemorative glass are limited so pick your up today! In addition, if you bring your 2015 commemorative wine glass you will receive \$1 off your wine. You can purchase your 2016 commemorative glass at the Meridians host stand. Last year we sold out very quickly so don't hesitate or you'll miss out.

Doors will open at 5:00 PM and festivities will last until 8:00 PM. Meridians will be providing a selection of food booths and bars so you can purchase a wide variety of food and drink. In addition, Meridians will be providing free music. I can't think of a better way to meet (and party) with hundreds of your neighbors from Lincoln Hills. You can bring a folding chair if you like. If your neighborhood is going all-out in decorating a pop-up tent, we only ask that it's set up in the back of the Amphitheater. There will be a prize for the best spirited neighborhood. We will be providing maps of the set up for your convenience. The maps will help identify where you can find bars, food booths, dancing area, and general area for pop up tents.

To join us for National Night Out in the Amphitheater, no reservations are needed. So put on your name tag and head on over to the biggest party in Lincoln. Meet your neighbors and friends for a fun night of music, terrific food, and even better company.

~Please see our ad on page 104.~

After every regularly scheduled ARC meeting, members of the ARC are available to consult with you regarding the new design guidelines and answer any application questions you may have. Individual appointments on other days may be arranged by sending an email to arc@scelhca.com.

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Meet Melinda Rogers Community Standards Manager

She serves us all with TLC

Doug Brown, Resident Editor

Everyone extols the beauty of Lincoln Hills, praising our stunning community property and our well-maintained homes. Why? Mostly because we have a Compliance Committee, an Architectural Review Committee (ARC), and a department of three Association staff to oversee these high standards to which we are so loyal.

And guess who is the “front office” go-to person for the nearly 6800 homes in Lincoln Hills? Meet Melinda Rogers, recently promoted to Community Standards Manager on the retirement of Cece Dirstine.

Non-Compliance. Seriously? Like what issues are we talking about? “It’s a pretty long list,” admits Melinda, “ranging from the most common—add bark, pull weeds, not enough plants, excessive rock, paint—to things like artificial flowers, bird feeders in the front yard, scalloped edges on awnings or bricks, green plastic bender board, red bark, mow curbs with no lawn, tin foil covering windows, and non-compliant “Beware of Dog” signs!”

Well, Melinda is handling all these issues with grace and efficiency. She admits that with compliance issues, resident disagreements are part of a process of communication, and that “at the end of the day Lincoln Hills is a ‘better place’ for all our various regulations, and one of the reasons we love this place is its beauty.”

Two part-time staffers, Sandra Fowler and Keri Walker, assist Melinda in a veritable heap of paperwork involved in keeping the wheels turning, a small number of people for such a large community. But with the help of the two resident committees (Compliance and ARC), the fast pace of applications and approvals is managed.

Melinda brought with her an amaz-

ing diversity of past work experience: Executive Assistant for the California Urban Water Conservation Council, Activities Assistant at Sun City Roseville, five years as a real-life “American Picker” as an antiques dealer, and as an Administrative Assistant with Hewlett Packard for 17 years. She joined the Lincoln Hills staff four years ago, first assisting Jeannine Balcombe and serving as staff liaison to the CCRC, then as Community Standards Coordinator.

Now, if you really want to find Me-



Melinda in her office located just behind the OC Membership Desk

linda’s soft spot, ask about her three adorable dogs—prominently featured on her office wall—Jack, Brody, and Callie, each with their own story. Just don’t ask about the paddle hanging on the wall!

With heartfelt thanks from all of us residents, welcome aboard, Melinda!

Protecting and Maintaining our Open Space

Bill Attwater, Properties Committee Chair

Why do we have an Open Space and why are we responsible for its protection and upkeep?

Lincoln Hills sits on 3,034 acres. Of this, 487 acres are preserved from development. The obligation of our Homeowners Association to protect and maintain the Open Space is spelled out in the city of Lincoln ordinance 691B, the development plan for Sun City Lincoln Hills and in city of Lincoln Resolution 2000.201, which requires mitigation measures and a monitoring plan as part of the development. In essence the city found that the Del Webb development could proceed because certain measures would avoid significant environmental effects which means the city gave the green light for the full development if Del Webb would ensure that the 487 acres would not be developed and would be maintained in its natural state and not degraded or otherwise tampered with.

Fast forward to the present and the

Del Webb referred to above is now the Homeowners Association. Which means that the Association is the “preserve (Open Space)” manager and therefore responsible for ensuring that everything is done properly. A recent survey of the Open Space by the Properties Committee revealed that overgrowth of vegetation in the stream beds will require, in the near future, vegetation removal to control future flooding. Also other work will be needed to maintain the Open Space in the condition required by the law, such as new fencing and replacement of signage. Finally, the invasive weed, azolla, that chokes some of the waterways needs to be permanently controlled.

To inform our residents of the Open Space restrictions, management includes, every year, a list of restrictions along with the budget documents. A complete list of restricted activities is found in Section 8.20 of our CC&Rs.





Revitalizing: Talkin' and Writin' and Editin' with Doug Brown

Nina Mazzo, Roving Reporter

Have you noticed the variety of conversations that abound in our community with folks from assorted backgrounds and interests? I have introduced some of these residents who have either reinvented themselves or redirected some prior skills. Hopefully you have felt energized and appreciative of their energy and taken a look at some avenues for pursuing your own interests.

This month I would like you to meet Doug Brown—a man who wears many hats and sings while juggling them! Doug is also the Resident Editor of the *COMPASS*, so you can imagine my trepidation interviewing him and then writing this article knowing he would be checking my grammar, organization, and writing style!

Allow me to begin by using his pro-

fessional title: Dr. H. Douglas Brown, Professor Emeritus of English at San Francisco State University. Wow, was I surprised because Doug is low key about his amazing academic background. However, as we started talking, I discovered how zealous Doug is about his field of study, as demonstrated in his teaching, lectures in over 20 countries, and half a dozen books in the field of language teacher education. His passion: language as an instrument of peace and international understanding.

He is very active in TESOL—Teachers of English to Speakers of Other Languages. In fact, he Please see “Talkin’” on page 21



Doug as Professor Marvel (far left) in his *Wizard of Oz* production in Baltimore; Doug (far right) with the Hills Brothers, a men's cappella octet

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Historic Lincoln's Busiest Corner

Al Roten, Roving Reporter

At the northeast corner of Lincoln Blvd. and Fifth Street stands the Ziegenbein/Fleming Building. John Ziegenbein came into Lincoln from Daneville (the marker remembering this village is on a boulder at the intersection of McCourtney and Fleming Roads), and bought the corner site in 1863. He erected a brick store building



*Fleming Building
circa 1910*

here in that year. Note that there is a 12-foot iron bifold fireproof door on the north wall; fire was the destroyer of many early towns. In 1888, A.C. Fleming and Alex Hemphill bought the building and divided it into several stores. It was later expanded to include the building that was adjacent on the north side. It has been home to a host of businesses over the last 152 years.

As noted by the bronze plaque on the north corner wall, this building has housed many kinds of stores: drugs, general, dry goods, jewelry, hardware, and groceries, as well as a post office, library, bank, news stand, barber, and beauty shop. Yes, it has been the corner of commerce for our town of Lincoln.

Currently, this building is home to five small business with much to offer to visitors to our Historic Downtown Lincoln.

- Huckleberry Junktion, owned by Mia Balderas-Guzman and Sheri Dornbush, is an inviting boutique where one may browse and find interesting gift and vintage decorating items.



*Huckleberry
Junktion*

- Next door, Jerry's Fackrell's Barber Shop, full of conversation, features a beautifully restored wooden barber chair and a free-standing enameled barber pole which advertised a Sacramento Barber College many years ago.



*Jerry's
Barber Shop*

- Near the corner is Country Harvest Bakery and Café, a new business in operation since February. Patti Storer bakes the goodies and has candy and ice cream to enjoy inside the café and outside in the shade. She also does catering.

- Around the corner on Lincoln Blvd. we find Lincoln Gifts and Souvenirs, owned by Maribel Perez. This boutique is a most inviting place to browse and find unique gift items.

- Next door, Lincoln Florist and Gifts has been serving Lincoln for many years. It subscribes to the Teleflora network so they can fill your floral needs around the country. Beyond floral arrangements, many interesting and thoughtful gift items are available.



*Harvest Bakery
& Café*

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*Looking down
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*Lincoln Florist
& Gifts*



*Lincoln Florist
& Gifts, inside*

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Neighborhood Watch

Celebrating Our Neighbors on Tuesday, August 2 Lincoln is the 19th safest California City

Patricia Evans

“The more we get together the happier we’ll be!” Neighborhood Watch Villages and mail stations will be gathering at



National Night Out parties of every variety on Tuesday, August 2, to celebrate our good fortune to live in an area where safety and security are the norm. Lincoln has improved from 25th last

year to 19th this year in the statewide analysis of safe cities. This does not happen by accident. Our 650 volunteers are actively working 365 days of the year to promote these results.

Having a party for your Village or mail station(s) is an excellent way to increase the camaraderie in your neighborhood. Residents who know each other are more comfortable reaching out to help when

appropriate. Neighbors are your most important security!

There will also be a National Night Out party at the Amphitheater sponsored by Meridians the evening of August 2. See page 13 in this *COMPASS* for details.

It’s important to register your neighborhood and/or Amphitheater parties with Pauline Watson, frpawatson@sbcglobal.net or 543-8436.

National Night Out was started 33 years ago when the National Association of Town Watch warned that crime made neighborhood streets unsafe in the evenings. They decided that a night of special celebration where residents could safely enjoy street parties would be beneficial. Over 15,000 communities now participate in the U.S. and Canada. National Night Out has grown into a preventive measure where the stimulus for NNO parties is knowing our



It takes many workers for a successful Annual National Night Out Kick-Off party! Some are taking a break while others are checking in attendees

neighbors. A friendly neighborhood is a safer neighborhood!

Please turn to page 30 for NNO party ideas.

Neighborhood Watch Contacts: Larry Wilson, 408-0667, lgwlincoln@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net. NW Website: www.SCLHWatch.org.

Talkin’ and Writin’ and Editing with Doug Brown

Continued from page 16

recently wrote a one-act play using a “Wizard of Oz” theme, and composed new song lyrics, to celebrate TESOL’s 50th anniversary in Baltimore. He played—guess who—yep, Professor Marvel! He told me he really enjoys performing with the Hills Brothers, a men’s *a cappella* octet that he started and has been coordinating since 2010, with seven others who were at the time in the LH Chorus. The

Hills Brothers are available for performing at club/group events, individual parties, and local shows.

Doug has also recently shared his interest for choral singing with others in the greater Lincoln area through his leadership in a new startup chorus, the Lincoln Theatre Choristers. The Choristers, directed by Eric Rainwater,

perform downtown in the Lincoln Civic Auditorium, home of the Lincoln Theatre Company.

Oh by the way, he also helps residents with home maintenance as a Handy Helper for Neighbors InDeed, and serves on NID’s Board of Directors.

I find Doug’s enthusiasm is contagious and I am now wondering if my favorite Disco music might find a spot in the Lincoln Theatre Choristers! Hmmm.

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Club News

Alzheimer's/Dementia

Caregivers Support

July 27 will be our next in-the-round meeting at which we are able to exchange experiences and remedies associated with caregiving. Pictured here is Larry Dawes who spoke to us at the June meeting about improving communication between us and the people we care for. If there was one word that described both critical need and chronic shortage, it's



Larry Dawes talking to us about better communication

patience. Too, the battle to understand is as difficult for the diagnosed as it is for the caregivers, especially since "reality" has become a moving target. We'll talk about that some at our July 27 meeting, held in the Multipurpose Room (OC) from 1:00-3:00 PM.

Our group is sponsored by the Lincoln Hills Foundation. And a heads-up about the Sacramento Walk to End Alzheimer's October 1, as well as a special event September 8 in the P-Hall (KS). We'll look for you.

Contacts: Judy Payne, 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155

Amateur Radio

The Amateur Radio Group is made up of amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The group conducts a weekly network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz. The LHAR Group meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility to share amateur radio information.

In June, the LHAR Group welcomed two new guests who recently moved to Lincoln Hills. Members joined the Western Placer

County Amateur Radio Club in Field Day Event on June 25-26 to practice remote operations similar to those they could encounter during a major disaster. Members contacted other Amateur Radio Clubs holding a similar Field Day to sharpen their operating procedures when operating off the electrical grid in a remote area. Additional information about LHAR Group is on their new website, www.lharg.us.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lharg.us



Antiques Appreciation

For our July 4 program, members brought vintage and antique items for Show and Tell. It was a fun morning with a multitude of different items and many fascinating stories!

The August 1 program brings a husband and wife team, who have a collection of Vintage Singer Featherweight Sewing machines.

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



Astronomy

No LHAG activities are scheduled for July. On Wednesday, August 3, we will meet at Sierra College for a presentation and planetarium show by Professor David Dunn. Monday,

August 8, the LHAG will host a Star Party for all Lincoln Hills residents behind OC Lodge, starting at 8:00 PM. Join us to view planets, the moon, stars and deep sky objects.



Ken Crawford at our June Forum

Monday, August 15, the Cosmology Interest Group (CIG) will continue the DVD series "Black Holes Explained," with a review of the technical portion of Lecture One, "A General Introduction to Black Holes," Lecture Two, "The Violent Death of Massive Stars," followed by a Q&A discussion in the Fine Arts Room (OC) at 6:45 PM.

Thursday, August 25, the Telescope Interest Group (TIG) will meet in the Multipurpose Room (OC) at 6:45 PM for a presentation by Carol Witten "Telescopes, From Reading Stones to Space."

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com; Cindy Van Buren

253-7865, rvcbvb@att.net

Website: www.lhag.org



Ballroom Dance

Want to be cool in July? Join us at cool KS on Tuesdays from 2:00 to 5:00 PM and learn the "hot" American Tango. Then, be "mellow" in August and join us to learn the graceful Waltz. Think you can't dance? You can! Dancing is a great way to stay fit and have fun doing it. All classes are held



Steve & Silvia Wong

in a low stress, group format. Beginning classes are from 2:00 to 3:00 PM. From 3:00 to 4:00 PM, enjoy open dancing to a variety of musical stylings. Extra individualized help is available during this hour. Intermediate instruction follows from 4:00 to 5:00 PM. Annual dues are only \$7, and that includes all lessons.

Mark your calendar for our next fun club event. It will be a "Hot August Nights" themed dance at KS, Saturday August 13, from 6:00 PM to 9:00 PM. Hope to see you!

Contacts: Sal Algeri 408-4752;

Chris Geist 543-0176



Bereavement

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 August 10 and September 14. 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 will be at Casa Ramos on Wednesday, July 27. Meet in front of OC Lodge at 11:15 AM to carpool to the restaurant or meet us there about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net

Billiards

Women's Billiard Tournaments will be every Tuesday, 12:45-3:00 PM. The Billiards Group is offering *free* Billiards lessons at KS for all residents on Tuesdays from 9:00 to 3:00 PM. This is for new and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. Remember it's free. Contact Dan Oden, 408-2687.

Challengers, six and a half games of seven, Bill Kim, six of seven, Bob Soriano (see photo two); Cuemasters nine ball Tony Felice six of seven games, Oscar Alvarez five of seven (photo three); Players first place winners five of seven games Del Torres, Ken Hawley, Bill Davis, Gary Hoffman, Dave Bacon (photo one) Not pictured second place, four of seven games Doyle



From left, Herb Hayes, Bill Davis, Del Torres, Bob Frederick Gary Hoffman, Ken Hawley.; Bill Kim and Bob Soriano; Tony Felice and Oscar Alvarez

Corker, Doug Porter, Phil Berlenghi, Hugh Duberly, Ziggy Brien, Bob Soriano, Rita Baikauskas.

Contact: Tony Felice 955-0501, afelice@wavecable.com



Bird

Saturday, July 30, from 5:00 to 8:00 PM our group will hold its annual Potluck Supper in the Social Kitchen (KS). If you would like to join us for this fun and relaxing evening please call Ruth Baylis at 408-7545.

In June, some of us traveled to the Ironstone Winery in Murphy for lunch and an afternoon of birding. Then the next morn-



This warbler lives in the Sierra Nevada forests; a Common Whitetail rests by the pond at Ironstone Winery; Here we are at Calaveras Big Trees!



ing we met ornithologist, David Cornman, at Calaveras Big Trees State Park for a wonderful guided walk. I think we all enjoyed the challenge of spotting birds among the beautiful Giant Sequoias, Ponderosa Pines and Sugar Pines.

August is a quiet month for the Bird Group. There will be no monthly meeting or field trips. Have a great summer and we'll see you all the second Monday in September!

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

As many of you know, we've been playing Bocce on only four courts for the last half of June. They are finishing up on the five-year maintenance, which replaces the artificial turf, and they are also replacing the rubber side bumpers this



Thursday Morning Bocce at 8:00 AM

year. We are told by the workmen that they are adding an extra layer of decomposed granite this year. It will be interesting to see how that affects the courts over time. By the time you read this, the work on the front courts will be completed and everything should be back to a new normal.

We've had very good attendance so far this summer at our Thursday 8:00 AM Bocce sessions. If you'd like to see how the "new" court surface plays, please feel free to join us.

Contacts: Paul Mac Garvey 543-2067, pmac1411@aol.com;

Bob Vincent, 543-0543

Book, OC



Join us July 21 at 1:00 PM in the Multipurpose Room (OC) to discuss *Gray Mountain*, by John Grisham, best-selling author of legal thrillers. Set in Appalachia after the 2008 recession, the novel follows

third-year law firm associate Samantha Kofer who after leaving her position on Wall Street takes an internship at a legal aid clinic in Virginia's coal mining country. Here she encounters the challenges presented by Big Coal.

We meet the third Thursday of the month. Newcomers are welcome.

Schedule, remainder 2016:

- August 18, *The Spellman Files*, by Lisa Lutz
- September 15, *All the Light We Cannot See*, by Anthony Doerr
- October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson

- November 17, *Wish You Well*, by David Baldacci
- December 15, 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

Our June meeting, held at Val Singer's house, was a tea luncheon to welcome new members to Bosom Buddies and to announce a new slate of officers. Peg Ryan takes the helm as president with Val as vice-president; Corinne Ehlers, secretary and Cheryl Karleskint, treasurer.

Peg showed off the plaque BB's car won as "most creative" in the annual Relay for Life held in May. She also reported that we raised over \$3,000 with entry fees, donations, the sales of aprons made by members and a drawing for a basket full of breakfast goodies. This amount more than doubled what we made last year. Bosom Buddies also received a certificate for having the most cancer "survivors" participating in the fund-raiser.

Outgoing president Val Singer with Marilyn Poole and Patty McCuen;



Members gather for a group photo at the June tea

We meet the second Thursday of each month (except for July) at 1:00 PM in OC. Before each meeting, members and guests are invited to lunch at Meridians, 11:30 AM. For reservations, call Val Singer, 645-8553. Bosom Buddies welcomes cancer survivors

as well as anyone still dealing with breast cancer.

Contacts: Marianne Smith 408-1818;
Val Singer 645-8553
Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Junes' big Bridge event was the California Capital Regional Tournament held in Sacramento. We had a large contingent there from our Club, and 49 of them came away with new quality Master Points. Congratulations to all the winners, and especially to Joe Blackford who lead our troops with over 14 new Master Points.

Duplicate games are played in KS on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge 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 one of the limited games, call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Sharon Neff 543-8897
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for sign-up, or just show up with partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, including standbys, and we must finish by 8:30 PM.

Winners: May 26—First: Rose/Joe Phelan; second: Gerry/Warren Sonnenburg; third: Nora Charles/Bruce Fink; fourth: Dee Williams/Sue Cirerol. Kay/Ben Newton had the high round of 1670.

June 2—First: Erika Wolf/Edith Kesting tied for the high round of 1680; second: Jodi Deeley/Byron Hansen; third: Dianne Conforti/Didi Martin; fourth: Dolores Marchand/Dee Williams. Ed Page/Kurt Wolff tied for the high round of 1680 with a grand slam.

June 9—First: Larry Mowrer/Warren Sonnenburg; second: Nancy Griffin/Lynda Sader; third: Linda Theodore/Janet Pinnell;

fourth: Rose/Joe Phelan with the high round of 1810. June 16—First: John Butler/Byron Hansen; second: Kay/Ben Newton with the high round of 1790; third: Janet Pinnell/Linda Theodore with a grand slam.

Contacts: Kay & Ben Newton 408-1819
Second & Fourth Thursday: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

Latest Winners—First place: Joan Singer, Viren Sitwala, Ralph Madsen, Byron Hansen; second: Carol Mayeur, Dee Williams, Byron Hansen, Sarah Free; third: Nancy Murdick, Lynda Sader, Jyoti Sitwala, Bob Belknap; fourth: Phil Sanderson, Sarah Free, Warren Sonnenburg, Pat Mullins.

Grand Slam, Seven Hearts: Carol Mayeur and Joan Singer, May 27!



Social Bridge Class Book

Join us on Fridays for singles rotation bridge. Call to make reservations. Arrive at 12:30 PM. Sign-in sheets are available for succeeding Fridays. For reservations in July and August please contact Eleanor Amar, 209-3505, eleanoramar@yahoo.com.

Free Bridge Class: Newcomers might want to attend our free refresher bridge class every Wednesday, 10:00 AM to 12:00 PM in the Card Room (OC). Just drop in.

Contact: Jodi Deeley 208-4086, jodideeley2@gmail.com



Bunco

In June, the Bunco Group had a small group of players. We welcomed one new player, Mary Ales. As Bunco luck would have it, Mary won a prize. The room was full of excitement and laughter as the dice flew. I was very surprised to end up with five buncos.

After Bunco play, a few of us went to the Sports Bar for lunch.

Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. The Bunco Group plays the third Thursday of the month in the Card Room

(OC). If you have never played Bunco, it is very easy to learn. Drop in when your schedule permits. It's a fun way to meet new friends!

June Winners: Most Buncos Kathy Sasabuchi; Most Wins Barbara Lynch; Most Losses Mary Ales; Traveler Shelley Coate.

Next Bunco is Thursday, July 21.

Contact: Kathy Sasabuchi 209-3089, ksasabu@icloud.com



Ceramic Arts

Happy 4th of July! Summer is here and many fun projects are "shaping up" in the studios. Come and see the creative projects ranging from statues to outdoor decorations, vases and dishware. This is the perfect place to get out of the heat and create your very own masterpiece. Our teachers on Tuesdays and Thursdays will help you get your creative powers going and your new "muddy" friends will lend you a hand or provide additional inspiration and good company.

CAG workshops at OC Saturdays 9:00 AM to 3:00 PM, Sundays 12:00 to 4:00 PM. KS workshops are Monday 1:00 to 4:00 PM for Earthenware, Sundays 1:00 to 4:00 PM for Spanish Oils. Open studio is available to all residents: OC Fridays 1:00 to 5:00 PM; KS Sundays 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contacts: Janet Roberts 543-6015; OC Pottery Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts

Computer



Apple Users Group—LHAUG

The Apple User Group has changed websites from lhmug.org to lhaug.org, and some of you may need help in changing your bookmark for easy access. If you are using an iMac or MacBook: (1) Open Safari and type lhaug.org into the url line and go to the website; (2) once on the website, go to the Top Menu Bar and under the Bookmarks Tab on the top left, click on "Add Bookmark"; (3) When the placement window appears, click on 'favorites.' It will

now be on your favorites bar in Safari; (4) If the old lhmug.org is in your favorites bar, right click on it and select 'remove.' These changes will sync with iCloud and show up on all your iDevices. Any member without a Mac should phone the Help Line at 668-0684 for assistance in adding lhaug.org to your iPhone or iPad.

Contact: Vicki White, vickiawhite@me.com Website: lhaug.org



PC

• Main Meeting—August 10, 6:30 PM—"Chromebooks 2016" by Terry Rooney. Several years ago, Google paired with hardware manufacturers to produce the Chromebook, a very fast, powerful computer running Chrome OS (not Windows!). There are many advantages to this computer, which is why it has sold millions of devices around the world, especially in schools and businesses.



Terry Rooney presents "Chromebooks 2016" on August 10

Recently Google announced a huge upgrade to new Chromebooks. It can now run millions of the Android apps that are available from the Android store for the Android smartphone. The Chrome browser, Gmail, Google Drive, Google Docs, Google maps and Google calendar give you access to virtually everything you need.

• Clinic—August 12, 3:30 PM—A continuation of main meeting with lots of Q & A. Both Meetings at the P-Hall (KS).

• Ask the Tech: August 26, 10:00 AM—Informal Q & A session for any and all technical questions, Multipurpose Room (OC). Contact: Karl Schoenestein, sclhcc@gmail.com Website: www.sclhcc.org



Country Couples

Our Flag Day dance began with our group joining hands and gathering in a circle while the song "God Bless the USA" by Lee Greenwood was played. The patriotic theme was enhanced with table decorations of navy blue

cloths with flags, stars and confetti centerpieces. Many dancers wore colorful flag and red, white, and blue outfits. Dinner was potluck consisting of delicious salads, pasta, desserts and sides. A highlight of the evening was when Ivan Hesson shared a number of old American flags and taught us about their history.

We are finalizing details for our first New Year's Eve party. If you think you would enjoy bringing in the New Year dancing with your Country Couples friends, keep your calendar open. More details to come.

Summertime means travel time. We wish you a safe journey wherever your travels may take you.

Contacts: Marsha Brigleb 434-5460, Laura Wermuth 253-7092



Jack & Shelley Coate; Sue Kirby and Alice Martig; Lorraine & Rees Bohne



Cribbage

Come join the fun at OC 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.

The weekly winners for the month of May were Tom Frame, Tom Eaton, Bob Frank, and Sharon Cuchetti.

New Players are always welcome!

Contact: Larry O'Donnell (406) 672-6493;
Ken VonDeylen 599-6530



Cyclists

Remember to use our Event Calendar—it's a great tool for you to use when you are looking for a ride to go on or to see if a ride leader has posted an off day ride. As a member, your name is listed on our club roster, which can be accessed from the home page of our website, lhyclist.com. Using the roster button at the bottom of the home page, see how your name is listed, go to Ride Calendar and click on Event Calendar. Make sure to enter your name as shown on the roster. Enter the password, which is password. Once on the Event Calendar you will see most of our rides. Choose a ride that suits you. You are also able to register for most rides. Registering for a ride allows the Ride Leader to know in advance how many riders to expect.

Contact: Steve Valeriot 408-5506, lhyclist.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Eye Contact holds two meetings each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room (OC), Thursday, July 28, 10:30 AM-12:00 PM. Our Facilitator, Patricia Locke, will lead a discussion on "Adaptations, Part I – Kitchen, Laundry and Dining Room." We will be learning what we can do in these environments to make life easier despite the challenges of vision loss.

General Meeting, Fine Arts Room (OC)—Tuesday, August 2, 2:00-3:30 PM. Kathleen Shevlin, Manager of Senior Programs for the Society for the Blind, will cover the various projects and services provided by the Society. Their mission is to empower individuals living with low vision or blindness to discover, develop and achieve their full potential.

Eye Contact 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.

Contact: Cathy McGriff 408-0169,
cathy.mcgriff@yahoo.com



Fishing

Fortune smiles on the fisherman who is out fishing. I can only use three pictures in this article so please see the proof enclosed. Hot, hot, hot... so out early or real late to find those famous Kokanee, Lahontan, Salmon, Steelhead, Trout or whatever your goal is (though I suppose some of the fish can only be fished in the morning or evening, you be the "decider.")



*Goodness,
if I
caught
that!;
strength
in
numbers;
in class
you share*

Our club is diverse, meaning we have old gals/guys and older gals/guys... and we all have the time to fish, unless our spouses have other ideas.

We get together monthly to discuss the latest hot spots, equipment or changes in the fishing world which might interest our members.

Use your "cheat" sheet and find someone to fish.

To join: Gerryjmessier@starstream.net,
Henryhsandigo@icloud.com.

Contact: Henry Sandigo (415) 716-0666,
hsandigo@icloud.com



Garden

Have you ever received an orchid and then thought, "How do I keep this alive?" Alan Koch will be the guest speaker

for the General Meeting, Thursday, July 28, 2:00-4:00 PM, KS. "All About Orchids" will be the topic and Alan will explain how easy orchids are to grow! He owns and operates Gold County Orchids in Lincoln! The Garden Group recently sponsored a field trip there to view his extensive collection of over 2000 different species in his computer-controlled green houses with climate zones! www.goldcountryorchids.com. Master Gardeners will be at the General Meeting 15 minutes early if you want to ask questions of a garden nature.



*Bonsai class:
Virgil Dahl,
Lionel R;
Field Trip
to Orchid
Plant; Gold*

Country Orchids in Lincoln

Brown Bag Sales will be available before and after the meeting and door prize tickets given out to any members checked-in by 2:00 PM.

The Bonsai Group meets the third Thursday, July 21, 2:00-4:00 PM at KS.

Contacts: Lorraine Immel 434-2918,
limmel@ssctv.net; Larry Clark 409-5214
lkclark@surewest.net

Website: www.lhgardengroup.org



Genealogy

Genealogy Club members are in luck July 18... it's the club's annual Ice Cream Social! Time to mingle with other Genealogy Club members and enjoy an evening of camaraderie and cool off with

your favorite ice cream! There will be no guest speaker and the meeting will be held in the Social Kitchen (KS), 6:30 PM. Special interest tables will be set up so focused sharing is a possibility: DNA, British Isles and Irish, Europe, New England, Native American, Midwest and Southern US, Canada and MAC users.

The door prize is a Windows tablet. The drawing is for members only.

August 15 we are back to our regular format—third Monday, 6:30 PM, P-Hall (KS). Featured will be Laurie Markham, Associate Director at Family Search Library, Sacramento, sharing information on familysearch.org—the basic site, recent upgrades, and how to access the 70% of non indexed resources. More information in the August COMPASS.

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641

Website: lincolnhillsgenealogy.com



Golf, Ladies

June brought many ups and downs to our golf. Timber Creek took the Sunheim Cup after our gals could not muster enough points. The next week, we were back home on the Hills and the June NetChix was captured by Dee Arts. Next up was the Olympic-themed Invitational that ended with prizes awarded for the top four teams in each of four flights. Of note was the fourth flight team of Carter, Chappalear, Gadsby and Ridge scoring 122, to beat the field of 128 players. In mid-June, an ABCD format, played on the Hills, resulted in Ashe, Brinkerhoff, Knorr and Orlove placing first, followed by second place: Hastings, Valencia and Watson. Third went to Cicci, Knapp, McNiff and Thom and fourth to Dong, Hanson, Heckman and Sartor. Hur snagged the CTP on hole seven.

We welcome new players anytime during the year. We play on Thursdays.

Submitted by Candice Koropp, Publicity.

Contact: Donna Sosko 434-5527

Website: lhlgxviii.com

Lincsters

The Lincoln Hills Lincsters were honored by the Placer Breast Cancer Foundation at a reception held on

Tuesday, June 14, at La Provence Restaurant in Roseville. At this reception, the Lincsters were thanked for the generous donation they gave to the Foundation. The funds for this donation were collected at the breast cancer golf tournament which was held in October of 2015. Several Lincsters attended the reception, and were presented with the Gift of Hope Award.



Pat Dangerfield and Joyce Bauer with the Gift of Hope Award

On May 29, the second Captain's Scramble of the year, Birds of a Feather Play Golf Together, was held. It was an ABCD best ball scramble, and was chaired by Pat Ward and Marie Bossert. As usual, it was an enjoyable morning of golf for all that participated.

Congratulations to Golfer of the Month, Carmen Farrington of Flight C. Welcome to new members Mallia Leonhard and Julie Storer.

Contact: Pat Shafer, gdskd70@aol.com

Website: lincsters.com



Golf, Men's

Winning teams results from the Tahoe Classic in Lincoln: Flight one best net score: Frank Burkhead/Gene Andrews; best gross score, Mike Munro/Joseph Fahey. Flight two best net score: Rich Henrikson/Jesse Reuter; best gross score, Rich Kephart/Jim Walsh. Flight three best net score: Roger Cummings/Bernard Damele; best gross score, William Mayo/Tim Rank. Flight four best net score: John Samela/Dave Jansen; best gross score,



Tom Gorley lining up a putt at time of a recent concert

Dean Brumley/Paul Fellner. Final flight winners and eventual winner will be in the next COMPASS. Our July tournament will be the Two Man Scramble, on July 19 played on the Orchard Course. Sign up by July 12.

Greens aerification dates for the Hills Course is scheduled for August 21-22, for the Orchard Course, August 28-29.

The Men's Club has added a new sponsor. The weather for golf has been great, get out and play!

Contacts: Rodger Oswald,

rodgeroswald@gmail.com; Roger Cummings,

cummingspct@sbcglobal.net

Website: www.lhmgc.org



Healthy Eating

The Healthy Eating Club now has a men's group comprised of regular members and appropriately named "Men In The Kitchen." The group meets



Farmers Market scene; Club outing to Thai Restaurant; Dragon fruit from Vietnam

periodically to elevate kitchen skills that have lain pretty much dormant through traditional marriages where the wife has been the primary shopper and meal preparer. The group met in June to learn to make healthy salad dressings at home and will take on the task of making various healthy soups at home from scratch in July. Kitchen skill levels in this group run from "can barely boil water" to "retired from a career as a chef and restaur-

rant owner” and many levels in-between. Membership remains open.

Our club monthly meeting routine is to move into the Social Kitchen (KS) at the close of the regular meeting to enjoy samples of healthy foods members have prepared in their kitchens—or healthy foods from outside sources selected by club members.

Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com



Hiking & Walking

The weather has really been cooperating and we have been enjoying many hikes around the area. In May, we went to Sacramento and did a hike through Land Park and the WPA gardens, the Assassin Trail in Applegate, Big Bald Rock in Oroville and 28 hikers took part in the Lake Clementine hike. June brought on some great hikes of Colfax and the Bear River and the Presidio in San Francisco.



Presidio Hike San Francisco

If you haven't made an effort to take a hike, now is the time. On July 7, we had our third Hike Leaders Meeting with good attendance. Many hikes were planned for the balance of 2016. Check the website (below) for detailed information that is up-to-date. This is very important because sometimes hikes are changed or canceled. Always check on the morning of the hike.

Contact: Phil Huntingdale 408-1747

Website: www.lincolnhillshikers.org



Investors' Study

We meet on August 4 at 2:30 PM in the P-Hall (KS). Our consultant, Russ Abbott, will be our featured speaker reviewing the year past and ahead. He also would like to respond to the variety

of topics brought up at the last meeting. Time has gone by since our last meeting, so please bring your questions on any topics you want to clarify, learn more about, or simply would like to challenge our speaker. Russ likes a good challenge. This promises to be an informative and entertaining meeting. Refreshments afterwards. *John Noon, 645-5600.*

The Active Investors subgroup meets on the second Monday of the month at 3:00 PM in the Multimedia Room (OC). *Bill Ness, 434-6564.*

Contact: John Noon 645-5600



Lavender Friends

Lavender Friends is a social organization serving the LGBT Community and those in friendship in Lincoln Hills.

The biannual business meeting was held June 11 and was well attended. The Membership Committee reported there are eight new inquiries about membership.

Contact Marie for the Lavender Hearts collection of donated clothing for Stand Up Placer.

Upcoming club activities include Movie/Happy Hour on July 19 and Breakfast on August 3. Dog Walkers and Friends gather on Saturdays at 8:00 AM. On August 20 there will be a “Summer Celebration” Dinner/Dance from 5:30-10:00 PM in OC Ballroom. Cost is \$35/members and \$40/non-members. Contact Terry for reservations.

Community Activities include Greater Placer PFLAG—usually meets on the second Monday of the month from 7:00 to 9:00 PM. Check their website for updated information.

Contacts: Sheila 408-2802; Carol 295-0610;

Gina 209-3925

Website: www.lavenderfriends.com



Line Dance

Come and join us for the second free Line Dance Party in the OC Ballroom on Sunday, August 14 from 1:00-4:00 PM. All dances will be led by our instructors and their helpers and will range in ability from Intro to Advanced Level. It should be a really fun day!

If you have a SCLH Line Dance tee-shirt please wear that to the party, and if you



Dancing at our last party; Waiting for class to begin

don't have one yet there is still time to order one. Call or email Sheridan for information on how to do that. The dance floor looks very festive when many of us are in our color-coordinated shirts.

If you are interested in the workshop given by Yvonne and Carol on July 23 from 11:00 AM to 5:00 PM at KS, call Yvonne at 408-2040.

See you on the dance floor very soon!

Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being five-to-ten minutes before 9:00 AM. 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, we welcome your attendance.

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

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551



Mah Jongg, National

Looking for a cool place to spend a hot afternoon? Meet us at the Card Room (OC) every Tuesday from 12:30 to 4:00 PM for an exciting game of National Maj Jongg. We have a great time and really get our brain waves moving. Fran Rivera, 434-7061, our resident teacher, takes a sabbatical from May 1 until the beginning of Sept. but you may call her to put your name on her waiting list beginning September 1. Fran teaches these free beginner lessons in her home. Looking forward to seeing you soon.

**Contacts: Patti Kingston, 587-3056;
Elsa Paszek, 253-9709;
Fran Rivera, 434-7061**



Getting ready to ride; great scenic rest stop near Markleeville

annual RoadRunners dinner ride. This year the club will be going to the historical Monte Vista Inn in Dutch Flat. Coming up later this summer will be the club's annual Barbecue/Bocce Ball tournament.

If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). The next meeting will be on Wednesday, July 27 (note different date). Guests are always welcome.

"Ride Safe—Ride With Friends."

**Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com**



Music

Calling all musicians! SCLH residents and guests welcome. We play and sing next on Wednesday, July 27, 6:30 to 8:30 PM, Fine Arts Room (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, August 26, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, OC Lodge. It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

By Jay Stryker.

**Contacts: Jay Stryker jaycstryk@yahoo.com;
Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org**



Needle Arts

Threads of Friendship

The Needle Arts Quilting subgroup is a fun-loving, enthusiastic and committed group of individuals of all skill levels. The Quilting Group that meets Monday evenings and Tuesday mornings in the Sewing Room is a treasure trove of experience and help. Ask anyone for ideas about material, how to cut fabric or make a binding, a dozen women will assist you. Do not hesitate to stop by the Sewing Room on Tuesday mornings to see what is happening.

Please visit the Needle Arts website www.sclhna.com for more information about quilting and all our other groups.

**Contact: Marsha Ross 253-9551,
marshaross1123@gmail.com
Website: www.sclhna.com**



Neighborhood Watch

Neighborhood Watch encourages you to have a party for your neighbors to celebrate National Night Out. Your party could be coffee and donuts for a few or a big bash for many. The privilege of living in a safe, secure neighborhood is not to be underestimated. Sadly, the United States ranks 103 in safety among the nations of the world.

An easy way to give a brunch for a group is to ask each guest to bring a "finger food" while the host furnishes coffee and/or juice. We are suggesting a mid-day celebration this year so that anyone who wishes can attend the evening Meridians' National Night Out party. See their article on page 21.

Whether you have your National Night Out party on August 2 or choose a cooler date when more of your residents have returned from vacation, please register your party with Pauline Watson at 543-8436 or frpawatson@sbcglobal.net.

**Contacts: Larry Wilson 408-0667,
lgwlincoln@gmail.com; Pauline Watson
543-8436, frpawatson@sbcglobal.net;
Website: www.SCLHWatch.org**

Mixed Media Collage Arts

Stenciling—spattering—oh what fun! Stenciling is simply a masking technique and it makes for interesting patterns—you can repeat and perhaps change direction. Suggestion—use a sponge or stencil brush. Spattering or flicking paint onto the canvas or surface is a great way to suggest texture. An old toothbrush works well—however be sure to cover the area you want free of spatter. You can also soften the effect by blotting with a paper towel. These are just two of the many ways we express ourselves in the art form called Mixed Media.

We work on individual projects and as we are all at varying experience levels, assistance and encouragement abound and laughter often fills the room. We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC).

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

Motorcycle RoadRunners

On July 9, the RoadRunners headed back up to the high country. Led by Road Captain John Milbauer, the riders were treated to some beautiful scenery while touring Mt. Lassen.

Coming up on August 13 will be the





NEV

Tuesday, July 19 is the date for our next Membership Luncheon Meeting which will be held at the Solarium (OC) at 12:00 PM. Our guest speaker will be the return engagement of Gary Leonard, former police chief of many US cities in the US. Among many interesting work-related stories, Mr. Leonard will also share some of his cowboy poetry. If you haven't made your reservation, please contact Lillian Nawman at 408-2184.

While traveling around Lincoln you may have noticed many NEV Route signs. In case you are not aware, NEV stands for Neighborhood Electric Vehicle. They are legal anywhere in Lincoln that the speed is 35 MPH or less, or wherever you see those NEV Route signs. The SCLH NEV Club helps support local events here in Lincoln. Last month the club was instrumental in ferrying pilots and dignitaries at our airport for the Lincoln AirFest. Also several of our NEV Club members participated in the annual downtown July 4 parade. Our golf carts (NEVs) were all polished and decorated in red, white, and blue. A fun time was had by all. Hope to see you on Tuesday, July 19 at our Membership Luncheon meeting.

Contact: Dan Gillium 209-3946

Painters

In June the Painters' Club welcomed summer with a friendly casual luncheon held in Meridians' Secret Garden. Food and company were great. On July 18 we'll have a presentation on "light and color" by a club favorite, local artist Susan Sarback. Her programs are always among our most popular.

The Club is getting their work out and about in the community. Waffle Corner (Del Webb Blvd. across from OC Lodge) filled two walls with fine art from club members. Display will change in August, so you should go have a yummy breakfast and enjoy the work of your friends and neighbors before it changes. We are also currently presenting a show at the Twelve Bridges Library (in the meeting room) for the month of July—check out a book and check out our work! August will be a show in Umpqua Bank in downtown Lincoln. Keep watching for more information!

Contact: Joyce Bisbee 672-7252,
Website: <http://lhpainters.org/index.html>



Paper Arts

Thanks again to all who helped make the Annual Overstock Inventory Sale and Potluck a success in June. Along with selling items or shopping for treasures, members brought lots of bags full of groceries to be donated to the Salt Mine, a Lincoln charity that sees that no family



Vi Henry at the Overstock Sale; Donna Tewart, Service Chair, collects bags of groceries; Stephen Hay and Eric Long (Salt Mine) pick up donations



goes without food. Thank you to Donna Tewart, our Service Chair, who helped organize the food drive. Once again our collective efforts made for a successful and enjoyable event.

At our July meeting, we cooled off while celebrating "Christmas in July" with projects led by Debbie Chronister.

We meet on the first Thursday of each month at 9:00 AM, in the Terra Cotta Room (KS). New members are welcome to enjoy paper crafting and camaraderie.

Contacts: Shirley Rainman 253-9534;
Pat DeChristofaro 408-1360



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 happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday 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, dorisdoross@gmail.com



Photography

The Sun City Lincoln Hills Community Association held their annual Parking Lot Sale on May 21 where the Photography Club provided coffee and donuts to those having a hard time waking up or just needing a sweet fix. Our club has been doing this now for nine years after taking it over from the Veterans Group. A special thanks to Gary Sloan for organizing this effort and to the following members for getting up at 3:30 AM to start making coffee and to staff our sales booth; Les



Lots of donuts; from left, Marion Randal, Klara Klemen, Jeff Hanner and Dale Petersen; Dale Petersen helping customers



Thomas, Jeff Andersen, Dale Petersen, Kate McCarthy, Jeff Hanner, Marion Randal, Klara Klemen and Pete Henshaw. This year was a bit more successful than last year in that we provided 432 donuts and around 200 cups of coffee. These hearty souls even managed to have a good time and certainly “perked” up the spirits of the many attendees.

Contact: Brad Senn, (530) 409-2499, lhphotoclub.com
Website: www.lhphotoclub.com



Pickleball

Cal Meissen can be found at his post on the courts at 1:00 PM just about every Wednesday. That’s when Cal offers a laid-back introduction to the funny-sounding sport of Pickleball. Offered through the Pickleball Club, it’s a way for first-timers to discover the sport in a friendly group setting. “I’m trying to get people to have fun,” Cal said. “I like to start with the fun aspects of the game.” The program goes through the basics step-by-step. He also explains some baffling jargon, like the “kitchen” and making sense of head-scratching scores like 7-6-2. “It’s an introduction—no mat-



Cal Meissen works with, from left, Anita Lehrer, Bruce Langley, Sharon Sandin and Emily Koszalka

ter what their athletic ability,” Cal said. He urges Lincoln Hills residents to give it a try. You don’t have to be a member of the club, paddles are provided and the class is free. “If you like it and have fun, go from there,” he said.

Contact: Mike Gardner 834-6549, pickleballmike1@gmail.com
Website: www.lhpickleball.com

Players

It’s time for a comedy and the next show fills the bill. “Play It Again Sam” will be presented August 11 through 14 in the P-Hall (KS). Tickets are now available

for this rip roaring comedy that is sure to please.

Auditions are being held for “Happy Holidays, A Musical Tribute” for dancers and singers on July 20, 6:00 PM in the Fine Arts Room (OC; and July 22 at 6:00 PM in the Lincoln Room (KS). All dancers and singers are encouraged to attend this open audition! We’re also auditioning actors for the same show on August 30 and 31 at 6:00 PM in the Fine Arts Room (OC).

Join us at our monthly meetings the second Monday of every month at 4:00 PM in the P-Hall (KS).

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com
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 Fridays 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 Mondays, Tuesdays, and Fridays—same times.

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

Contacts: Paul Marcorelle 925-658-2405; Lynne Barsky 253-3730

RV

Zephyr Cove was the July destination of the RV Group, on the Nevada shores of Lake Tahoe. The group was nestled in the shade of the pines, just above the sparkling blue waters of Lake Tahoe. A pizza party and potluck were planned for two nights, and a dinner cruise on the Tahoe Queen paddle wheeler another. Remaining rallies this year include Clio and Bodega Bay in September.

Trips in 2017 will take the Lincoln Hills grey nomads to Chula Vista, Calistoga, Jackson, San Juan Bautista, Lake Almanor, and Pomo near Ft. Bragg. There is also a possible extended trip to the Albuquerque balloon festival. The RV Group includes rigs of all sizes—20



Yosemite; Enjoying cookout; Springfest

foot travel trailers, fifth wheels, and 45 foot diesel pushers. Come join us, the club meets the second Thursday of each month at 4:00 PM at KS.

Contact: David Africa 708-0009, lhrvg.com
Website: www.lhrvg.com

SCOOP

Ice Cream Social on Wednesday, July 27, at 7:00 PM at the Sports Pavilion. Bring your dog on a leash and make a refreshing sundae on a summer evening. *Everything will be provided.*

Our next meeting will be Tuesday, August 2, at 11:00 AM in the Fine Arts Room (OC). Crystal Pierson owner of Fashion Fo Paws in downtown Lincoln will speak. Crystal observes dog health issues caused by the food they eat. Crystal will discuss dog nutrition and also have a drawing for a door prize.

Members enjoyed hearing two speakers at the June meeting. Dr. Ann of Sterling Pointe Veterinary Clinic shared ideas for a foundation she wants to start. The foundation would help take care of dogs that have been left by their owners when they pass away. It is important to make sure our pets are cared for and plan ahead. Some members volunteered to serve on a committee

to help gather ideas for this foundation. Afterwards, Kathy Cangello spoke about ways to train dogs. She brought some very interesting dishes to feed dogs and make eating more interesting. Michele Murphy organized the 1 Dog Walk on Friday, June 10, and accepted donations of dog items for the Placer SPCA.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Rereading the classics of Shakespeare, Homer and Lewis Carroll provide many playable Scrabble words you may not have considered. A few examples: acropolis (a citadel), apollo (a handsome man), argosy (a large merchant ship), iliad (a lengthy poem), nestor (a wise elderly man), stentor (a person with a strong voice), gyre (to move in a circle or spiral), mome (a fool), galumph (to move clumsily) and frabjous (splendid).

Other standout literary eponyms (the person for whom something is named): bluebeard, caesar (an absolute leader), einstein (an exceptionally intelligent person), dickens (a devil), fagin (a person who instructs others in crime), quixote (a quixotic person) and rousseau (fried pemmican).

So dust off those old classics and see them as Scrabble inspirations!! Come join us on Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!!

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

Our newly elected board has jumped about the Bullet Train driven by President Kathy Shaddox with VP Sarah Lambrose, Secretary Susan Platt, Treasurer Bill Brown, and Membership Chair Mari Long planning great activities.

Fabulous time was had at the Nifty 50s "In and Out Party" June 23 at the Sports Pavilion with the Slack Cats Band.

Upcoming events:

July 21, Dining Out at Land and Ocean; August 4, Cocktail Time; August 7, Birthdays/Sports Bar; August 13, Breakfast/Sports Bar. August 11, General Meeting with Canine Companions for Independence. Weekly Activities: Tuesdays, Let's Dance at Meridians, Wednesdays, Bocce

Ball at Sports Park, Fridays, Golf at various courses.

Not a member yet? Want to join? Have fun for \$15 a year. Pick up the Dynamic Singles Flyer at OC for times and contact person for each activity or event, then jump aboard the train!

Contacts: Kathy Shaddox 209-3307



Ski

Club members should expect to be contacted this month as to their interest in the club's annual ski getaway trip. We are planning to travel to Park City, Utah from March 4-11, 2017. You are free to make your own travel and accommodations plans. However, for those interested, the club will research and select one or more luxury private homes or condos, coordinate with the owners, and collect allocated rental amounts from participating club members. We will also assist in coordinating travel plans, such as auto ride sharing and flight times. There are other details which we will plan with the participants.



Spring Post-Season Potluck Party

Information for our annual pre-season potluck party, expected to be held in late September, will be provided in a month or so.

Enjoy the warm weather, but look forward to a wet winter!

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



Softball

The summer league season is entering the final months and competition is as hot as the weather. In the National League Coldwell Banker Sun Ridge and a streaking Umpqua Bank lead the way with Schaak Physical Therapy in third. The American League race features Wells Fargo Advisors, with the best record in the league, holding a solid 6+ game lead

over their nearest challengers, Future Ford Lincoln and Don's Awnings.

League games are every Monday and Wednesday at 0800, 0920, 1040, 1200, and 1320 for the remainder of July and August. Hot Dog day will be July 27. The new fans and misting system make the games and spectating tolerable in the warmer temperatures. Join us at the field.

Contact: George Sylvia 295-1957,

lh.geo2softball@gmail.com,

Website: LHSSL.org

Coyotes

The Coyotes 60s, 65s, and 75s competed in the prestigious 2016 Rock n Reno Challenge Cup where over 200 teams from around the country came to play Senior Softball. The 60s and 65s found themselves in challenging brackets and were eliminated from competition on the second day of the event. The 75s went undefeated, winning their division while outscoring the opposition 103-45. Led by Gary Jones, George Bungarz, Bob Hunter, Larry Manley,

and Gym Mikaelson on offense and outstanding plays by all the infielders and outfielders, the team survived 90+ heat to become the 2016 Champions.

The Coyote 60s went undefeated in the Toulume Shootout capturing their first tournament of the year. A strong defense led by George Silva, Pat Sabia and Jim

Stapleton coupled with timely hitting from the entire team carried the team to victory.

The 60s next play in Ripon July 16-17, the 65s in Carson City July 23-24 and the 70s and 75s will be in Lodi July 28-29.

Contact: Bec Cannistraci,

beccannistraci@sbcglobal.net

Website: LHSSL.org



Sports Car

Summer is in full swing for the Sports Car Club. On June 17, 30 members traveled to the Charles Schultz Museum in Santa Rosa where they enjoyed learning about Charlie Brown, Snoopy, and the Peanuts Gang that Charles Schulz created. The group lunched in the Warm Puppy Café before heading home.

Next up, on June 28, a group headed



On the road to Santa Rosa; members with Charlie Brown; A visit to the Dairy

to Chico, through Paradise and beautiful countryside. Sierra Nevada Brewing Company was the final destination where all experienced a fabulous lunch, a tour and tasting.

July 4 was celebrated at the Pavilion where all enjoyed a Great American BBQ with fireworks after dark. On July 14, a large contingent traveled to Hilmar for a tour of the Hilmar Cheese Company where they learned about the dairy industry as well as viewing 640-pound blocks of cheese.

More exciting tours are coming up as we continue summer and head into fall.

Contact: Tom Breckon 434-6989,

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



Sun City Squares

The Square Dance Club meets at 1:15 PM at KS. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join. If you are not a square dancer but have an interest in dancing, please contact Jean Grupp. Times for our dancing are listed below:

- Round Dance Class, Mondays 1:00-1:45 PM
- Plus level dancing/Round Dancing between Tips, Mondays, 1:45-3:30 PM
- Advanced Dancing, Mondays, 3:30-4:00 PM Scot & Erin Byers, Caller and Cuer
- A-2 DBD Level Thursdays, 1:00-3:00 PM, KS

Officers are: Louis Bobrowsky, 434-5932, louisbobrowsky@yahoo.com; Jean Grupp 408-1868, jean@grupphomes.com
Contact: Jean Grupp 408-1868, jean@grupphomes.com



Table Tennis

We know when to leave the green and blue tables. Offer us a scoop of ice cream or a hot dog and we are game. Cindi Rinde did a great job with our ice cream social. Players used the opportunity to get to know and welcome the newer members. Next event: annual Holiday Party, December 15, Skippolini's Restaurant, 5:00 PM.

For many years we have had Sun City Roseville Table Tennis Club players join us here and we have gone to their place. We received an invitation from new president, Ron Hudson, to join their team for games and a hot dog BBQ party. We participated and appreciated the hot dogs and refreshments. We look forward to a similar event here with the Sun City Roseville team. And maybe other Sun City locations. Reno?

Join us at KS Sundays 12:30-5:00 PM, Tuesdays 6:00-9:00 PM, Fridays 8:00-11:00 AM.

Contact: Henk van Empel 434-5464, retiredlion@gmail.com



Tap Company

June 9 was a special day for Dan Erlin, a long-time tapper. Dan turned 80 on that day and all he wanted for his birthday was his 15 minutes of fame as a tap dancer. Enter Alyson Meador, Lincoln Hills tap instructor and all around great person. A special tap session was organized by Tap Company President Celeste Martella for any and all tappers to be filmed dancing with Dan. We learned a new routine and had it filmed within an hour. Afterwards we enjoyed birthday cake (provided by Alyson) and all signed an oversized card made especially for Dan. Thank you Dan, for having a birthday and thank you Alyson and Celeste for making it all happen.

I hope everyone had a great 4th of July celebrating our Country's Birthday with pride and reverence. During July there will be only one Tap Tech class—10:00 AM on Mondays. August will find us back to multiple Tech classes and preparing to assemble Performance classes for next year's Tap Show. Stay tuned for more show details in the coming months.

Contacts: Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

LHTG's Singles Tournament, sponsored by Mr. Pickle's, drew over 20 players, even with the summer heat. Winners in each level were: Women: 3.0—Linette Ingram; 3.5 Helen Berott. Men: 3.0—Jack Ryder; 3.5—David Mateer; and 4.0—Russ Smith.

Two USTA teams from Lincoln Hills—Captain Jerry Dong's Men's 4.0 and Captain Pietrina Magna's Ladies' 3.5—were in Napa, June 27-29, competing against other Northern California teams, who also won their league in playoffs held earlier in June. Thanks to all who supported us during regular season and at Sectionals!



Singles Tournament winners; the participants

Pete Saco was the speaker at the LHTG semi-annual meeting on June 30 at KS. He gave an informative talk on SIT Force—its reason for being and the current status.

Contacts: BJ White, bjwhiteca1@gmail.com;

Bob White, bobwhiteca@gmail.com

Website: sclhtg.com



Vaudeville

What a great show we had. The singers and dancers were all in sync and the 17 Zombies were particularly exciting. There was something for everyone to enjoy. We had several newcomers and they did a wonderful job. You would not have known that some of them never performed

in front of an audience before. We can now relax and enjoy our well-deserved cast party this week. The party is a thanks for all the hard work the cast members put into the show.

With the show behind us we will look forward to attending and participating in the other Performing Arts shows from the Players, the Tap Company and the Chorus. Many of the Vaudeville Troupe members are also members of these groups.

We will keep on singing, dancing and telling your favorite jokes. Thanks to all of you for making this show a huge success.

Contacts: Yvonne Krause-Schenk 408-2040, ykrause@yahoo.com



Veterans

Rear Admiral Richard Fitzgerald, who flew surveillance missions in support of the quarantine ordered by President Kennedy during the Cuban Missile Crisis, will be the featured speaker at the July 21 general membership meeting in the P-Hall (KS) at 1:00 PM.

Fitzgerald was commissioned an ensign, completed flight training and was designated a naval aviator in November 1959. His first operational assignment was in Patrol Squadron 56 out of Norfolk, VA. In October 1962, his squadron was redeployed to Guantanamo Bay in support of the presidential quarantine on ships headed for Cuba.

His crew flew more than 120 hours during the height of the crisis, conducting surveillance on Soviet ships and turning them back towards Russia, while simultaneously conducting antisubmarine missions.

Contact: Bob Ringo 543-5310, bobringo@starstream.net



Videography

Years ago an experiment proved that audio is more important to a movie than video. Two movies were shown, one with good video but bad audio and the other with bad video and good video. More of the audience walked out because of the bad audio. Quality audio is important to your video, whether you add music, narration, or just capture sound

during recording. At our next meeting we will discuss the nature of the audio signal, the different formats used to deliver audio, the types of devices used to capture audio and what enhancements we can make during editing.

Join us July 19, at 9:00 AM for "Audio Part One." We meet monthly at this time on the Third Tuesday of each month, in the Multipurpose Room (OC). For more information contact Jeff Hanner.

Contact: Jeff Hanner 769-2871, jeffhanner8@gmail.com



Water Volleyball

Our first outdoor water volleyball event was Sunday, July 10. This is always a fun time for the club members.

Our club is in need of an equipment manager. We are asking the volunteers to play on a regular basis.

Regarding competitive play, the steering committee has finalized and approved a new skill tabulation sheet. This will soon be posted on our website. Check it out. It raises awareness on what skills to focus on. It is also a useful tool for the captains each week. It's all about longer rallies.

Check out the website. Sidne is doing a great job.

To the SCLH residents, if you have played competitive land ball in the past, consider becoming a member. Or if you consider yourself athletic, give us a try!

New players contact Ginger Nickerson, Red Ball Liaison, 253-3322.

Contact: Jim Puthuff, 768-3936
Website: www.lhwatervolleyball.com



Woodcarvers

Woodcarving goes back a long way as a necessity to make or repair something and it subsequently evolved into an art form and/or a recreational hobby. There are several styles of carving: realistic, stylized, caricature, and novelty items like spoons, chains, and puzzles. Woodcarvers obviously carve in wood although some have been known to carve golf balls and even peach pits.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers. Woodcarvers

Club members have a large library of carving books, magazines and DVDs for plans and ideas. If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can use.

Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

Contact: Dick Skelton, 626-0895



Writers

It's the beginning of summer and the creative minds are in hyper drive. Jeff crafted a marvelous tale of the last remaining drop of water's autobiography from the Creation up through our present day. We also can't forget the colorful descriptions in Art's new mystery; Death by Golf Ball. There isn't enough room in this column to detail all the writings from each meeting, but hopefully we've whet your curiosity.



Jeff Wickun, nature author; Andy Dexter, mystery author Death by Golf Ball



Each meeting we're seeing new adventures and original poems. There seems no limit to the creative word craft being produced. Whether you're looking for an audience from which to receive constructive feedback on your latest story or just seeking a bit of help getting started, the SCLH Writers Group is for you.

Each of us has different writing objectives, but we all would like to improve. We meet every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.
Contacts: Bruce Robinson, bbrob1281@gmail.com; Mike Hensley, mike.1943.ok@gmail.com; Susan Gust, srg2266@gmail.com

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Bulletin Board

Please email your bulletin board articles to 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

Did you know that clogging is the official state dance of two of our states? (I didn't either. The states are Kentucky and North Carolina.) In clogging, we emphasize the beat with "enthusiastic footwork." This footwork is further enhanced by the taps on the bottoms of our shoes. A clogging shoe has four metal pieces, two each on heel and toe which bounce together when we dance, making a great sound. No worries, we don't wear wooden shoes anymore. You'll love clogging, so come join us as we dance enthusiastically! Contact Anita Tyson, 543-5330.

Caregiver Support Group

The Lincoln Caregiver Support Group supports those who are doing caregiving for a loved one or a friend. We encourage one another with ideas and hugs! If you are caring for someone no matter what the illness, come join us on the third Thursday of each month at the Twelve Bridges Lincoln Library. We meet from 9:00-10:30 AM. You must come in from the employees' entrance at the backside

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, July 21** • **10:00 AM** Spine & Nerve Seminar / Neck and Lower Back Pain Oaks (OC)
- **Sunday, August 2** • **10:00 AM** Nautilus Society Heights (OC)

Glaucoma Support Group

Do you speak "Glaucoma"? The language of glaucoma can present quite a challenge. You will hear many different terms used while visiting your doctor. Join us at our next meeting, August 10, and bring a list of the words you may not understand. Our members will help you learn to better understand living with Glaucoma. The meeting will be at 4:00 PM in the Multimedia Room (OC). Additional info: Bonnie Dale, 543-2133.

Lincoln Democratic Club

There is no general meeting in July as the club participated in the Fourth of July Parade and contributed to the Lincoln Fire Works display fund. Volunteers are also active at the Lincoln Farmers Market every Thursday evening during the summer in Downtown Lincoln. Stop by and say hello. Questions: See our club website www.democraticclublincolnca.org/

org/ or email Al Witten c/o lincolndems@gmail.com.

Lincoln Multiple Sclerosis Group

Reminder that the Lincoln Multiple Sclerosis Group will be enjoying a vacation during July and August with our next meeting scheduled on Tuesday, September 6. See you in September! Details about the MS Group: Marilyn Sharp, 434-6898.

LH Foundation

Stay cool! Play Bingo in air-conditioned comfort at OC Ballroom on Thursday, July 28. As usual, doors open at 12:30 PM and play begins at 1:00 PM. Meridians will offer a pre-game special luncheon in their cool, air-conditioned restaurant. To reserve a Bingo table for seven to ten players call Klara at 408-4496. Our full 2016 schedule is on our website, www.lincolnhillsfoundation.org., where you can also download and print a coupon for free pop-ups.

LH Italian Club (LHIC)

Do you have your Nonna's spaghetti sauce or biscotti recipe you want to show off? Sign up to enter our Spaghetti Sauce and Biscotti competition! Only ten entries per category. The event is scheduled for August 12 at the Sports Pavilion. Check the website for details and entry form: www.lhitalianclub.org. Reserve September 11 for our second Murder Mystery Dinner at Catta Verdera. The Don was shot last year. Who got it this time? Can you solve it? Are you of Italian descent? Want to join the fun? Call Virginia Halstenrud, 543-3293, or go to the website for an application.

LH Parkinson's Disease Support Group

The Parkinson's Support Group meets
Continued on page 38

The Placer Mosquito and Vector Control District advises the public to implement the Three Ds of protection:

- **Drain** or dump any standing water that may produce mosquitoes.
- **Defend** yourself and your home by using a CDC-recommended insect repellent and dressing protectively when outside, and making sure screens on doors and windows are in good condition.
- Contact the **District** for any additional help controlling mosquitoes around your home. Main office 380-5444 toll free



(888) 768-2343 Information about planned treatment is available on the District's website www.placermosquito.org.

For a list of CDC-recommended repellents, please visit the District's website or the Centers for Disease Control and Prevention: www.cdc.gov/westnile/faq/repellent.html. Placer residents can also call Placer County Public Health at 530-889-7141.

Continued from page 37

the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. We support and encourage one another. We learn from others. July 19 we are privileged to have Brent Garduno, a consultant from Abvie Pharmaceuticals. Come join us from 10:00 to 11:30 AM! More info: Brenda Cathey, 253-7537.

LH Republican Club

The mission of the LH Republican Club is to serve Republicans in SCLH. Members must be a resident of Lincoln Hills. Meetings are held about six times per year. As events are scheduled, they will be included in this publication and on the website. Next event: August 19, 5:00-8:00 PM, Social Kitchen (KS). Speaker

Pamela Barnett, "The Woman Who Sued Obama." Light food and beverages. Info about the club activities: www.RepublicanClubSCLH.org. To receive emails regarding upcoming events or for questions: info@RepublicanClubSCLH.org, Tom Webb, 408-0400, or Bob Alaimo, 645-9488.

LH Travel Group www.lh-travelgroup.com

The Travel Group has been in existence since 2000, offering trips around the world to LHSC residents and their guests. Our committee consists of five LHSC resident home owners. We meet the first Tuesday of the month, 6:30 PM, KS unless otherwise noted. Everyone is welcome. Jay Fehan of Collette Vacations is our presenter at the next meeting, Tuesday, August 2, 6:30

PM KS. See our website for trip details. 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.

Movie Lovers Group

The Movie Lovers Group meets monthly on the second Thursday of the month. We are currently open to add new members. At the monthly meeting we review and discuss two or three movies, selected by members the prior month, and which are known to be showing locally. We focus on quality movies rather than "special effects blockbusters." Recently we reviewed "Money Monster" and "The Man Who

~ Community Perks ~

LH Certified Farmers Market & 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. Weather permitting, the Farmers Market will be open every Wednesday until November. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



Charles, a former detective and his rich, playful wife, investigate a murder case mostly for the fun of it.

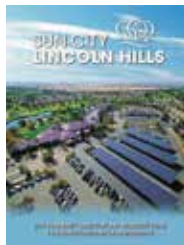
Document Destruction Monday, July 18

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



2016-2017 Community Directory and Resource Guide

The SCLH Community Directory and Resource Guide is available for pick up at the Membership/Activities Desks. Residents will need to provide proof of membership (finger vein scan, member ID or drivers license with current address) in order to pick up one Directory per household. Please recycle your old Directory in one of the shredding bins located at the main entry of OC Lodge. Remember, the Association does not give your personal information to anyone. Please do not share your Directory with vendors or non residents.



New Resident Orientation Tuesday, July 19 — Free

Mark your calendar to attend the New Resident Orientation on Tuesday, July 19 at 6:00 PM in the Ballroom (OC). Meet the management team and learn about the business of the Association, opportunities and your responsibilities. We look forward to seeing you there. No RSVP required.



KS Classic Movies on Saturday: The Thin Man

Saturday, July 16 — Free
1:30 PM, P-Hall (KS). Not Rated, 91 minutes—Comedy/Crime/Mystery. Starring William Powell, Myrna Loy, Maureen O'Sullivan. Nick and Nora



KS at the Movies on Saturday: Hello, My Name is Doris

Monday, August 1 — Free
1:30 PM, P-Hall (KS). Rated R, 95 minutes. Comedy/Drama/Romance. Starring Sally Field, Max Greenfield, and Tyne Daly. A self-help seminar inspires a 60-something woman to romantically pursue her younger co-worker.



Knew Infinity.” If you are interested joining our group please let me know, either (cliffroe@ix.netcom.com) or cell (408-205-8765). We are on hiatus for July and August and meet next September 8.

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 to 4:30 PM, Wednesdays, 12:30 to 4:30 PM, and the Sierra Room (KS) Fridays between 8:30 and 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.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323 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. amoon38@sbcglobal.net

Shalom Group

We are a social group meeting bi-monthly

at KS, the third Monday of the month. We have a program or guest speaker for these meetings. The purpose of the SSG is to cultivate social, educational and cultural relations among the residents of SCLH who have an interest in the values, traditions, and customs of the Jewish experience and heritage. We have many activities such as bowling, bocce, sporting events, miniature golf, hiking, picnicking, game nights, cooking/eating events, discussions groups, and more. Contact: Vida Morrison, Membership Chair, 984-1043.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not

Continued on page 41

Astronomy Group Hosted Star Party

Monday, August 8 — Free

The Lincoln Hills Astronomy Group is hosting a Star Party on the terrace behind Orchard Creek Lodge and it is open to all LH residents. Sunset is at 8:08 PM and viewing will continue for several hours. Members of the LH Telescope Interest Group will have their telescopes set up to guide you through the night sky, as well as to answer your questions. Featured celestial objects will be: Saturn, Venus, Jupiter, Mars, several galaxies and the moon. Hope to see you on August 8!!! Contact: Bob Collins, 253-9890.



Coffee with the Mayor

Friday, August 12 — Free

10:00 AM, Community Living Room (OC). Join Mayor Spencer Short in an informal setting that provides residents an opportunity to ask questions and hear about what is going on within the city of Lincoln.



KS Classic Movies on Saturday:

Peggy Sue Got Married

Saturday, August 20 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 103 minutes. Comedy/Drama/Fantasy. Starring Kathleen Turner, Nicolas Cage, Joan Allen and Jim Carrey. Peggy Sue faints at a high school reunion. When she wakes up, she



finds herself in her own past, just before she finished school.

Music Group Sponsored “Open Mic Night”

Friday, August 26 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, guests and audience members. Singers must be accompanied by a musician. No karaoke or back-tracking permitted.



Alzheimer’s and Dementia: An Increasing Concern

Thursday, September 8 — Free

10:00 AM-12:00 PM. P-Hall (KS). This two-hour presentation will feature a pair of very informative speakers: Michelle Johnston, the Regional Director of Northern California and Northern Nevada’s Alzheimer’s Association and Dr. Laura Wayman, “The Dementia Whisperer.” Michelle will talk about the latest research and how to combat the disease. Laura will provide insight about those with the disease and speak to those providing care. You will also hear about the upcoming “Walk to End Alzheimer’s” to take place October 1 at the Sacramento State Capitol. This annual walk is the world’s largest event to fight Alzheimer’s and residents from SCLH will be joining in. *Let’s learn more!*



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Continued from page 39

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. For shooting schedule hours and trap or skeet

shooting, please contact John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

Sun Senior Bowlers, Thursday AM

The Thursday Sun Seniors League is

looking for bowlers interested in joining our fall league (begins September 8) at Strikes Unlimited in Rocklin at 9:30 AM. Come join the fun and meet new friends. For more information or to sign up, contact Claudia Dehart at the.deharts@att.net or 645-9345.

Library News

Sandy Melnick, Library Volunteer



Where, oh where are the missing discs? When returning books on CDs, please remember to check your car or any other place where you might be leaving a disc. We really need a complete box of CDs or the story is worthless. This also pertains to DVDs that are part of a multi-disc set.

Just a reminder that if you are looking for a particular book, ask one of our volunteers. They will be most happy to help you find it. A good source is the computer.

Just use the Amazon icon on the computer and put in the title of the book or the author's name and the information will pop up. Nothing like modern technology!

If you like Civil War stories, you might like to read *My Name is Mary Sutter* by Robin Oliveira. This is a story about a young midwife who aspires to be a doctor. The story really brings the Civil War to life with all the hardships and prejudice against women in these times. This book can be found in the hardback section of novels.

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

Connections

Continued from page 3

a **presentation about Alzheimer's and Dementia on September 8** (page 39) and participate in the **Walk to End Alzheimer's on October 1**. We will be having our annual **Community Social on October 7** and it will include a fund-raiser event to benefit the Placer Breast Cancer Foundation. Details about the October events will be in the August *COMPASS*.

In the meantime, we hope to see you **August 2 for the big Block Party celebrating National Night Out** taking place in our own Amphitheater. See pages 13 and 21 for details. Keep active and I look forward to seeing you in the Lodge.

In Memoriam

Beverly Jane Acosta

A high-energy person, BJ loved family, the outdoors and sports. She grew up in Michigan, married and had three children. She worked in the banking industry. She subsequently married Richard Acosta and lived in Washington DC for 12 years. BJ was an active member of Rotary, Kiwanis, Soroptimist, Toastmasters and the Business and Professional Women's organization. She loved Lincoln Hills where she participated in the RV Club, Mah Jongg and Bridge.

Robert Bailes

Bob grew up in Southern California, but moved to Northern California where he met his future wife, Pat. He was a tile setter and also a dealer for Harrah's at Lake Tahoe. Moving to Redding, he owned and operated a

liquor store, then a laundromat, and after retirement, he lived at Lake Almanor and Kona, Hawaii. Bob was an outdoorsman, golfer, fisherman and bird hunter. He enjoyed gardening, diving and snorkeling. He enjoyed traveling with his wife and friends. Bob is dearly missed by his wife of 55 years, two children, five grandchildren and one great-grandson.

Kenneth Smedberg

Ken was born in Sacramento, married Bonnie in 1965 and raised a family in Elk Grove. He volunteered for the Marine Reserves during the Vietnam War. Ken worked with the State of California with the Department of Rehabilitation. He became an avid runner and cyclist and he helped countless friends enjoy life and make healthier lifestyle choices. He especially enjoyed living in Pollock Pines where he entertained family and friends.

Ken never met a stranger!

He is survived by wife, Bonnie, three children and three grandchildren.

James Warren

A roller-blader and skiing enthusiast, Jim enjoyed his life to the fullest. Hailing from La Grange, Illinois, he served in the Army during WWII. His career was in sales and later in life he started his own business.

He leaves his dear wife Jan, of 63 years, and is missed by their three children, six grandchildren and one great grandchild. There will be a service for Jim on July 27 at 1:00 PM at Orchard Creek Lodge.

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.



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Entertainment

—Club Performance—

The Lincoln Hills Players Group presents “Play It Again, Sam”

Thursday, August 11

7:00 PM show — 5411-06A

Friday, August 12

7:00 PM show — 5411-06B

Saturday, August 13

7:00 PM show — 5411-06C

Sunday, August 14

2:00 PM show — 5411-06D



The Lincoln Hills Players return to the stage with Woody Allen’s hilarious comedy hit “Play It Again, Sam,” the story of a neurotic cinema enthusiast and writer who has recently and unwillingly become divorced from his flaky wife. Allan Felix feels overwhelmed at the prospect of dating and relies on his best friends, Dick and Linda, for advice on re-entering the dating world with *hilarious results*. Allan also fantasizes about his screen hero Humphrey Bogart giving him romantic advice. Join the comedic fun for a midsummer relief at the P-Hall (KS) with luxury theater-style seating. Every seat provides you with an outstanding, close-up view of the stage allowing you to feel like part of the cast. Performances are August 11, 12 & 13 at 7:00 PM and matinee on Sunday, August 14 at 2:00 PM. P-Hall (KS). Reserved Seating, \$12.

—Concerts—

Paperback Writer: The Beatles Experience

Thursday, July 21 — 5421-05

Paperback Writer: The Beatles Experience takes its audience on a trip through the musical years of the world’s most popular rock group of all time! Hear the hits from the Ed Sullivan Show through the colorful Sgt. Pepper’s years and on to the roof tops of “Let It Be” performed with “spot on” vocals, looks, and sound-alike ability. This national show is featured at Disneyland and Disney’s California Adventure park as well as dazzling audiences across the United States and around the world performing for fairs, major casinos and the cruise industry. Take a look at what the national critics are saying: “Heads above the Beatles shows I’ve heard!” *Eagle Press* Cleveland, Ohio. “Sensational show for all ages” *Los Angeles Times*. “Remarkably authentic! Amazing vocals!” *Bloomingtondale* (Chicago) *Times*. “The Look, The Sound... Amazing.”



San Francisco Chronicle. Paperback Writer is guaranteed to bring audiences the most precise experience of The Beatles as humanly possible. 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$18. General admission, \$15.

Summer Concert Series

The Long Run: Experience the Eagles

Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded professional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest Eagles tributes in the world. Recently featured in AXS TV for their live tribute concert, the Long Run’s lush harmonies and rich instrumental arrangements deliver Eagles chart-topping hits with exceptional musical accuracy and live concert energy. With songs like “Hotel California,” “One of These Nights,” and “New Kid in Town,” audiences young and old can expect a night to remember! General admission, \$20.



Summer Concert Series

Natural Wonder: The Ultimate Stevie Wonder Experience featuring Gabriel Bello

Friday, August 5 — 5016-4E

Natural Wonder, the Ultimate Stevie Wonder Experience, is an epic endeavor that brings real musicianship, a dynamic stage show, and a deep, studious love of the Stevie Wonder legacy to audiences. Based in North Carolina, Natural Wonder has wowed audiences in numerous festivals and large venues across the country including The House of Blues, B.B. Kings, and The Fillmore, to name a few. Led by Billboard-ranked vocalist and multi-instrumentalist Gabriel Bello and a band of musical veterans, Natural Wonder recreates the look, feel, and sound of a Stevie set. With hit songs that span the Stevie Wonder catalog from Motown-era hits like “Signed, Sealed, Delivered” and “My Cherie Amour,” the fusion-flavored 70’s platters like “Master Blaster” and “Do I Do,” the genius *Songs in the Key of Life*, the signature harmonica solo of “Isn’t She Lovely,” or Stevie’s modern masterpieces like “My Love is on Fire,” this show delivers the music of an icon across decades and genres. General admission, \$20.



Single Seats Now On Sale!

KS Music Night Presents

Fall Classical Series

Great Guitars! Daniel Roest and Richard Gilewitz

— Tuesday, August 16 — 5416-06A

Yellow highlighted events are shown on the Calendar of Events list on page 3.

Continued on page 44

The Angelica Duo featuring violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn

— Tuesday, October 18 — 5416-06B

Joyous Brass: Christmas in Brass

— Tuesday, November 22 — 5416-06C

Classical Guitarist Matt Bacon

— Tuesday, December 20 — 5416-06D

We are pleased once again to present some of the finest classical musicians in the Northern California area in a four concert series performed at Presentation Hall, (KS). First up in the series is the guitar duo consisting of **Daniel Roest** and finger style guitarist **Richard Gilewitz**, who delivers a magical journey of solo 6 and 12-string guitar—with amusing tales along the way. He’s toured the world many times. Daniel Roest (“roost”) lives and performs in Northern California. With a broad range of styles to select from, his performances shift gears through continents and periods, aimed at pleasing all ages. Coming in October, **The Angelica Duo** comprised of violinist **Anita Fetsch Felix** and harpist **Beverly Wesner-Hoehn**. They will present newly composed virtuoso music mixed with old favorites to delight audiences in an intimate chamber music setting. The Angelica Duo will present the works of Saint-Saens, Massenet, Bach, Izmaylov, Donizetti and others with commentary on the composers. Their performances have been met with “enthusiasm and high praise for their transparent sound, and artistry.” In November, **Joyous Brass**, Northern California’s only British Style Brass Band, featuring 30 musicians will perform Holiday themed music, including original compositions, jazz,



classical and traditional carols. Rounding out our series is **Classical Guitarist Matt Bacon** from San Francisco. He is an international artist and Top Prize winner at the Texas National Music Festival’s “Classical Minds” competition. He is a highly sought after performer and composer. **Single tickets are now on sale.** Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). Reserved Seating, \$15.

Summer Concert Series

Jukebox Junction: Glenn Miller Orchestra and the Diamonds

Friday, August 26 — 5016-4F

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship from the Glenn Miller Orchestra and the wonderful hits and showmanship of the Diamonds? The Glenn Miller Orchestra



performs your favorite big band hits, followed by your favorite doo-wop and rock and roll classics as sung by the Diamonds in one unforgettable concert. Expect hits like “Chattanooga Choo-choo,” and “Moonlight Serenade” from Glenn Miller Orchestra and “Little Darlin’,” and “The Stroll,” to name a few from the Diamonds. General admission, \$23.

Summer Amphitheater Concert Series Guidelines

Admission: Wristbands must be worn during concert. **Online buyers for individual shows 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 SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

Admittance: Doors open at 6:00 PM.

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.

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 6:00 PM.** **Chairs placed prior to 5:00 AM, or that exceed height of 36” will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

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 upon admission and throughout the concert.

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, 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 of this COMPASS. All sales are final. No refunds or exchanges. No child pricing.

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An Evening with Ariana Savalas With Special Guest Mads Tolling

Friday, September 2 — 5402-07

Singer/Songwriter Ariana Savalas, youngest daughter of legendary actor Telly Savalas, will perform a program of popular standards from The Great American Songbook and selections from her recordings and personal repertoire, featuring a number of duets and musical magic with two-time Grammy Award-Winning Mads Tolling. She has performed for sold out audiences from Beverly Hills to Manhattan. Get ready for signature smooth-as-silk vocals, a quick wit, and a delightfully naughty sense of humor. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24.** General admission, \$20.



Summer Concert Series Jason Petty and Carolyn Martin: Country Royalty

Friday, September 16 — 5016-4G

Two legends, one stage! Jason Petty teams up with one of the best singers in the business to bring two legends of country music together for the very first time... **Hank Williams and Patsy Cline.** Award-winning singer Carolyn



Martin delivers the perfect **Patsy Cline** to Jason's **Hank Williams**, the two biggest names country music has ever seen. With hits like "Crazy," "Hey Good Lookin'," "Walking After Midnight," and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22.

Summer Concert Series Let's Hang On! A Frankie Valli Tribute Show

Friday, September 23 — 5016-4H

You asked for it, you got it! Get ready to experience America's # 1 Frankie Valli Tribute Show, *Let's Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, "The Jersey Boys." Expect the trademark vocal virtuosity, tight harmonies, and crisp choreography that made *The Four Seasons* one of the greatest vocal groups of all time. Sing along to *Four Seasons'* mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off of You," and many more. General admission, \$21.



Day Trips & Extended Travel



Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

Day Trips

—Casino/Races—

Just added! Harveys South Lake Tahoe

Thursday, August 18 — 1952-07

We've arranged for a special trip to Harveys in South Lake Tahoe that will include \$10 in gaming and \$5 in food credits. You'll have six hours to enjoy. If you're a hiker, here's your chance for a nice day on the trails behind Harrahs. Meals on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$32.



—Festivals—

Strauss Festival—Elk Grove Regional Park

Sunday, July 31 — 1717-06

The Strauss Festival of Elk Grove is an outdoor staged dance production at Elk Grove Regional Park. Featuring a live or-

chestra, fireworks and other pyrotechnic displays, enchanting outdoor ambiance, and of course the beautifully costumed dancers, the Strauss Festival is a perfect summer evening getaway. This year's theme is "The Fairest of them All". The Festival has attracted audiences from around the world and has garnered critical acclaim along the way. It is one of the longest-running events of its kind, and in keeping with the tradition of the original Strauss Festival in Vienna, admission has always been free. However, due to the high cost of the production we have included a \$5 donation per person in the price of this trip as they have gone out of their way to insure we have a reserved section of plastic lawn chairs for our group and a designated bus area. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The seating is a grassy knoll at the edge of a lake and evenings



Strauss Festival of Elk Grove



Continued on page 48

can be chilly so may want to bring a sweater or blanket. Please wear comfortable shoes as there is a slight walk from the bus to the seating area. Leave OC at 5:30 PM, return ~ 11:15 PM. \$33.

Gold Rush Days

Friday, September 2 — 1849-06

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival “turns back the clock,” transforming Sacramento’s historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages. Featuring dancers, street dramas, wagon rides, period artifacts, and musicians. For more information <http://sacramentogoldrushdays.com/about/>. We’ll be spending four hours at this festival with lunch on your own. Leave OC at 8:30 AM, return ~ 2:30 PM. \$25.



Benicia Fine Arts & Crafts Fair

Saturday, September 17 — 1746-07

Artisans and crafters will line First Street in historic downtown Benicia for this annual event. Recognized as one of the most diversified and leading Bay Area arts & craft shows, this event draws thousands of shoppers. Vendors are pre-screened to ensure a quality event with an extensive selection and variety of fine arts and crafts. You’ll be steps from the waterfront and historical sites. Lunch on your own. Leave OC at 9:15 AM, return ~ 5:15 PM. \$35.



California Capital Airshow

Saturday, October 1 — 1930-07

The California Capital Airshow will be roaring into town featuring spine-tingling performances by the U.S. Navy Blue Angels Demonstration Squadron, United States Army Golden Knights, Royal Canadian Air Force CF-18 Demo Team, USAF Air Combat Command F-16 Viper Demo Team, ‘FIFI’—the world’s only flying B-29 Superfortress, pyrotechnics, theatrical WWII tribute performance and so much more! Our group will enjoy the large chalet tent with an included buffet and soft beverage, includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP entrance and up front bus drop off and parking along with private rest-



Continued on page 52

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 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.

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Fleet Week Hornblower Luncheon Cruise

Sunday, October 9 — 1831-07

We've reserved space with Hornblower Cruises for your enjoyment of the festivities. You'll be in awe as the Navy Blue Angels soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat gourmet buffet lunch (included) aboard



the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Leave OC at 10:00 AM, return ~ 8:30 PM. \$160.

—Food & Wine—

Historic Restaurants of San Francisco with Gary Holloway

Tuesday, August 23 — 1842-06

Join our San Francisco step-on guide Gary Holloway as we take a tour of Historic Restaurants of San Francisco. Enjoy lunch and dessert at two fabled San Francisco eating institutions. We'll have a driving tour of many famous establishments including John's Grill, the setting for the Maltese Falcon, and then it's off to The Old Clam House open at the same original location since 1861. You'll have a choice of *Original Golden Gate Clam Chowder* or *Caesar salad with a Crab* or *Fried Chicken Sandwich*. Dessert will be served at The Tadich Grill serving classic fare since 1849 with a choice of their famous *Bourbon Bread* or *Rice Custard Pudding*. Complete menus at Activities Desk. There will be a rest stop both directions of trip. We'll handle the driving and parking, you partake and enjoy! Trip size limited to 46. Leave OC 7:45 AM, return ~ 7:30 PM. \$128.



Best in the West—Rib Cook-off

Wednesday, August 31 — 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. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$41.



—Performances—

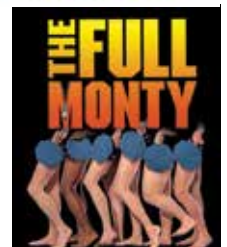
"Hamilton an American Musical"

San Francisco ticket release has been delayed until the fall, keep an eye on *COMPASS* as it will be listed as soon as we get the tickets.

Eldorado Reno—"The Full Monty"

Thursday, September 8 — 1777-07

Get ready to laugh with The Full Monty at the Eldorado Theatre! Based on the cult hit film of the same, this 10-time Tony Award-nominee is filled with honest affection, engaging melodies and the most highly-anticipated closing number of any show. While spying on their wives at a "Girls' Night Out," a group of unemployed steelworkers from Buffalo see how much they enjoy watching male strippers. Jealous, out of work and feeling emasculated, the men come up with a bold and unclothed way to make some quick cash. The Full Monty is a story full of heart with a raucous mix of razor-sharp humor and toe-tapping pizzazz, this heartwarming upbeat comedy is a total blast. Includes \$10 free play and \$5 food credit at the Silver Legacy, and buffet dinner at the Eldorado before the show. Reserved seats. Leave OC at 12:00 PM, return ~ 11:00 PM. \$95.



Irving Berlin's White Christmas Golden Gate Theater—San Francisco

Wednesday, December 14 — 1774-05

Not too soon to plan your holiday outing! Start with a timeless tale of joy and goodwill, fill it with classic Irving Berlin songs, top it off with glorious dancing and lots of snow and come see Irving Berlin's White Christmas! It's a must-see classic in a lavish new musical that the *New York Times* says to "put on your wish list." **Irving Berlin's White Christmas** tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Enjoy the holiday spirit at



Continued on page 54



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2016 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 beverages 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. \$99 each show.



Cabaret

Wednesday, July 27 — 1795-03C

Welcome to Berlin's infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside. But as life in pre-WWII Germany grows more and more troubled, how long can the show and the decadence surrounding it go on? This Tony-winning Kander and Ebb classic has some of the most memorable songs in theatre history, including "Cabaret" and "Willkommen." \$99.



Nice Work If You Can Get It

Wednesday, August 10 — Sold Out — 1795-03D

A smash hit on Broadway in 2012, the song-and-dance spectacular features the music of George and Ira Gershwin in a sparkling, high-stepping musical comedy. To a songbook of the best American standards ever sung, a cast of bootleggers, chorus girls, playboys and politicians, creates hilarity in a glorious Long Island mansion in the rip-roaring 1920s. With "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone to Watch Over Me." \$99.



Sold Out

The Hunchback of Notre Dame

Wednesday, August 24 — 1795-03E

This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (*Beauty and the Beast, Newsies*) and Stephen Schwartz (*Wicked, Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar-nominated score and introduces stunning new songs. \$99.



Broadway Sacramento 2016-2017

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 \$97 each

The Sound of Music

Tuesday, November 1 — 1793-06A

The Hills Are Alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. \$97.



First bus sold out! Second bus added!

Kinky Boots

Tuesday, January 31, 2017 — 1793-06BB

Kinky Boots is Broadway's huge-hearted, high-heeled hit! With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, *Kinky Boots* takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan. Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Son. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos. Take a step in the right direction and discover that sometimes the best way to fit in is to stand out. \$97.



A Gentleman's Guide to Love & Murder

Tuesday, March 7, 2017 — 1793-06C

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for BEST MUSICAL—*A Gentleman's Guide to Love & Murder!*, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by – you guessed it – eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. \$97.



The Bodyguard

Tuesday, April 18, 2017 — 1793-06D

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox! Former Secret Service agent turned bodyguard, Frank Farmer, is

Continued on page 59

Donna Judah



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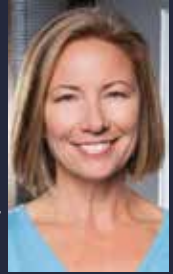
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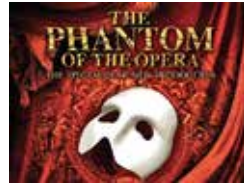
hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, *The Bodyguard* features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time – "I Will Always Love You." \$97.



The Phantom of the Opera

Tuesday, May 23, 2017 — 1793-06E

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* will come to Sacramento as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score – with songs like "Music of the Night," "All I Ask Of You," and "Masquerade"—will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. \$97.



2016/2017 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 four price points this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed below.

\$639 Platinum Seating — 1730-04

\$573 Gold Seating — 1731-04

\$440 Silver Seating — 1732-04

\$339 Bronze Seating — 1733-04

Read about this season's phenomenal speakers:

- **Michael Lewis**
Wednesday, September 28

Michael Lewis is a non-fiction writer and one of today's leading social commentators. He takes a fresh, hard look at the ever-changing value systems that drive our economic markets, political landscapes and cultural norms. Some of his best-selling books include *Moneyball*, *The Blind Side* and *The Big Short*.

- **Brian Greene**
Wednesday, November 16

Brian Greene is a theoretical physicist. He is an entertaining communicator of cutting-edge scientific concepts. His national bestseller *The Elegant Universe* became an Emmy and Peabody award-winning NOVA special that Greene hosted. He co-founded The World Science Festival with the mission to take science out of the laboratory, and recently launched World Science U, a series of free online courses.

- **Jay Leno**
Wednesday, January 18, 2017

Comedian Jay Leno is known as one of the nicest and hardest working men in show business. As host of the *Tonight Show* he dominated the TV late night ratings for more than two decades. His "everyman" style and personality have helped him earn millions of fans worldwide.

- **Fareed Zakaria**
Monday, February 27, 2017

Journalist Fareed Zakaria is the host of CNN's Fareed Zakaria GPS, the go-to show for those seeking smart commentary and civil conversation about global challenges. Dr. Zakaria is a contributing editor to the *Washington Post* and *The Atlantic* and author of several *New York Times* bestsellers. He is widely respected for his thoughtful analysis and ability to spot economic and political trends.

- **Julia Gillard**
Wednesday, April 5, 2017

Former Head of State Julia Gillard was the 27th Prime Minister of Australia. She was the country's first female Prime Minister from 2010-2013. She developed nation-changing policies, including reforming Australia's education at every level and improving healthcare. She received worldwide attention for her speech in Parliament on the treatment of women in professional and public life.

- **Cheryl Strayed**
Wednesday, May 3, 2017

Cheryl Strayed is the author of the #1 *New York Times* bestselling memoir, *Wild: From Lost to Found on the Pacific Crest Trail*. It was made into a movie in 2014. Shattered by two major life events at age 22, she decided to trek over 1,000 miles from the Mojave Desert to the Oregon-Washington border; and found inner peace.

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—Sports—

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- **Giants vs. New York Mets**

Sunday, August 21 — 1800-03A

Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. St. Louis Cardinals**

Sunday, September 18 — 1800-12C

Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. Los Angeles Dodgers
Fan Appreciation Day!**

Sunday, October 2 — 1800-03B

Seats located in club level 230. Depart OC 8:15 AM (12:05 PM game time). Return ~ 6:45 PM.

River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? One game still available at beautiful Raley Field in West Sacramento. Senate Box seating, section 110 just to the side of home plate. Game departs at 5:45 PM ~return 11:30 PM. \$52.

- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Tuesday, August 16 — 1927-01C



—Tours/Leisure—

Half Moon Bay for the Day
Saturday, July 30 — 1727-06

Another opportunity to get out of the valley heat and enjoy a cool coastal day! Located approximately 35 minutes south of San Francisco, it's a gorgeous coastal region ideal for escaping the summer swelter. With a temperate summer climate averaging 65 degrees during the day, Half Moon Bay is famous for its Pumpkin Festival, but also home to one of the finest agricultural regions in our state. We'll be visiting on a Saturday when the Coastside Certified Farmer's Market is in full



swing with many tasty local offerings from farmers, ranchers and fishermen so bring your ice chest and insulated shopping bags! You'll have time to peruse shops on Main Street or if you're a hiker, take a walk down the Coastside trail. Bring your own lunch or enjoy lunch on your own. Restaurant list/map at activities desks. Leave OC 8:00 AM, return ~ 6:30 PM. \$50.

Canine Companions for Independence Graduation and Charles Schulz Museum, Santa Rosa
Friday, August 12 — 1712-06

Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support. Canine Companions graduation ceremonies represent the culmination of hard work, love and dedication of many people. See the graduates and their Canine Companions assistance dogs as they team up and embark on their new lives with increased independence. We'll first visit the Charles Schulz Museum for a docent led private tour and a buffet lunch at the Warm Puppy Café (*menu available at Activities Desks*). Our museum tour centers around the mission to preserve, display, and interpret the art of Charles M. Schulz. We will be guided through the Museum's permanent exhibits and the Museum's three changing galleries, where visitors can experience the breadth of Schulz's influence through varying themes. After lunch we head over to the Luther Burbank Center for the Arts to attend the graduation ceremonies. Leave OC 8:00 AM, return ~ 6:30 PM. \$85.


Nike Missile Site—Marin Headlands
Saturday, August 20 — 1701-06

The Marin Headlands is the site of a number of historic military settlement fortifications, including Fort Cronkhite, Fort Barry, a large number of bunkers and batteries, and the SF-88 Nike Missile silo. From the 1890s, the first military installations were built to prevent hostile ships from entering San Francisco Bay. During the tense years of the Cold War, from 1953 to 1979, the United States Army built and operated close to 300 Nike missile sites in the United States. These sites were designed as the last line of defense against Soviet bombers. Site SF-88L is the only fully restored Nike missile site in the country. This museum is an enduring reminder of the Cold War and allows visitors to reflect upon the realities of the Cold War and their influence on today's society. We'll have a Park Ranger led tour and also a trip over to Battery Wallace for an included boxed lunch from Meridians and tour of the site with fantastic views of the San Francisco Bay and Golden Gate Bridge. August is cool on the coast, so layer up! Boxed lunch includes choice of *Turkey, Roast Beef or Vegetarian Sandwich*. Comes with fruit, chips, cookie & bottled water.



Continued on page 62

Choose lunch at time of registration. Leave OC 7:45 AM, return ~ 5:30 PM. \$62.

San Francisco Saturday
Saturday, September 10 — 1844-07

Enjoy a special Saturday excursion to Fisherman’s Wharf in San Francisco. The Ghirardelli Chocolate Festival will be happening that day at Ghirardelli Square just a few short blocks away if you wish to attend on your own (ticket prices \$20-\$50). Meet friends, shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:30 AM, return ~ 7:15 PM, \$44.



Berkeley Botanical Garden & Trader Vic’s
Thursday, September 15 — 1830-07

Enjoy the cool weather in the Berkeley Hills as we visit the UC Berkeley Botanical Gardens. Established in 1890, the Garden has over 13,000 different kinds of plants from around the world, cultivated by region in naturalistic landscapes over its 34 acres. This worldwide collection features plants of documented wild origin from nearly every continent, with an emphasis on plants from Mediterranean climates. Visit the Redwood grove and also see a “Corpse Flower,” you never know when it will decide to bloom! After the tour, we’ll be off for a very special buffet lunch at the original Trader Vic’s in Emeryville right on the bay! Created by restaurant visionary Vic “The Trader” Bergeron, the tropical interior, exotic cocktails, and international menu has become world-famous with locations across the globe. *Menu available at Activities Desks.* Be aware some of the trails in garden are hilly and not paved. Depart 7:45 AM, return ~ 5:30 PM. \$117.



Sausalito Floating Homes Tour
Saturday, September 24 — 1840-07

Visit the famous and colorful Sausalito Floating Homes for their 31st Annual Open House Tour. This tour will be smaller and more intimate than ever before, allowing for an easy-paced look at some of their most distinctive waterfront homes. The tour also includes exhibits by local artists, authors and maritime-oriented non-profits, and live music throughout the day. Learn about living on the waterfront and enjoy the various talents of the numerous artists who reside there. Docents are on board the homes to answer your ques-



tions about the waterfront lifestyle. 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. 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. \$97 (includes admission).

—Overnight & Extended Travel—

Revvin’ it up in Reno!
Hot August Nights 30th Anniversary
Wednesday, August 3 to Thursday, August 4 — 1972-05

Join Katrina, your Trip Coordinator, for a trip down memory lane as we attend the largest nostalgic car show in the world that will be celebrating its 30th anniversary! We’ll be staying at The Nugget Resort & Casino in Sparks in the Premier East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon arrival. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise. There is also a vendor and craft area. Included in the trip are excellent seats in the showroom for “**Roy Orbison & the Everly Brothers Reimagined.**” What if one of the most famous male duos of the 50’s and 60’s performed alongside one of the most iconic voices of all time? The Everly Brothers and Roy Orbison crossed paths more than a few times in their prolific careers, but not much was documented. This show combines that unique vision for an unforgettable night of career spanning hits. Breakfast on your own the following morning and then we’re off to Club Cal Neva in downtown Reno where you will receive an \$8 gaming credit. Explore the closed-off Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy’s Toy Store at the Reno Events Center for cool accessories! We will offer a shuttle to the Atlantis Casino “show & shine” with the Reno Convention Center next door which includes more displays, vendors and a car auction. Detailed trip itinerary outline, menus and trip insurance providers list from the US State Department available at the Activities Desks or view online. *A signed liability waiver is required for each participant.* Leave OC August 3 at 12:30 PM, return August 4 ~ 6:30 PM. \$149 per person double occupancy. \$192 single occupancy.



Santa Cruz Boardwalk/
Roaring Camp Railroad Overnight
Sunday, September 11 to Monday, September 12 — 1973-06

Time to visit the beach after all the kids have gone back to school! Join us as we visit the famous Santa Cruz Beach Boardwalk on a lazy Sunday afternoon with free time on your own to ride the rides or join Katrina for a historical walk through the Boardwalk. We even have a documentary on the 100 year history of the boardwalk for your viewing pleasure on the ride down.

Continued on page 64

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on your own at the boardwalk or the nearby Santa Cruz Pier. The next day ride the Roaring Camp Railroad through the Redwood Forest and enjoy an included lunch



and some free time before heading home. We'll be staying at Hilton Scott's Valley with an included welcome dinner and hot breakfast. Menus and restaurant list at Activities Desk. There will be a rest stop included both directions. Leave OC 8:00 AM, Sunday, September 11, return Monday, September 12 ~ 7:00 PM. *A signed liability waiver is required for each participant.* \$316 per person double occupancy. \$398 single. **Deadline to purchase Thursday, July 28 at 12:00 PM.**

Sold Out Trips

Trip • Date • Departure Time

- **San Francisco—Pier 39/Fisherman's Wharf — 1844-05**
Monday, July 18—8:00 AM
- **Cache Creek Casino — 1772-05**
Wednesday, July 20—9:30 AM
- **Laguna Beach Festival of the Arts/ Pageant of the Masters — 1983-12**
Saturday, July 23—8:00 AM
- **Music Circus—Nice Work If You Can Get It — 1795-03D**
Wednesday, August 10—6:15 PM
- **Beautiful—The Carole King Story — 1790-03**
Wednesday, September 7—11:00 AM
- **Beautiful—The Carole King Story — 1790-02**
Wednesday, September 14—11:00 AM
- **Kinky Boots — 1793-06B**
Tuesday, January 31, 2017—6:45 PM

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/ beginners and offers limited guidance from moderator/instructor.

Art

—Announcement—

Fine Arts Class Gallery
Featuring the Art of Marilyn Rose
and Lincoln Hills Students

Friday, August 19

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Marilyn Rose and community art students. Focus is on Acrylics and oils. Pieces will remain on display and can be viewed anytime an art class is being held.



—Drawing—

Beginner Drawing

Thursdays, August 4-25 — 132216-07

10:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with 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 where he teaches figure drawing. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online. **Vacation drop-in: DRAW — \$17 per session.**



Painting Pastels and Oils with Barry

Mondays, August 1-29 — 105116-07

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry Jamison.
Continued on page 66

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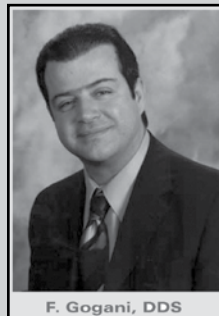
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Vacation drop-in: PASTEL — \$17 per session.

—Oils, Pastels & Acrylics—

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Wednesdays, August 3-31

9:00-11:30 AM Class — 113116-07

Or 1:30-4:00 PM Class — 113216-07

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 student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 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. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online



Vacation drop-in: PAINT — \$17 per session

—Watercolor—

New! Evening Class

Beginning Watercolor Painting

Thursdays, August 4-25

1:00-4:00 PM — 131116-07

Or 5:00-8:00 PM — 133316-07

We are now offering afternoon and evening sessions for watercolor. Afternoon and evening sessions are not interchangeable. (OC). \$52 (four 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 instructor 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.

Vacation drop-in: WCOLOR — \$17 per session.

Sip and Paint

Friday, July 22 — 122216-06 — Caribbean

Or Wednesday, August 3 — 122316-07 — The Pond

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists, alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.



Mixed Media

Art Journaling

Tuesdays, August 9 & 23 — 143116-07

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we “play” on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.





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Ceramics

—Lladro—

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Wednesdays, August 3-31 — 206116-07

1:00-4:00 PM (KS). \$50 (five sessions).

Instructor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentration. A beginning & 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.

Vacation drop-in: LADD — \$12 per session.



—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, August 2-30 — 212116-07

1:00-4:00 PM (OC). \$67 (five sessions). Instructor:

Jim Alvis. 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.

Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics

Tuesdays, August 2-30 — 212216-07

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. This

class is for self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: CERD3 — \$17 per session.



Ceramics — All Levels

Thursdays, August 4-25 — 221116-07

1:00-4:00 PM (OC). \$54 (four 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. **Vacation drop-in: CERD2 — \$17 per session.**

Bridge

Competitive Bridge (Intermediate Level)

Thursdays, September 8-October 27 — 164116-07

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor:

Laurie Vath. **Prerequisite:** Bridge Plus or commensurate play experience. This class focuses on the competitive aspects of the game. It will include competitive bidding, (how to interfere with the opponents bidding structure), and strategies such as balancing, sacrificing and leads. The class is a combination of discussion and as much play as possible. Preset hands to illustrate the topic, as time permits. Join us to improve your skills and enjoyment of this fabulous game.



Crafts

—Card Making—

Intro to Card Making 101—Level 1

Mondays, August 8-22 — 317116-07

9:00 AM-12:00 PM (KS). \$30 (three 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 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, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 2—Intermediate

Tuesdays, August 9-23 — 317216-07

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Comple-

tion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or 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, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3 — Intermediate/Advanced

Wednesdays, August 10-24 — 317316-07

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Pre-**

requisite: This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques.



Continued on page 71

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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 4—Advanced Fridays, August 12-26 — 317416-07

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Flower Arranging—

Vibrant Summer Flower Arrangement Tuesday, July 19 — 301116-06

9:30-11:30 AM (KS). \$47. Instructors: Jen Steele and Sally Hernandez are professional designers and plant enthusiasts who will be guiding students through this workshop. Join us in making a vibrant summer inspired flower arrangement. For any beginner who loves flowers and creativity, come share in the fun of this class. We will go step by step in making a floral design that will celebrate the warm season of summer. Shears and knife not provided. All floral materials and container included. Space is limited.



Tea Cup or Tea Pot Flower Arrangement Tuesday, August 16 — 301216-07

9:30-11:30 AM (KS). \$36. Instructors: Jen Steele and Sally Hernandez. Join us in making a tea cup floral arrangement filled with the prettiest blossoms. Bring your favorite tea cup or tea pot (with at least a three-inch opening). Learn how to make a simple yet lovely arrangement that will look great at any tea party or as a gift to the tea lovers in your life. Flowers, greenery, and floral foam provided. Bring your shears, tea related container, and feel free to wear your favorite tea party hat. Space is limited.



Cooking

The Art of Sushi Thursday, August 4 — 322116-06

9:00-11:00 AM (KS). \$18. Instructor: Meridians Chef. The fine art of sushi isn't something to take lightly—good chefs train for decades, and good sushi restaurants have customs all their own. Join our staff and learn some of the techniques to good sushi making.



Dance

—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, August 2-30 — 332116-07

10:00-11:00 AM (KS). \$21 (three sessions; no class August 9 & 23). Instructor: Janice Hanzel. Closed to new students. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. 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, August 2-30 — 332216-07

11:00 AM-12:00 PM (KS). \$21 (three sessions; no class August 9 & 23). 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.

Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging Tuesdays, August 2-30 — 332316-07

12:00-1:00 PM (KS). \$21 (three sessions; no class August 9 & 23). 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.

Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

Country Couples Western Dance Beginner Level One & Two

Mondays, August 1-22 — 344216-07

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, August 1-22 — 344416-07**

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 this month will be "River City Cha Cha" and "Cha Cha Lengua."



**Country Line Dancing
Fridays, August 5-26 — 346116-07**

3:00-4:00 PM, KS. \$20 (four 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—

Dolly's Dance Classes will be on a hiatus for the month of August.

—Hula—

**Hula
Thursdays, August 4-25 — 390216-07**

1:00-2:15 PM (KS). \$40 (four 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.



Vacation drop-in: HULA — \$13 per session.

—Jazz—

**Jazz Class for the Beginner
Thursdays, August 4-25 — 353016-07**

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave you feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Vacation drop-in: JAZZ1 — \$13 per session.

**Jazz Technique 2
Tuesdays, August 2-30 — 353116-07**

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. *About the Instructor:* Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.



Vacation drop-in: JAZZ2 — \$13 per session.

—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. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, July 11-August 29 — 360016-06**
4:00-5:00 PM (KS). \$48 (eight sessions).
Instructor: Audrey Fish. – August 1, substitute Yvonne Krause
- **Thursdays, July 7- August 25 — 370016-06**
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, August 1-29 — 370116-07**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, August 4-25 — 360116-07**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. August 1, substitute Ginger Fullerton
- **Tuesdays, August 2-23 — 380116-07**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Substitute, Ginger Fullerton

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

Continued on page 75

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Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, August 1-29 — 360216-07**
5:00-6:00 PM (KS) \$30 (five sessions).
Instructor: Audrey Fish. – Substitute August 4, Sheridan Brown
- **Wednesdays, August 3-31 — 380216-07**
9:00-10:00 AM (KS) \$30 (five sessions).
Instructor: Substitute, Dennis Dawson.

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, August 3-31 — 380316-07**
10:00-11:00 AM (KS) \$30 (five sessions).
Instructor: Substitute, Janet Thomas.
- **Thursdays, August 4-25 — 360316-07**
3:30-4:30 PM (KS). 24 (four sessions).
Instructor: Audrey Fish. Substitute August 4, Janet Thomas

Improver Line Dance Class

Thursdays, August 4-25 — 370416-07

10:00-11:00 AM (KS). \$24 (four 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 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 will be taking a break for the months of June-August. During this period classes will be taught by substitute instructors who were personally selected by Sandy.

Ginger Fullerton: Has been a line dance student for



six years and is the lead dance volunteer for Saturday line dance practices. Ginger loves to line dance and thoroughly enjoys the people in the class. She will be the instructor for Line Dance I. Dennis Dawson: Dennis is very active in both the Line Dance as well as Country Couples Group. He has substituted for Sandy in Line Dance II and Line Dance III class for the past seven years. Dennis is a fun teacher and highly qualified to teach Line Dance II. Janet Thomas: Janet started line dancing in 2001, attending various classes near her home in Orangevale She has been teaching at the Senior Center in Rancho Cordova for three years. She will be our instructor for Line Dance III.

- **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.



Note: Tap Performance classes will resume in October

Beginning Tap

Thursdays, August 11-25 — 410116-07

10:00 -11:00 AM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

- **Mondays, August 1-29 — 410516-07**
10:00-11:00 AM (KS). \$40 (five sessions).
- **Tuesdays, August 2-30 — 410216-07**
10:00-11:00 AM (KS). \$40 (five sessions).
- **Thursdays, August 11-25 — 410816-07**
11:00 AM-12:00 PM. (KS) \$24 (three sessions).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, August 10-24 — 318116-07

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

Intermediate I and II West Coast Swing

Wednesdays, August 10-24 — 318216-07

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three-week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, August 1 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. 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, August 1-29 — 494116-07

1:00-4:00 PM (KS). \$58 (four sessions; no class August 15). Supply fee: \$10 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 and soldering along with safety and the proper use of equipment. Create a beautiful butterfly 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 to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 26 years of stained glass experience.



Jewelry

New! Fused Glass Jewelry

Mondays, August 15 — 495116-07

9:00 AM-12:00 PM (KS) \$25. Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. This class will teach you how to make fused glass jewelry with the focus on Dichroic glass. Beginners &



experienced are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, fishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about five to six pieces of jewelry.

—Beading—

Chain Game Necklace

Tuesdays, September 13 & 27— 513116-07

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. The new look in necklaces that’s making the rounds! Thanks to Kathy at the Bead Gallery for sharing her design. Consider shopping there as a thanks. Decide your “big beads” first, then settle on the others. *Note:* Since the “big beads” can vary in size, have given guidelines based on the big bead size that produces the best look.



Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

Catastrophic World Events and Your Money

Tuesday, August 23 — 871000-07

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come to this informative and timely class that discusses how to properly assess events such as BRTEXIT, Terrorism, and the US Election with respect to your finances. When should you make big changes, switch to more conservative or aggressive strategies, or just run and hide! How does the media, your friends, and your brain cause you to make investment decisions that sometimes are disastrous—all very important things to consider given the volatile world in which we now live.

Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or as stated in the article. Instructor moves the students to the next level based on skills evaluation.

Guitar 1A — Beginner Level

Wednesdays, August 3-31 — 535116-07

8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. 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. Questions? Call Bill, 899-8383.



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Guitar 1B — Continuing Beginner Level**Mondays, August 1-29 — 535716-07**

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B — Entry to Intermediate Level**Wednesdays, August 3-31 — 535216-07**

10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3 — Intermediate**Thursdays, August 4-25 — 535316-07**

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students.



Prerequisite: Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study in the chord-melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music. Questions? Call Bill, 899-8383.

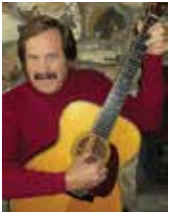
Guitar 4 — Advanced**Thursdays, August 4-25 — 535416-07**

10:00 AM-12:00 PM (OC). \$45 (four 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 guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101**Beginner Class****Tuesdays, August 2-30 — 536216-07**

1:00-2:00 PM (KS). \$45 (five sessions). Instructor: Darrell Effinger.

No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.

**Folk Guitar for Fun Folks 102****Intermediate Class****Tuesdays, August 2-30 — 536316-07**

2:00-3:00 PM (KS). \$45 (five sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable that they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

Performance**History of Jazz (Part 1)****Wednesdays, September 7-28 — 521416-07**

1:00-3:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Come explore the history of America's only original musical art form—Jazz. We will spend our first session looking at the origins of Jazz: the artists, the times, and the only country where music like Jazz could even happen. Our journey begins in the heart of the 19th century in the great city of Jazz's birth; New Orleans. We will discover the strands of music that led to Jazz: Blues, Gospel, Ragtime, Classical, Military, Caribbean, and African. But most of all, we will meet the people, some well known and some not so well known, who pioneered a new kind of music, a music that exemplified a nation... Our Nation. Jazz in America. What a trip!



—Voice—

Singer Vocal Boot Camp Continuation
Fridays, August 5-26 — 537216-06

10:30 AM-12:30 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



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Back by Popular Demand! Brain Gain Part I
Mondays, August 8-29 — 877000-08

1:00-3:00 PM, Fine Arts (OC). \$40. Instructor: Dr. Alice Jacobs. Based on the latest research on the importance of keeping the brain active as we age. The course provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance your memory while doing engaging and fun exercises. Repeaters welcome.



The Sudoku Series—Level 1
Tuesday, August 23 — 870000-08

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the Beginning Basics of Sudoku, one of the most popular puzzles in the world today. Instructor Russ Abbott will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the first of a four-session class increasing in difficulty throughout the year. This first class is geared specifically for Beginners. Come and enjoy the wonderful world of Sudoku.



Getting Your Stuff Together: Organizing Your Estate
Mondays and Tuesdays,
September 19 & 20 — 863000-09

9:00 AM-12:00 PM, Oaks and Gables Room (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents



needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.

Two-day class! AARP Driver Safety Training
Wednesday & Thursday, September 21 & 22 — 481016-07

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 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.



Sewing

—Certification—

Bernina Serger Certification
Monday, August 8 — 591116-07

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification
Monday, August 8 — 592116-07

2:00-3:00 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, August 8 — 593116-07

3:00-4:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

—Quilting—

Learn to Quilt—Beginning Sampler
Fridays, September 9- October 7 — 596116-07

1:00-4:00 PM (OC). \$90. Instructor: Betty Kisbey. This 15-hour class will cover the fundamentals of quilting and making a quilt top. Over a period of five weeks, you will learn how to select fabrics for



Continued on page 83

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a quilt, use a rotary cutter, how to accurately sew $\frac{1}{4}$ " seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt blocks. Students may make six blocks or nine blocks. One block will be done in class each week and the other blocks will be done as homework. This class is for the beginner or intermediate quilter or a great review for the new quilter.

Red Work Embroidery

Mondays (see dates below) — 596516-07

September 12, October 10, November 14, December 12, January 9, February 13. 10:00 AM-12:00 PM (OC). \$75 (six sessions). Instructor: Betty Kisbey. Join Betty to work on Redwork, a method of embroidery that has a long history. Work on the quilt as shown or work on a project of your own. We will meet monthly to practice different methods and techniques dealing with embroidery threads, fabrics, and stitches.



Flower Garden—Hand Applique

Mondays (see dates below) — 596316-07

September 19, October 17, November 21, December 19, January 23, February 27. 1:00-4:00 PM (OC). \$90. Instructor: Betty Kisbey In this class you will learn basic techniques for hand applique'. Included will be an introduction to the various tools, fabrics, materials, and sewing techniques need to begin working with applique' designs. Techniques covered will be how to applique' curves, points, stems, leaves, bluebells and flowers. Topics include using freezer paper, starch methods back basting, and needle turn. An original pattern will be provided.



Technology

—PC—

Windows 10 Basics

Wednesday & Thursday, July 27 & 28 — Sold Out — 295116-B

9:00-11:30 AM.

Wednesday & Friday August 17 & 19 — 295116-7A

1:00-3:30 PM.

Monday & Tuesday August 29 & 30 — 295116-7B

9:30 AM-12:00 PM. (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common "apps." *Bring your Win 10 device with you if you have one.* Handout reinforces class work.



Questions? Call Rita at 543-6962.

PC Fundamentals

Monday, August 1 — 282316-07

9:30 AM-12:00 PM (OC). \$20. Instructor: Bob Ringo. New to your computer? This class is for absolute beginners like you.

In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle hands-on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.



Organizing Your Windows Information Files & Folders

Wednesday, August 3 — 283116-07

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo.

Prerequisite: Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!



Internet Safety

Thursday & Friday, August 18 & 19 — 274116-06

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens

Prerequisite: Must have personal working email. Phishing, Trojans, spyware, trolls, and flame wars—oh my! If the idea of these threats lurking around online makes you nervous, then you can now be at ease. This Internet Safety course provides you with the strategies, skills and mindset needed to protect yourself, your computer and your privacy when you connect to the internet. The course format will use short videos and hands on instruction. Class size is limited so sign up early.



—Smart Phones and Tablets—

Introduction to Android SmartPhones

Thursday, August 18 — 256216-07

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. *Bring your Android phone fully charged.* If you just bought an Android SmartPhone from Verizon, AT&T, TMobile,

Continued on page 85



Sutter Cancer Center - Coming Soon to Roseville!

We are excited to announce that our new cancer center construction is almost complete. Having a dedicated cancer center in Roseville will allow us to offer our community quality oncology care in a more convenient location. The new cancer center will offer an infusion center, outpatient surgery center, conference and integrated health center, as well as Sutter Medical Foundation medical, surgical, and gynecological oncology offices.

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etc., 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, build your contact lists, sending and receiving text messages, use email, the internet, take and share 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. **Note: This class is not for iPhone users.**



—Mac—

Photo Editing on the iMac Tuesday, July 19 — 262216-06

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iMac or MacBook with OS X Yosemite or newer. If you want to learn how to edit your photographs on your on the latest release of the Photos app, then this class is for you. Edit your pictures on your iMac/MacBook with the built-in editing features of the improved Photos app and other apps available from the App Store. Create professional photos on the Photos app. If you have any other specific questions about the class call Andy Petro at 474-1544.



iPhone Basics

Monday, August 22 — 262816-06

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS 9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of your iPhone? Do you want to learn how to use the Settings app to personalize your iPhone. Then this workshop is for you. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.

Photo Editing on the iPhone and iPad Thursday, August 25 — 265116-06

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to use your camera better? Improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. You will also be shown how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.

—Social Media—

Facebook 101

Saturdays, August 20 & 27 — 272116-07

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.



Twitter 101

Saturdays, July 23 & 30 — 273116-06

Tuesday & Wednesday August 16 & 17 — 273116-07

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Still don't get Twitter? More and more the micro-blogging network is becoming a very useful tool for finding out what is going on with people and things that matter to you the most. With this easy and engaging facilitated learning course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands on instruction. 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 for these classes online or at the Fitness Centers starting July 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 Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

• Tuesday, July 19 — 700100-01

2:00-3:00 PM, Fitness Floor (OC)

Continued on page 87

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- **Thursday, July 28 — 700100-O2**
3:00-4:00 PM, Fitness Floor (OC)
- **Tuesday, August 9 — 700100-O3**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, August 23 — 700100-O4**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, August 4 — 700100-KA**
10:00-11:00 AM, Fitness Floor (KS)
- **Tuesday, July 12 — 700100-K1**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 71. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Arthritis Class L1/L2

- Tuesdays, August 2-30 — 801100-8A**
- Wednesdays, August 3-31 — 801100-8B**
- Thursdays, August 4-25 — 801100-8C**
- Fridays, August 5-26 — 801100-8D**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday & Wednesday \$43.75 (five sessions), Thursday & Friday \$35.00 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Spotlight On...

Alzheimer's & Dementia: Let's Learn More

Thursday, September 8, 2016 — Free

10:00 AM-12:00 PM, P-Hall (KS). This two-hour lecture will feature a pair of very informative speakers: Michelle Johnston, the Regional Director of Northern California and Northern Nevada's Alzheimer's Association and Dr. Laura Wayman, "The Dementia Whisperer". You will also hear about the upcoming "Walk to End

Alzheimer's" to take place October 1 at Sacramento's Capitol. This annual walk is the world's largest event to fight Alzheimer's and residents from SCLH will be joining in. *Let's learn more!*

Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates — 881000-06

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Healthy Living with Exercise—Part 2 Mondays and Wednesdays, August 1-24 — 878000-08

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note:** Class requires completion of Healthy Living Part Assessment.



Exercise and Weight Management Program Tuesdays & Thursdays, August 9-September 1 — 865000-08

1:00-2:00 PM, Aerobics Room/Fitness Floor (KS). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



Lessons

Programs that provide learning the mental and physical side of outdoor activities.

Free!! Nordic Pole Walking Information Session Tuesday, July 26

1:00-2:30 PM, Multipurpose Room (OC). Instructor: Dr. Popejoy;
Continued on page 89

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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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Why sell your property with United Country? Simple. No one can expose your property more broadly, bringing to bear more than 90 years of real estate marketing experience, to get you the best price in the shortest time possible.

As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients.

In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



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Worldwide clinical studies have proven the therapeutic benefits of Nordic Pole Walking. The Mayo Clinic endorses Nordic Pole Walking as a physical activity which is suitable for all ages and for almost all physical abilities. Nordic Pole walking is a low impact and joint friendly workout that uses walking boost calorie burn. Dr. Popejoy is, Founder & CEO of Nordic Walking Nations, he is a National speaker on Nordic Pole Walking. He has been practicing Integrated Medicine for 27 years.

Nordic Pole Walking

Monday & Tuesday, August 1 & 2 — 750000-08

Wednesday & Thursday, August 3 & 4 — 750000-8A

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. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

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.

Self-Defense and Martial Arts

Tuesdays, August 2-30 — 815000-08

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 needed for 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.



Tai Chi Qigong L1

Tuesdays, August 2-30 — 730100-08

Saturdays, August 6-27 — 730100-8A

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC) \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as “Chi,” this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, August 2-30 — 730300-8A

Saturdays, August 6-27 — 730300-08

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

Nutrition

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

Coming in September

Re-Start—Your Health in Just Five Weeks

Tuesday, September 6-October 4 — 862000-09

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar.

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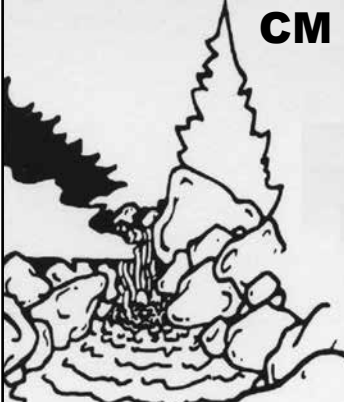


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Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

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 using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) 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**
- **New! Unlimited class package—\$200 per month**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member & 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 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@sclhca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A8

WellFit Studio (OC). \$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 + L1-L2

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.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:**
Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength". Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.



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Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person
- **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.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly, please register at least seven days prior to class start date. Participants must register prior to class start date. Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, August 1-24 — 835210-A8

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

Tuesdays & Thursdays, July 26-August 18 — 835211-A8

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, August 1-24 — 835800-A8

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, August 8-31 — 835500-B8

Tuesdays & Thursdays, August 9-September 1 — 835500-A8

Tuesday & Thursdays 12:00-1:00 PM, Fitness floor (OC). Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$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 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, July 26-August 23 — 835600-A8

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 7/28). 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 L3

Mondays & Wednesdays, July 25-August 17 — 835400-A8

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Take your workout to the next level! L3 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— Morning Burst Group Training L2

Mondays & Wednesdays, July 25-August 17 — 835310-A8

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instruct-

Continued on page 94

tor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!



New! SGT—TRX L1

Thursdays, August 4-25 — 835214-A8

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.

SGT—Full Body Foam Rolling All levels

Wednesdays, August 10-31 — 835212-A8

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Theresa Smith. Reap the benefits of foam rolling in this one day a week class. Learn techniques of rolling to alleviate knots, adhesions, and muscle tension brought on by stress, lack of sleep, misalignment of skeletal system and more. Performing effective foam rolling can improve overall strength, increase muscular function and most importantly improve movement for daily living.

SGT—TGIF TRX & More L2

Fridays, August 5-26 — 835200-A8

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: TBA. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used.

SGT—Healthy Back L1

Mondays and Wednesdays, August 8-31 — 835700-A8

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. 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—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, August 8-31 — 835710-A8

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. 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.

Tennis Pro Services

Pro Tennis Lessons

Sundays, August 7-September 11

Beginner 8:00-8:50 AM — 790700-05

Intermediate 9:00-9:50 AM — 790600-05

Advanced 10:00-10:50 AM — 790500-05

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online.



WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique 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, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 625-4034.



Punch Pass Class Descriptions

Please see the colored grids on pages 97-99 for days and times.

Classes 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.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **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 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 Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.

- **Arthritis Foundation (AF) 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 L1/2:** 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 L1/2:** 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 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 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!

- **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!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **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!

- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!

- **Outside Water (H2O) Bootcamp:** Have some fun in the sun with

Continued on page 96

this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.

- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen 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 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.

- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

- **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!

- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

- **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 L1:** Wai Dun Kun is an ancient Chinese exercise. It 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 Dan Gong 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 L2/3:** 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 Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.
- **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 L1/2:** 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 August 1-31, 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|-------------------------------------|---|-----------|-----------|
| | OC | OC | OC | OC | OC | OC | OC |
| 7:30 | Water Works L2/3- Theresa | Outdoor H2O Bootcamp L3- Annamarie | Water Works L2/3- Jeannette | Outdoor H2O Bootcamp L3- Marilyn | Water Works L2/3- Theresa | | |
| 8:30 | Aqua Fitness L2- Theresa | | Aqua Fitness L2- Theresa | | Aqua Fitness L3 - Kirsti | | |
| 9:30 | | Water Works L2/3 - Deanne | Core n More L3- Annette | Water Works L2/3 - Deanne | Core n More L3- Marilyn | | |
| 10:30 | H2O Bootcamp L3- Annamarie | Water Works L2/3 - Deanne | Splash Dance L2- Annette | Water Works L2/3 - Deanne | H2O Bootcamp L3- Annamarie | | |
| 11:30 | (11:30am-12:15pm) AF Aqua L1- Annette | | (11:30am-12:15pm) AF Aqua L1- Annette | | (11:30am-12:15pm) AF Aqua L1- Annette | | |
| 12:30 | Aqua Pilates L1- Marilyn | | 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 | H2O Bootcamp L3 Annamarie | | H2O Bootcamp L3- Annamarie | | | | |
| All classes are subject to change without notice. | | | | | | | |
| All classes are 55 minutes unless otherwise noted. | | | | | | | |

WellFit Pilates Reformer Class Schedule August 1-31, 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|----------------------------------|-------------------------------------|---|------------------------------------|-------------------------------------|--------|
| | OC | OC | OC | OC | OC | OC | OC |
| 7:30 | Mixed Equipment L1- L2 - Kirsti | | | | Mixed Equipment L1- L2 - Kirsti | | |
| 8:30 | Ref Basics + L1-L2 - Sarah | Mixed Equipment L1-L2 Marilyn | Ref Basics L1 - Marilyn | Mixed Equipment L1- L2 - Marilyn | Ref Basics + L1-L2 - Sarah | | |
| 9:30 | Mixed Equipment L1- L2 - Sarah | Ref Basics + L1/L2 - Marilyn | Ref Basic L1 - Marilyn | Ref Basics L1 - Julie | Mixed Equipment L1-L2 - Sarah | Mixed Equipment L1-L2 - Julie | |
| 10:30 | Ref Basics L1 - Valerie | Mixed Equipment L1-L2- Carol | Mixed Equipment L1-L2- Julie | Mixed Equipment L1- L2 Julie | | Cardio Jump & Core L2 - Julie | |
| 11:30 | Mixed Equipment L1-L2- Valerie | Ref Basics + L1-L2 - Julie | | | Mixed Equipment L1-L2- Valerie | | |
| 12:00 | | | Cardio Jump & Core L2 - Gretchen | | | | |
| | Bowenworks Sessions - Contact for Appt. 625-4034 | | | Bowenworks Sessions - Contact for Appt. 625- 4034 | | | |
| 5:30 | Mixed Equipment L1-L2 - Marilyn | Ref Basic+ L1-L2 - Lori | | Mixed Equipment L1- L2 - Lori | | | |
| All classes are subject to change without notice. | | | | | | | |
| All classes are 55 minutes unless otherwise noted. | | | | | | | |

OC WellFit Class Schedule August 1-31, 2016

| | 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 - Summer | Core & Strength L2- Kim | 20/20/20 L3- Gretchen | Yoga Basics L1- Sarah | Cardio Strength L3- Kim |
| 10:00 | Slow Flow Yoga L2/3- Sarah | Yoga Flow L2 - Ashley | Everybody Can L2- Linda | Yoga Flow L2- Sarah | Strictly Strength L2 - Valerie | Tai Chi Qigong L2-Pell | Zumba L3- Carrie |
| 11:00 | Piloga L2 - Lola | Arthritis L2- Linda | Piloga L2 -Lola | Arthritis L2- Linda | Piloga L2-Lola | Tai Chi Qigong L1-Pell | |
| 12:00 | Yoga Stretch L1- Julie | 12:15-1:15pm iRest Meditation and Yoga L1 - Iram | Arthritis L1/2 -Linda | Yoga Stretch L1- Julie | Arthritis L1/2 - Linda | | |
| 1:00 | Chair with Flair L1 -Julie | 1:30-2:30pm Chair Yoga L1 - Ashley | Chair with Flair L1- Julie | | Basic Chair L1-Julie | | |
| 2:00 | SGT- Balance & Fall Prevention L1- Marilyn | | SGT- Balance & Fall Prevention L1- Marilyn | | | | Yoga Flow L2- Ashley |
| 3:00 | Healthy Living with Exercise L1 - Annamarie | Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required) | Healthy Living with Exercise L1 - Annamarie | Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required) | Activities | SCLH Booking | |
| 4:00 | Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required) | Activities | | Activities | | | |
| 4:30 | | | 4:30-5:25pm Zumba L3 - Ruby | | | | |
| 5:00 | Zumba L3 - Summer | | | Activities | | | |
| 6:00 | | 6:00-7:30pm 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. | | | | | | |



Brain Health! Exercise for Your Brain
Wednesday, July 27 — Free

7:00 PM, Ballroom (OC). Join educational physiologist Dr. Alice Jacobs, as she presents the latest brain research on Alzheimer’s disease, enhancing your memory, and what you can do to take care of your brain to keep it functioning optimally. Dr. Jacobs is an internationally recognized author, educator, and consultant in the field of aging and brain health. Her pioneering work led to the creation of a new field known as “Sapien-tagogy,” which is the study of learning and teaching people over 50 years of age. This presentation will include interactive “neurobic” exercises to give your brain a little workout and conditioning to remember those important things like car keys, eye glasses and people’s names. You’ll have fun—and learn about brain anatomy and physiology too!



The End of Life Option Act:
Empowering Californians with Terminal Illness
Wednesday, August 31 — Free

7:00 PM. Ballroom (OC). The goal of this presentation is to inform Sun City Lincoln Hills residents about recent legislation that provides Californians with choices of self-care at the end of life. The new law was signed by Gov. Brown last October and became official on June 9th in California. Under strict rules, *The End of Life Option Act* allows physicians to write a life-ending prescription for terminally ill patients. A distinguished panel consisting of Patricia Moore-Pickett, M. D. and William Nesbitt, M.D. of Sutter Care at Home, and Juliette Robertson, Esq., of Robertson/Adams Trust & Estate Attorneys, will discuss this legislation.



City of Lincoln Growth Report
Tuesday, August 16 — Free

10:00 AM, Ballroom (OC). At this Community Forum Lincoln Mayor Pro Tem Peter Gilbert will lead a panel of local experts to help answer your questions about all things Lincoln including planning for the future, community development, economic development and public safety. In the last 15 years, the city of Lincoln has grown from a population of 11,205 to a city of more than 47,000. Lincoln’s population is forecast to grow to 80,000 over the next two decades, with an ultimate build-out of 120,000 people by 2050. So come take part in this interactive community forum and learn about what’s happening in your community.



Down Low—Down There: Urology Issues
Wednesday, September 21 — Free

7:00 PM, Ballroom (OC). Are you interested in getting the answer to questions you’d rather not ask? Join Steven Workman, M.D., Urologist at Kaiser Permanente Roseville Medical Center, as he discusses delicate topics related to prostate and erectile dysfunction. He will address symptoms of prostate enlargement, screening, and cancer treatment. He also will discuss erectile dysfunction: causes, self-care treatments, medications, injection therapy and implant surgery. Over the past 25 years, Dr. Workman has specialized in male infertility, erectile dysfunction and penile surgery, and he works closely with Radiation Oncology doing brachytherapy, the process of performing prostate radioactive seed implantation.



Community Forums, Date, Time, Location

| | |
|--|---|
| <ul style="list-style-type: none"> • Brain Health! Exercise for Your Brain Wednesday, July 27, 7:00 PM, Ballroom (OC) • City of Lincoln Growth Report Tuesday, August 16, 10:00 AM, Ballroom (OC) • End of Life Option Act: Empowering Califs. w/Terminal Illness Wednesday, August 31, 7:00 PM, Ballroom (OC) | <ul style="list-style-type: none"> • Down Low—Down There: Urology Issues Wednesday, September 21, 7:00 PM, Ballroom (OC) • The Eyes Have It! Wednesday, October 15, 7:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the COMPASS |
|--|---|

Hippo

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as easily as it can grow, and less activity equals regression and atrophy. The usual suspects include stress, anxiety, obesity, uncontrolled diabetes, processed foods, and a sedentary lifestyle. Our Fitness Centers host 800+ residents daily. Is one of them you? Meet me upstairs at Orchard Creek’s Fitness Center Indoor

Track and let’s get moving. Around SCLH, we often boast that “It’s the Lifestyle,”—let’s look closer at our “lifestyles” and make those vitally important changes and choices that are sure to fatten up our hippos!

Don’t miss the **July 27 Community Forum presentation by Dr. Alice Jacobs: “Brain Health! Exercise for your Brain”** (see above).

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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

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs Café 408-1682

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

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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-5:30 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

General Numbers

Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

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